

Are you interested in joining a Swimming Club?

# Information Guide



## Fleurieu Aquatic Centre and Strathalbyn

For fun, fitness and competitive swimming

<https://greatsouthern.swimmingclub.org.au>

Phone 0455 324 060



# Welcome to the Great Southern Swimming Club

Swimming is a fantastic sport that can be enjoyed by people of all ages. As well as being a low impact sport, swimming also builds endurance, muscle strength and cardiovascular fitness. Achievement of goals, completing challenges, developing resilience and self-discipline, working as a team and forming friendships are additional benefits of joining a swimming club.

The Great Southern Swimming Club commenced as the Strathalbyn Swimming Club in 1935. Several years ago, we changed our name to Great Southern Swimming Club as we expanded to include the Fleurieu Aquatic Centre in Hayborough. We are very fortunate to have a base for both summer and winter swimming. We have also expanded to include Masters and multi-class swimmers.

Swimmers of all abilities and ages are welcome to join the club, providing they meet the club entry requirements.

It is an expectation that club members compete in several swimming meets during the season. Involvement in competitions allows swimmers to monitor their progress and strive to reach their desired goals. Competition requirements will vary for different squads and will be discussed with individual swimmers and their families.

Our Masters swimmers swim for fitness, fun and friendship, and regularly compete in Masters SA competitions. We welcome any interested swimmers.

We wish you all the best for an enjoyable and rewarding experience with the club.

Raymond Williams

President

*Great Southern Swimming Club*

## 2022-2023 Committee

Position	Name
President and Public Officer	Raymond Williams
Vice-President	Nigel Mack
Secretary	Melanie Jones
Treasurer	Amanda Mitchell
Registrar and Member protection officer	Kerryn Abbott - Bickley,
Uniform Coordinator	Helen Reiffel
Masters Rep Publicity Officer	Rosie Fisher
Carnival Director and EDSA rep	Brenton Hudson
EDSA rep	Karen Gibbins
Carnival Director Committee member	Eli Bickley
Committee member	Jacqui Pontifex
Committee member	Grant Gibbins
Committee member	Erin Edwards
Head Coach	Rob Kidman

## Communication

All messages, newsletters and reminders go out via the Great Southern Swimming Club's e-mail:

[greatsouthernsc@hotmail.com](mailto:greatsouthernsc@hotmail.com)

*Please check your "spam" box if you find you are not receiving emails.*

Closed Members Facebook page:

<https://www.facebook.com/groups/3307095116039232/>

and/or club phone text:

0455 324 060

## Come and Try and Membership

Swimmers are able to register for up to one calendar month of free Come and Try sessions @

<https://sa.swimming.org.au/sites/default/files/assets/documents/COME%20%26%20TRY.pdf>

Once the Come and Try period is completed Swimmers who wish to continue need to become a member of the club and register with Swim Central in addition to one parent if the swimmer is under 18.

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

***Instructions on how to access Swim Central to become a member can be found in the appendix of this document***

The Club Registrar will advise you when your Come and Try period is up and will invite you to join the Club as a member.

Please contact Club Registrar Kerryn Abbott-Bickley for support to become a member @ [kerryn.lioncrest@gmail.com](mailto:kerryn.lioncrest@gmail.com)

## Membership

Membership of Great Southern Swimming Club (GSSC) is subject to vacancies in squads and coach availability.

### Swimmer Membership Criteria:

Persons seeking to join the GSSC as a swimmer must:

- be 7 years of age on or before 1<sup>st</sup> October in the season they are seeking to join
- display confidence in all depths of water
- be able to listen to and follow instructions
- be able to swim 25m continuous backstroke without assistance
- be able to swim 25m continuous freestyle without assistance
- 

### Squad Criteria

Swimmers will be placed in a squad by club coaches.

