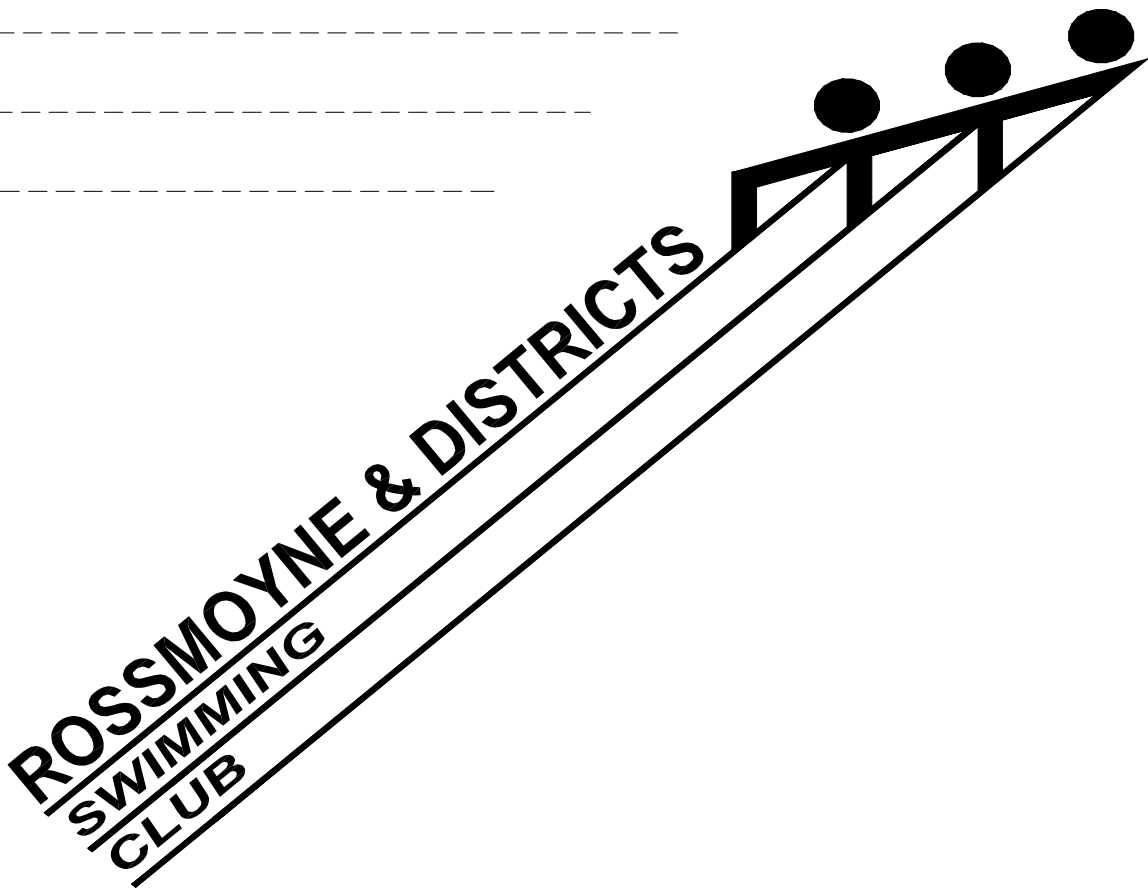


2009 – 2010

NAME



LOG BOOK

www.rossmoyneswimclub.com.au

CODE OF BEHAVIOUR

1. Treat all swimmers as you yourself would like to be treated. Don't interfere with, bully or take unfair advantage of another swimmer.
2. Listen for announcements. Listen to the starter.
3. Always leave a clear space around the marshalling area.
4. Be a good sport. Applaud good swims, whether it is your team, your opponent's or a friend's.
5. Don't swim in the diving pool on club night or without coach's permission.
6. Be kind and courteous to other swimmers.
7. Co-operate with the coach, your team-mates, officials and opponents, for without them you wouldn't have a sport.
8. Swim for the fun of it, not just to please your parents or coach. Remember the goals of the sport are to have fun and improve your skills.
9. Bad language will not be tolerated, either at training or at club night.
10. As a matter of common courtesy, swimmers are asked to be at training 10 min before its commencement. Late arrivals disrupt the training program.
11. Our President, Tania Mazotti, will act as a liaison between parents and the coaches. If you have any concerns with the coaching or any other matters please contact Tania or a committee member

ROSSMOYNE & DISTRICTS

SWIMMING

CLUB



PO Box 3151 Shelley, 6148. ABN 29057786214 Patron: Mr. Ernie Hobbs, Life Member

On the 10th December 1984, the foundation meeting of the Rossmoyne and Districts Swimming Club was held at the Rossmoyne Senior High School. On that evening the inaugural office bearers were elected and their efforts, and those of many to follow, are responsible for our club as we know it today.

