

Welcome to St Andrew's Swimming Club

St Andrew's Swimming Club is based out of the St Andrew's Aquatic Centre in Peregian Springs and welcomes all swimmers from the Sunshine Coast. Our goal is to provide a positive and supportive environment for swimmers to develop the skills, technique, strength, and fitness to achieve their goals.

St Andrew's Swim Club offers several squads catering to all types of training, whether that be for high performance, competitive or non-competitive swimming. We are lucky to have an amazing facility which includes a ten lane 50m pool, gym, undercover grandstands and a separate 15m learn to swim pool.

The vision of our club is to create a team of professional, resilient, and respectful swimmers of all ages and backgrounds. We strive to create a positive team atmosphere where swimmers support each other, can learn from older athletes, and can contribute to the community of our club. Coaches work with nutritionists, psychologists, physios, and Swimming Queensland to provide the best care and opportunities for the swimmers. We aim to help swimmers become lifelong learners, good communicators and leaders who can take initiative. We believe the skills the swimmers develop through sport can be carried with them throughout their life.



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Club Committee

President - Chris Ivey (College Principal)

Treasurer - Alicia Brown (College Business Manager)

General Member - Ashley Delaney (Head Coach)

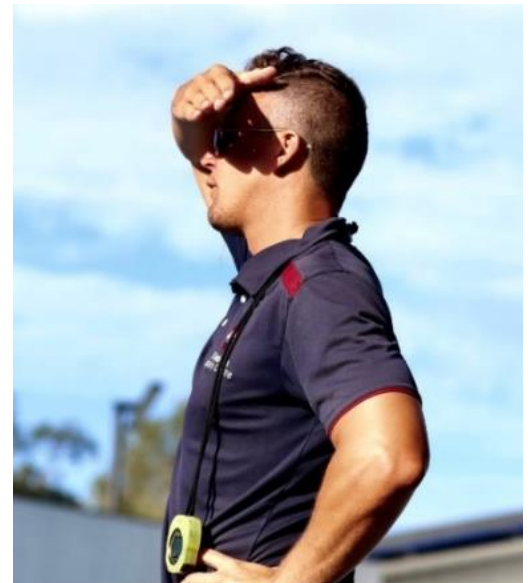
General Member - Craig Harkiss (Aquatic Centre Manager)

Coaching Team

Head Coach – Ash Delaney

Ashley Delaney began his elite swimming career in 2006 as a recipient of a scholarship at the Australian Institute of Sport in Canberra where he lived and trained for five years. The access to the state of art facilities and the opportunity to learn from world renowned experts led to his long and illustrious swimming career. In 2006, Ash was selected for his first Australian senior team competing at the Pan Pacific championships in Canada. Some highlights of Ash swimming career include:

- 2006 Oceania championships - trifecta of gold medals in 50m, 100m and 200m backstroke events.
- 2008 World Short Course Championships in Manchester bronze medal 50m backstroke.
- 2008 Beijing Olympics silver medal in the 4 x100 medley relay and finishing 5th in the 100m backstroke.
- 2009 World championship Rome – bronze medal in the 4 x100 medley relay.
- 2010 Commonwealth Games in Delhi - gold medal in the 4x100 medley relay and three bronze medals in each backstroke event, the most medals by a male swimmer at the games.
- 2010 Pan Pacific championships Irvine California – silver medal 50m backstroke, bronze medal 100m backstroke and 4 x100m medley relay.
- 2011 World championships Shanghai.
- 2012 World Short Course Championships in Istanbul, Turkey.
- 2013 World championships Barcelona - silver medal for the 4x100m medley.
- 2013 BHP Billiton Aquatic Super Series in Perth, Australia versus China and South Africa.
- 2015 World championships Kazan, Russia.



Ash began his coaching career at Carey Grammar School coaching the school swim team, this led to a coaching role at Nunawading Swimming Club coaching the National Age squad. In 2015, Ash became the Head Coach at Ivanhoe Neons and then the Head Coach of the highly successful Northcote Swim Club (NTC). His aptitude for coaching has proven to be every bit as successful as his distinguished swimming career. Ash holds an Advanced Coaching License and is currently finalising the accreditation for his Performance Coaching License. In only three years, Ash has already produced outstanding results. It is his many years of experience as an elite swimmer coupled with his passion and drive for seeing younger swimmers follow their dream that has ensured Ash's continual success as a coach.

