

**Nyah Two Bays/Swan Hill Swimming
Club**



2022/2023

MEMBERSHIP HANDBOOK

www.twobaysswimming.org.au

WITH THANKS TO OUR SPONSORS

MAJOR



GOLD



GARDEN & GREEN
LAWYERS

SILVER



BRONZE



**FUNKITA®
FUNKY TRUNKS®**



This handbook has been prepared to help all prospective club members and existing members to understand our activities and objectives. It also advises you as to how you can contribute to the success of Nyah Two Bays/Swan Hill Swimming Club. We can't cover everything, so please don't hesitate to talk to members of the Committee, Coaching Staff and other Club members if you have any questions. We welcome all parents to get involved to ensure successful fun events that the whole family can enjoy.

CLUB MISSION STATEMENT

The Goal of Nyah Two Bays/Swan Hill Swimming Club is to foster and develop the sport of swimming in our community, while promoting the physical and social aspects of the sport.

The Club aims to create an environment that facilitates each member to reach his/her potential in the sport, through participation and achievement at Club, District, Regional, State and National level. The Club also aims to foster a team approach through participation in relay events and social activities which help to build friendships and camaraderie.

SAFE SPORT

The safety of children and young people in our sport is paramount. We want swimming to be fun, enjoyable and safe for all. Everyone in the swimming community have a role to play in ensuring that we keep our sport as safe and enjoyable as possible.

Swimming Australia have developed a Safe Sport Framework (SSF). This confirms the shared responsibility we all have for keeping each other safe in swimming – children and adults alike. The Safe Sport Framework replaces all previous child and member welfare policies and procedures, including the Code of Conduct, and can be found on the Swimming Australia website:

<https://www.swimming.org.au/integrity-policies-rules/safe-sport-framework>

NTBSH have adopted the Swimming Australia Safe Sport Framework.

The new Victorian Child Safe Standards were announced on 1 July 2021. These standards will strengthen child safety, improve aboriginal cultural safety and empower children and young people. The new standards will commence on 1 July 2022 and NTBSH is working towards integrating the new Standards into its policies. Information on the new Standards can be found here:

<https://ccyp.vic.gov.au/assets/resources/New-Standards/New-Child-Safe-Standards-Information-Sheet.pdf>

Our NTBSH Club Child Safety Liaison Officer:

Emma Doherty
0407 041 710

2022-2023 CLUB COMMITTEE OF MANAGEMENT

Position	Name	Phone	Email
President			president.ntbsh@gmail.com
Vice President/s	Carlee Muir	0438 289 867	carleemuir@gmail.com
Secretary	Nicole Bail	0447 066 445	secretary.ntbsh@gmail.com
Treasurer	Karen Mckissack	0419 388 516	treasurer.ntbsh@gmail.com
Registrar of members	Nicole Bail	0447 066 445	
Entry Secretary	Nicole Bail	0447 066445	entry.ntbsh@gmail.com
General Committee	Shirley Swan, Ahkwilan, Craig Muir, Emma Brown, Jordan, Letitia Atkin		

2022-2023 CLUB COACHES

Position	Name	Contact	ASCTA Accreditation
Head Coach	Ahkwilan Wong	0401 664 339	
Assistant Coach	Shirley Swan	0427 372 000	Silver

2022-2023 MERCHANDISE

NTBSH has a wide range of merchandise available for purchase direct from the Club via Team App. If you are in need of a Club Hoodie, Polo Shirt, Swim Cap or Goggles please speak to our merchandise organiser: Carlee Muir – contact via Team App.

Funky Trunks & Funkita Swimwear offer a great deal to our Swimming Club. Every purchase using the Promo Code receives a 10% discount off all swimwear plus the Club receives a 10% cashback bonus on all sales.

Please visit: www.funkytrunks.com
www.funkita.com

Promo code: TBA

KEY CLUB DATES

(all dates are to be confirmed):

November 26th Saturday - Records Night and Come & Try Event (Leisure Centre)

December 10th Saturday - NTBSH Whitfield Excavations Open Swim Meet (Swan Hill Outdoor Pool)

January 6-9th - SA Country LC Championships (Mt Gambier, SA)

January 21-23th - Victorian Country LC Championships (Wangaratta)

10 February 2023 – All Schools – Swan Hill

17 February 2023 – Club Champs - Nyah

24 February 2023 - D15 All-Junior Qualifying Meet – Mildura Waves

26 February 2023 – D15 All-Junior Qualifying Meet – Bendigo

5 March 2023 - Central Victoria (D15) District Championships

*For up-to-date information, please visit our website at:
<http://www.twobaysswimming.org.au>
and by downloading our Team App*



Team App Instructions

Install the Team App on your smartphone or tablet now. Follow these steps:

1. Download Team App from the Apple or Google Play app store.
2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "NTBSH".
4. Choose your applicable access group(s): Parents & Guardians and/or Registered Victoria Squad Members (please disregard Recreational Swimmers).
5. If you don't have a smartphone go to NTBSH.teamapp.com to sign up and view this App online.