By the end of January 1985, training was underway to be quickly followed with a swim meet and BBQ on 17th February. Affiliation with WASA was in place for the 1985/1986 season. The initial fee was set at \$20 per child (it was 1984!) By March membership had grown to 43 and in 1991 had increased to over 200.

From those early days clubrooms were erected, windbreaks established and the equipment list continued to grow. We are now on at least our third set of lane ropes! With changes in technology, items such as computers and mobile phones were added. A new web site at www.rossmoyneswimclub.com.au has been created and I encourage everyone to make use of it to check on club activities and weekly result. There is a section outlining the club history in more detail.

The Club aims to appeal to swimmers with a range of abilities and swimming objectives. While it is not always easy to meet everyone's individual needs, if there are any aspects of your or your child's swimming that you think need special attention, please discuss with one of the coaches.

We rely on the services volunteered by parents and friends and any assistance that can be provided on Club Nights and other events, whether it is timing or helping out in the canteen, is greatly appreciated.

The core of the club, from inception, has been access to the Rossmoyne Senior High School pool. Without the ongoing support of the school and their assistance in making their facility available to the wider community, the club could not have evolved as it has today. Please show your appreciation by ensuring that the pool is always left clean and tidy after training and Club Nights.

Please take time to read the Code of Behaviour, on the inside cover of this Log Book, and always be mindful of the impact your actions could have on your safety and the safety and feelings of others.

If you wish to know more about any of the clubs activities or have any concerns, please do not hesitate to contact the coaches or any of the committee members as listed on the following page.

COMMITTEE 2009/2010

President	Tania Mazzotti	9259 1972
Secretary	Rachel Callus	9313 6559
Treasurer / Registrar	Ross Currie	0428 244 632
Trophy Coordinator	Liz Brash	
Recorder	Dean Hood	0411 867 352
Canteen Coordinator	Sandra Mellish	9455 1275
General Committee	Jenni Hood	9457 5862

**New Committee members are always welcome.
If you would like to join the committee please speak to any of the
above listed committee members to find out more information.**

CLUB NIGHTS

Club are held each Tuesday commencing on Tuesday 27st October until March 30 2010, with a short break over Christmas. Club nights comprise of 18 Time Trials where swimmers are seeded to swim with others of similar times. The results of these events are based on the individual swimmers performance and points are allocated based on improvement.

In addition there are three age championship events held on club nights, where swimmers swim within their age group. Separate trophies are awarded in each age group. Five distance events are held on Friday's instead of normal training. See club night program pages for details.

Swimmers need to:-

1. Nominate for the club night events. Nominating at Monday training is required as it expedites processes required for the running of meets and assists in starting club nights on time.
2. Or nomination can be made at club night between 6.00 pm and 6.15pm at the latest. **Nominations after this time will miss the first events.**
3. Swimmers are encouraged to pay \$1 at the gate on club night only. This assists in running expenses and entitles swimmers to be in the weekly raffle.
4. Presentations and announcements will take place at 6.20pm with races commencing at 6.30pm.
5. Warm-ups will take place on club nights from 6.00pm. Strictly lap swimming only.
6. Withdrawing from an event after nominating is strongly discouraged and will result in the forfeiture of points for that race.
7. If you nominate to swim 100m on club night, you must swim that distance or withdraw from the event. That is, you cannot change your mind and swim 50m on club night.
8. Once a swimmer (of any age) can swim 25m butterfly in a time of 25 seconds or less, then that swimmer is ineligible to swim 25m again. They must swim 50m butterfly.
9. 12yrs and over swimmers who want to swim 3 or more swims and receive maximum points on club night, must swim one 100m event.
10. Please check the notice board regularly. A copy of the minutes of the monthly committee meeting will be posted on the notice board. It is up to you to make sure you know what is going on in the club. All relevant information will be put on the board. PLEASE READ IT.

Volunteers are needed to assist in time keeping, canteen duties, and setting up and packing up. Without assistance, club nights are not possible.

TROPHIES AWARDED FOR THE 2008/2009 SEASON

POINTS CHAMPIONS

Jessica Hood
Marc Cheney
Brodie Hood
Samantha Mellish
Monique Agron

DISTANCE CHAMPIONS

	MALE	FEMALE
<i>11yr and under</i>	Marc CHENEY	Monique AGRON
<i>12yr and over</i>	Andrew PINGAULT	Kim CHENEY

JACQUI SMITH TROPHY

11 YEARS & UNDER CLUB CHAMPION
Marc CHENEY

ERNIE HOBBS TROPHY

12 YEARS & OVER CLUB CHAMPION
Samantha MELLISH

JOHN MOSES TROPHY

OPEN CLUB CHAMPION
Rachel CALLUS

COACHES TROPHIES

Nathaniel REED
Tazmin HITCHMAN
Connor GUILFOILE

TROPHIES FOR THE 2009/2010 SEASON

The trophy presentation night will be held on Tuesday 30 March 2010.

