



**SOUTHERN
CROSS
SAINTS
SWIMMING
CLUB**

**CLUB
HANDBOOK
2010 / 2011**

Committee Message



Hi to all swimmers and families,

We would like to welcome you all to the 2010 /11 club season at Southern Cross Saints Swim Club and would like to thank all members for their efforts over the past year.

We would like to thank the previous committee for their efforts that ensured the season ran smoothly in all aspects.

This year we are in the BSA Division two after winning division three last season. What a great effort from our dedicated swim team. Well Done!

A special thanks must go to our Club Patron, Mrs Robyn Killoran, Principal of Southern Cross Catholic College, and the College Staff for their commitment to recent upgrades of the pool, (new liner and tiles etc), we all agree the pool is looking great and it is a credit to all involved with the upgrade.

Our Head Coach Steve Hadler has continued his great work around the pool complex. He is really achieving great results poolside with the swimmers. Last season the club had many swimmers achieving great individual results at State and National levels. We look forward to seeing many of our swimmers continue to succeed throughout this season.

Please remember that Coach Steve is there for our children's swimming coaching, so if you need to speak with him please arrange a time outside of training hours.

With our membership numbers continuing to increase, we are all looking forward to getting to know all our new families over the course of this up and coming season. We hope all club members can form a strong bond and make this season our best yet for all our children.

For the club to remain successful it is vital that all families get involved in one way or another. It doesn't mean joining a committee or taking on formal roles within the club, but we will need everybody to help at some stage. This could be something as simple as timekeeping during club night, volunteering your help in the canteen, please remember it's our efforts as parents that helps determine the level of success for our children and this swimming club.

We are looking forward to seeing you all around the club.

Thank You

Southern Cross Saints Swim Club Committee

Southern Cross Saints Swim Club

INTRODUCTION

The Committee of Southern Cross Saints welcomes you and your family to the 2010/2011 swimming season. We sincerely hope you enjoy your time with our Club, and look forward to your involvement throughout the season.

Our monthly meetings are held at the club house each month. We encourage you to attend and look forward to seeing you there. Notification of meetings will be emailed to members.

CLUB COMPETITION

Southern Cross Saints club nights are held weekly on Thursday evenings commencing at 6:15pm sharp – marshalling from 6pm. Admission is \$5.00 per family. This includes lucky door prize.

Swimmers must be accompanied by a responsible adult when attending any club activities and competitions.

Club swimmers wishing to nominate for outside swim meets, please check notice board for upcoming meets or ask a club official on club nights or during squad training.

Any dispute arising from ‘club activities’ should be addressed to the club secretary in writing. Any dispute arising from ‘training activities’ should be addressed to the Coach in writing.

CLUB GUIDELINES

These guidelines have been written in the best interest of all swimmers to assist the smooth running of the Club and as a means of explaining how the Club functions. Any member seeking clarification of this booklet, please feel free to speak to a member of the Executive Committee. The Executive reserves the right to alter these guidelines without prior notification but with ratification at the next club meeting.

REGISTRATION

1. Registration is open to all families. Adults, children and young people from school age are eligible to take part in Club events whether they attend training sessions or not. All swimmers participating in squad need to be registered as full financial members.

2. The registration fees for the full season are:

	Competitive	Recreational
First Swimmer	\$120.00	\$100.00
Second Swimmer	\$110.00	\$90.00
Third Swimmer	\$100.00	\$80.00
Fourth Swimmer	\$80.00	\$70.00

This fee includes QSA/BSA affiliations fees, insurance and GST.

NOTE: Membership is for the period 1st July to 30th June

CLUB NIGHTS

1. The club will meet at the Southern Cross Catholic College Pool on Thursday evenings. Nominations close by 7pm the prior **MONDAY**. **SWIMMERS WHO FAIL TO NOMINATE WILL NOT BE PERMITTED TO SWIM** unless a lane is available, times will be recorder but no points will be awarded.

2. Providing lanes are available, non-financial competitors may compete as visitors on two occasions only, however points will not be allocated until he/she becomes a financial member. \$5 per family is still payable.

3. **AN ADULT MUST BE RESPONSIBLE FOR THEIR CHILDREN AND PRESENT FOR THE WHOLE OF THE TIME THE CLUB FUNCTIONS EACH EVENING. THE EXECUTIVE COMMITTEE CANNOT ACCEPT RESPONSIBILITY FOR THE SUPERVISION OF SWIMMERS BEFORE, DURING OR AFTER MEETINGS.**

4. Events for the evening will **commence at 6.15pm sharp**, on the Referees whistle. Marshalling will commence at 6.00pm. Those events to be swum on a particular evening are listed in the Club program.

