

For fun, fitness and competitive swimming

GREAT SOUTHERN SWIMMING CLUB



greatsouthern.swimmingclub.org.au

Membership enquiries:

Registrargreatsouthernsc@hotmail.com

INFORMATION
BOOKLET
OCTOBER
2023



Welcome to the Great Southern Swimming Club

Fleurieu Aquatic Centre and Strathalbyn Pool

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.

Brenton Hudson
President

2023-2024 Committee

Position	Name
President	Brenton Hudson Ph: 0401 121 726 Email: brenton2701@bigpond.com
Vice-President	-
Secretary	Melanie Jones Club Ph: 0455 324 060 Email: greatsouthernsc@hotmail.com
Treasurer	Erin Edwards Ph: 0438 374 600 Email: ezzabelle@live.com.au
Registrar	Helen Reiffel Ph: 0400 591 691 Email: Registrargreatsouthernsc@hotmail.com
Member protection officer	TBA
Uniform Coordinator	Helen Reiffel Ph: 0400 591 691 Email: reiffelh@gmail.com
Masters Rep	Rosie Fisher Ph: 0437 787 466 Email: hackfish@bigpond.net.au
Publicity Officer	Erin Edwards Ph: 0438 374 600 Email: ezzabelle@live.com.au
Carnival Director	Brenton Hudson Ph: 0401 121 726 Email: brenton2701@bigpond.com
EDSA reps	Brenton Hudson Ph: 0401 121 726 Email: brenton2701@bigpond.com
Grant writer	Andrea Staben
Committee member	Chelsea Robb-Sims
Head Coach	Rob Kidman Coach: Robert Kidman Ph: 0437 787 466 Email: rkidman66@gmail.com

Communication

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

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

Membership fees

There are 4 parts to membership:

1. Swimming SA and Swimming Australia fee paid on Swim Central
2. Parent fee on Swimming SA and Swimming Australia paid on Swim Central
3. Club fees – invoiced to your email from the club
4. Entry to pool - paid directly to YMCA

1.

2.

2023/2024 FEE SCHEDULE SWIMMING SA and Swimming Australia ANNUAL MEMBERSHIP FEES

Payment for your Swimming SA membership fees to be paid online through Swim Central - <https://swimcentral.swimming.org.au/>

Swimmer (10 years and over – competitive) \$165 per year

Junior Swimmer (9 years and under) \$100 per year

Parent fee \$30 per year

** Please note that a parent fee must also be purchased for all swimmers under 18 years of age.

3.

GREAT SOUTHERN SWIMMING CLUB TRAINING FEES Club training fees

These will be invoiced to you directly from the club and are to be paid by EFT into the club's bank account.

The Club treasurer will issue you an invoice each year upon joining, keep an eye out and check your junk folder for the Zoho invoice from the GSSC Treasurer.

If you would like to use a SA Sports Voucher, pay per season (Summer & Winter), or need help with payments please contact the club treasurer.

Annual Training Fee \$320

Bank details are as follows: BSB: 085-921

Account No: 508160996

Account Name: Great Southern Swimming Club Inc

Reference: Please use the swimmer's name

4.

Please note that the YMCA will charge a pool admission on top of the above fees. Please speak to YMCA about different options for payment.

NEW TO THE CLUB

****For new members only****

Come & Try (30 days) This option is free.

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

****After the 30-day free trial period a full membership must be purchased to continue swimming with the club, according to the above membership terms.**

****Plus, entry fees to the Fleurieu Aquatic Centre**

OR

Introductory Swimmer (90 days) \$50 Membership which can be purchased at:

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

Plus a \$75 Training Fee which will be invoiced to you and paid to the club bank account.

Bank details as follows: BBS: 085-921 Account No: 508160996

Account Name: Great Southern Swimming Club Inc

Reference: Please use the swimmer's name

****After the 90-day introductory period a full membership must be purchased to continue swimming with the club, according to the above membership terms**

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 1st 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 1st 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 1st 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

Sports Vouchers

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

Please forward your completed voucher the club treasurer.