POINTS TROPHIES - 5 TO BE AWARDED

Points are allocated as follows;

Club night swim 2 points

In addition, If a swimmer improves his/her best time by more than

5%	8 points
3%-5%	6 ¹ / ₂ points
2%-3%	5 points
1%-2%	4 points
0%-1%	3 points
Being within 2% of best time	2 points
Being more than 2% away from best time	1 point
The first time a new distance is attempted	3 points
For each distance swim (200m+ for 11yrs and under and 400+ for 12yrs and over)	5 points

Swimmers will not accumulate improvement points for distance swims, however the above 5 participation points (for the points trophies) will be added for each distance swim attempted.

Note:- Personal best times will be carried over from the previous summer season by adding 10% to that time.

AGE CHAMPIONSHIP MEDALLIONS

Age champion and runner-up medallions will be presented at each of the 3 age championship nights throughout the season. If there are less than 4 competitors in an age group only a Champion medallion will be presented. The following are the age categories for Male and female 5,6,7,8,9,10,11,12,13,14,15 and 16 & over.

Points are awarded using the WASA Pennant point system:-
10,8,6,5,4,3,2,1

Note: Swimmers will not accumulate points towards the points trophies on Age Championship nights.

Club members must have swum at three other club nights to be eligible to win Age Championship Medallions.

DISTANCE TROPHIES - 4 TO BE AWARDED

Male and female 11yrs & under and male and female 12yrs & over.

Qualifying events to be held on five Friday training nights spaced throughout the season. (11 & under 2 x 200m, 2 x 400m and 1 x 800m swims. 12 & over 2 x 400m, 2 x 800m & 1 x 1500m swims.)

Points are awarded using the WASA Pennant point system for time improvement.

Note: For both the Age Championship and Distance trophies the swimmer will swim in their age group.

No participation points from your Distance Swim will be awarded for the Points Trophies.

JACQUI SMITH, ERNIE HOBBS AND JOHN MOSES TROPHIES

The points from Age Championship Medallions to find the top two swimmers in the club.

11 & under award	-	Jacqui Smith Trophy
12 & over award	-	Ernie Hobbs Trophy
Open age award	-	John Moses Trophy

COACHES TROPHIES

Coaches will award 2 trophies to swimmers that are deemed to be the most respectful and diligent throughout the season.

TRAINING

Training will commence on Monday 13th October 2010 and continue until 26th March 2010 at the Rossmoyne Senior High School Pool.

Training sessions will be held on Monday, Wednesday, Thursday and Friday afternoons. Club nights are on Tuesdays.

Proposed Training Times

4.00 - 4.30 pm	Juniors	Lower Primary students
4.30 - 5.30 pm	Intermediates	Upper Primary students & adults
4.30 - 6.00 pm	Seniors	Secondary School students & adults

There may be a need for some flexibility in allocation to training sessions and are subject to change to balance numbers etc. The coaches will manage this and your co-operation would be appreciated.

Please do not hesitate to discuss your personal requirements and preferences with the coaches at any time.

Please note that the demountable classrooms by the pool at Rossmoyne High School are used by students sitting their TEE. To give students total peace and quiet, swimmers are requested to obey the 'Keep Quiet' signs when displayed. If noise is excessive, training may be cancelled on these days.

DISTANCE BADGES

Distance badges are awarded to club swimmers in recognition for distance (metres) they have swum during training sessions. Swimmers are required to record their distances at training in their Log Book so that distances swum can be tallied. When they have reached any of the milestones an iron-on badge will be awarded to swimmers at club nights for the following distances:- 20000m, 30000m, 50000m, 75000m, 100000m and 125000m. A certificate will be presented for 10000m.

The 200,000m badge is a metal pin bearing the club logo.

CLUB NIGHT PROGRAM

*Note that 25m events are open only to swimmers 9 years and under except for butterfly.
Time conditions apply for 25m Butterfly (See page 5).*

27.10.09 TIME TRIAL 1

Breaststroke	25	50	100	
Butterfly	25	50	100	
Freestyle	25	50	100	
Backstroke	25	50		

03.11.09 TIME TRIAL 2

Freestyle	25	50	100	
Butterfly	25	50		
Breaststroke	25	50	100	
Backstroke	25	50	100	200

10.11.09 TIME TRIAL 3

Backstroke	25	50	100	
Freestyle	25	50		
Breaststroke	25	50	200	
Butterfly	25	50	100	

17.11.09 TIME TRIAL 4

Butterfly	25	50	100	
Freestyle	25	50	100	200
Breaststroke	25	50	100	200
Backstroke	25	50	100	

