



ONKAPARINGA SWIMMING CLUB

Handbook for Swimmers & Parents

Welcome to the Onkaparinga Swimming Club Inc.

The Onkaparinga Swimming Club (Onkas) was reformed in 1990 and has been successfully competing at various meets and carnivals for the past 29 years. We have 100 swimmers participating in our programs from learn to swim program through to our State/National squad. The official colours of the club are green and gold.

The Onkaparinga Club is located in the Adelaide Hills town of Woodside and attract members from all areas of the Adelaide Hills and surrounds. Onkaparinga is affiliated with Swimming SA which is the peak body for the administration of competitive swimming in South Australia. The Club and its registered members are bound by the Constitution and By-laws (as amended from time to time) of the Club and Rules of Swimming SA Inc., Swimming Australia Ltd, and FINA.

Onkaparinga Swimming Club is an affiliated member of the Eastern Districts Association SA (EDSA). Other swimming clubs affiliated with EDSA are Murray Bridge, Strathalbyn, Mount Barker (Mountain Pool) and Mallee.

The Club has been recognised for outstanding success and development and Swimming SA has awarded the Onkaparinga Swimming Club “The Swimming Club of the Year” award for South Australia in 2006, 2004, 2002. The Club has continuing success competing in the SA Country Championships winning for the 17 consecutive titles. 2019 season we did not retain this titles and placed second however we have since gained it back after winning by 3 ½ points in Murray Bridge 2020.

The official swimming season is from 1 October – 31 September each year. Training is available all year round with our Club. Training venues are The Adelaide Hills Swimming Centre (Woodside outdoor pool) for summer (November – mid March) and the 16AD Regiment Army Pool at Inverbrackie (this is an indoor pool which the club uses all year round) and two sessions can also be held in Adelaide for long course training over winter at the North Adelaide. Senior swimmers can access further training with the head coach by further arrangement if attending all designated sessions and working towards a national standard.

The Onkaparinga swimming club program encourages every swimmer to reach their maximum potential in competition swimming. The developmental program is designed with this aim in mind. Club coaches encourage swimmers to strive for excellence whilst building character, confidence, determination, discipline and dedication.

Pat Wheeler is the Head Coach of the club. Pat is a Silver Licenced coach with experience in the aquatic industry of over 30 years. Pat has an extended licence to work with SDS, OWS & Masters swimmers. Other coaches or Swim Instructors who assist Pat are Noah Bell, Georgia Weir and James Kemp. All three are senior swimmers and still compete for this club.

Club Objectives

The Club's Management objectives are to;

- Promote and facilitate the sport of swimming in a safe and fair environment,
- Do all things necessary for the effective management, operation and control of the Club, its members, and its property,
- To ensure compliance with the policies adopted by Swimming SA and comply with the Member Protection Policy and Code of Conduct,
- To develop swimmers race skills to enable them to participate at competition level.

The club operates under the terms and conditions as detailed in the Club Constitution.

Club Coaches work with swimmers on building confidence through the setting of long & short term goals for the team and each individual. The Head Coach and assistant coaches will attend professional development as required each year and are well skilled to support any swimmer with the preparation of annual goals. The club management and coaches believe in the importance of good communication between, swimmers, coach and parents.

The club expects all members to show respect and appropriate behaviours towards each other and to everyone associated with the Club and its activities. The Club has adopted the Swimming Australia behavioural guidelines but also has some additional expectations that are specifically relevant to Onkaparinga Swimming Club Behavioural Guidelines.

Team Goals

- To strengthen the team and the individual's character.
- To create an atmosphere of team spirit, unity and support.
- To develop competitive spirit as a team.
- To work hard in pursuit of team's excellence
- To attain the team's maximum potential in competition swimming
- All swimmers must compete at 4 completions throughout the calendar year – priority goal to swim at State Championship and Country Championships, Masters at Interclub, State Cup and National Championships

Eligibility for Squads

Swimmers must be prepared to compete in at least 4 carnivals or interclub events in each swimming year. Competitive membership is open to all age groups, both adults and children, but before joining the club swimmers interested in joining must be able to:

- Swim 1 x 25 metres freestyle showing acceptable breathing techniques
- Swim 1 x 25 metres in 1 x BBB stroke (Butterfly, Backstroke or Breaststroke).