NEW SWIMMERS

Any new swimmers looking at joining NTBSH must follow these steps.

1. INTRODUCTION & ASSESSMENT - All prospective members and their parent/guardian are to make contact with the Head Coach and organise a time to meet. They will be advised of a training session to attend where the Coach will assess the child's swimming ability.
2. ALLOCATION OF TRAINING - After assessment by the Coach or Shirley, the Coach will outline which training sessions to attend. This may be squad sessions primarily aimed at fitness or those with more technique focus, and/or may include advice to attend Leisure Centre run Academy Swim Sessions. These Academy Sessions **ARE NOT** NTBSH squad sessions and you must enrol and pay for these separately with Belgravia Leisure.
3. MEMBERSHIP DETAILS - Swimmers and (at least one parent/guardian included on the form) will need to complete a "NTBSH Swimmer Application" form. The Coach will provide a hardcopy, or an electronic copy can be sent through. This must be fully completed and returned to the Secretary or Coach at the start of each season.
4. TEAM APP - The Coach and/or Registrar of Members will ensure all swimmer details are recorded correctly and an invite will be sent to the swimmer or parent/guardian if they are under 16 years old to install Team App. All Club day-to-day communication is carried out via Team App.
5. SWIM CENTRAL & PAYING CLUB MEMBERSHIP - All swimmers and at least one parent/guardian **must** become financial members of the NTBSH Swimming Club to attend training sessions and represent the Club at carnivals. New swimmers will need to register for a Swim Central account, which is the main website used to pay for Swimming Victoria registration and Club membership and also to enter any swimming carnival Australia wide. Registration can be completed by visiting:

<https://swimcentral.swimming.org.au>

Help & how-to guides can be found at:

<https://vic.swimming.org.au/get-swimming-0/swim-central-support-and-resources>

NTBSH MEMBERSHIP 2022-2023

All swimmers, and at least one parent/guardian, will need to become financial members of NTBSH and be registered with Swimming Victoria. Annual Club membership and Swimming Victoria registration needs to be paid for via the Swim Central website. Along with a swimmer registration, one parent/guardian per family must also become a Dry Member. The Swimming Victoria registration incorporates the Club's Annual Membership fee and allows entry into all carnivals throughout Australia. The registration also covers the swimmer for insurance while training and competing both in and out of the pool. This will allow ALL swimmers the continue to train in some form if we are affected by Covid restrictions.

Registration and memberships run from 1st July 2022 until 30th June 2023.

Swimmer & Parent Fees – pay via Swim Central

Membership Category (21/22)	Total
Swimmer 8 years & under Eligible to participate in squad and club training and activities as well as experience all levels of competition.	\$169.94
Swimmer 9 years & over Eligible to participate in squad and club training and activities as well as experience all levels of competition.	\$180.24
Dry Member Membership applies to parents & guardians of swimmers under 18 years, Technical Officials, Club & District committee members and Life Members.	\$16.49

These fees include NTBSH Club Membership, Swimming Victoria registration and Swimming Australia Levy.

Please note:

Swimmers Under 18 must have a parent/guardian registered with Swimming Victoria (Dry Member). This can be completed via the Swim Central website.

In addition to this annual membership fee, a Coaching Levy is required to be paid for each Term swum.

COACHING LEVY

(Pay direct to the Club via Team App)

The Coaching Levy is payable by all swimmers and is due within the first month of each term. The Coaching Levy is payable via Team App.

Term 1 (Jan – Mar)	\$60 per swimmer
Term 2 (Apr – June)	\$30 per swimmer
Term 3 (July – Sept)	\$30 per swimmer
Term 4 (Oct – Dec)	\$60 per swimmer

Families with more than one child swimming will receive a discount of 25% for the second child and 50% for any subsequent children.

Payments via Team App

All payments direct to the Club for Coaching Levies and Merchandise will be requested via Team App. Payments are easily linked to each Club Member and this significantly reduces the time required by the Club Treasurer and Secretary tracing payments. All transactions via Team App incur a 2.84% surcharge (Team App 1.09% + Stripe 1.75%) plus a \$0.30 transaction fee.

Belgravia Leisure

The NTBSH membership fees above **DO NOT** cover entry into the Leisure Centre or the Swan Hill Outdoor Pool. We encourage all our Club members to become members of Belgravia Leisure. The weekly membership fee is more cost effective if training more than one session per week. A Leisure Centre membership gives you unlimited access to the indoor 25m pool and Swan Hill Outdoor Pool over the summer months.

Please see Belgravia Leisure staff to arrange a membership or a casual squad session pass.