24.11.09 **AGE CHAMPIONSHIPS 1**

Butterfly	8 & under 25m
Butterfly	9 & over 50m
Breaststroke	11yrs and under 50m
Breaststroke	12yrs and over 100m
Backstroke	50 metres ALL ages
Medley	100 metres ALL ages

27.11.09 **DISTANCE EVENT 1**
Friday

4.30pm	11yrs & under 200m Freestyle
5.00pm	12yrs & over 800m Freestyle

1.12.09

TIME TRIAL 5

Medley			100	200
Backstroke	25	50		200
Breaststroke	25	50	100	

8.12.09

TIME TRIAL 6

Backstroke	25	50	100	
Freestyle	25	50	100	400
Breaststroke	25	50		
Butterfly	25	50	100	

15.12.09

TIME TRIAL 7

Breaststroke	25	50	100	200
Butterfly	25	50	100	
Medley			100	
Backstroke	25	50	100	200

18.12.09
Friday**DISTANCE EVENT 2**

5.00pm	11yrs & under 200m Freestyle
5.30pm	12yrs & over 800m Freestyle

22.12.09

TIME TRIAL 8

Medley			100	200
Backstroke	25	50	100	
Freestyle	25	50	100	400

5.01.10

TIME TRIAL 9

Backstroke	25	50	100	200
Breaststroke		50	100	
Freestyle		50	100	
Butterfly	25	50	100	

8.01.10
Friday**DISTANCE EVENT 3**

5.00pm	11yrs & under 400m Freestyle
5.30pm	12yrs & over 1500m Freestyle

12.01.10

TIME TRIAL 10

Freestyle		50	100	200
Medley			100	
Butterfly	25	50		

Breaststroke	25	50	100	
--------------	----	----	-----	--

19.01.10 TIME TRIAL 11

Breaststroke		50	100	200
Butterfly	25	50	100	
Backstroke	25	50	100	
Medley			100	200

26.01.10 TIME TRIAL 12

Butterfly	25	50	100	
Medley			100	200
Breaststroke	25	50	100	
Freestyle		50	100	400

2.02.10 **AGE CHAMPIONSHIPS 2**

Butterfly	8 & under 25m
Butterfly	9 – 11yrs 50m
Butterfly	12yrs & over 100m
Breaststroke	50 metres ALL ages
Freestyle	11yrs & under 50m
	12yrs & over 100m

9.02.10 TIME TRIAL 13

Breaststroke	25	50	100	
Butterfly	25	50	100	
Freestyle	25	50	100	
Backstroke	25	50		

16.02.10 TIME TRIAL 14

Freestyle	25	50	100	
Butterfly	25	50		
Breaststroke	25	50	100	
Backstroke	25	50	100	200

19.02.10
Friday

DISTANCE EVENT 4

5.00pm	11yrs & under 400m Freestyle
5.30pm	12yrs & over 800m Freestyle

23.02.10 TIME TRIAL 15

Backstroke		50	100	
Freestyle	25	50		
Breaststroke		50	200	
Butterfly	25	50	100	

02.03.10 TIME TRIAL 16

Butterfly	25	50	100	
Freestyle		50	100	200
Breaststroke		50	100	200
Backstroke	25	50	100	

09.03.10 TIME TRIAL 17

Medley			100	200
Backstroke	25	50		200
Breaststroke	25	50	100	

16.03.10 TIME TRIAL 18

Backstroke		50	100	
Freestyle		50	100	400
Breaststroke		50		
Butterfly	25	50	100	

19.03.10
Friday**DISTANCE EVENT 5**

5.00pm	11yrs & under 800m Freestyle
5.30pm	12yrs & over 400m Freestyle

23.03.10 **AGE CHAMPIONSHIPS 3**

Medley	11yrs & under 100 m
Medley	12yrs & over 200 m
Freestyle	50 metres ALL Ages
Backstroke	11yrs & under 50 m
Backstroke	12yrs & over 100 m

30.03.10 **Presentation Evening**

Rossmoyne Swimming Club Records can now
be found at

www.rossmoyneswimclub.com.au

under

Club Records

**2009 - 2010 AA Long Course Qualifying Times
are available on the WASA website.**



DISTANCE SWIM TIME RECORD

Date	Distance Event #	Distance / Stroke	Time
27.11.09	1	11yrs & under 200m Freestyle	
		12yrs & over 400m Freestyle	
18.12.09	2	11yrs & under 200m Freestyle	
		12yrs & over 800m Freestyle	
8.01.10	3	11yrs & under 400m Freestyle	
		12yrs & over 1500m Freestyle	
19.02.10	4	11yrs & under 400m Freestyle	
		12yrs & over 800m Freestyle	
19.03.10	5	11yrs & under 800m Freestyle	
		12yrs & over 400m Freestyle	

Club Sponsors



www.omninet.net.au