



CLUB HANDBOOK
2018/2019 season

MILTON MARLINS SWIMMING CLUB

MANAGEMENT COMMITTEE 2018/2019	
President	Ryan Emmerson
Secretary	Cassy Wills
Treasurer	Lana Edmonds
Canteen Manager	Przybylak/Lowry/Newman Families
Marshall	Ryan Emmerson
Starter	Darren Schwedes
Chief Timekeeper	Katie Bryant
Squad Coach	Oscar Breakwell

POOL: Milton State School
Bayswater Street Milton QLD 4064

CLUB CONTACT: Name: Ryan Emmerson
Phone: 0417 072 867

Name: Cassy Wills
Phone: 04299 33 898

GENERAL INFORMATION

CLUB GOALS

The goals of the Milton Marlins Swimming club is to:

- Encourage and support all members to reach their full potential in a friendly and supportive environment
- Foster a 'get in and have a go' philosophy
- Build self esteem through personal achievement

ADMINISTRATION

The Milton Marlins Swimming Club is a subcommittee of the Milton State School Parents and Citizens Association. The Club is administered by a Management Committee of parents associated with the school.

The Management Committee welcomes enquiries or feedback about the running of the Club and its swimming meets at any time.

Club members are welcome to join the committee and have the opportunity to be involved in the decision making for the club. If you are interested in joining, please come and let us know.

MEMBERSHIP

Membership is open to all children between the ages of 2 – 17 years and is not restricted to students of Milton State School. Siblings, friends and children from the broader community are all welcome.

A Milton Marlins member can either be:

- A Recreational Swimmer; a swimmer who participates in the Friday club nights only, competing against their own personal best times
- A Competitive Swimmer; a swimmer who participates in Friday club nights, and competes in interclub carnivals and Swimming Queensland affiliated meets.

Recreational Membership fees are charged at a casual rate of \$5 per night or a family membership for \$50 for a term or \$80 for a season.

Competitive swimmers will require an additional fee to register with Swimming Queensland (SQ). Swimming Queensland memberships are through their website.

Visitors to the club are always welcome, and the casual membership allows swimmers to come and try, before committing to a term/season and paying the relevant membership fees. New members are welcome at any time during the season.

SEASON

Milton Marlins Swim club season is during term time only and starts on Friday 12th Oct 2018 and runs during terms 4 & 1, breaking for Christmas holidays.

TROPHY NIGHT

At the end of the season the Club holds a awards night where members are recognised for their participation and improvement. The Harriet Hunter and Wendy Chadwick Memorial Trophies are also presented on this night. Other forms of recognition are also awarded at the discretion of the Management Committee.

SQUAD COACH

The School has a comprehensive coaching program, including: Learn-to-Swim, Stroke Correction, Squad Training and Adult Fitness classes. Vacation swimming is also available over the Christmas break and other school holidays.

The Squad Coach will provide regular communications to swimmers and parents. If you wish to discuss the swimming progress and coaching needs of your child please contact the Coach to arrange a mutually suitable time. Depending on time available, the Squad Coach may also be available on Friday nights to discuss swimmer's progress.

SWIMMING MEET INFORMATION

CLUB NIGHTS

The Milton Marlins Friday night swimming club is a fun and friendly event where children are encouraged to get in and have a go.

Swimmers compete against their own personal best times, with all strokes offered and race distances starting at 12.5y through to 200yds. Events are designed to gradually introduce swimmers to bigger challenges.

The Milton State School pool is 25 yards in length. The club offers the following events: 12.5y, 25y and 50y freestyle, breaststroke, backstroke and butterfly, 100y and 200y strokes and 100y and 200y individual medley. For our less confident swimmers buddy swimmers can be used until their confidence grows.

Each week the 25y and 50y distances are offered for the four strokes. On some occasions longer distance or medley races will take place.

Swimmers/Families are required to sign in for each Friday night club meets.

EVENT REGISTRATION

Events for the week are posted up at the MSS pool on a Monday. Nominations will **be** accepted at any time prior to the races commencing on Friday nights.

MEET TIMES

Gates open at 5:00 pm Friday. The meet commences at 5:30pm sharp. The Junior Dolphins (SQ) squad trains immediately prior to Friday night meets.

PARENT VOLUNTEERS

Swimming Club is run entirely by parents volunteering their time and effort.

Each week the club needs 5 timekeepers, 3 canteen assistants and BBQ cooks, a marshal and a race starter to function.

Parents are asked to assist as much as possible. The membership form requires you to specify which area you will assist with. Your email address will be provided to the relevant committee member and a roster will be developed at the beginning of each term of the season.

