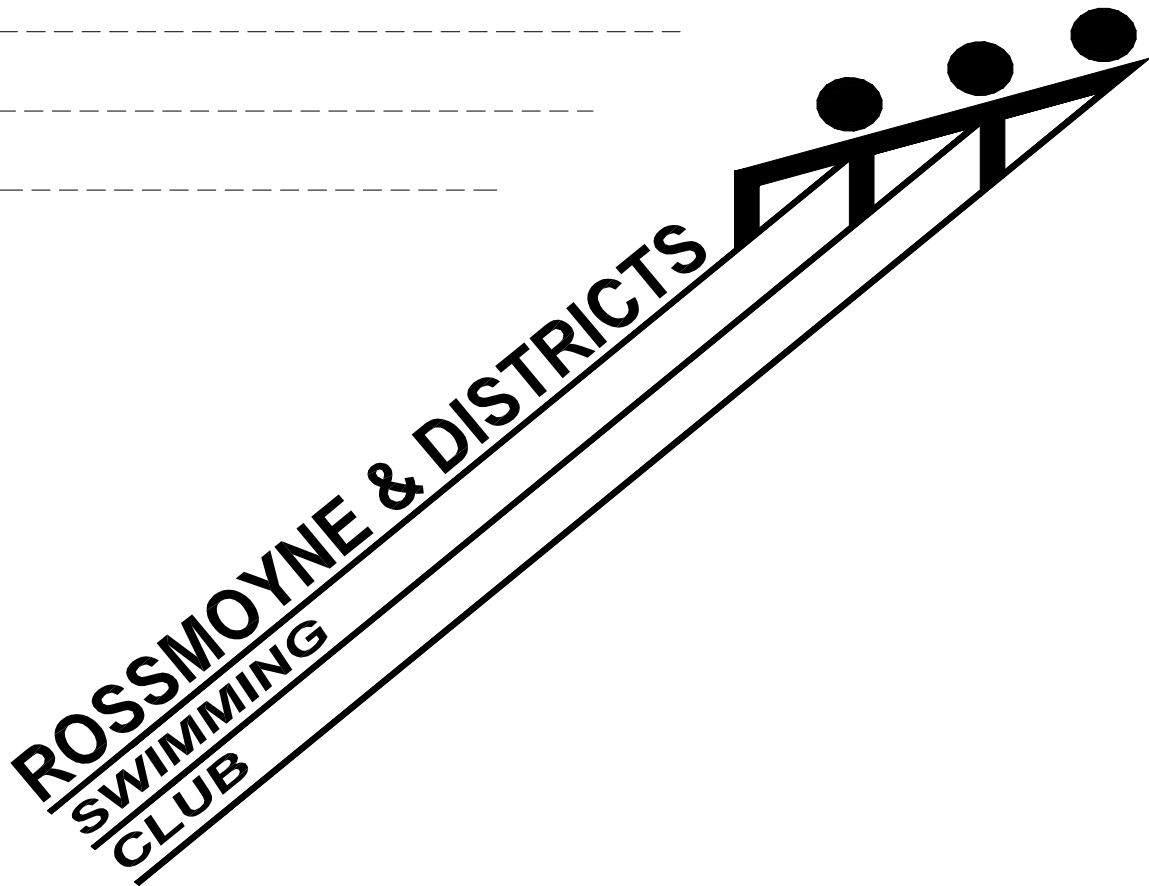


# 2011 – 2012

NAME

-----  
-----  
-----



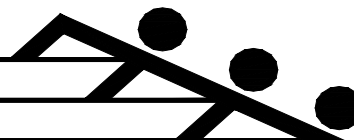
# LOG BOOK

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

# CODE OF BEHAVIOUR

1. Be kind and courteous to other swimmers. 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 and time keepers.
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. Co-operate with the coach, your team-mates, officials and opponents, for without them you wouldn't have a sport.
7. 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.
8. Bad language will not be tolerated, either at training or at club night.
9. As a matter of common courtesy, swimmers are asked to be at training 10 min before its commencement. Late arrivals disrupt the training program.
10. Our President, Chris Cheney, will act as a liaison between parents and the coaches. If you have any concerns with the coaching or any other matters please contact Chris or a committee member
11. All children less than 10 years of age must be accompanied by a responsible person who is over 16 years of age and not swimming.

**ROSSMOYNE & DISTRICTS**  
**SWIMMING**  
**CLUB**



ABN 29057786214

Patron: Mr. Ernie Hobbs, Life Member

On the 10<sup>th</sup> 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 17<sup>th</sup> 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 were added. A new web site at [www.rossmoyneswimclub.com.au](http://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 or the committee.