Whatever his swimmers experience mentally, physically and emotionally in the pool, Ash has already experienced himself. It is this unique insight plus his willingness to share his experience and knowledge with his swimmers that leads to the excellent results they achieve.

Coaching achievements:

- Coaching Rio Olympian Josh Beaver to a bronze medal at the 2018 Commonwealth Games
- Placing Silas Harris on the 2018 Junior Australian team for the Junior Pan Pacific Championships in Fiji - bronze medal for the 4x200 freestyle relay
- 24 Australian Age championship medals (6 gold)
- 4 Open National short course medals
- 156 Victorian Age state championship medals (39 gold)
- 9 Victorian Open state championship medals
- His swimmers have broken Victorian age records and set Australian age records

Brad Hillier: National Squad Coach

Brad is an Advanced licence swimming coach and level one strength and conditioning coach. Brad was a competitive swimmer and has carried his love of swimming to the pool deck where he has been coaching for 17yrs.

Brad led the Hinchinbrook Aquatics Club as head coach for five and a half years. While he was there, Brad coached swimmers to national gold medals, Australian school records, Queensland medals and finals and world master's games gold medals. He also coached North Queensland champions in multiple events and North Queensland record holders. During his 5 years at the club, Hinchinbrook Aquatics Club grew from 12 members to be one of the largest clubs in North Queensland. Brad was selected as North Queensland coach for annual tri region meets and state school titles.

Brad is a foundation coach at St Andrew's coming on board the opening week and coaching the first squad in the water. During his 2 years at St Andrew's, he has coached all levels throughout the programme producing Queensland champions, state medallists and finalists, state open water champions and medallists, national age finalists and medallists. Brad has been instrumental with St Andrews swimming to date. Brad now heads up our National Age program.



Bec Caine: State Squad Coach

Bec moved to the Sunshine Coast from Melbourne in May 2021 to coach the State Squad at St Andrew's Swim Club. Having competed at a State and National level as a swimmer, Bec is passionate about creating a supportive team environment and helping swimmers holistically to become confident, hardworking, and respectful athletes so they may achieve their highest potential in swimming. Bec previously coached the State Squad at Northcote Swim Club in Melbourne, where State Squad swimmers achieved Victorian Age finals and medals, as well as National Age qualifying times and National Age MC medals. Bec is currently completing her Advanced Coaching License and a Bachelor of Psychology.



Mark Morgan: Senior Squad Coach

Mark is a former elite swimmer, having been a Commonwealth and Australian champion, who has spent most of his coaching career coaching at the elite competitive level at successful NSW club Carlisle, who were Australian Champion club at open and age group level when he was Head Coach. He is a former NSW and Australian Team Coach. His passion now is more coaching children and adults who want to swim for fitness and all the other reasons swimming is good for you. Mark coaches the Senior and the Adult Squad that trains at the centre. Mark is also the coach for a few Junior Development sessions and will coach the competitive squads when required.



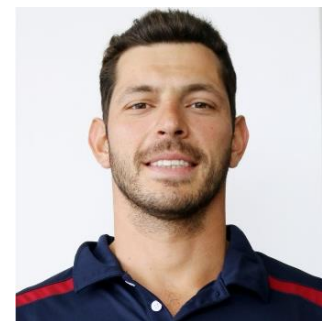
Eli Gatica: Junior Competition Squad Coach

As a former national age finalist in breaststroke, Eli decided to continue his passion for the sport of swimming through coaching. Eli holds a Development Coaching License and has previously worked as the head coach of Woden Valley Swim Club and Ginninderra Swim Club. In his head coach roles, Eli coached athlete's to medals and finals at Australian Age Nationals, NSW Open, Age and Junior State Championships, NSW Country Championships and ACT Championships. Eli also coached swimmers who achieved ACT and NSW records under his guidance. Eli is our sole Junior Competition Squad Coach and is currently studying to achieve his Advanced coaching license.



Eduardo Junkes: Junior Development Squad Coach

Ed has been coaching since 2014 where he began his coaching career as an assistant coach to a national age squad in Brazil. In 2016 Ed moved to the Gold Coast where he worked as a development coach for Rackley Miami Swim Club. Ed holds a Development Coaching License and Bachelor of Sport Science degree. As a swimmer, Ed was a Brazilian National Open Medallist and now shares his passion for swimming with the junior swimmers of St Andrew's Swim Club. Ed loves coaching and seeing swimmers achieve their goals, improve their skills, and develop as young people.