5. **SWIMMERS NEED NOT BE EXPERTS.** Swim distances start at 12 and a half metres (quarter the length of the pool) for the very beginner swimmers. There are no "races" at Club Meets. The first time a child swims; his/her time in each event is recorded as his/her best time, for which no points will be awarded. If the swimmer has attended Club meets from the previous season, his/her "time" for the commencement of the current season will be his/her BEST time from the previous season. As he/she swims faster in the following weeks this time becomes his/her best time.

Points are awarded for every swim – the better the time, the more points. (The points scale is also set out in this booklet – p.9). At the end of the season all the points are aggregated and trophies awarded.

From this, it can be seen that the maximum number of points can be gained by swimmers who swim every week, swim in all events offered each meet and regularly improve their times. In this way swimmers are encouraged to develop their own swimming ability and do not have to win 'races' to gain Club points.

6. The following attire is required of all swimmers:

- Girls are required to wear an appropriate one piece swimming costume.
- Boys are required to wear 'racers' and are not allowed to wear board shorts.
- All swimmers must wear a cap while in the pool. (This is a school rule and cannot be varied)

STROKE RULES

Our Club has adopted the QSA rules for each individual stroke. If you wish to have a rule clarified or discuss the disqualification of your child, the Coach or Referee will be only too pleased to assist. The QSA rule book is available on request.

CLUB SWIMS

Swimmers will be required to progress from **25m to 50m** when the following times are achieved

Freestyle	25 secs
Breastroke	28 secs
Backstroke	27 secs
Butterfly	25 secs

To compete in the 200/400 metre events, swimmers must at some point have achieved the following **100 metre times**. Proof on time may be required.

Freestyle	1min 40 sec
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Breaststroke	1min 55 sec
Backstroke	1min 50 sec
Butterfly	1min 50 sec
Individual Medley	1min 55 sec

Swimmers can only swim one distance per stroke per night.

Heats of events will be arranged according to a competitor's time regardless of their age or gender.

Once a swimmer has nominated he/she is unable to change that nomination unless they notify the meet secretary on the Monday prior.

The recorder's result sheets are not available to members except at the discretion of the Chief Recorder or on the direction of the Executive Committee.

The official records of the club will form the only basis for making club awards. The swimmers own personal record of times and points will not be considered as a true record to debate towards club awards.

When a swimmer attempts a record in a stroke other than freestyle in a freestyle event, points will be awarded against their freestyle time only. This is in accordance with QSA rules.

SWIMMER'S TIMES WILL CARRY OVER FROM THE PREVIOUS SEASON, INCLUDING CLUB CHAMPIONSHIPS

Aggregate trophy points will be awarded as follows

TIMES IN SECONDS	POINTS
More than 2.5 slower than best time	1
Between 1.6 & 2.5 slower than best time	2
Between 0.60 & 1.59 slower than best time	3
0.59 either side of best time	4
Between 0.60 & 1.59 faster than best time	5
Between 1.60 & 2.5 faster than best time	6
More than 2.5 faster than best time	7

If a faster than best time is recorded, this time will become the swimmer's best time for future points.

No points will be awarded to a swimmer who is disqualified.

When a swimmer increases distances for the first time, this swim is regarded as a base time and one point will be awarded.

All swimmers will be eligible for records every night. There must be a minimum of two timekeepers per lane to have a record recognised if they swim one. It is important however to have enough timekeepers available, so please consider volunteering.

CLUB NIGHT NOMINATIONS

All swimmers must nominate for those events in which they wish to swim prior to the meet. Any swimmer who has nominated to swim in an event and does not wish to do so, **MUST** notify the Marshall and Chief Recorder immediately **PRIOR** to the start of the meet.

Nominations for Club Nights are to be placed in the RED box (on the wall to the right as you enter the pool) by the **Monday before** each Club Night. The form to nominate for the entire season is available to download from the web site. Alternatively the weekly nomination form can be downloaded and strips cut off for the relevant week and placed in the RED box each week.

LATE NOMINATIONS WILL NOT BE ACCEPTED

SWIMMERS WHO FAIL TO NOMINATE FOR CLUB NIGHTS WILL NOT BE PERMITTED TO SWIM unless a lane is available, times will be recorder but no points will be awarded.