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 2010/2011

President	Chris Cheney	9332 4927
		0432 257 368
Secretary	Leanne Aitken	0488 544 030
Treasurer	Kristy Blyth	0409 807 999
Registrar	Rachel Callus	0431 861 916
Recorder	Kylie Thomson	0404 377 985
Canteen Coordinator	Kara Vaughan	9457 7586
Trophy Coordinator	Liz Brash	0404 449 696
General Committee	Megan Rizwan	0403 149 826
	AnnMarie Becker	0403 306 431
	Robin Robson	9354 1149
	Jenni Glaskin	0402 065 923

Head coach	Jennette Power	0409123608
Assistant coach	Monique Christie	0448798910
Assistant coach	Desiree Bavich	0430391314

**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 nights are held each Tuesday commencing on Tuesday 25<sup>th</sup> October until Friday 30<sup>th</sup> March, with a short break over Christmas. Club nights comprise of 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.

Five distance events are held on some 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 Friday or Monday training is preferred as it expedites processes required for the running of meets and assists in starting club nights on time. 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.**
2. Swimmers are encouraged to buy a raffle ticket at the gate on club night only. This assists in running expenses and entitles swimmers to be in the weekly raffle.
3. Presentations and announcements will take place at 6.20pm with races commencing at 6.30pm.
4. Warm-ups will take place on club nights from 6.00pm.
5. Withdrawing from an event after nominating is strongly discouraged and will result in the forfeiture of points for that race.
6. 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.
7. 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.
8. Swimmers are not able to participate in events of a greater distance until they have received approval from the coach; this is for the safety of all swimmers. i.e. a swimmer with the ability to swim 50m may not enter a 100m event until the coach approves their nomination.
9. Please check the notice board regularly. 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 2010/2011 SEASON

### POINTS CHAMPIONS

Hayden Vierra  
Brodie Hood  
Marc Cheney  
Kris Robson  
Andrew Brash

### AGE CHAMPIONS

7&Under Male	Joshua Hood
7&Under Female	Jordanna Karklin
8 Year Old Male	Dylan Munkelt
9 Year Old Male	Daniel Nordholm
9 Year Old Female	Courtney Vierra
10 Year Old Male	Marc Cheney
10 Year Old Female	Brielle Karklin
11 Year Old Male	Anton Soloshenko
11 Year Old Female	Jessica Hood
12 Year Old Male	Keenan Aitken
12 Year Old Female	Heather Thomlinson
13 Year Old Male	Mobin Rizwan
14 Year Old Male	Dylan Power
14 Year Old Female	Loren Reynolds
15 Year Old Female	Kim Cheney
Open Female	Rachel Callus

### DISTANCE CHAMPIONS

11yr and under Male	Marc Cheney
11yr and under Female	Jessica Hood
12yr and over Male	Keenan Aitken
12yr and over Female	Kim Cheney

### JACQUI SMITH TROPHY

11 YEARS & UNDER CLUB CHAMPION  
Jessica Hood

### ERNIE HOBBS TROPHY

12 YEARS & OVER CLUB CHAMPION  
Keenan Aitken

### JOHN MOSES TROPHY

OPEN CLUB CHAMPION  
Emma Cheney

### COACHES TROPHIES

Rafay Rizwan  
Sara Becker  
Loren Reynolds

## TROPHIES FOR THE 2011/2012 SEASON

## JACQUI SMITH, ERNIE HOBBS AND JOHN MOSES TROPHIES

All points are combined to find the top two swimmers in the club.

11 & under award - Jacqui Smith Trophy  
12 & over award - Ernie Hobbs Trophy

Swimmers who receive a perpetual trophy will not be eligible for another trophy.

### POINTS TROPHIES - 3 TO BE AWARDED

Points are allocated as follows;

For each club night swim 2 points

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

5%	8 points
3%-5%	6 <sup>1</sup> / <sub>2</sub> 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
For each distance swim	5 points
The first time a new distance is attempted	3 points

Swimmers are not able to participate in events of a greater distance until they have received approval from the coach; this is for the safety of all swimmers. i.e. a swimmer with the ability to swim 50m may not enter a 100m event until the coach approves their nomination.

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

Swimmers who receive a points trophy will not be eligible for another trophy.

## DISTANCE TROPHIES - 3 TO BE AWARDED

One each from Juniors, Intermediates and Seniors.

Qualifying events to be held on five Friday training nights spaced throughout the season.

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

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

## AGE CHAMPIONSHIP RIBBONS

There are three Age Championship events spaced throughout the season. The following are the age categories for Male and female 9 and under, 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

Ribbons will be awarded on the night.

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

## COACHES TROPHIES

Coaches will award 3 trophies to swimmers that are deemed to be the most respectful and diligent throughout the season.

**Club bathers are encouraged for training and club nights to promote a sense of belonging for swimmers and team spirit.**

# TRAINING

Training will commence on Thursday 20<sup>th</sup> October and continue until Friday 30<sup>th</sup> March 2011 at the Rossmoyne Senior High School Pool.

During the summer holidays the Rossmoyne pool will be closed due to construction work in the school grounds. An alternative venue is being negotiated .