Kirsten Norden: Strength & Conditioning/Dryland Coach

A former competitive gymnast, Kirsten has worked as a gymnastics coach for 13 years at the National Centre of Excellence and Methodist Ladies' College Gymnastics. In addition to her gymnastics coaching, Kirsten has worked as a strength and conditioning coach for a range of junior developing athletes in netball, hockey, mogul skiing and athletics – and as a swimming coach at MLC Aquatic. Kirsten also competed as an elite triathlete when she retired from gymnastics. With a Bachelor of Exercise and Sports Science, an Advanced Silver Gymnastics Coaching Accreditation (FIG Level 2) and a Development Swim Coaching License, Kirsten's extensive knowledge and experience has equipped her with an eye for movement, a deep understanding of how the body works and the ability to cater for a range of abilities. In 2015 Kirsten was approached by Rohan Taylor and Damian Farrow to form a gymnastics-based dry-land training program that would help junior swimmers enhance their skill acquisition. Her experience in gymnastics, understanding of swimming and ability to engage with a range of athletes made this the perfect fit. Through her work, Kirsten has created her own training program and business 'Swimnastics' which has given her years of experience working with swimmers across Australia to improve their strength, mobility and skills. We are very lucky to have Kirsten as our strength and conditioning coach for St Andrew's Swim Club.



Location and Facilities

40 Peregian Springs Drive, Peregian Springs, QLD, 4573

The St Andrew's Aquatic Centre opened August 2019 and includes the following:

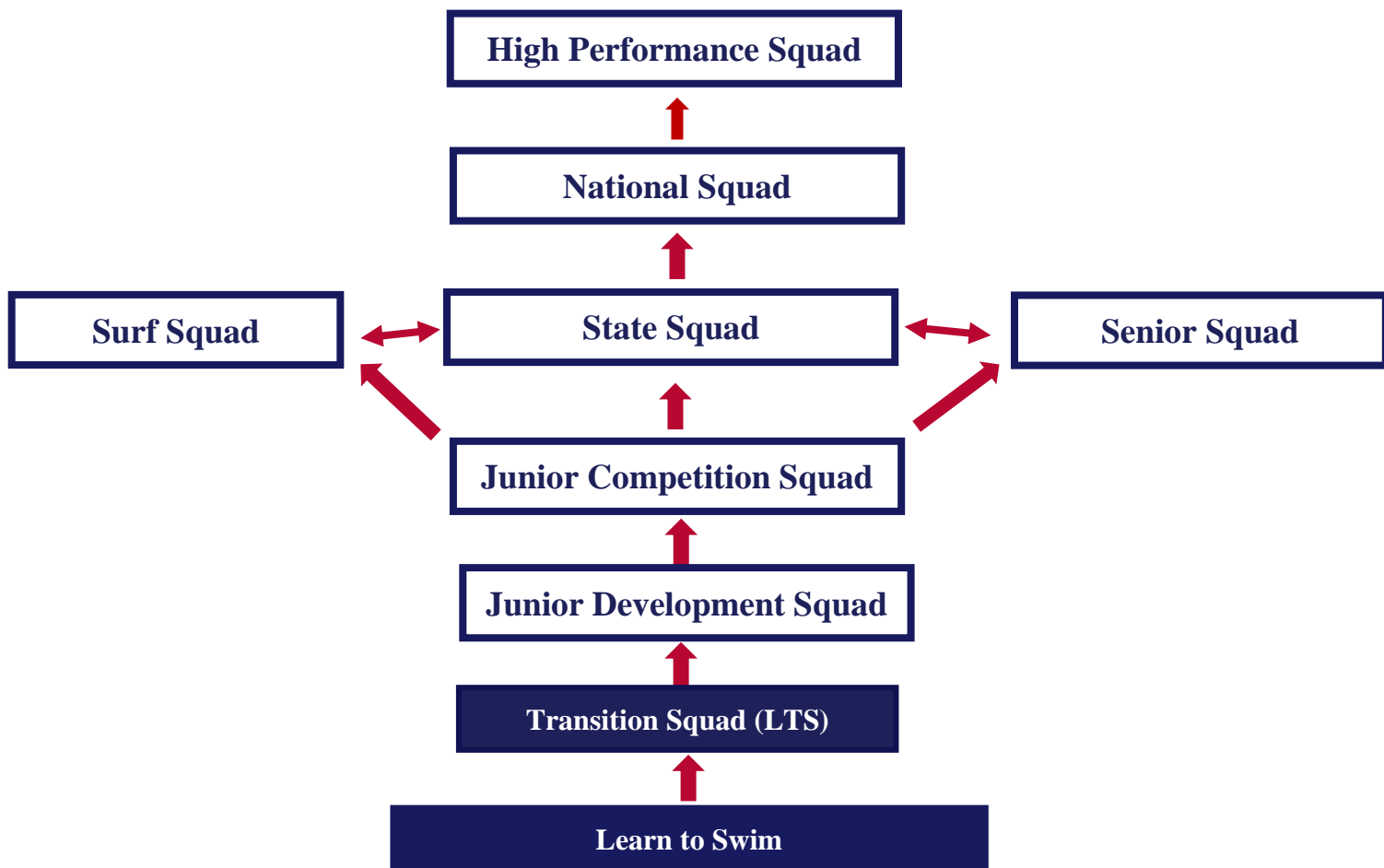
- A 10 lane 50m pool which is 2m deep throughout.
- Boom to allow for Long Course and Short Course training.
- Gym
- Undercover 15m learn to swim pool
- The undercover grandstand can comfortably seat 500 spectators close to the action
- The high definition 5m display screen for instant results.
- Access to underwater camera for video review
- Brand new changing rooms and office space
- Club rooms and access to meeting rooms.