Joining the Club

All prospective members are encouraged to first speak with the Head Coach and discuss the expectations of the club. Swimmers will need to meet the eligibility criteria listed above prior to joining the club. When you decide to join the Club, to enable you to access the Army Barracks for training, you will need to have:

- A medical plan if declaring the swimmer's medical conditions, asthma, allergies etc.
- A certified copy of the parent's and/or swimmer's driver's licence
- Details of the swimmer's or parent's vehicle's registration
- All swimmers must familiarise themselves with the Swimming Australia Member Welfare and Child Welfare Policy Documents and the Club's Child Safe Environment Policy and Procedures and must be prepared to adhere to these policies when renewing membership yearly.
- DCSI Certificate/National Police Check

Training

The Club offers competitive swimming training sessions to improve strokes technique and performance. Skills taught at training include starts and turns as well as all four competitive strokes. A training calendar is issued to members at the beginning of each month. This will also include upcoming carnivals for swimmers to participate in.

Winter training schedule

Woodside Army Pool

Monday, Wednesday and Thursday evenings

1st session 5.00pm to 6.00pm

2nd session 6.00pm to 7.30pm

Saturday afternoons

2.00pm to 4.00pm

Friday evening & Sunday afternoon as advertised in monthly training calendar.

Summer training schedule

Adelaide Hills Swimming Centre – **summer season only (November to March)**

Monday, Tuesday, Wednesday, Thursday, Friday mornings

5.30am to 7.00am

Saturday mornings

6.30am to 9.00am

Tuesday evenings

6.00pm to 8.00pm **for those competing in country championships only**

Friday evenings 4.30pm – 5.45pm

Monday, Wednesday and Thursday evenings

1st session 5.00pm to 6.00pm

2nd session 6.00pm to 7.30pm

Saturday afternoons 2.00pm to 4.00pm

Note these times maybe subject to change and therefore they should be confirmed on the training calendar. At times the Army pool is not available due to maintenance or because of the priority needs of the Army. Members will be notified verbally at training and if possible by email if the pool is closed.

On public holidays training times change due to pool closure time being 6.00pm (3-5.30pm). Members will be notified of the modified times or if no training will be held on that Public Holiday.

Training Squads

Swimmers will be placed in the appropriate squad based on performance, skills and the ability to train at the intensities and distances required in each squad. Pre-requisites for group advancement include positive attitude, desire to move up, and a commitment to the required workload and attendance for each squad. There are six training squads available.

Learn to Swim program: The learn to swim sessions is are held on Saturday afternoons or Friday evenings at the outdoor pool in summer. We only have a number of vacancies in this group. Arrangements must be organised before attending.

Merit/transition: This squad is for swimmers who can swim 25min at least 2-3 strokes. Attendance requirements are 1-3 sessions per week. This squad will swim up to 2.0 – 2.5km per session.

Development Squad: This squad swims between 2.5kms to 3.8kms per session 2 – 4 times per week in winter and 3 -8 sessions in summer. All components of competition swimming are the main focus at sessions. Members of this squad will compete in 100, 200 events as the prime focus at competition

State/Country Squad: Attending 4 sessions in winter and between 4 - 10 sessions in summer leading up to Country and State Championships. This squad swims up to 4.0 – 5.0 kms per session. Recommended distance for competitive events are 200m, 400m, 800m and our Open Water Swimming distances.

National Development Squad : This squads attendance requirements in summer is 10 - 12 sessions and 5-6 training sessions each week in winter and negotiated sessions dependant on each swimmers set goals yearly. Excellent communication skills with coach staff is expected at this level.

Masters:

Swimmers who are registered with the Aussie Masters Association or are currently registered to swim at Swimming SA meets who are over the age of 18 years of age. It is the expectation that all Masters swimmers will contribute to fundraising and are competing at competitions in the pool or at open water events.

Promotion from Squads

Swimmers will not be promoted to higher squads until the head coach talks with the swimmer and then with parent/s to ensure that the pre-requisites for moving up are established.