Sub-juniors (1 session per week) - Swimmers in this squad must:

- be 7 years of age on or before 1<sup>st</sup> October in the season they are seeking to join
- display confidence in all depths of water
- be able to listen to and follow instructions
- be able to swim 25m continuous backstroke without assistance
- be able to swim 25m continuous freestyle without assistance

Juniors (1-2 sessions per week) - Swimmers entering this squad must be able to:

- demonstrate the ability to meet requirements of sub-junior squad
- swim 25m of breaststroke in a recognisable manner
- perform a dive
- maintain focus when working in a larger squad
- sustain increased distances in training

Development (1-3 sessions per week) - Swimmers entering this squad must be able to:

- demonstrate the ability to meet requirements of junior squad
- swim 25m of butterfly in a recognisable manner
- swim 50m of breaststroke using correct technique
- sustain further increased distances in training
- perform a freestyle tumble turn and breaststroke turn
- correctly perform a dive

Performance (2-3 sessions per week) - Swimmers entering this squad must be able to:

- demonstrate the ability to meet requirements of development squad
- perform correct start, turn and finish techniques in all strokes
- swim 50m of butterfly using correct technique
- sustain extended periods of continuous swimming
- be a minimum of 10 years of age on or before 1<sup>st</sup> October in the relevant year
- Have obtained qualifying times for Country and /or State Championships
- Be willing to compete in Open Carnivals and Championships events as recommend by coach

## Fees

**There are 3 parts to the fee structure (only 2 if swimmers are over 18)**

### **1. Swim Central Swimmer fee**

Paid annually. Needs to be paid on joining at Swim Central = \$165 per swimmer per year.

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

***Instructions on how to access Swim Central to become a member can be found in the appendix of this document***

### **2. Swim Central Parent fee**

All swimmers under the age of 18 must be registered with a Parent or Caregiver who needs to pay approx. \$35 per year.

### **3. Club Training fees**

Club training fees are \$300 per year or can be paid in 2 x 6 monthly instalments of \$160. Reminders will be sent to families when these fees are due.

These are paid directly to the club.

Please pay via Bank Transfer to:

Great Southern Swimming Club

Bsb: 085921

Account number: 508160996



**The club is registered with Good Sports and the \$100 voucher is able to be redeemed to cover \$100 of fees.**

If you have any queries about the fees, please address your query to the Club Treasurer, Amanda Mitchell @ [amandaevans21@yahoo.com.au](mailto:amandaevans21@yahoo.com.au)

## **Training**

### **Training Session Times at the Fleurieu Aquatic Centre Winter 2022**

Monday 5.15pm-6.45pm

Tuesday 5.15pm - 6.30pm and 6.30pm-7.45pm

Thursday 6.00am-7.30am and Thursday 5.15pm - 6.45pm

**Please check the Club Facebook page for updated Training times**

<https://www.facebook.com/groups/3307095116039232/>

### **Training Session Times at Strathalbyn Pool TBA**

**October – April**

### **Nominating Training Times**

Please notify the club coaches as to the session/s that you are able to commit to. This will ensure we know who is coming when and we can plan accordingly.

### **What to Bring to Training**

Everyone should bring a water bottle, goggles and towel(s) to training.

All swimmers are required to provide their own kickboard, short fins and pull buoy for training. DMC Silicon fins are recommended. They reduce the occurrence of muscle cramps and are gentler on ankle joints. Please speak to one of the coaches if you require assistance.

Useful websites include:

[www.swimmer.com.au](http://www.swimmer.com.au)

[www.speedo.com.au](http://www.speedo.com.au)

[www.swimwearshack.com.au](http://www.swimwearshack.com.au)

### **Dryland/Cross Training**

Dryland training will be held fifteen (15) minutes before the in-water training session begins. This training includes aerobic and core exercises to improve fitness and control, both essential for quality swimming. Participation in other sports is an ideal way to engage in cross training. The goal of cross training is to improve overall performance, and different muscle groups may be used at this time.

### **Arrival time to training**

Please turn up to training at least 15 minutes before training starts. Swimmers are expected to do land-based warm up exercises and stretches before getting in the water. This is to help prevent injuries. When training at the FAC, please have your swimmer take a shower before getting in the pool. This is to help keep the pool clean of scum!

### **Recommended Training Frequency**

Swimming is different from other sports in that one must train more than once a week with a game on the weekend. Depending on the swimmers' goals and their age, it is preferable to train twice a week for junior swimmers and up to 3 times a week for Performance swimmers. This, we know, is a big 'ask' for families, but the rewards are tremendous. Not only do swimmers learn to set goals to work toward, but they also learn concentration, perseverance, planning, time-management, resilience, and they improve their memory skills, among other life skills.

### **Goals**

Each swimmer is requested to set personal goals for training and competition. These should change as the goal is achieved. If your swimmer needs help setting of goals, talk to a coach. Please share goals with coaches – in writing preferably.