What are the benefits of joining our Club?

Whether you join to improve fitness or technique or to swim at a competitive level, you will have access to our Club Squad training sessions and all our Club functions. Your fees contribute towards our Coaches' expenses, subsidising equipment costs, Club functions, relay entries and administration expenses. NTBSH Swimming Club is one of the best value-for-money swimming clubs in Victoria.

Those swimmers wishing to compete must be registered as members of both the Nyah Two Bays/Swan Hill Swimming Club and Swimming Victoria (SV) otherwise you will NOT be fully covered by insurance and you will NOT be able to compete at Central District competitions, Swimming Victoria competitions or Swimming Australia competitions.

SQUAD TRAINING

Our Squad training is conducted either at the Swan Hill Outdoor Pool, or at the Swan Hill Leisure Centre located at 21 Pritchard St, Swan Hill. This is weather and facility access dependent.








Please make sure that swimmers arrive to training **10 mins before their session** with their **water bottle** and **training gear** ready to avoid disruptions to training and to allow swimmers to get the full benefit of the training session.

TRAINING DAYS AND TIMES








Training sessions differ throughout the season and this will be communicated by the Coaches, Team App, website and newsletters. Please make sure you are up to date with current training days and times.

Example training schedule for Summer and Winter months is provided below. These are subject to change and exact days and sessions will be confirmed by the Coach:

Summer

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am		 Fitness	 Fitness		 Fitness
6:30am					
7:00am					
7:30am					
5:30pm	 Fitness/ Technique	 Fitness/ Technique	 Academy	 Academy	
6:00pm					
6:30pm					
7:00pm					

Winter

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am		 Fitness	 Fitness		 Fitness
6:30am					
7:00am					
7:30am					
5:30pm	 Fitness/ Technique	 Fitness/ Technique	 Academy	 Academy	
6:00pm					
6:30pm					
7:00pm					

* Leisure Centre Academy sessions are not a designated training session and they are noted here for informative purposes only. They are subject to change and may run concurrently with Squad training depending on pool space and instructor availability. These are not NTBSH Squad sessions and need to be enrolled in and paid for separately direct to Belgravia Leisure.

BREAKFAST CLUB

As of the first week in December, after Friday morning training, the Club holds a Breakfast Club for the swimmers. Members can get a bacon and egg sandwich, fruit and a drink. No payment is required as this is included in the swimming fees. We encourage parents to assist by volunteering to be on the Roster.

PARENT PARTICIPATION

Nyah Two Bays/Swan Hill Swimming Club prides itself on being a friendly Club that brings the whole family together to participate in a healthy sport through participation and inclusion.

The Club Committee Members are parents or past parents of swimmers from the club who carry out the operations of the swimming club on a voluntary basis.

All parents are asked to assist, particularly at Club nights and carnivals held at the Swan Hill Swimming Pool and Swan Hill Leisure Centre, to conduct the events for your children and the Club. Some of the positions/job's parents might be asked to do will include:

Time Keeper	Timing races using the Dolphin system.
Pool Preparation	Setting up the pool ready for Club Nights or NTBSH Swim Carnivals
Catering	Operating/helping with the BBQ, food preparation and sales
Marshalling	Preparing and organising the children for their events.
Starter	Starting races with the starter's gun.

At swim meets other than our own, parents of swimmers are expected to assist with time keeping and if a qualified Technical Official may be called on to perform other duties.

This is not only appreciated by the Club Committee, but by the children whose enthusiasm receives a tremendous boost through seeing Mum or Dad as part of the 'team' supporting them in their sport.

ENTERING A SWIM MEET

Swimmers registered with Swimming Victoria can participate in any swim meet held in Australia which will require you to complete an online Entry via the Swim Central for the particular meet.

It is a very straight forward process, but do not hesitate to contact any Committee Member for advice to guide you through it especially when entering for the first time. There are some excellent resources on the Swimming Victoria website also:

<https://vic.swimming.org.au/get-swimming-0/swim-central-support-and-resources>

Nyah Two Bays/Swan Hill Swimming Club is affiliated with the Central Victoria Swimming District (District 15) and Swimming Victoria, which controls and administers the sport of swimming in Victoria. This association offers members the opportunity to compete at Regional, State and National levels. Swimming Victoria acts in accordance with the rules and regulations of Australian Swimming Inc, which in turn functions under the International Swimming body called FINA.

For more information on District 15 see their website www.cvs.org.au

RECOMMENDED EVENTS GUIDE

Please note:

The following events are to give our Parents and swimmers an overview and recommendation of what events our Club is focused on this coming season. Some of the events are for our senior swimmers and require qualifying times. None of the following are compulsory, but we highly encourage all swimmers to attend our Whitfield Excavations Open Meet in **December** which is our major fundraiser. The other major event is our Club Championships held annually at the Nyah Outdoor Pool – it's a fun but traditional night with the highlight being our Handicap Relay which is loved by all. It is held on a Friday evening, usually in the first or second week of **February**.