Rules and Procedures for Accessing the Army Barracks

- Must have driver's licence ready to show to security guard on entry to barracks – announce your name and let them know you are with the Onkaparinga Swimming Club
- Drive at the set speed limit – please do not speed

- Please park in the top car park

When inside the pool complex

- Parents, visitors and other spectators must sit in the spectator's gallery and not on or beside the pool deck
- Children must be supervised in the spectator's gallery and must not enter other areas of the complex
- Swimmer club members may use the change rooms and pool facility but not any other area of the complex when at training
- Parents/carers are requested to pack up after each session
- If going for a walk while a swimmer is at training parents must not walk within the Army Barracks, you must walk off the base
- No swimmer can use the pool for playing or recreation before or after training – swimmers must exit the pool quickly after the training session
- No sibling can use the pool if not in a lesson or a training session
- Swimmers need to shower quickly
- Swimmers are to prevent leaving water in the foyer area when leaving the pool, they are requested to dry off thoroughly and not drag net bags through the foyer
- Swimmers should dress in warm clothes when leaving the pool in winter – it gets very cold!

Training Expectations

In order to establish a distraction free training environment free from distraction that will encourage the development of excellence, all swimmers will be expected to:

- Abide by the behavioural guidelines.
- Be on deck 10/15 minutes prior to starting, to warm up and stretch.
- Streamline at both ends with legal turns.
- Undertake legal strokes from wall to wall.
- Perform drills exactly as instructed.
- No talking or hanging off lane ropes during sets.
- Be happy to work with everyone in your lane.
- Leave the pool promptly at the completion of each session.
- Parents are expected to assist with packing up lane ropes and flags at the end of training sessions whenever possible.

In order to benefit from training session, the swimmer must maintain a lifestyle that permits adequate rest and a good diet. To obtain the best results, the intensity and the degree to which the swimmer applies to oneself is critical.

Punctuality

Swimmers who arrive late can be very disruptive to other swimmers already in the pool. At the designated start time, swimmers should have stretched and warmed up on land prior to their swim session. This should be done 15 minutes before start time. Punctuality is absolutely essential to conduct successful training sessions. Parents must arrive 10 minutes prior to the completion of each session to collect their child/ren and to assist with the removal of lane ropes from the training session.

Training Equipment

Squad groups will have specific requirements in regards to equipment and attendance needs. All squad members should have the following equipment for training:

- 1x Net Bag
- 2x Pairs of goggles
- 1x Kick board
- 2x Water Bottles
- 1x Skipping rope
- 1x Pull buoy
- 1x Rubber Ankle band/strap
- 1x Pair of paddles
- 1x Pair of fins
- 1x Harness & Sponge

You are advised to discuss the training equipment with the head coach or assistant coaches prior to purchase. They will also be able to provide you instructions on how to put together the harness & sponge. The coach may also recommend the use of “drag pants”. This requirement can also be discussed with the coach.

Membership Categories

The following categories of membership apply to the Club:

1. Competitive membership for swimmers attending training.
2. Associate Membership for parents and all other persons with an interest in the Club.
3. Life Membership which may be conferred on any member who has rendered eminent service to the Club. Appointment of Life Membership is only be made at a general meeting after consideration of a recommendation from the Committee.
4. Technical Official Membership which is open to Swimming SA qualified technical officials only who shall hold Swimming Australia Limited Technical Official accreditation excluding Timekeeper accreditation.
5. Aussie Master Membership via the Aussie Masters website. Chose Onkaparinga as your club of chose.

Competitions

There are several types of events for swimmers to compete in throughout the year in both the summer and winter. These include interclub meets, open carnivals, open water swims and Swimming SA events. The entry level of competition is Club time trials and Interclub meets in the Easter District Association. Most swimmers pass this entry level and compete in Open Carnivals and the Swimming SA series which are held at the State Aquatic Centre at Marion.

Competition Rules

All Swimming SA and Swimming Australia events or events conducted by affiliated clubs are governed by the Swimming Australia’s Swimming Rules. All swimmers are expected to be familiar with these rules.

The rules can be found on the Swimming Australia web page www.swimmingaustralia.org.au or a copy is available from the club secretary.

