



**FUN, FITNESS AND COMPETITIVE SWIMMING FOR ALL AGES**

# INFORMATION 2024/25



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## 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, formally the Strathalbyn Swimming Club, was established at the Strathalbyn Swimming Club in 1935. In 2017, we changed our name to Great Southern Swimming Club as we expanded to include the Fleurieu Aquatic Centre in Chiton. We are very fortunate to have a base for both summer and winter swimming.

Swimmers of all abilities and ages are welcome to join the club.

## 2024-2025 Committee

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Emma Rogers - **Vice-President and Uniform Coordinator**  
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## Membership Options and Fees

There are four parts to a Great Southern Swimming Club membership, as follows:

### 1. **Swimming SA and Swimming Australia Fee paid online via [Swim Central](#)**

These fees are set by Swimming SA and Swimming Australia and cover swimmer insurance, Swimming SA overheads and enable swimmers to compete in Swimming SA endorsed events. This is payable annually and are options are as follows:

- Swimmer (Intro/term) - \$60 for 90 days
- Junior Swimmer (Club 7-9 years) - \$115 for 12 months
- Swimmer 10+ years (Club & State) - \$165 for 12 months
- Swimmer 11+ years (National) - \$175 for 12 months

### 2. **Parent Fee paid online via Swim Central**

For all swimmers under the age of 18, a parent must register as a non-swimmer/parent member. This annual fee is also set by Swimming SA and Swimming Australia and is \$30.

Swim Central - <https://swimcentral.swimming.org.au/> .

Refer to Appendix A for a guide to registering and paying fees via Swim Central

### 3. **Club Fee – Invoiced by the Great Southern Swimming Club**

This fee is set by the club and covers other operating expenses, like lane hire, coach support, equipment purchases etc.

- Club fees are \$350 per annum and are payable:
  - Monthly - \$30
  - Quarterly - \$90
  - Bi-annually - \$175
  - Annually - \$350

## Sports Vouchers

You can redeem 2x \$100 vouchers through the Sports Vouchers program per season to cover part of the club fees. If you want to use both vouchers with the Great Southern Swimming Club you will need to claim twice. If you need any assistance please contact the club President or Treasurer.



### 4. **Entry to the pool - paid directly to YMCA**

The YMCA will also charge entry fees to both the Fleurieu Aquatic Centre and the Strathalbyn Pool. Please check their website for up-to-date prices.

## **Free Come and Try!**

For anyone wanting to give swimming a go, you can register as a 'come and try' member. This is a free membership, obtained via Swim Central, and is free for 30 days. After the 30-day free trial period a full membership can be purchased to continue swimming with the club.

Contact the club if you want to give swimming a go!

## **Introductory / Term Swimmer**

Those only wanting to swim for a short term there is a 90-day membership available for \$150. Swimmers with this membership can attend as many squad sessions as they like and can compete in any Swimming SA endorsed event. After this period a full membership can be purchased to continue swimming with the club. Perfect for those wanting a bridging sport between seasons, surf life savers wanting to keep up their fitness over the colder months or kids wanting to improve in the lead up to SAPASA.

*Please note that entry fees to the Fleurieu Aquatic Centre are still applicable during these periods.*

## Squad Levels

There are several squad levels available for swimmers to progress through as their fitness and ability grow. Swimmers will be placed in a squad by club coaches, based on the following criteria:

### **Sub-junior -1 session per week - Swimmers must be able to:**

- be 7 years of age
- 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

### **Junior – 2 sessions per week - Swimmers must be able to:**

- meet the requirements of the 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 – 3 sessions per week - Swimmers must be able to:**

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

### **Performance – 3 + sessions per week - Swimmers must be able to:**

- meet the requirements of the development squad
- perform correct start, turn and finish techniques in all strokes
- swim 50m of butterfly using the correct technique
- sustain extended periods of continuous swimming
- be a minimum of 10 years of age on or before 1 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

## Training

The Great Southern Swimming Club training times are as follows:

### Times Fleurieu Aquatic Centre (FAC) – all year round

- Monday 5:30 pm – 6:30 pm
- Monday 6:30 pm – 7:45 pm (aimed at development and performance squad level)
- Tuesday 6:00 am – 7:30 am
- Tuesday 5:30 pm – 6:30 pm
- Tuesday 6:30 pm – 7:45 pm (aimed at development and performance squad level)
- Thursday 6:00 am - 7:30 am
- Thursday 5:30 pm – 6:45 pm (held at Strathalbyn between October and April when over 26 degrees)

### Times Strathalbyn Pool – October to April

From the beginning of October to the end of April the club trains at the Strathalbyn Pool two days per week (when the weather is 26 or higher):

- Thursday 5:30pm – 6:45 pm (moved to the FAC when under 26 degrees)
- Sunday 9:00 am – 10:15 am

If the pool is not open due to the weather or the club has a targeted meet or carnival on one of these days then the members will be advised via email and Facebook.