Round 1, 2 & 3 events relate to being eligible for Club Champion. Swimmers gain points for attending these events to decide the age Club Champion.

Nyah Two Bays/Swan Hill Recommended Events

DATE	EVENT	VENUE	INFO
Oct 1 st Sat	Echuca Spring Meet	Echuca Indoor Pool	NTBSH Team Event
Oct 29 th Sat	NTBSH Records/Come & Try Night Round 1	Leisure Centre Indoor Pool	4pm Start Social Club Event - Pizza
Nov 5 th Sat	Country Junior District Competition	MSAC - Melbourne	Entry via Club Secretary
Dec 3 rd Sat	NTBSH Whitfield Excavations Open Round 2	Swan Hill Outdoor Pool	Major club carnival
Dec 4 th Sun	Mildura Open Meet	Mildura Waves	NTBSH Team Event
Dec 14 th - 18 th	Victorian Age LC Championships	MSAC - Melbourne	Qualifying Meet
Jan 6 th - 9 th	SA Country Championships	Mount Gambier	Qualifying Meet
Jan 14 th - 15 th	Victorian Sprint Championships	MSAC - Melbourne	Qualifying Meet
Jan 21 st -23rd	Victorian Country Championships	Wangaratta	Qualifying Meet
Feb 10 th	All Schools	Swan Hill Outdoor Pool	5.30pm start
Feb 17 th Fri	Club Championships Round 3	Nyah Outdoor Pool	Twilight 6pm start
24 Feb 2023	D15 All-Juniors Qualifying & Proficiencies	Mildura	TBA
26 Feb 2023	D15 All-Juniors Qualifying & Proficiencies	Bendigo	TBA
5 Mar 2023	Central Victoria Swimming District Championships	TBA	Qualifying Meet
18-19 Mar 2023	Victorian Country All-Junior Semi's & Finals	MSAC - Melbourne	Qualifying Meet

Central Victoria Swimming Inc.

2022-23 Swim Meet Calendar

District Meets	Meet Date	Information
Bendigo Hawks Winter Series - Round 1	5 June 2022	Gurri Wanyarra Wellbeing Centre
Bendigo Hawks Winter Series - Round 2	10 July 2022	Gurri Wanyarra Wellbeing Centre
Bendigo East Short Course Meet	17 July 2022	Gurri Wanyarra Wellbeing Centre
Bendigo Hawks Winter Series - Round 3	4 September 2022	Gurri Wanyarra Wellbeing Centre
Echuca Spring Meet	1 October 2022	Echuca War Memorial Pool
Kangaroo Flat Swim Meet	TBA	Gurri Wanyarra Wellbeing Centre
Bendigo East Sprint Meet	13 November 2022	Bert Graham Pool Bendigo East
Irymple Open Swim Meet	TBA	Irymple Swimming Pool
Sunraysia Pennant No. 3	TBA	Mildura Waves
Nyah Two Bays/Swan Hill Open	3 December 2022	Swan Hill Outdoor Pool
Mildura Open Swim Meet	4 December 2022	Mildura Waves
Bendigo Summer Meet	8 January 2023	Faith Leech Aquatic Centre
Maryborough Annual Swim Meet	5 February 2023	Maryborough Swimming Pool
Castlemaine Annual Swim Meet	12 February 2023	Castlemaine
Tongala Annual Short Course Meet	19 February 2023	Tongala
All-Junior Qualifying & Proficiencies	February 2023	Kerang (TBC)
Central Victoria Championships	February 2023	Kerang (TBC)
District Representative Meets	Meet Date	Information
SV Country Junior District Competition	5 November 2022	MSAC
SV Country All Junior Semi's & Finals	March 2023	MSAC
SV Country Inter-district Competition	March 2023	MSAC
Swimming Victoria Meets	Meet Date	Information
SV Country Short Course Championships	6-7 August 2022	Ballarat
SV Age Short Course Championships	26-28 August 2022	MSAC
SV Open Short Course Championships	13-14 August 2022	MSAC
SV Victorian Qualifying Meet	TBA	MSAC
SV Age Championships	14-18 December 2022	MSAC
SV Sprint Championships	14-15 January 2023	MSAC

SV Country Championships	21-23 January 2023	Mildura
SV Open Championships	17-19 February 2023	MSAC

CLUB CHANT

**Two Bays, Two Bays, Here to Swim
All we want to do is Win
Here as one, we'll have some fun
Swimming at our best
We trained all year and now we're here
It's time to show the rest.**

T – T

W – W

O – O

B – B

A – A

Y – Y

S – S

GOOOOOOOO TWO BAYS!

WITH THANKS TO OUR SPONSORS

MAJOR