Interclub Events

All Club members are urged to attend Eastern District Interclub Competitions, this level of competition helps build confidence and enhances the skills required for race preparation for Open Carnivals and Championship Events. These events are held throughout the summer months at Strathalbyn, Murray Bridge, Mount Barker and Woodside either on a Friday evening or a Sunday. Details of these events are listed in the Swimming SA Handbook of Events which is produced by Swimming SA and issued in October each year. The responsibility for the organisation of these events rotates from Eastern Districts Club to Club. Parents are needed to help with time keeping and other official duties at these events.

Open Carnivals

Many swimming clubs have an open carnival held throughout the swimming season. Any registered swimmer may enter these events as they are conducted in a fun environment and are a great way of developing swimming skills. Details of these events, including entry information, are in the Swimming SA Handbook of Events. We encourage members to attend Open Carnivals at Onkaparinga, Strathalbyn, Mountain Pool and Murray Bridge; these carnivals are listed in the Swimming SA Handbook of Events.

Onkaparinga Open Carnival

Every year the Onkaparinga Swimming Club holds its open carnival in February/March at the Adelaide Hills Swimming Centre on Nairne Road at Woodside (the Woodside Pool). This event provides the club and its membership a chance to showcase our club and provides an opportunity to raise funds for the club. The club appoints a carnival director who is responsible for the coordination of the meet. All club families are expected to contribute to the day in some way.

Country Championships

Country Championships are held in January and the date is set by Swimming SA and announced yearly (Renmark 2021). These Championships are rotated across the state and are held in different regional towns each year.

The Country Championships standard qualifying times for entry are listed in the Swimming SA Handbook of events. The Onkaparinga Club expectation for this Championship events is: Time should be achieved prior to meet annually before entries will be lodged by the club.

Swimmers events are negotiated with the club coach yearly and the first five events are paid by each family. Subsequent events are paid by the club.

If a swimmer has not meet the standard time then it is the responsibility of the parent to pay for entries and any associated fines which maybe occurred in the event of not having a standard time.

The Country Championships weekend is a social event for Club swimmers and their families. The meet has a festive atmosphere and swimmers and their families form a “cheer squad” for the swimmers competing. Heats are in the morning and finals are held in the evening.

The Club usually holds a social event, such as a night out or BBQ, following the presentations on the last evening of the Championships; all families are invited to attend this social event.

Younger swimmers are allocated a “buddy” from the older swimmers for the championships if swimming in the Superfish Competition. This has been a successful strategy that has had a real positive impact on team morale. Swimmers and parents will be notified of their buddy at a session/social evening closer to the date.

It is recommended that accommodation arrangements are made as early as possible for Country Championships. Accommodation may be in short supply in some regional centres over the Christmas & New Year period. It is the responsibility of the individual families to find accommodation. The club is too large to have all members staying together, however their families that buddy up with other families over the weekend.

Superfish

Superfish is held prior to the Country Championships and has become an important part of the Country Championships weekend. This event is for swimmers 11/Under who have not achieved Country Championship standard or State Championship qualifying times.

The Onkaparinga Swimming Club encourages young swimmers to compete in Superfish and most senior swimmers and club families attend this event to support our younger swimmers.

Open Water Swimming

Swimmers are asked to consider participating in the Open Water Program. The open water program develops swimmers in a variety of pool distances in open water competition. Acknowledgement of performances in the Open Water Events are included in our Annual Presentation Evening if there are enough swimmers competing regularly to evaluate time improvements.

Swimming SA Events

Swimming SA conducts a number of events throughout the year. These events range from 11 & under through to State Championships. Some Swimming SA events have qualifying or break times. In order to enter Swimming SA events, swimmers must be a registered swimmer and have a recognised time if required. Obtaining a qualifying time can be done at most Club carnivals (refer to the Swimming SA Handbook of Events).

Junior Excellence Program

The Australian Junior Excellence Program (JX), recognises rewards and encourages junior swimmers who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence. Under the program, swimmers aged from 9 to 11 years, who accomplish times set by Swimming Australia, qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season. More information about the Junior Excellence Program is available on the Swimming SA web page. Youth pathways for 12+ to 18 year olds also have scheduled times for performance recognition

Swimmer's Personal Goal Setting

Goals should be achievable at short term, and longer term to specific time frames. Each swimmer's dream goals should be set for the future (2-6 years). All athletes strive to reach their dream goals, so they are set as a target to motivate swimmers and give them focus and commitment to training. All swimmers are expected to attend goal setting meetings and present their goals the head coach (Pat) or an assistant coach (Georgia, Noah or James).