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

## **Proposed Training Times**

4:00 – 4:30 pm Juniors

4:30 – 5:30 pm Intermediates

4:30 – 5:30 pm Seniors

Swimmers are placed in to the three training groups based on their swimming ability and this is determined by the coaches.

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

Recreational Swimmers may swim at any time between 4:00-5:30, at least one lane will be available to these swimmers, the coaches will determine the lane usage dependant on numbers.

*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 sign in and out at training in the club's TRAINING RECORD BOOK supplied so that distances swum can be tallied. Swimmers can also record distances in their Log Books after each training session.

When they have reached any of the milestones a badge will be awarded to swimmers at club nights for the following distances: 10,000m, 20,000m, 30,000m, 50,000m, 75,000m, 100,000m and 125,000m. The 200,000m badge is a metal pin bearing the club logo.

Your distance will be recorded and any earned badges will be awarded at the next club night.

# 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).*

## 25.10.111 TIME TRIAL 1

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

## 1.11.11 TIME TRIAL 2

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

## 8.11.11 TIME TRIAL 3 **FUN NIGHT (BRING A FRIEND)**

Backstroke	25	50	100	
Freestyle	25	50		
Breaststroke	25	50	200	

## 11.11.11 Friday **DISTANCE EVENT 1**

4.00pm	Junior 100m Freestyle
4.30pm	Intermediate 200m Freestyle
4.30pm	Senior 400m Freestyle

## 15.11.11 TIME TRIAL 4

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

## 22.11.11 **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

## 29.11.11 TIME TRIAL 5

--	--	--	--	--

Medley			100	200
Backstroke	25	50		200
Breaststroke	25	50	100	

2.12.11 **DISTANCE EVENT 2**

4.00pm	Junior 200m Freestyle	Friday
4.30pm	Intermediate 400m Freestyle	
4.30pm	Senior 800m Freestyle	

6.12.11 **TIME TRIAL 6**

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

13.12.11 **TIME TRIAL 7**

Breaststroke	25	50	100	200
Butterfly	25	50	100	
Medley			100	

20.12.11 **TIME TRIAL 8 FUN NIGHT**



Breaststroke		50	100	
Freestyle		50	100	

Christmas Break - Training recommences 9.1.11

10.1.12 **TIME TRIAL 9**

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

12.1.12 **DISTANCE EVENT 3**

Friday

4.00pm	Junior 100m Freestyle
4.30pm	Intermediate 800m Freestyle
4.30pm	Senior 1500m Freestyle

17.1.12 **TIME TRIAL 10**

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

25.1.12

## TIME TRIAL 11

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

27.1.12

Friday

**DISTANCE EVENT 4**

4.00pm	Junior 200m Freestyle
4.30pm	Intermediate 200m Freestyle
4.30pm	Senior 400m Freestyle

31.1.12

TIME TRIAL 12 **FUN NIGHT**

Breaststroke	25	50	100	
Freestyle	25	50	100	
Butterfly	25	50		

07.2.12

**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

14.2.12

## TIME TRIAL 13

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

17.2.12

Friday

**DISTANCE EVENT 5**

4.00pm	Junior 100m Freestyle
4.30pm	Intermediate 400m Freestyle
4.30pm	Senior 800m Freestyle

21.2.12

## TIME TRIAL 14

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

28.2.12

## TIME TRIAL 15

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

06.3.12

## TIME TRIAL 16

Medley			100	200
Backstroke	25	50		200
Breaststroke	25	50	100	

13.3.12 TIME TRIAL 17

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

16.3.12 Friday

**DISTANCE EVENT 5**

4.00pm	Junior 200m Freestyle
4.30pm	Intermediate 800m Freestyle
4.30pm	Senior 1500m Freestyle

20.3.12

**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

27.3.12 **Trophy night** - To be confirmed

Rossmoyne Swimming Club Records can now  
be found at

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

-  
under

**Club Records**







# DISTANCE SWIM TIME RECORD

<b>Date</b>	<b>Distance Event #</b>	<b>Distance / Stroke</b>	<b>Time</b>
11.11.11	1	Junior 100m Freestyle	
		Intermediate 200m Freestyle	
		Senior 400m Freestyle	
2.12.11	2	Junior 200m Freestyle	
		Intermediate 400m Freestyle	
		Senior 800m Freestyle	
12.1.12	3	Junior 100m Freestyle	
		Intermediate 800m Freestyle	
		Senior 1500m Freestyle	
27.1.12	4	Junior 200m Freestyle	
		Intermediate 200m Freestyle	
		Senior 400m Freestyle	
17.2.12	5	Junior 100m Freestyle	
		Intermediate 400m Freestyle	
		Senior 800m Freestyle	
16.3.12	6	Junior 200m Freestyle	
		Intermediate 800m Freestyle	
		Senior 1500m Freestyle	







# Club Sponsors



[www.omninet.net.au](http://www.omninet.net.au)