Expectations of Swimmers and Parents

- Swimmers must swipe their card, or report in, at the SAAC office, prior to each session.
- Swimmers should be ready to commence each session on time with required equipment.
- Swimmers should bring a water bottle, spare cap and goggles to each session.
- Parents must notify the coach of a swimmer's absence, illness or injury, or the need to leave the session early. This is very important for our child safety protocols and attendance tracking.
- Swimmers and parents are expected to show respect to all other swimmers, parents, coaches, officials, and aquatic centre staff.

Squad Structure and Pathway: PERFORMANCE PATHWAY



The squad structure is designed to allow swimmers of all ages, abilities, and goals to find a place in the program. It is also set up to provide junior swimmers with the ability to progress up through the squads with measured steps that provide the best opportunity for their overall development and improvement.

Movement between squads is based on a swimmer's ability, commitment and attitude and is at the coaches' discretion. Squad movements will almost always be initiated by the coaches and must be discussed with the current coach before changes are made

Junior Development Squad

Coaches: Eduardo Junkes, Bec Caine, Mark Morgan

The Junior Development Squad is the first squad beyond the Learn-to-Swim Program at SAAC and provides opportunities for our junior swimmers to strengthen the foundations of competitive technique and skills learnt in Transition. Junior Development squad sessions continue to focus on the education of competitive technique and race skills in an environment that encourages consistency, learning and enjoyment of training and racing. In this squad, swimmers will improve technique across all 4 competitive strokes, develop starts and turns and learn train in a squad setting. The squad caters for athletes primarily aged between 7 and 12 years of age who are beginning their competitive swimming journey in a fun, friendly and educational environment. Joining the St Andrew's Swimming Club is encouraged. JD sessions are 75mins in duration, including 15mins dryland and 60min swim. While there is no requirement to participate in competition, it is recommended that swimmers join St Andrews Swimming Club (see below) and compete at Club race days and in other meets as applicable.

Recommended Sessions: 2-4

Recommended Equipment: fins, water bottle, kickboard and pull buoy (we encourage swimmers to purchase their own kickboard and pull buoy, but they can also use those that are provided by the aquatic centre).



Junior Competition Squad

Coach: Eli Gatica

The Junior Competition Squad starts to increase the intensity and duration of training, whilst strengthening the foundations of competitive technique and skill. They are exposed to numerous competitions throughout the year and should be aiming to achieve state sprint, state short course or long course age qualifying times. The squad caters for athletes primarily aged between 9 and 13 years of age who are beginning their competitive swimming journey. It is highly encouraged to join the St Andrew's Swimming Club. Junior Competition sessions include 15mins dryland and 1.5hrs of swimming.