Ideas for longer term goals

- S.A. Short Course Championship - List date and qualifying times in the strokes you would like to swim.
- S.A. Championship January – List dates in diary and times needed to qualify for each distance and strokes.
- List dates of events and times needed to qualify, set a date you would like to be qualified by.
- Obtaining Div 1 &2 scratch times as goals.
- Eastern District Super Challenge Team - List Events, who do you have to beat, to have the fastest time.
- Participation in State Squad.
- Qualification to compete at National Level.

Ideas for short term goals

- Improving your personal best (PB) times.
- Improving your technique in a stroke.

Coaches don't set goals; they just help swimmers try to reach them. Achieving goals becomes a three way partnership with the swimmer, coach and parents.

Management of Injuries

It is the responsibility of swimmers and/or parents to let the coach know if a swimmer has any strains, sprains, injuries or illness so that the coach can prepare a modified training program for the swimmer.

Swimming SA Membership Fees – 2015-2016 season

Swimming SA fees are due on the 1st October in each swimming year. Fees can be paid by logging on to the Swimming SA web page (your log on details will be provided once you have joined the club).

There will be no refunds of fees by Swimming SA or the Onkaparinga Swimming Club if a swimmer leaves the club before the end of the season.

Training Fees

The training fee year commences on the 1st November each year.

Monthly fee payment option

A flat monthly fee is charged at the following rates:

For the months of March, April, May, June, July, August, September and October

Fees are to be paid on the 1st day of each month- this fee is set and will be changed after the AGM each year. For the months of November, December, January, and February
The fee is charged on the 1st day of each month - this fee is set at the AGM each year

Members have 14 days as from the 1st day of each month to pay the monthly fee.
Members can elect to pay training fees quarterly

If swimmers do not swim for the month then a monthly fee is not charged.

Learn to swim program and parents may elect to pay monthly fee if only coming once a week, however must still pay monthly.

Quarterly fee payment option

Quarterly payments can be selected as a payment option. This option commences on the 1st November each year and is paid on the first day of the following months for the quarter in advance;

November, February, May, August.

Members have 14 days as from the 1st of each month to pay the quarterly fee.

The payment is ***each quarter***

Members electing to pay quarterly must commit to a full 12 months of quarterly payments and cannot move from quarterly to monthly payments at any time during the year.

Annual Fee Payment Option

An Annual fee payment may be selected as an option for payment. This option commences on the 1st November each year and is paid on the 1st November for the next full year in advance.

The full fee payment for 12 months is paid in November. Members have 14 days as from the 1st November to pay the annual fee.

Refunds of Training Fees

There will be no refunds of training fees unless there are exceptional circumstances. Exceptional circumstances will be reviewed by the Club Management Committee Executive in consultation with the Coach/s.

Existing members returning to training following a break

Swimmers returning following a break are required to pay the monthly fee as from the 1st month. It is therefore recommended that swimmers return to training at the beginning of a month to ensure best value for money.

Hardship

Cases of financial hardship will be reviewed by the Executive of the Club Management Committee. Cases of hardship can be put forward to any member of the Club Management Committee or a Coach and they will be forwarded to the President or Chairperson. Reviews of hardship will be managed with the utmost discretion and sensitivity.

Non Payment

Members (or their responsible adult) who do not pay training fees within the listed time frames will be given one warning by a member of the Executive of the Club Management Committee. If payment is not made within 7 days of the warning then the member will be requested not to attend training until payment is made.

Entry into Adelaide Hills Swimming Centre

The training fees do not cover entry into the Adelaide Hills Swimming Centre. A season entry pass or family pass can be purchased from the Adelaide Hills Swimming Centre to reduce entry costs. This pass does not cover entry to Interclub & Carnivals.

SWIMMING SA Event Information Handbook - \$30 (ordered yearly through club around July)

This is a comprehensive information book that can be found on the SwimmingSA web page that includes:

- Event By-Laws
- Championship By-Laws
- Swimming Rules
- Swimmers with a Disability Swimming Rules
-

It also contains information about time keeping and other official duties.