## Uniforms

Uniforms can be ordered from Helen Reifell, Uniform Coordinator @ [uniformsgreatsouthernsc@hotmail.com](mailto:uniformsgreatsouthernsc@hotmail.com)

An order form is available on the Club Website or by emailing the Uniform Coordinator at the above address.

### Merchandise/Club Uniform

Great Southern Swimming Club colours are red & white.

We offer a variety of merchandise including club Polo shirts and Hoodies.



To purchase any Club merchandise please complete the order form, which can be found on our website [greatsouthern.swimmingclub.org.au](http://greatsouthern.swimmingclub.org.au)

We allow our swimmers to wear any bathers when competing however, we encourage the use of our club colours if possible. Some examples of are shown below:



## Competitions

Competing is an important part of joining a swimming club. Swimmers are able to see their progress, and strive for their goals.

The Committee send out a calendar of events that we will attend as a Club which has been developed with the Head Coach. This will be sent out twice per year.

Swimmers may choose to attend Competitions outside of the Club calendar of events if they choose and a 2022-2023 calendar of SA Swimming events can be found out:

[https://sa.swimming.org.au/sites/default/files/assets/documents/Events%20Calendar%20for%202022%20-%202023\\_1.pdf](https://sa.swimming.org.au/sites/default/files/assets/documents/Events%20Calendar%20for%202022%20-%202023_1.pdf)

We recommend club members participate in competitions, as listed below. First season at the club:

- Club time trials
- EDSA Meet 6 @ FAC (April)
- 1 additional EDSA Meet – short course meets recommend for younger swimmers
- Club Championships

Second and subsequent seasons:

- Club time trials
- EDSA Meet 1 @ Strathalbyn (October)
- Great Southern Carnival (November)
- EDSA Meet 6 @ FAC (April)
- 2 additional EDSA Meets
- Club Championships

These events occur in the period from September to April, making the commitment very achievable for families. Swimmers are able to enter additional Open Carnivals as included in the season competition calendar.

Competing provides swimmers with the opportunity to gain personal best times and aggregate points, which go towards end of season awards.

Coaches will discuss entry to Country and State Championships with eligible swimmers.

## **Swimming Meets**

Based on the swimmers squad level, participation in swimming meets throughout the season is expected and can be discussed with coaching staff. This is the only way you will know if your training is paying off. There are at least nine local meets available throughout summer.

While swim meets are designed around competition, we really want the swimmers to focus on the fun and camaraderie of being on a swimming team. Great Southern coaches are interested in a swimmer achieving a Personal Best (PB) time rather than winning medals. If your child has any anxiety about participating in a meet, please reassure him/her that there is no pressure to win, only to have fun! If you or your swimmer has questions about events to enter, please talk to a coach. We don't want swimmers swimming in events for which they are not ready.

## **What to bring to a Meet**

Swim meets can be expected to take from 3 to 8 hours and each event/carnival is different. It is important to keep swimmers warm, hydrated, and entertained during these long meets. Here is a guide to help you know what to pack for a typical summer swim meet:

- Plenty of Towels (3 or more per swimmer)
- Team bathers & swim cap and spare bathers & cap for emergencies!
- Goggles and a spare pair
- Plenty water and/or sports beverage
- Blankets or sleeping bag to lie out and sit on
- Clothes to keep warm in between races
- Healthy snacks
- Sunscreen & hat
- Books, magazines, games etc. Bring these items ensure children are happily entertained in between their events.
- Portable Chairs
- Highlighter and permanent marker and paper to write down your swimmer's events
- Shoes to walk around in

## What to expect at a Swim Meet

- Plan to arrive at least 15 minutes before warm-ups start. We will commence warm-up and stretching exercises 10 minutes before the in-water warm up begins. Arriving early will give you and your swimmer an opportunity to check in with the Coaches, write down your events, find a spot to “set up camp” with the rest of the Club and prepare for warm-ups. Each facility will run warm-ups differently so please be flexible and be aware of what is going on. Coaches and pool staff will be available to answer any questions you may have.
- For individual events, watch the marshalling board. When your swimmer’s event is called for marshalling, report to the marshalling area where an official representative will help arrange swimmers into the correct heats and lanes. It’s important that parents allow their child to remain at the marshalling area alone.
- If you’ve never attended a swim meet before, here are a few things you can expect:
  - Umbrellas, tents, towels, and kids everywhere!
  - Unpredictable weather (cold mornings, hot afternoons, down pours...)
  - Extremely limited viewing space
  - Long periods between your child’s events (this can be eased by volunteering for timing and other jobs)