Recommended Sessions: 4-6

Recommended Equipment: Kickboard, pull buoy, short blade fins, snorkel, water bottle, skipping rope



Senior Squad

Coach: Mark Morgan

The Senior Squad provides opportunities for athletes 12+ years to train at a level that suits their own personal goals. Senior Squad swimmers may attend between 1 and 8 sessions per week with the required number of sessions determined by the Coach together with the athlete, based on age, personal goals/aspirations, background and ability. Swimmers will develop all aspects of stroke technique, fitness and skills with a focus on race strategy if they're preparing for competition. There is no expectation around racing, the training sessions are designed to challenge the athletes according to their goals.

Recommended sessions: 1-8

Recommended Equipment: fins, water bottle, kickboard and pull buoy (we encourage swimmers to purchase their own kickboard and pullbuoy but they can also use those that are provided by the aquatic centre).



State Squad

Coach: Bec Caine

The State squad is designed for swimmers who have achieved state qualifying times or demonstrating the level of commitment that is required to swim at this level. State squad creates an environment that builds upon the competitive technique and skills developed in Junior Competition or Senior Squads. In addition to this, swimmers will also begin to develop their aerobic and anaerobic capacities in preparation for successful transition into National squad. Swimmers are expected to make a full commitment to the training and competition schedule as set by the squad coach.

State Squad swimmers must be a member of the St Andrew's Swimming Club.

Recommended sessions: 5-7

Recommended Equipment – Water bottle, Kickboard, pull buoy, short blade fins, snorkel, paddles, band.

Recommended Dryland Equipment – spikey ball, roller, skipping rope



Surf Squad

Coach: Bec Caine

The Surf Squad aligns with the State Squad for surf athletes that are at a high swimming level. This provides the Surf Squad athletes with appropriate training opportunity to help them achieve their goals.

Recommended sessions: At the discretion of Surf Squad coach based on ability and individual goals.

Recommended Equipment – Water bottle, Kickboard, pull buoy, short blade fins, snorkel, paddles, band.

National Squad

Coach: Brad Hillier

National Squad is a performance-based squad where the swimmers are fully committed to training and competing at a high national standard. National squad swimmers must maintain a program to improve their swimming and target Nationals. Swimmers in National Squad are expected to make a full commitment to the training and competition schedule as set by the squad coach. You must be a member of the St Andrew's Swimming Club.

Recommended sessions: 7-9

Recommended Equipment – Water bottle, Kickboard, pull buoy, short blade fins, snorkel, paddles, band, parachute

Recommended Dryland Equipment – spikey ball, roller, skipping rope



High Performance

Coach: Ash Delaney

The **High Performance Squad** provides coaching and support for open National level swimmers who are training to compete at Australian Open National and International Trial events. Swimmers are required to commit to the training schedule and be able to train at the required level.

Recommended sessions: 9+

Recommended Equipment – Water bottle, Kickboard, pull buoy, short blade fins, snorkel, paddles, band, parachute

Recommended Dryland Equipment – spikey ball, roller, skipping rope



Strength & Conditioning Program

Our strength and conditioning program is run by coach Kirsten Norden.

We highly value our dryland and gym program, and understand it plays a vital role in the development of the swimmers.

Athletic Development Aims:

Junior Development: 15mins prior to each session

- Introduction to dryland warm up before swimming
- Create great warm up habits
- Gymnastics style lesson to expose swimmers to a broad range of movement. Develop their movement vocabulary to enhance brain and body connection to build athleticism and coordination
- Some swimming specific exercises for streamline and tumble turns



Junior Competition: 15mins prior to each session

- Learn a race day warm up routine
- Gymnastics style lesson to expose swimmers to a broad range of movement. Develop their movement vocabulary to enhance brain and body connection to build athleticism and coordination
- Some swimming specific exercises for streamline and tumble turns
- Bodyweight strength exercises (eg. push ups, rows, squats). Focus on learning how to move the body well
- Introduction to bands and shoulder health exercises

State Squad: 20mins prior to each session, 3 x 45min gym weekly

- Peak growing ages, learn how to foam roll/spikey ball for self-release along with a library of stretches.
- Postural strength and mobility high focus
- Build on bodyweight strength exercises (eg. push ups, rows, squats). Focus on learning how to move the body well.
- Introduction to holding dumbbells and light weights
- Consistent activation with band work

National Squad: 20mins prior to each session, 3 x 45min gym weekly

- Learn how to follow program, record, move to tempo, take rest
- Some individualisation based on stroke
- Start loading strength training with a focus on form over weight (“earn the right to lift”)
- Shoulder health exercises
- Start individualised activation programs