Each family can place an order for the handbook with Jo Weir or by purchasing online through the Swimming SA website.

Australian Sports Anti-Doping Drug Agency (ASADA)

ASADA provides an independent high quality and accessible anti-doping program that deters athletes from banned doping practices.

ASADA educates and assists sport with Policy issues and provides information to athletes and coaches. Random drug testing may occur at all SwimmingSA events. So that you may be better informed on the procedures involved in drug testing, the Australian Sports Anti-Doping Drug Agency has developed guidelines, which apply to swimmers selected to undergo a drug test. Please note blood samples may be required along with standard urine samples.

If you have any questions about drugs, and whether a drug a swimmer is taking or has been prescribed is a legal or a banned drug/medication, please ring the Hot line Number. Further information is also available in the Event Information Book which can be found on the SwimmingSA web page.

ASADA HOTLINE - 18 00 02 05 06

General Swimsuit Guidelines

The swimsuits of all swimmers shall be in good moral taste and suitable for the individual sports discipline.

- All swimsuits shall be non transparent and must conform with FINA approved standards in all respects.
- The referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this rule.

There are specific swimsuit guidelines for Age Group Events. It is recommended that swimmers and parents check the Swimming SA web page for details of swimsuit guidelines as these guidelines have changed several times over the past 4 years. These guidelines also include information on the permitted logos and advertising etc as well as information about caps.

Event Nomination and Entry Card Payment Procedures

Event and Carnival Nominations (entries which are not submitted online).

Handicap events

Entries are to be given to Pat Wheeler up to 10 days prior to the entry closure date that is listed in the Swimming SA Handbook of Events,

- White cards are for handicap events at open carnivals and must be filled in and given with payment advise prior to closing date with club.

All nominations for Interclub (EDASA) meets are now also to be done electronically and are accessed through the club hosting the events website.

Electronic Entries

Electronic entries are done when the event stipulates electronic entry in the Swimming SA Event Handbook. Remember times in the book are set on EST, so be ½ hour earlier than time stated in handbook or you will miss out.

Club Championships

Last year we gave 3 dates for this event and it was up to the swimmer to attend one of the dates to be considered for the Club Championship trophies. Dates for 2020/2021 season still to be confirmed with the AHSC.

Annual Presentation Evening

The Club holds an annual presentation evening. Various awards are presented to swimmers at the presentation evening including the Club Champion for both males and females in each age group.

Club Social Events

The Club holds several social events throughout the year. Several of these events are also fund raising opportunities. Members and their families are encouraged to participate in the social events to assist in building a strong club culture.

In the past these events have included:

- Day trips during school holidays for the swimmers, e.g. movies etc.
- Christmas Night – usually on the week before Christmas.
- Quiz Night and Silent Auction
- Parents, Officials & Supporters thank you dinner
- Monthly BBQ's in summer after a training session.
- Weekly pancake breakfasts on Friday mornings are a must after a busy and usually hard week of training. All swimmers bring a topping for pancakes to share.
- Swimmers participate in the Woodside Christmas pageant.

Fundraising and Sponsorship

The Club's financial viability relies on sponsorship and fundraising. It would be impossible to overstate the importance of our sponsors to the success of the Onkaparinga Swimming Club. We are indebted to them. So

- support them in their business endeavours and
- let them know you do - how else can they measure us?

If you have a product to buy, a service you need or a restaurant to celebrate in then please check the list of Onkaparinga Swimming Club Sponsors before making your choice.

There is a full list of Sponsors and Friends of the Onkaparinga Swimming Club on the Club web page.

Communication

The Club communicates with swimmers and parents through a variety of methods. The web page is an important communication tool as is email and the club Team App. It is highly recommended that members have an email account as this has proven to be a very effective and timely form of communication.

Notices are also frequently left near the sign in book at training at the Army pool. Keep an eye out for these notices. This year Georgia Weir is the Facebook/Newsletter coordinator so if you have any news

that you would like to include in the newsletter please forward the information to Georgia. The Club has a communications policy and procedure that is available on the Policies section of the club web page.