## Volunteering Commitments

Parent volunteering is essential to the running of our Club and a great way to meet other families and swimmers who are part of the Club. Here are some ways that you can assist:

1. Volunteering on the **Committee**.
2. Assisting with **Fundraising** events.
3. Become a **Technical Official**. Each club is required to provide officials, especially for meets at Strathalbyn Pool. Training is available. (See list of officials our club needs below.)
4. **Setting up and packing away** club gear 10 minutes prior to and right after training. Home meets also require quite a bit of preparation including setting up shades, tables, chairs etc.
5. **Time keeping** at Swim meets.
6. **Assist** at our Great Southern Swimming Club Open and Eastern Districts Swimming Association Interclub meets – time keeping, marshalling, starter, announcing, medals, catering, raffles, door takings and much more.

### Technical Officials

The following is a list of the technical officials needed for a swimming competition.

- Chief Timekeeper
- Inspector of Turns
- Meet Manager Operator
- Judge of Strokes
- Check Starter
- Chief Recorder
- Starter
- Finish Judge
- Marshall
- Announcer
- Operator of Automatic Officiating Equipment (AOE)

We are required to supply a number of officials at EDSA Meets and our carnival, so we require parents to complete training in a chosen area to enable us to fill the positions.

## Appendix

### How to Register With Swim Central

To join Swim Central as a brand-new member, please follow the below steps to register and login.

Please note, if you are registering an account for your child who is under 18, you must first register yourself and then create a family group.

You will then be able to add your child into your family group.

#### STEP 1.

Navigate to Swim Central and at the bottom of the screen Select Register for an account.

Enter your preferred e-mail, personal details and create a password that contains at least 8 characters, with at least 1 uppercase letter and 1 number and select Register.

Alternatively you can register using your Google, Facebook or Apple account.

The image displays two side-by-side screenshots of the Swim Central mobile application interface.

The left screenshot is titled "Login to your account". It features three social login options: Google, Facebook, and Apple. Below these is a "OR CONTINUE WITH" separator. The form includes fields for "Email" and "Password" (with an eye icon for visibility). There is a checked "Remember password" checkbox and a "Forgot password?" link. A green "Login" button is at the bottom. A red rectangular box highlights the text "Don't have a login? Register for an account" at the bottom of the screen.

The right screenshot is titled "Sign Up for an account". It also features the three social login options and the "OR CONTINUE WITH" separator. The form includes fields for "Your email" (with a note "Must be parent or primary account holder"), "First name" and "Last name", "Date of birth", "Postcode", and "Gender" (with "Female" selected). There is a "Create Password" field with an eye icon. A green "Register" button is at the bottom, highlighted with a red rectangular box. Below the button is the text "Already have an account? Log In".

## STEP 2.

A confirmation email will be sent to the registered email address from [noreply@swimming.org.au](mailto:noreply@swimming.org.au). You will need to access your inbox and click the confirmation link in the email before proceeding.

Please check your spam/junk folders if you do not see an e-mail in your inbox within a few minutes. Select Return to Swim Central from the e-mail to confirm your e-mail address.

Hi Parent,

**Thanks for signing up to Swim Central!**

For security reasons we'd like you to take a moment to confirm your email address.

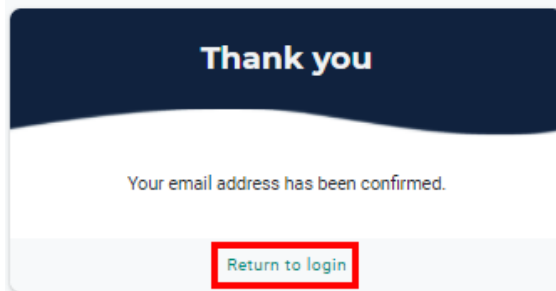


[Return to Swim Central](#)