ANNUAL CLUB CHAMPIONSHIP

TO BE ELIGIBLE TO SWIM CLUB CHAMPIONSHIPS THE FOLLOWING CRITERIA MUST BE MET:

**ALL SWIMMERS MUST HAVE SWUM A MINIMUM OF 12 CLUB NIGHT SWIMS
IF JOINED AFTER THE XMAS BREAK A MINIMUM OF 6 CLUB NIGHT SWIMS MUST BE SWUM
ALL PARENTS ARE REQUIRED TO ASSIST THE CLUB IN DUTIES ON CLUB NIGHTS
INCLUDING TIME KEEPING, CANTEEN, MARSHALLING OR OTHER DUTIES WHERE
REQUIRED. A MINIMUM OF 10 NIGHTS PER FAMILY IS REQUIRED FOR ELIGIBILITY
EXEMPTION MAY BE GIVEN AT THE DISCRETION OF THE COMMITTEE. TO APPLY FOR AN
EXEMPTION, A WRITTEN SUBMISSION MUST BE LODGED NO LATER THAN THE 28TH
FEBRUARY 2010**

The annual club championship will be held on the (date to be advised). This is open to all swimmers provided that they are fully financial and that they also meet the **championship qualifying criteria**. Events swam at Club Championships will be as follows:

AGE GROUP	Distance swum for all four form strokes	Long Distance Freestyle	Individual Medley
7yrs & U	25M		
8yrs	25M & 50M Free	100M	
9yrs,	50M	100M	
10yrs, 11yrs	50M	100M	200M
12, 13, 14, 15, 16, 17yrs & O	50M	200M	200M

ALL AGE GROUP SWIMS WILL COUNT TOWARDS AGE CHAMPION ON THE BASIS OF 1ST 5 POINTS, 2ND 3 POINTS AND 3RD 1 POINT. IN THE EVENT OF A TIE JOINT AGE CHAMPION WILL BE PRESENTED.

AGE CHAMPIONSHIP TROPHIES WILL BE PRESENTED ON PRESENTATION NIGHT. MEDALS WILL BE PRESENTED ON THE DAY TO SWIMMERS WHO PLACE 1ST, 2ND AND 3RD IN EACH EVENT.

The age group swimmers compete in is determined as age as at the date of the club championship.

In cases where there is only one swimmer in an age group, no award will be given unless the swimmer enters and completes the competition in the spirit to which it was intended.

CHAMPIONSHIP NOMINATIONS

Championship nominations will be accepted from all swimmers who are financial members with all coaching and nomination fees paid in full and have met the criteria of attendance at club nights and family assistance.

A cost of \$3.00 per event nominated. This includes pool entry.

Nominations for the championship must be received by 7pm on Friday the 11th March 2011.

CLUB CAPTAINS

At the beginning of each season, Captains (boy & girl) are nominated by the club coaches.

ANNUAL AWARDS & TROPHIES

1. Sprint – All swimmers will receive an award on trophy night based on the number of aggregate points that they have earned during the season for all sprint events. The overall winner will be awarded 'CLUB SPRINT CHAMPION'

2. Distance events – these will be swum on club nights and aggregate trophies will be awarded to swimmers who have achieved at least 40 points. The overall winner will be awarded 'CLUB DISTANCE CHAMPION'

All nominations & fees must be paid in full in order to be eligible for any award

PERPETUAL CLUB TROPHIES

TROPHY	SPONSOR	COMMENTS
The Patrons Award	Southern Cross Catholic College	This award is for the swimmer who brings the most recognition to the club throughout the season
The VICI Award – Female	VICI	To be awarded to the male and female Swimmers who accrue the most points in the Brisbane Swimming Premiership competition.
The VICI Award – Male	VICI	To be awarded to the male and female Swimmers who accrue the most points in the Brisbane Swimming Premiership competition.
The Dennis Longley Memorial Trophy	Diane and Tina Longley	This award is in recognition of outstanding participation and contribution to swimming. This award can be received by either a boy or girl 13 years and over, who has been a member of the Club for the full season.
The Coach's Awards	Club	To be awarded at the coach's discretion.