High Performance: 3-5 gyms weekly

- Individualised strength programs based on event and physio screenings
- Recovery strategies implemented



Timetable

SQUAD TIMETABLE 2022

							Dry land (Please bring appropriate shoes, shorts & T-shirt)
HIGH PERFORMANCE	Mon	Tues	Wed	Thurs	Fri	Sat	
am	6.00-8.00	6.00-8.00 Gym 8.00-9.00	6:00-8:00	6.00-8.00 Gym 8.00-9.00	6.00-8.00	6.00-8.00 Gym 8.00-9.00	20 min prior
pm	3.00-5.00	3.00-5.00		3.00-5.00			
NATIONAL	Mon	Tues	Wed	Thurs	Fri	Sat	
am	5.30-7.30	5.30-6.30 Gym 6.30-7.30		5.30-6.30 Gym 6.30-7.30	5.30-7.30	6.00-8.00 Dryland 8.00-9.00	20 min prior
pm	4.45-6.45	4.45-6.45	4.00-6.00	4.45-6.45			
STATE	Mon	Tues	Wed	Thurs	Fri	Sat	
am		5.30-7.30	5.30-6.30 Gym 6.30-7.30		5.30-6.30 Gym 6.30-7.30	6.00-8.00 Dryland 8.00-9.00	20 min prior
pm	4.45-6.45	4.45-6.45		4.45-6.45	4.00-6.00		
JUNIOR COMPETITION	Mon	Tues	Wed	Thurs	Fri	Sat	
am	6.30-8.00	6.30-8.00	6.30-8.00	6.30-8.00	6.30-8.00	8.00-9.30	15 min prior
pm	3.30-5.00	3.30-5.00	3.30-5.00		3.30-5.00		
JUNIOR DEVELOPMENT	Mon	Tues	Wed	Thurs	Fri	Sat	
am		6.30-7.45	6.30-7.45	6.30-7.45		8.00-9.15	
pm	3.30-4.45	3.30-4.45	3.30-4.45	3.30-4.45	3.30-4.45		
SENIOR SQUAD	Mon	Tues	Wed	Thurs	Fri	Sat	
am			6.30-7.45	6.30-7.45		8.00-9.15	
pm	5.00-6.15	5.00-6.15	5.00-6.15	5.00-6.15	5.00-6.15		
SURF	Mon	Tues	Wed	Thurs	Fri	Sat	
am		5.30-7.30	5.30-6.30 Gym 6.30-7.30		5.30-6.30 Gym 6.30-7.30	6.00-8.00 Dryland 8.00-9.00	20 min prior
pm	5.00-7.00	5.00-7.00		5.00-7.00	4.00-6.00		

Weather/Conditions

There may be instances when training cannot take place outdoors, eg. pool temp too low or severe weather conditions. In these instances, communication advising of any cancellation or adjustment to training plan will be via Email, Team App, Facebook and text message.



Squad Fees

Squad	Monthly Community	Monthly St Andrews
High Performance Squad	\$170	\$153
National Squad	\$160	\$144
State Squad	\$150	\$135
Surf Squad	\$150	\$135
Senior Squad	\$130	\$117
Junior Competition Squad	\$135	\$122
Junior Development Squad	\$120	\$108

Uniform

The St Andrew's uniform is available periodically throughout the year. To purchase an item, please see the front desk who will provide you with a receipt on payment. Please show your receipt to a coach on pool deck who can then provide you with your uniform items and assist with sizing. Please try to speak with coaches before or after a session to avoid interruption of swim sessions.



Communication

Aquatic Centre Front Desk Telephone: (07)5449 5800

Enquiries:

For all enquiries regarding memberships, swim central, entering competitions, assessments or joining the club please contact Bec Cainey using rcaine@saac.qld.edu.au

For enquiries regarding payment, fees or suspensions please email swim@saac.qld.edu.au

For all enquiries about uniform, please email Brad using bhillier@saac.qld.edu.au



Coach Communication

The first point of call is always your squad coach who will be available to address any concerns including a swimmer's development, health and attendance.

The squad coaches use both Team App and email to communicate with parents. Coaches are also available 15mins before and after each session to speak with parents, however if the conversation is expected to last longer than 10 minutes or is sensitive/complex in nature, a meeting should be arranged with the coach via email.