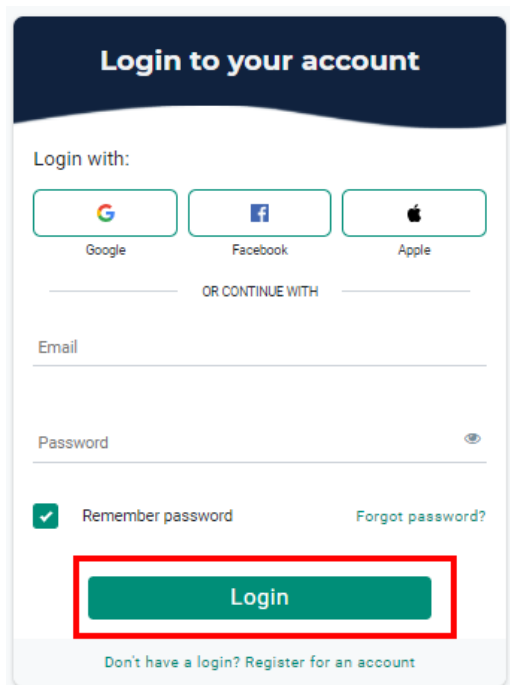
## STEP 3.

A new window will pop up to show you that your email address has been confirmed.

Select Return to Log in and the system login screen will appear.



Enter your newly registered e-mail and password then select **Login**.



The image shows a login form titled "Login to your account". At the top, it says "Login with:" followed by three buttons for Google, Facebook, and Apple. Below these is the text "OR CONTINUE WITH". There are two input fields: "Email" and "Password". The "Password" field has a small eye icon to its right. Below the input fields, there is a checked checkbox labeled "Remember password" and a link "Forgot password?". A large green "Login" button is highlighted with a red border. At the bottom, there is a link "Don't have a login? Register for an account".

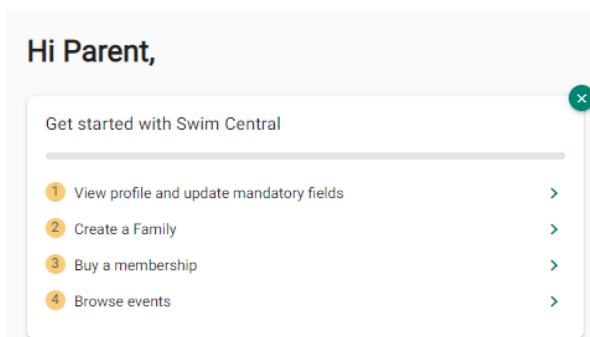
Agree to the Terms and Conditions.

You will now be logged in to Swim Central.

#### **STEP 4.**

From your personal dashboard you will see a Get Started with Swim Central Checklist.

Step through each of these items to complete.



The image shows a checklist titled "Hi Parent," with a sub-header "Get started with Swim Central". The checklist contains four items, each with a numbered yellow circle and a right-pointing chevron:

- 1 View profile and update mandatory fields
- 2 Create a Family
- 3 Buy a membership
- 4 Browse events

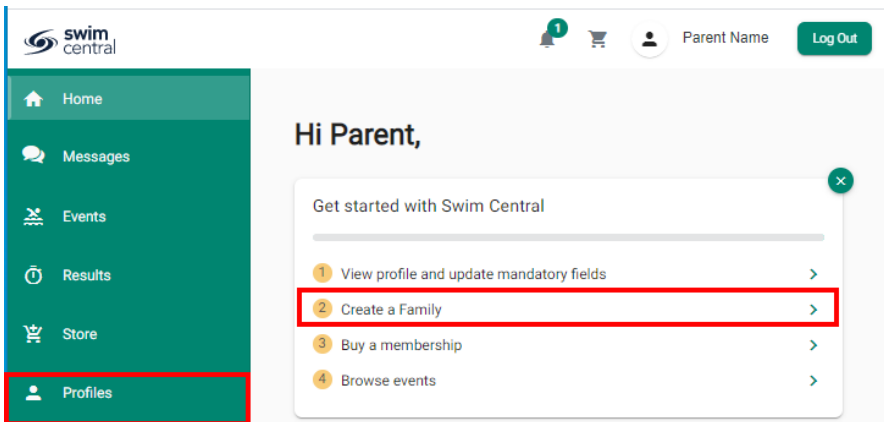
A close button (X) is located in the top right corner of the checklist box.