AGGREGATE TROPHIES

Points Aggregate	Club	All swimmers will receive an award based on aggregate points that they have earned during the season with the top aggregate score awarded the Sprint Champion trophy.
Distance Points Aggregate	Club	Awarded to swimmers who have accrued at least 40 points during the season in all distance events

2010 / 2011 CLUB NIGHT PROGRAM

Date	Distance 200/400	Event 2 25/50/100	Event 3 25/50/100	Event 4 25/50/100
7th Oct	IM	Free	Breast	Back
14th Oct	Free	Fly	Free	Breast
21st Oct	Breast	Back	Fly	Free
28th Oct	Fly	Free	Breast	Back
4th Nov	Back	Fly	Free	Breast
11th Nov	IM	Back	Fly	Free
18th Nov	Free	Free	Breast	Back
25th Nov	Back	Fly	Free	Breast
2nd Dec	Breast	Back	Fly	Free
9th Dec	Fly	Free	Breast	Back

CHRISTMAS BREAK

13th Jan	IM	Fly	Free	Breast
20th Jan	Free	Back	Fly	Free
27th Jan	Fly	Free	Breast	Back
3th Feb	Back	Fly	Free	Breast
10th Feb	Breast	Back	Fly	Free
17th Feb	IM	Free	Breast	Back
24th Feb	Free	Fly	Free	Breast
3rd Mar	Breast	Back	Fly	Free
10th Mar	Fly	Free	Breast	Back
17th Mar	Back	Fly	Free	Breast

TBA	CLUB CHAMPIONSHIPS
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DISTANCE EVENTS WILL BE SWUM FIRST ON CLUB NIGHTS

Sprint and Distance events are calculated separately – there will be awards for Sprint Aggregate Points (Events 2, 3 and 4) and Distance Aggregate Points (Distance Event) presented separately at Trophy Night.

TROPHY NIGHT IS ON THE 9TH OR 16TH OF APRIL 2010

Date to be confirmed

UNIFORMS

Club uniforms are not compulsory but we encourage everyone to purchase the club cap and shirt for club night and competition.

Club Cap (silicone)	\$15.00
Club Shirt	\$40.00
Jacket (fleece lined)	\$100.00
Girls racers (black)	\$50.00
Boys racers (black)	\$30.00
Shorts (Navy)	\$25.00

CLUB NIGHT RULES

1. Children are not to leave the pool area. (School buildings and playgrounds are off limits by order of the Principal).
2. Swimmers must not walk in front of timekeepers at any stage when an event is in progress.
3. Silence is required on the Referee's whistle at the start of each event. Any swimmer who breaks this rule may be disqualified from his/her next event.
4. The Marshall will not delay any event for any swimmer who does not report when called. Any such swimmer will forfeit his/her swim in the event.
5. On completion of a race, competitors must leave the water from the side of the pool when instructed by the Referee.
6. Please leave the pool area clean and tidy after all Club Activities. A few minutes spent by everyone makes all the difference.
7. All swimmers must wear swimming caps while in the pool & these caps are to remain on their heads until the swimmer has exited the pool. (swim caps are available from the club shop)
8. Observers are reminded that the pool concourse is out of bounds during all competition as per QSA ruling.
9. Swimmers when not being marshalled or swimming must remain in the grandstand area.

REFEREE

The Club will appoint a Referee.

All swimming shall be under the control of the Referee.

The *one start rule* applies for all club nights As per the QSA rules and Junior tolerance rules (50m and longer distances).

CANCELLATION OF CLUB NIGHT

The Executive Committee will decide if the Club activities should be abandoned. The decision will be made on the evening of the Club meeting **at the pool NO EARLIER THAN 6.00PM.**

Program may be altered at the discretion of the committee and Club Nights may be cancelled or shortened due to weather.

CODE OF BEHAVIOUR:

The following is an extract from 'Swimming Australia' guidelines for swimmers, spectators and officials. It is our expectation that you make yourself familiar with these and commit to meet these guidelines.

In Australia we are proud of our sporting ability and our reputation as a nation of good sports. Our society expects high standards of behaviour from all people involved in sport, and it is vital the integrity of sport is maintained. At every level of sport, the principles of fairness, respect, responsibility and safety should be maintained.

Swimming Australia is at all levels, committed to upholding the principles of:

FAIRNESS

Operating within the spirit of the rules, never taking an unfair advantage and making informed and honourable decisions at all times.

RESPECT

Recognising the contribution that people make to sport, treating them with dignity and consideration, as well as caring for the property and equipment they use.

RESPONSIBILITY

Taking responsibility for one's actions and being a positive role model at all times.

SAFETY

Encouraging healthy and safe procedures, preventing and reporting dangerous behaviour, while demonstrating concern for others.