Training

Training Session Times at the Fleurieu Aquatic Centre

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

www.speedo.com.au

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 Mike Hall, Uniform Coordinator @ uniformsgreatsouthernsc@hotmail.com

Merchandise/Club Uniform

Great Southern Swimming Club colours are red & white.

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

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 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

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.

Login to your account

Login with:

Google Facebook Apple

OR CONTINUE WITH

Email

Password

Remember password [Forgot password?](#)

Login

Don't have an login? Register for an account

Sign Up for an account

Sign up with:

Google Facebook Apple

OR CONTINUE WITH

Your email
Must be parent or primary account holder

First name Last name

Date of birth

Postcode Gender
Female

Create Password

By registering, I confirm that I am over the age of 18, and accept the Terms & Conditions associated with using Swim ID services.

Register

Already have an account? [Log In](#)

STEP 2.

A confirmation email will be sent to the registered email address from 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.

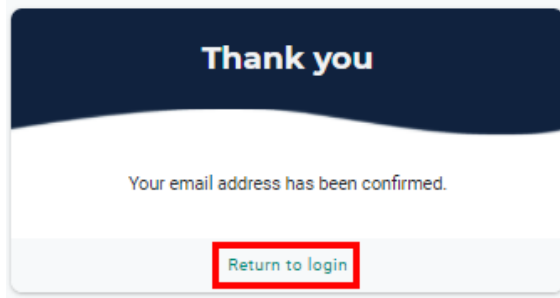


[Return to Swim Central](#)

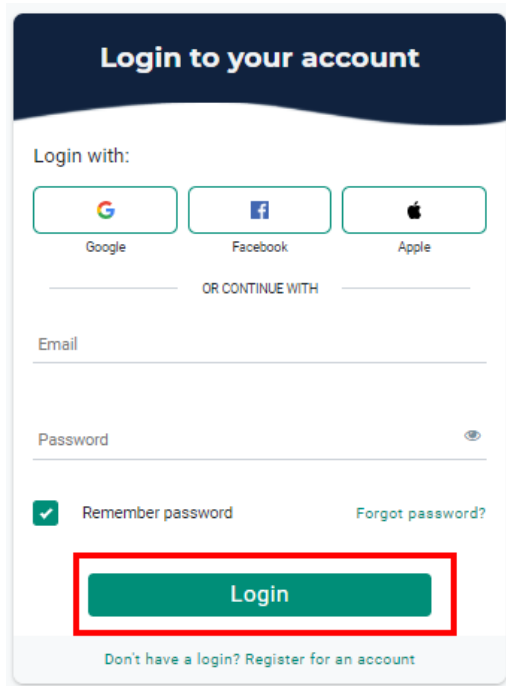
STEP 3.

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**.



Login to your account

Login with:

[Google](#) [Facebook](#) [Apple](#)

OR CONTINUE WITH

Email

Password

Remember password [Forgot password?](#)

Login

[Don't have a login? Register for an account](#)

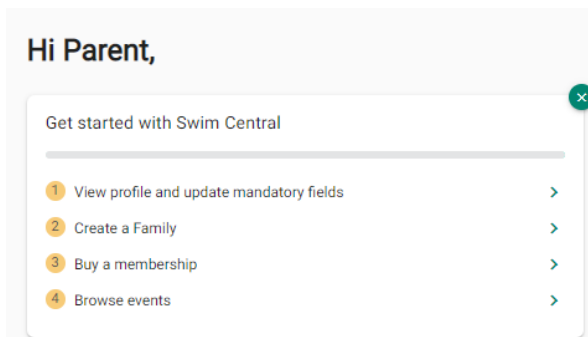
Agree to the Terms and Conditions.

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.