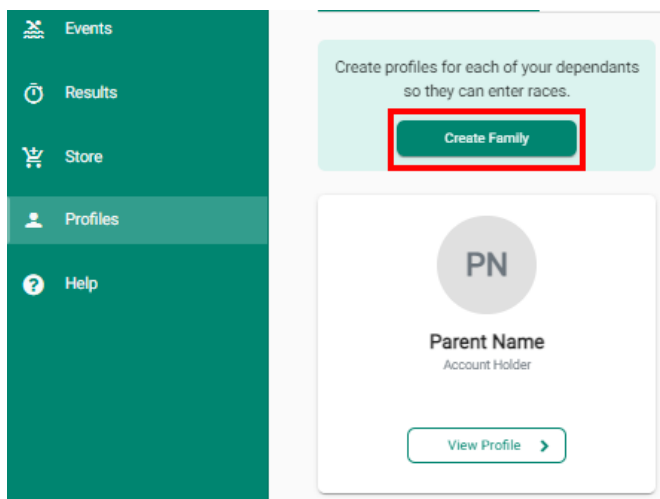
# How to Create a Family Group

Once you have registered and created your own profile in Swim Central, you have the option to create a family group to track all child/dependant profiles, join an existing family group, or maintain an independent profile that is not attached to a family group.

1) Login to Swim Central and select 'Create a Family' from your Get Started checklist or 'Profiles' from the menu



2) Select 'Create Family'



- 3) Input a name for your family group.
- 4) Add a Parental PIN that will control the authority features within the family group
- 5) Confirm your eligibility as a guardian
- 6) Select 'Create'.

**Create a Family** ×

✓ Provide a Surname or Alias

The Jones Family

✓ Add a Parental PIN

• • • †

✓ Confirm Your Eligibility

I am 18 or over and eligible to be a guardian of minors

**Create**

You can now [add a dependant](#) or an account holder.  
To Edit the family name, from the Profiles page select the pen icon and update the name then select 'Update'.

**Profiles**

My Family ✎

PN

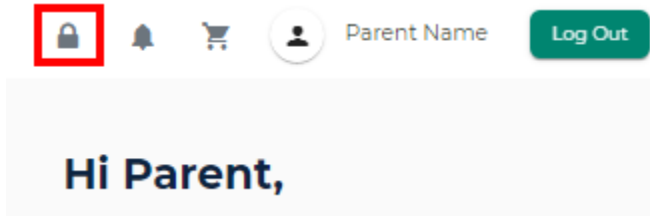
**Parent Name**  
Primary Account Holder

View Profile

# How to add a dependant

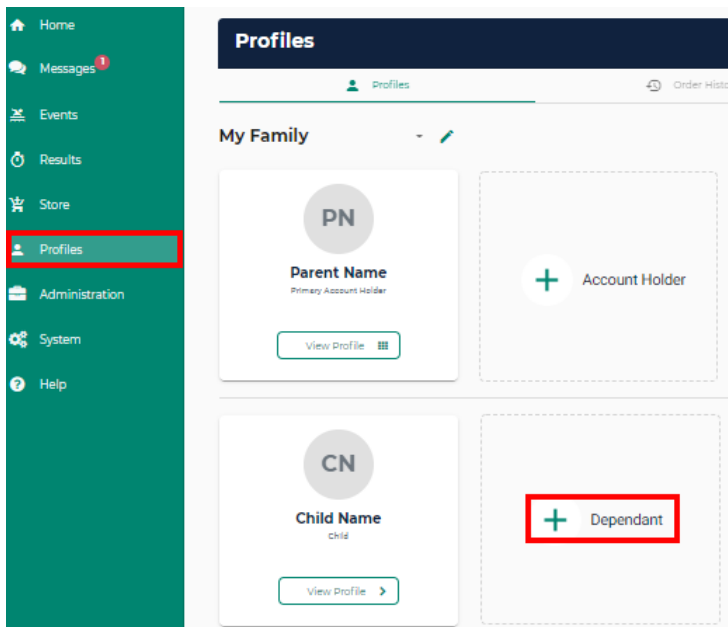
This help guide is for adding a new child/dependant profile (under 18 years of age) to an existing family group

1) Login to Swim Central and select the padlock at the top right corner and enter your pin.



2) Select Profiles from the menu and you will be taken to the Family screen where you will see your existing families profiles.

3) Select + Dependant and a pop-up screen will appear.



4) Fill in all profile information as you toggle through the navigation icons 'Personal Details, Contact, Address' at the top of the page.