Club Policies and Procedures

The Club has several important policies and procedures that all members should be familiar with. Please check the Club web page and go to the policies tab and look up the policies and procedures.

Swimming SA

Swimming SA is the peak administration body for swimming in South Australia. Our Club is affiliated with Swimming SA. All club members must be registered with Swimming S.A. Competitive swimmers will receive a registration card and number after paying club subscription. Swimming SA has officials who officiate at carnivals by acting as judges of strokes and turns, timekeepers, starter, marshals, recorders, referees etc. Swimming SA has a Board of Management that governs the sport of Swimming in South Australia. Swimming SA's web page is www.swimmingsa.org.au

Parents are encouraged to train for duties as officials. Information sheets outlining criteria are available from the Club Secretary.

Swimming Australia

Swimming Australia is the national sporting organisation which is responsible for the promotion and development of swimming in Australia at all levels. Home of the Telstra Dolphins Australian Swim Team, Swimming Australia is recognised as one of the leaders in Australian sport and has almost 100,000 members and just over 1100 swimming clubs nation wide. Swimming Australia's web page is www.swimmingaustralia.org.au

Management of Coaching

Parents are requested to refrain from consulting with the coaches or swimmers during training sessions. A distraction of this kind can prevent coaches from providing valuable coaching required by the swimmer. Consequently, parents are expected to remain in the spectator areas and not on pool deck during training. Good communication with parents, swimmers and coaches is vital to the success of the swimming program. Coaches are expected to be in control of decision relating to swimming and training. Coaches must maintain good communication with the club committee, swimmers and parents. The Head coach will be available by phone after hours to discuss swimmer's need if there are any concerns. Coaching time is valuable to the swimmers and parent's or swimmer's inquiries are best taken care of outside swimming training sessions or after training by appointment.

Team Uniform

The Club Uniform has a gold, green and black theme and our Kookaburra logo is easily recognised. The uniform must be worn at Carnivals and when swimming to represent the Onkaparinga Swimming Club. Club uniform prices and information about how and where to purchase uniform items can be discussed with our Uniform Steward.

The Club bathers are from Way Funky. They are available from the Way Funky web page at www.wayfunky.com.au A code is provided for an addition discount.

It is expected that the club bathers or plain black bathers are worn during race competitions or a green and gold funky bather. It is the club's wish to not have swimmers racing in suits other than our club colours. It is the expectation, that the club swimming cap is worn during competitions and clinics. The club does an order for club swimming caps at least once per year.

Male & Female Uniform

- Onkaparinga Club bathers & Club Swimming Cap
- Club Polo Shirt
- Black Shorts/Track pants
- Onkaparinga Jacket
- Onkaparinga Hoodie
- Onkaparinga Sun Hat (We are a sun smart club)

Club Committee

The Club has an elected Committee that oversees the administration of the club in accordance with the Constitution. The Committee has the management and control of the funds and other property of the Club. The Committee comprises of a President, Vice President, Secretary, Treasurer, Minutes Secretary and Committee members. The Head Coach attends the committee meetings as a consultant and is currently also a voting committee member. Any potential issues of conflict of interest are managed by the president of the committee. The Annual General Meeting is held each year within one calendar month after the end of its financial year; 1 October – 31 September. At least 21 days' notice of the AGM meeting will be given to all club members. All club members are encouraged to attend the meeting.

Committee Members

President	Joanne Rowe
Vice President	Gavin Fillmore
Secretary & Minutes Secretary	Georgia Weir
Treasurer	Craig Kemp
Committee Member	Pat Wheeler
Committee Member	Stuart Colla & Masters Representative
Committee Member	Mandy Mitchell
Committee Member	Richard Jasko
Committee Member	Pete Wheeler
Committee Member	Colin Fowler

Office Bearers and Support Positions

Head Coach	Pat Wheeler patsyswim@hotmail.com 0423 520 633
Registrar/Nominations Officer	Pat Wheeler
EDSA Delegates	Pat Wheeler/Jo Rowe
Uniform Stewart	Jo Rowe
Public Officer	Jo Rowe
Publicity Officer	Pat Wheeler
Open Carnival Director	Jo Rowe

General Enquiries

If you have any further questions about anything in the handbook please contact The President, Secretary or Head Coach.