Team App: The 'St Andrew's Swimming Club' Team App is the second access point for important club information. This app is available for free from the app store and supports both iPhones and Android formats. We ask that all swimmers (with parental permission) and parents download the app and first search for 'St Andrew's Swimming Club' and then 'join' and please indicate in the field provided which squad you belong to. This will send through a 'member request' which will then be approved by the club and access will be allocated.

Email and phone: Email is the best tool for any questions or concerns as well as to set up meetings with coaches. Some coaches of the more senior squads may also share their phone number with parents for time sensitive issues and phone calls.

Swimmers who are under 18 years should never communicate with a coach via email, Team App or text message without a parent copied in.



Swim Club Membership

The official membership season runs from 1 July to 30 June the following year. When the new season begins (1 July each year), all current memberships will remain valid for an additional grace period until 30th September, allowing existing members to continue using Swim Central and entering competitions. From 1st October, if a membership is not renewed it will become inactive and ability to enter swim meets will be removed. Annual purchase of club memberships includes a combined cost of joining Swimming Australia, Swimming Queensland and St Andrew's Swim Club.

Why are Memberships important?

Swimmers can only compete at competitions (including interclub, regional, and state level meets) if they are an active member of their swim club. Club Championships and club nights are a fantastic way to practice racing for the first time but are not considered official competitions. Racing at competitions allows swimmers to gain official, recorded personal best times for each event, achieve qualifying times for competitions such as Wide Bay Championships, and receive Junior Excellent awards (more info on JX awards can be found here - <https://www.swimming.org.au/swim-1/australian-junior-excellence-program>). Memberships also include a comprehensive JLT Sport insurance cover provided under the Swimming Australia national insurance program. We strongly encourage all swimmers from every squad to purchase a membership for this season so they can be active current members of the swim club and compete in all home, local and interstate swimming competitions including St Andrew's Swim Club meets.

Process to purchasing a Membership: Memberships can be purchased through an online portal called 'Swim Central' which is owned by Swimming Australia. This platform allows swimmers to purchase memberships, enter competitions, access results etc.

If you are new to swimming, and don't already have a Swim Central account you will need to register. A parent/guardian needs to register a unique email address and all 17&Under swimmers are added to a parent/guardian's family group as a dependent. To register, navigate to Swim Central (<https://swimcentral.swimming.org.au/>) and select "Don't have a login? Register for an account". For more help, refer here - [How To Register With Swim Central – Swimming Australia Online Support Portal](#). Once a swim central account has been created, families can purchase memberships for their swimmers. Simply navigate to "Store" and select "Membership". It is important to select the correct member of your family in the "Assignee" drop down to ensure you purchase the correct membership for the correct person. Enter the name of the club you wish to join, ensure the Assignee is correct and select the membership type from the list. Use the "Add to Cart" button to select the membership and proceed to "Checkout" to process payment.

Cost for Club Membership:

Competitive Swimmer 9&O 22/23 - \$204

Components: Swim Australia - \$30, Swimming Queensland - \$53.56, Wide Bay - \$10.30, St Andrew's - \$109.24

Competitive Swimmer 8&U 22/23 - \$95.00

Components: Swim Australia - \$20.60, Swimming Queensland - \$38.12, Wide Bay - \$0, St Andrew's - \$36.28



Competition Information:

Club Nights:

The Club runs several club nights throughout the year. Results from club night will be shared with swimmers via email but are not officially recognised.

Aims of holding Club Nights for swimmers and members:

- To provide an opportunity to compete and improve times
- To learn to compete under race conditions
- To get to know other club members
- To establish team/club spirit
- To provide a forum to break club records.



Official Swim Meets:

Every swimming meet have corresponding information and 'Event flyer' listed on the Swimming Queensland, Swimming Australia or Wide Bay Swimming website. Most swimming meets are to be entered online through the Swim Central.

Swimmer guidelines at competitions:

- Arrive at least 1.5hrs before first event unless your coach has stated otherwise
- Bring food, water, and wet bag (if required)
- Wear club t-shirt and available uniform.
- Speak to coaches on arrival, as well as before and after each race
- Be respectful to all competitors, volunteers, officials, and parents.

Timekeeping & Volunteering:

As a club, our affiliation with Swimming Queensland requires us to supply timekeepers at various Swimming Queensland meets throughout the year. Parents may also be required to time keep at other meets when allocated by the club who is holding the meet. We also often require volunteers for club nights and St Andrew's Meets, including starters, marshallers, catering, meet assistants etc. We welcome all volunteers no matter the experience level! Coaches will communicate via email when we require parents to volunteer.