## Items highlighted in red are mandatory fields

The screenshot shows a profile form with three tabs: 'Personal Details', 'Contact', and 'Address'. The 'Personal Details' tab is active. The form contains the following fields:

- First Name \***: A text input field containing 'Child'. Below the field, the text 'First Name is required' is displayed in red. The character count '5 of 50' is shown below the input.
- Last Name \***: A text input field containing 'Jones'. The character count '9 of 50' is shown below the input.
- Preferred Name**: A text input field that is currently empty. The character count '0 of 100' is shown below the input.
- Gender \***: A dropdown menu with 'Female' selected. Below the dropdown, the text 'Gender is required' is displayed in red.
- Date of Birth \***: A date input field containing '1/01/2000'. Below the field, the text 'Date of Birth is required' is displayed in red.
- Do you have a disability?**: A checkbox that is currently unchecked.

At the bottom of the form is a grey button labeled 'Update Details'.

5) Once you have filled in all required fields, select 'Update Details'.  
A pop-up screen will appear displaying, 'Dependant Created'

You will then be taken back to the Profiles screen.

This screenshot shows the same profile form as above, but with the 'Update Details' button highlighted by a red rectangular border. The form fields are now filled with the following data:

- First Name \***: 'Child' (5 of 50)
- Last Name \***: 'Jones' (9 of 50)
- Preferred Name**: (0 of 100)
- Gender \***: 'Female'
- Date of Birth \***: '1/01/2000'
- Do you have a disability?**: Unchecked

The 'Update Details' button is now teal and is highlighted with a red border.

Please Note: You can hide a dependant/child's results from the public portal, by selecting the 3 vertical dots on the dependant's profile summary tile, select 'Edit Profile' and on the Personal Details tab tick 'Hide Results in Public Portal'. Select 'Update Details'

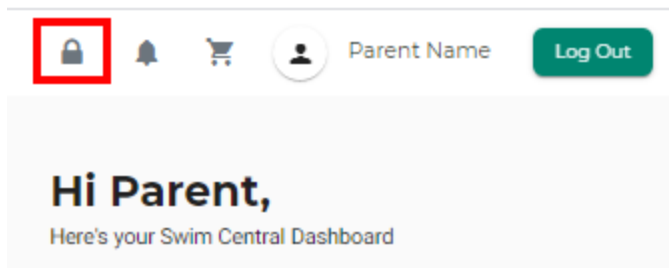
To create more child/dependant profiles, select + Dependant and step through the process as many times as required

## How to Purchase A Membership

To become a member of a club/organisation, participants will need to purchase a membership product with that club/organisation in Swim Central.

### STEP 1.

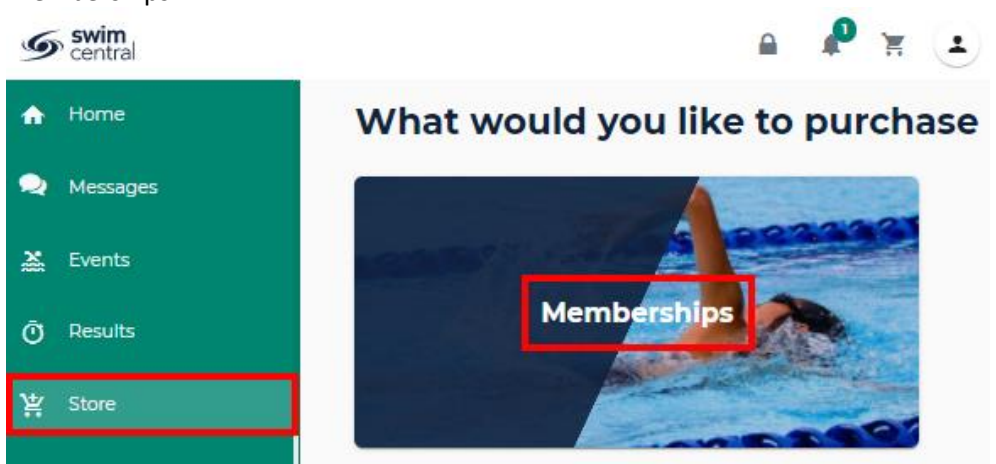
Login to Swim Central and select the padlock at the top right corner and enter your 'PIN'



NB. If you are an individual not attached to a family group purchasing for yourself you will not require a pin

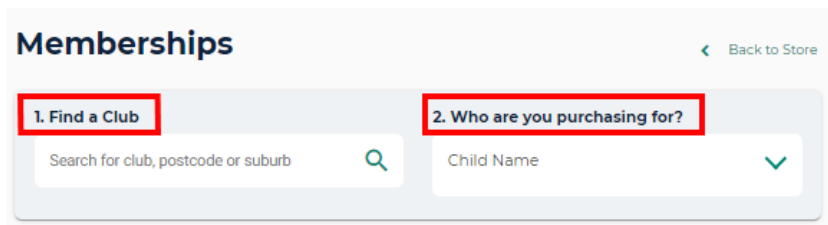
## STEP 2.

