

Coaches Code of Conduct

Be reasonable in your demands on swimmers.

Teach swimmers that rules should not be evaded or broken.

Remember children swim for fun and that winning is only part of their motivation.

Never ridicule or yell at children for making mistakes.

Ensure the equipment and facilities meet safety standards.

Take into consideration the maturity level of the children.

Develop swimmer's respect of the ability of opponents and judgement of officials.

Avoid using derogatory language that may hurt someone else's feelings.

Make an effort to keep yourself informed of sound coaching principles.

Encourage children to develop sound basic skills and to improve on them.

Information Booklet



**Nyah Two Bays/Swan Hill Amateur
Swimming Club Inc
PO Box 1516 Swan Hill 3585**

Affiliation

The Club is affiliated with Swimming Victoria Inc. The club is a member of :

District 14, the North Central District Amateur Swimming Association. Kerang, Boort and Bar-Rook (Barham/Koondrook) also belong to District 14.

Constitution

The constitution is available to all members of the Nyah Two Bays/Swan Hill Swimming Club Inc. If you wish to look at the constitution please see the club **President**.

Club Colours

The Club Colours are Navy blue, Red and White. Royal Blue Cap.

Apparel

The club has a range of apparel available including; T-shirts, Jumpers, Fleece, Towels, Hats and Caps and Bags. Please check the website :**Information link**, for details of where to purchase. Check with a member of the committee for Club Swimwear (Caps and Bathers) Orders for club bathers are taken early in the season.

Entries

Entries must be forwarded to the **Swimming Club** that is organising the swim meet, on or before the date specified in the **District Program Book**. Each family will receive a copy on payment of membership fees.

Parents Code of Behaviour

Encourage children to participate; avoid forcing them.

Focus on the child's effort, not the result of the race.

Teach children that an honest effort is as important as winning.

Encourage children to follow the rules no matter how unfair they appear.

Never ridicule or yell at a child for making a mistake or not winning a race.

Remember that children swim for their enjoyment, not yours.

If you disagree with an official, go through the proper channels.

Support all efforts to remove verbal and physical abuse from our sport.

Recognise the value and importance of the volunteer committee members and coaches.

Annual Fees

Membership fees are as follows for the 2008/09 season:

Swimming member \$95

Non swimming member \$40

Registered Official \$20

All club members, whether competing or not, are classified as a swimming member.

Training Fees are payable to the Leisure Centre, as a Direct Debit or a 6 month Pre-Paid .**The monthly cost is \$33.70** and includes pool entry ,use of gym and free locker hire at all Leisure Centre Public Sessions, as well as Squad training.

Weekly swimmers need only pay a flat fee of \$5.This will cover the pool entry and the training fee.

Training Times

Training is held at the Swan Hill Leisure Centre:

Monday, Tuesday and Thursday : Start Time:5.30pm-7pm

Monday ,Tuesday, Wednesday ,Thursday and Friday Start Time: 6am-7.30am.***Check with Head Coach early in the season for changes in training times.***

Club Breakfast is held after morning training each Friday.

A Roster for parental assistance will run for the season.

Assistance with training is always welcome.

Please ask one of the coach before training begins if there is anything you can do to help. If you have any questions about your child's training please wait until after the session to speak with the coach.

Club Presentation

Presentation Day/Night held in late March or early April, with awards presented in the following categories:

- **Junior** 10 and under
- **Senior** 11 and Over

- **Most Outstanding** Female/Male (in all areas).
- **Most Outstanding Swim** Female/Male
- Trophies in all strokes to the **Fastest** Female/Male
- Trophies to the **Most Improved** Male/Female
- Trophies to the three **Highest Points** achievers
- Tooleybuc Sporting Club Perpetual Shield to the swimmer who gains the most **Points at District Competitions.**
- **Club Champion** Female/Male awarded on bests results obtained in each age group at Club Championships.
- **Club Grading Points**– ribbons awarded to swimmers measured against a set criteria.
- **Proficiency Awards** set by Swimming Victoria.
- **Attendance Awards** to swimmers who complete at a required number of swim meets in the district.
- **Certificates of Participation.**

Swimming Rules for Carnivals and Club Events

**The referee has complete control over all swim events.
If a swimmer is disqualified from a race the decision is final.**

Competitors are requested to acknowledge their names when called out to Marshall and remain in the order called.

If after two calls, a competitor has not complied; the competitor will be deemed (scratched) from the race.

On completion of events, competitors will remain in the water until instructed to leave the pool by the referee.

Cheering and support are welcome, but please be quiet at the start and keep out of the referees, judges and timekeepers way.

Swimmers Code of Behaviour

Never argue with an official. Discuss it with your trainer. Control your temper.

Verbal abuse of officials or other swimmers is not acceptable.

Work hard for yourself and your team. Your team's performance will benefit and so will you.

Be a good sport.

Cheer other swimmers whether they are on your team or another team.

Treat other swimmers as you wish to be treated.

Do not interfere with, bully or take unfair advantage of another swimmer.

Co-operate with your trainers, team mates and opponents. Without them there would be no competition.

Swim for personal improvement and **Enjoy!**

Avoid using derogatory language that may hurt some one else's feelings.