### Nominating Training Times

Please notify the club coaches as to the session/s that you can 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.

### When to arrive

Swimmers are asked to arrive at training at least 15 minutes before training starts to do land based warm up exercises and stretches before getting into the water.

### 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, and resilience. Swimming has also been shown to improve general life skills, such as memory.

## 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 goals, talk to a coach. Please share goals with coaches – in writing preferably.

## Uniforms

Uniforms can be ordered from Emma Rogers, Uniform Coordinator at [ejrogers1@outlook.com](mailto:ejrogers1@outlook.com)

Great Southern Swimming Club colours are red & white. We offer a variety of merchandise including club caps, polo shirts and hoodies. The order form can be found appended to this document.



## 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 sends 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 on the Swimming SA website, on the GSSC website, whiteboard at the Fleurieu Aquatic Centre or chat to one of the Committee members.

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.

## **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. Time keeping at Swim meets.
5. 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, set up, pack down etc.

## **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.

## Contact Information

If you wish to make contact with the club, please phone the President, Louise Hampel, on:

- Phone: 0407111 642 or
- Email: [greatsouthernsc@hotmail.com](mailto:greatsouthernsc@hotmail.com)

## Member Communication

All messages, newsletters and reminders go out via the Great Southern Swimming Club's e-mail: [greatsouthernsc@hotmail.com](mailto:greatsouthernsc@hotmail.com) . Members may receive urgent communications via text.

There is a Members only Facebook page <https://www.facebook.com/groups/3307095116039232/> or [https://bit.ly/GSSC\\_members](https://bit.ly/GSSC_members)



and members only chat group [https://bit.ly/GSSC\\_chat](https://bit.ly/GSSC_chat) or <https://m.me/ch/AbYxv9VqP9c2SyKR/>



We also have a website [Great Southern Swimming Club](https://greatsouthern.swimmingclub.org.au/) - <https://greatsouthern.swimmingclub.org.au/>



## 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 Swimming SA 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.

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

## **Appendix 1 -How to Register with Swim Central**

### **How to create an account**

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.*

1. Navigate to Swim Central and at the bottom of the screen Select Register for an account.
2. 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.
3. 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.
4. A new window will pop up to show you that your email address has been confirmed.
5. Select Return to Log in and the system login screen will appear.
6. Enter your newly registered e-mail and password then select Login.
7. Agree to the Terms and Conditions.

You will now be logged in to Swim Central.

8. From your personal dashboard you will see a Get Started with Swim Central Checklist.
9. Step through each of these items to complete.

### **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/dependent 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'.

You can now add a dependent or an account holder.

To Edit the family name, from the Profiles page select the pen icon and update the name then select 'Update'.

## How to add a dependent

This help guide is for adding a new child/dependent 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 + Dependent 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
5. Once you have filled in all required fields, select 'Update Details'.

A pop-up screen will appear displaying, 'Dependent Created'. You will then be taken back to the Profiles screen.

Please Note: You can hide a dependent/child's results from the public portal, by selecting the 3 vertical dots on the dependent'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/dependent profiles, select + Dependent 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.

1. Login to Swim Central and select the padlock at the top right corner and enter your 'PIN'. If you are an individual not attached to a family group you will not require a pin
2. From the menu options select Store, Select Memberships
3. Search for your club by club/organisation, postcode or suburb
4. Select the member who you are purchasing a membership for
5. 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.
6. Continue to add memberships to your cart by selecting the member and then finding the appropriate membership then adding to cart as required.
7. Once all memberships have been added to your cart Select Shopping Trolley at the top of the page
8. At the Checkout
  - Confirm all details are correct and assigned to the correct name
  - Enter name on credit card, card number, expiry date and CVC
  - Read and agree with Terms and Conditions
  - Select '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.

If your membership requires a document upload, please see here for clarification on that process.