From the menu options select Store, Select Memberships



## STEP 3.

Search for your club by club/organisation, postcode or suburb  
Select the member who you are purchasing a membership for  
**Select the member**




## STEP 4.

A list of available memberships for which they meet the age criteria will display.

Select the appropriate membership by selecting 'Add to Cart for **John**' at the bottom of the product tile

**Please note that membership filtering for age is based on the age of the member on the membership start date.**

1 Memberships found \*Volume discounts may apply

 **Membership Product Name \***  
Club Name

**\$142.87** Inc fees & taxes

Test for renewals

---

Start Date	1.7.2021
Expiry Date	30.6.2022
Age group	9 to 150
Payment Type	Upfront Payment

Add to Cart for Child

Continue to add memberships to your cart by selecting the member and then finding the appropriate membership then adding to cart as required.

**STEP 5.**

Once all memberships have been added to your cart  
Select Shopping Trolley at the top of the page



At the Checkout

1. Confirm all details are correct and assigned to the correct name
2. Enter name on credit card
3. Enter card number, expiry date and CVC
4. Read and agree with Terms and Conditions
5. Select 'Buy Now'

## Checkout

[Continue Shopping](#)

CN Child **1** [Delete All](#)

Membership Product Name Club Name	\$142.87	<input type="text"/>
-----		
subtotal	\$142.87	

GST \$5.62

Fees \$4.21

**TOTAL \$142.87\***

\*includes components

### Payment Method

Credit

2 Name on Card  
Parent Name

3 Visa 4242 exp. 4/24  
[Use a different Credit Card](#)

4  [Agree with Terms & Conditions](#)

Remember card details

5 [Buy Now](#)

A screen saying 'Thank you for your purchase' shows with a summary of your purchases and a confirmation email will be sent to your registered email address.

## Thank you for your purchase

Child Name

Membership Product Name Club Name	\$142.87
-----	
GST	\$5.62
Fees	\$4.21
<b>TOTAL</b>	<b>\$142.87*</b>

\*includes components

[Go to Purchases](#) [Continue Shopping](#)

***If your membership requires a document upload, please see [here](#) for clarification on that process.***



## Definitions

**EDSA** - Eastern District of S.A. is our District which also includes Mountain Pool (Mt. Barker), Murray Bridge, Onkaparinga (Woodside) and Mallee (Lameroo).

**EDSA Interclub Meets** - Meets held between our District members only where there are no medals awarded, but times swum can qualify swimmers for state competitions. These are usually 3-4 hours only.

**Endorsed Meets** - Meets that can count toward SA State Championship (Countries, State LC and State SC). Qualifying times for these events apply. Speak to your coach for details.

**Qualifying Times** – Division 1 and State Championship meets have qualifying times which can be found on the SwimmingSA website.

**SAALC** – SA Aquatic & Leisure Centre, affectionately called “Marion”.

**SC** – Short Course, meaning using a 25m pool. Times earned at short course events can qualify for the State SC Championships and Country Championships only.

**LC** – Long Course meaning using a 50m pool. Times earned at long course events can qualify for Regional, Country and State SC and LC Championships.

**Seed Times** – The time used to place swimmers into heats in competitions.

**Squads** – Currently the club has four squads: Sub-juniors, Juniors, Development and Performance. Coaches will place swimmers in the appropriate squad.

**SwimmingSA** – the governing body for competitive swimming in South Australia and a branch of Swimming Australia (<https://sa.swimming.org.au/>).

## SwimmingSA Competition Structure

**Introductory** Come and Try Programs.

**Participation** Club Time Trials, Club Carnivals, District Interclubs (EDSA)

**Development** Interclubs, Development Meets, ‘All-In’ Meets.

**Performance** Country Championships, State Championships, National Championships, Australian Trials.

Follow us on Facebook



Members: Great Southern Swim Club Members

General: Great Southern Swimming Club

**WE'RE  
A GOOD  
SPORTS  
CLUB.**