Hi Parent,

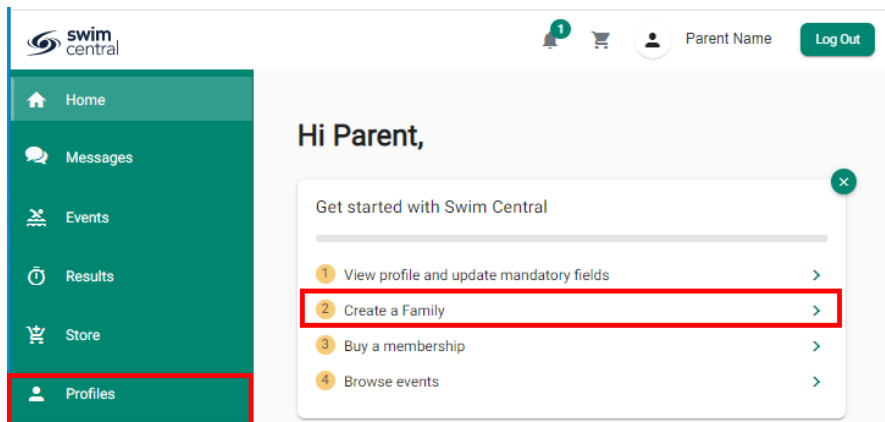
Get started with Swim Central

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

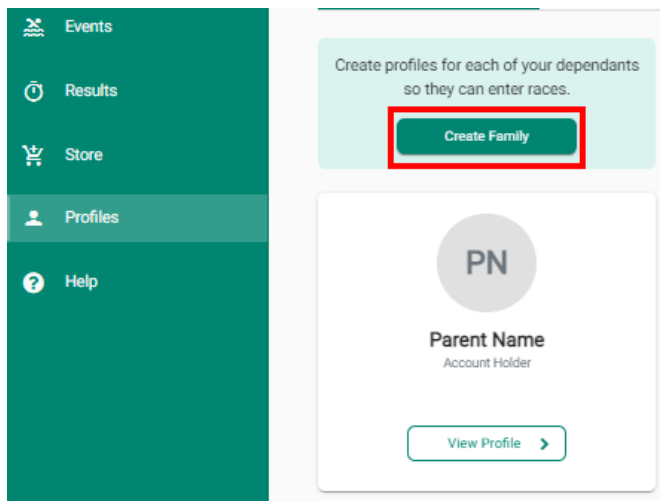
How to Create a Family Group

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

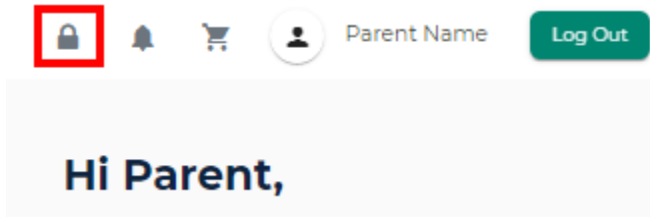
Parent Name
Primary Account Holder

View Profile 🗪

How to add a dependant

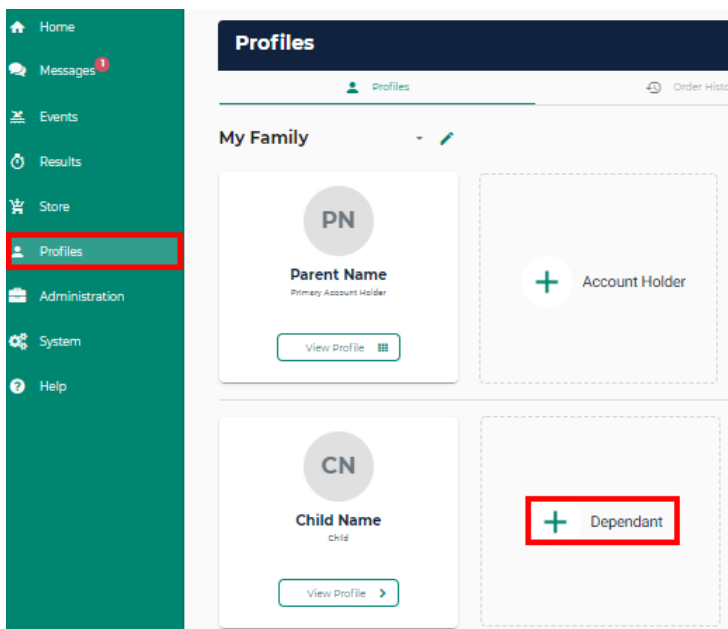
This help guide is for adding a new child/dependant profile (under 18 years of age) to an existing family group