All parents are required to assist with time keeping, BBQ/Canteen duties (cooking and sales), marshalling and/or starting. Swimming will not be able to commence on a club night until all positions have been filled.

MARSHALLING

Each event is announced immediately before it takes place. Parents need to be vigilant to ensure their child does not miss any event they are registered for. Swimmers then walk to the marshalling area so they can be marshalled into heats. If you decide to leave before the swimmer has participated in all the events they are registered for please tell the marshal.

DURING THE MEET

Once swimmers have arrived they must remain inside the pool enclosure at all times. While attending the swimming club swimmers are subject to the Club's Rules of conduct.

SUPERVISION

Children should not be at swimming club unless they are under the supervision of an adult in attendance.

MEET ATTIRE

All swimmers must wear suitable bathing caps at all times. Club caps are available for purchase from the canteen. Remember: NO CAP – NO SWIM.

CANCELLATION OF A SWIMMING MEET

A decision to cancel a swimming meet will be made by the Management Committee. Such a decision will be made by 4:30pm in the afternoon of the swimming meet. Notification of the cancellation of a swimming meet will be issued by email.

If a swimming meet has commenced and is suspended due to bad weather, thunderstorm activity or any other reason and is not able to resume within half an hour, the rest of the swimming meet will be cancelled.

EMERGENCY EVACUATION

In the event that the pool needs to be evacuated, there will be 3 short, sharp whistles blown. Swimmers should exit the pool at the nearest side and sit quietly at the side of the pool to await further instruction. In the event that the pool enclosure needs to be evacuated, all swimming club attendees should make their way into Gregory Park and await further instruction.

RACE DISTANCE ADVANCEMENT

The club offers the following events:

- 12.5y freestyle and backstroke
- 25y and 50y freestyle, breaststroke, backstroke and butterfly
- 100y and 200y events where available.

It is recommended that beginning swimmers start by swimming 12.5y or 25y races depending on their age and ability.

Advancement to a longer race distance should occur once the correct technique is displayed for each particular stroke.

Swimmers are always encouraged to challenge themselves. A swimmer should be able to swim the distance without becoming unduly fatigued.

The Management Committee reserves the right to return a swimmer to a lower race distance if the correct technique is not being displayed.

AWARDS AND TROPHIES

WENDY CHADWICK PERPETUAL TROPHY

Awarded for: Outstanding effort

The Milton Marlins swimming club is honoured to present this trophy to a club member each year in remembrance of Wendy Chadwick. Wendy was a former swimming club committee member and mother of Colin and Gordon Chadwick who were swimming club members. This trophy is presented to the swimmer who embodies Wendy's commitment to applying 100% effort to everything she did.

HARRIET HUNTER PERPETUAL TROPHY

Awarded for: Outstanding sportsmanship

The Milton Marlins swimming club is honoured to present this trophy to a club member each year in remembrance of Harriet Hunter. Harriet was a former student of Milton State School and swim club member who tragically drowned while trying to save her dog in swollen floodwaters. Harriet sadly passed away in 1999 the year after she left Milton.

This trophy is awarded to the swimmer who, like Harriet, supports and encourages all club members and who brings out the best in everyone.

RULES OF CONDUCT

Parents/carers are responsible for their children's behaviour at all times during swimming club meets. For the safe and efficient running of club meets, swimmers and non-swimmers are subject to the following rules of conduct:

- Swimmers and non-swimmers are encouraged to support their fellow club members and to participate in a friendly manner.
- Swimmers and non-swimmers must obey instructions from the Management Committee.
- Swimmers must present themselves promptly to the marshalling area when called by the Marshal.
- Only swimmers who have been marshalled for races may stand at the ends of the pool behind the timekeepers.
- Children must refrain from dangerous behaviour in and around the pool at all times. No running around the pool, jumping or bomb diving.
- Sitting on or hanging off the lane ropes is not permitted. The lane ropes are under extreme tension and if extra load is added they may release and whip through the pool causing injury.
- Out of bounds areas include: the chemical room behind the registration desk; behind the timekeeper and in the canteen.
- Children are not permitted to play in the change rooms.
- Children must remain within the pool enclosure at all times once they have arrived at a meet and registered.
- Children are not permitted to be at a swimming meet unless under the supervision of a parent or other nominated adult carer.
- No offensive behaviour.
- The pool area must always be left clean and tidy after swimming meets. Rubbish is to be placed in the bins provided.
- **ALCOHOL, GLASSWEAR OR BOTTLES ARE STRICTLY PROHIBITED FROM BEING BROUGHT INTO THE POOL ENCLOSURE AT ANY TIME.** Alcohol is available for purchase from the canteen.

The Management Committee reserves the right to exclude any person from attendance for continual breaches of the rules of conduct.