Swimming Australia promotes the following behavioural guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. These behavioural guidelines highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare and Child Welfare Policy documents.

As a person involved in any way with the sport of swimming, the following standard of behaviour is expected:

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with other people and organisations.
- Be professional in, and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Be aware of Swimming Australia's standards, rules and policies.
- Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- Understand the possible consequences of breaching Swimming Australia Member Welfare and Child Welfare Policies.
- Immediately report any breaches of the Swimming Australia Member Welfare and Child Welfare Policies to the appropriate authority.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment toward others.
- Refrain from any form of discrimination toward others.
- Refrain from intimate relations with members whom they have a supervisory role or power over.
- Refrain from any form of victimisation toward others.
- Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- Show concern and caution toward others that may be sick or injured.
- Be a positive role model.

GENERAL BEHAVIOURAL GUIDELINES

- Abide by the General Behavioural Guidelines.
- Follow the rules of Swimming Australia at all times.
- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coaches, team mates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.

- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.
- Abide by the General Behavioural Guidelines.
- Be responsible for matters concerning the coaching, training and development of members.
- Help each person (athlete, official etc.) reach their potential – respect the talent, developmental stage and goals of each person, and compliment and encourage with positive support and feedback.
- Be honest and do not allow your qualifications to be misrepresented.
- Maintain a 'duty of care' towards others and accountability for matters relating to training and competition.
- Maintain the required standard of accreditation and/or licensing of professional competencies.
- Have a sound working knowledge of Swimming Australia policies, rules and coaching techniques.
- Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development.

COMPETITOR BEHAVIOURAL GUIDELINES

- Abide by the General Behavioural Guidelines.
- Follow the rules of Swimming Australia at all times.
- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coaches, team mates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.

COACH BEHAVIOURAL GUIDELINES

- Abide by the General Behavioural Guidelines.
- Be responsible for matters concerning the coaching, training and development of members.
- Help each person (athlete, official etc.) reach their potential – respect the talent, developmental stage and goals of each person, and compliment and encourage with positive support and feedback.
- Be honest and do not allow your qualifications to be misrepresented.
- Maintain a 'duty of care' towards others and accountability for matters relating to training and competition.
- Maintain the required standard of accreditation and/or licensing of professional competencies.
- Have a sound working knowledge of Swimming Australia policies, rules and coaching techniques.
- Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development.

TEAM OFFICIAL BEHAVIOURAL GUIDELINES

- Abide by the General Behavioural Guidelines.
- Maintain the required standard of accreditation and/or licensing of professional competencies.
- Help each person (athlete, official etc.) reach their potential - respect the talent, developmental stage and goals of each person, and compliment and encourage with positive support and feedback.
- Be honest and do not allow your qualifications to be misrepresented.
- Have a sound working knowledge of Swimming Australia policies and rules.
- Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development.

This also applies to team support staff (eg. medical, physiotherapy and dietician staff).

TEAM MANAGER BEHAVIOURAL GUIDELINES

- Abide by the General Behavioural Guidelines.
- Maintain the required standard of accreditation and/or licensing of professional competencies.
- Be responsible for the overall welfare and well being of team members and officials when travelling with a team.
- Maintain a 'duty of care' towards team members and accountability for the management of the team.
- Have a sound working knowledge of Swimming Australia policies and rules.

- Foster a collaborative approach to the management of the team.
- Abide by the General Behavioural Guidelines.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.

PARENT / GUARDIAN BEHAVIOURAL GUIDELINES

- Abide by the General Behavioural Guidelines.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.

TECHNICAL OFFICIAL BEHAVIOURAL GUIDELINES

- Abide by the General Behavioural Guidelines.
- Encourage all participants to uphold the 'essence of sport'.
- Be consistent, objective and courteous when making decisions.
- Address unsporting behaviour and promote respect for all competitors.
- Emphasise the spirit of fair competition.
- Promote rule changes that will make participation more enjoyable.
- Be a good sport yourself. Actions speak louder than words.
- Keep up-to-date with the latest rules and guidelines for officiating.
- Place the safety and welfare of the participants above all else.
- Give every participant a 'fair go' regardless of their gender, ability, ethnicity, cultural background or religion.