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

A screenshot of 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.

A screenshot of the same profile form, but now the 'Update Details' button at the bottom is highlighted with a red rectangular border. The form data is as follows:

- 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'

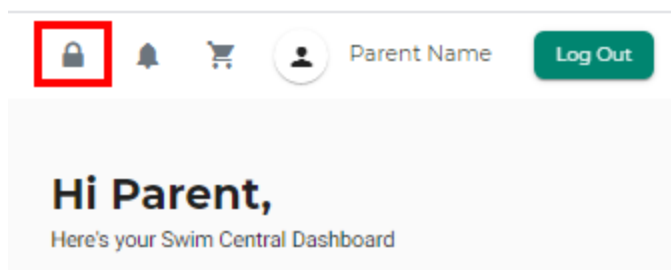
To create more child/dependant profiles, select + Dependant and step through the process as many times as required

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.

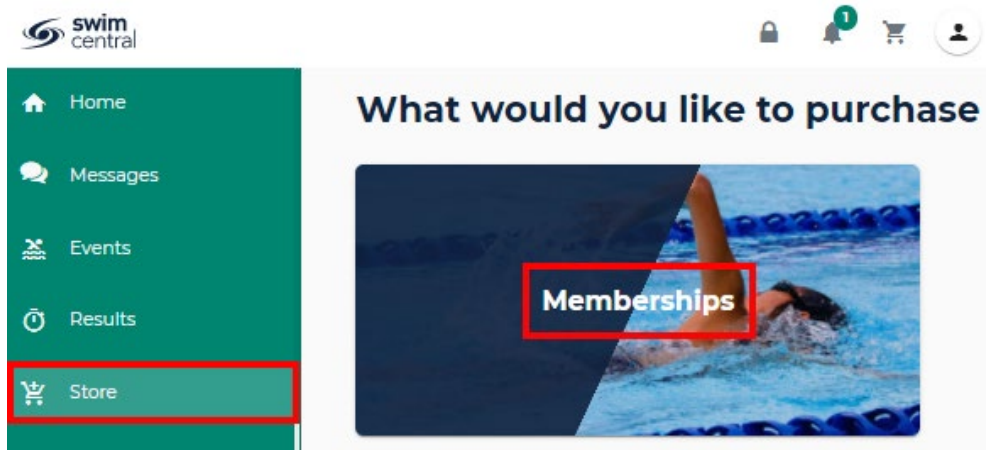
Login to Swim Central and select the padlock at the top right corner and enter your 'PIN'



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

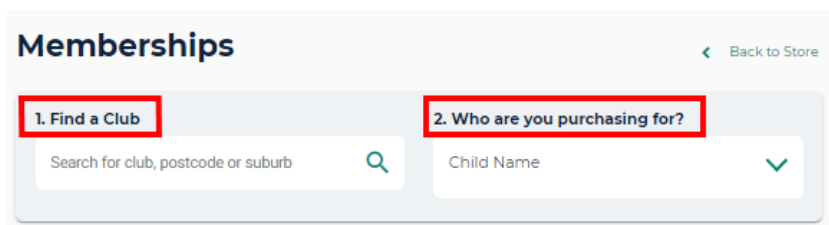
STEP 2.

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
TOTAL	\$142.87*

*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.**