Targeted competitions:

Coaches will send out the competition calendar at the beginning of each swim season. The competitions will be an array of types which have been outlined below. Please do not enter your child into any other meets.

Short Course Season (25m): May – August, Long Course Season (50m): September – April

Competition Type	Targeted Squads	Competition Outline	Location and Date
Club Meets	Junior Development, Junior Competition, State, National and Performance swimmers	Competitions run by local swim clubs with events catering for juniors and seniors. These competitions provide race practice, opportunities to gain official results as well as attain qualification times for regional, state, and national events.	Club meets are run periodically throughout the year at different local pools. Swimmers and coaches usually attend 2-3 per term.
Wide Bay Championships (Long Course & Short Course)	Junior Development, Junior Competition, State, National and Performance swimmers	Championship competition for the Wide Bay region. Clubs compete for point score. Heats and finals experience. for 50m events only. Minimum age is 8yrs. Qualifying times required.	Wide Bay SC – June Wide Bay LC – March Wide Bay region, location changes each year
State and National Prep Meets	Junior Competition, State, National and Performance swimmers	Competitions run by Swimming Queensland as an opportunity for swimmers to race and qualify for State and National level events. Qualifying times required.	Held 4-8 weeks prior to a state or national level competition. Chandler Aquatic Centre, Brisbane
Queensland Sprint Championships	Junior Competition, State, National and Performance swimmers	State Championship competition for 50m events only. Minimum age is 10yrs. Qualifying times required.	February. Chandler Aquatic Centre, Brisbane
Queensland Short Course Championships	Junior Competition, State, National and Performance swimmers	State Championships for Short Course. Minimum age is 11years. Qualifying times required.	August. Chandler Aquatic Centre, Brisbane
Queensland Long Course Championships	Junior Competition, State, National and Performance swimmers	State Championships for Long Course. Minimum age is 12years. Qualifying times required.	December. Chandler Aquatic Centre, Brisbane
Australian Age and Open Swimming Championships	State, National and Performance Swimmers	National Championship event. Minimum age is 13 for females, and 14 for males. Qualifying times required.	April. Location changes yearly and can be hosted by different states.

Entering Swimming Competitions

Each meet will have a closing date, although this is just an indication and often meets will fill up and close early; ensure you enter the designated meet as soon as possible (well before the closing date).

Nominate for Swim Meets: To nominate for a swim meet in Swim Central, navigate to “Events” in the menu and use the calendar to select the meet date and select “View Event: to see more information or to nominate for the meet. Swim Central will calculate a swimmer’s eligibility for events at the swim meet and will display these automatically. Please ensure the Nominee in the drop down is the family member you wish to nominate for the meet. Select the “Details” tab to view more event information. Add chosen events to the Shopping Cart using the “+” button and choose the “Make Payment” button to finalise a nomination.

Competition Documents:

Session Report and Program: In the week leading up to the swimming meet the club hosting the meet will share the ‘Athlete Roster’, ‘Session Report’ and the ‘Program’ either via email or on their social media page. If it a ‘Swimming Queensland’ run meet such as Queensland State Championships, the information will be found on the Swimming Queensland website under ‘Events Calendar’.

The **Athlete Roster** is usually posted on the Monday prior to the meet – this is so swimmers can check that their chosen events have been entered correctly. If there are any errors then you will need to contact the club hosting the meet, the contact will be listed on the ‘Event flyer’.

The **Session Report** and **Program** is usually shared to clubs by the Thursday evening prior to racing. It is the responsibility of the swimmers and families to check and/or print the session report and program. The session report lists (as a guide) the time of every event which give a very good indication of the time of the last event and more importantly the time of the first event.

Results:

Results can be accessed through Swim Central by the ‘Results’ tab, which will become available after the competition when the results have been processed.

Live results can be accessed using ‘Meet Mobile’ which can be downloaded onto your phone from the App Store.

Resources:

Swimming Queensland - <https://qld.swimming.org.au/>

Wide Bay Swimming Association -

<https://widebay.swimming.org.au/default.aspx?>

Swimming Australia - <https://www.swimming.org.au/>

Swim Central Website - <https://swimcentral.swimming.org.au/home>