ADMINISTRATOR BEHAVIOURAL GUIDELINES

- Administrator/director/officer/employee/contractor is expected to meet the following standards of behaviour:
- Abide by the General Behavioural Guidelines
- Act in good faith and in the best interests of the sport as a whole.
- Maintain confidentiality in regards to sensitive and /or commercial information.
- Resolve conflicts fairly and promptly through established procedures.
- Do not allow prejudice, conflict of interest or bias to affect your objectivity.

SPECTATOR BEHAVIOURAL GUIDELINES

- Abide by the General Behavioural Guidelines.
- Remember that people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the outcome.
- Respect the decisions of officials, and teach others to do the same.
- Never ridicule or scold an athlete for making a mistake. Positive comments are motivational.
- Reject the use of violence in any form, whether it is by spectators, coaches, officials or competitors.
- Show respect for all athletes. Without them there would be no competition.
- Encourage competitors to follow the rules and the officials' decisions.
- Do not use foul language, sledge or harass other competitors, coaches or officials.

- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

TRAINING PROGRAM DELIVERER BEHAVIOURAL GUIDELINES

- Training may be delivered for vocational or instructional purposes to impart knowledge and competencies within the framework of a sporting environment.
- Training program deliverers are expected to maintain high professional standards in the marketing and delivery of education and training services, to protect the interests and welfare of all participants. Deliverers are expected to maintain a learning environment that is conducive to the success of participants.
- Deliverers are expected to market their training programs with integrity, accuracy and professionalism, avoiding vague and ambiguous statements.
- Accurate, relevant and up-to-date information regarding curriculum and accreditation requirements are expected to be provided to participants prior to commencing a training program.
- Training program deliverers are expected to be aware of Equal Employment Opportunity principles and practices as they apply to education and training.

Swimming Australia Behavioural Guidelines as at 2010 Australian Sports Commission

Failure to abide by these rules may result in your removal from the venue.

COMPLAINT'S RESOLUTION

The Club is currently developing a grievance procedure in conjunction with the Southern Cross Catholic College. It is important that all club members get to know the committee members so that if there are any concerns, you approach the committee members first. This policy will be posted on the website.

OTHER POLICIES

Other club policies can be accessed through either the club website (scsaints.org.au) or Southern Cross Catholic College.

WEBSITE

The address is: www.scsaints.org.au

This site provides links to sponsors and other relevant websites.

COMPETING IN CARNIVALS

Swimmers are **strongly** urged to participate in BSA point's meets. Every swimmer gains points for the club. The Club currently competes in the Brisbane Swimming Association (BSA) competition, in Division 2 for 2010/11. The club gains recognition and monetary rewards for placing in the top three teams in the division. Similarly, swimmers are encouraged to nominate for QSA meets.

Throughout the season, swimmers will be selected to represent the Southern Cross Saints Swim Club at competitions. Selection will be based on personal best times set by the swimmers and the Head Coach's discretion.

A list of available carnivals and their dates is available on the **Qld 'Happening Calendar 2010/2011**. This document is available on the Swimming Qld website www.qld.swimming.org.au and follow the link on the home page. **THIS CALENDAR IS CONSTANTLY BEING UPDATED**

Nomination forms and money sealed in a clearly marked envelope are to be lodged at the club office by the advertised nomination closing date. The club nomination closing date will always be earlier than the flyer to allow time to process entries by the host club's due date.

ALL SWIMMERS MUST WEAR A CLUB CAP WHEN REPRESENTING THE CLUB AT ANY CARNIVAL.

SQUAD TRAINING

Squad training will be at the discretion of the coach. All enquiries are to be taken directly to the coach.

Swimmers must be on time for training

No swimmer is permitted to swim under the pool covers.

Southern Cross Saints Swimming Club Committee and Positions 2010 / 11

Position	Person	Contact
President	TBA	
Vice President	Stuart Koch	
Secretary	Samantha Pycroft	
Treasurer	Susan Weldon	
Registrar	Ros Roper	
Club Night and Meet Secretary	Susan Weldon	
Uniform Coordinator	Susan Weldon	
Club Night Recorder	TBA	
Chief Timekeeper	Robert Walker	
QSA/BSA Representative	Susan Weldon	
Fundraising Coordinator	Kyra Boundy	
Referee	TBA	
Webmaster	John Elliott	
Newsletter Editor	John Elliott	
Head Coach	Steve Hadler	
Club night caterers	All Parents - rotating roster	
Announcer	TBA	
Marshall	TBA	
Started	TBA	

Thank you to all who have taken on a "Voluntary Position"

CLUB EMAIL - secretary@scsaints.org.au