

South Lake Dolphins Swimming Club
December 2021



PARENT HANDBOOK

Welcome Message from the President



Welcome to our fabulous swimming club.

South Lake Dolphins was born in 1992, we have a strong history as a family club that produces wonderful swimmers and wonderful people.

In 2017 we were fortunate enough to move to the world class facility at Cockburn ARC with both 25m and 50m pools for our members to enjoy.

On behalf of the committee, I sincerely hope that you and your swimmers enjoy an enriching, fulfilling and fun experience at our club and that the athletes are able to learn skills that will see them through their swimming careers and beyond.

Being a community sport club, I love to see parents, family members and spectators get involved in some small way to make life at SLD run smoothly.

If you ever have any questions about South Lake Dolphins, please seek out or call a committee member or myself, who will be more than happy to talk swimming with you.

See you poolside,

Kylie

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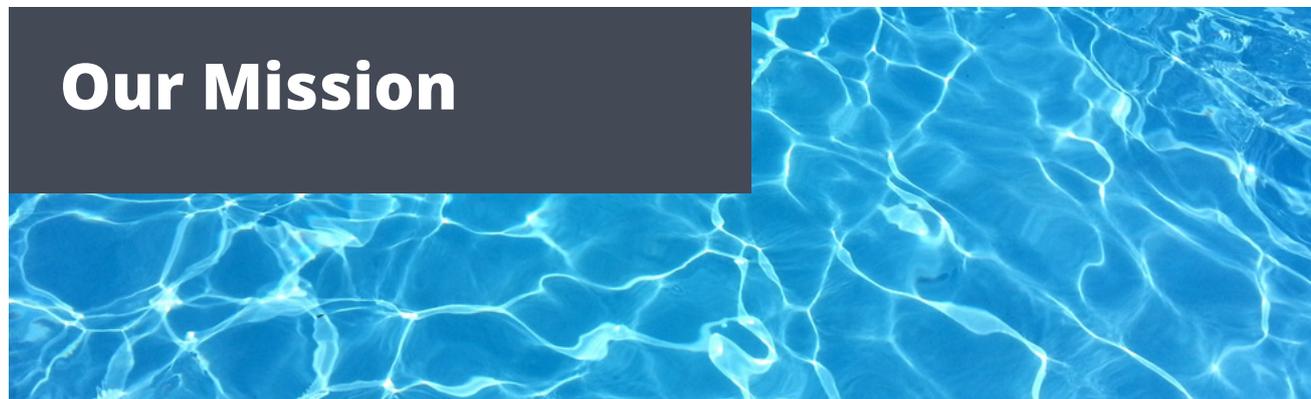
Swimming Competencies

SLD Commitment to Your Kids / Sponsors



Mission, Vision and Values

Our Mission



To promote the sport of swimming to the length and width of the local community. Inspiring our members to become great people and great swimmers.

Our Vision



A family friendly club, making all members, their families and friends welcome and truly valued through active participation.

A club that provides opportunity for a safe, welcoming environment where individuals are assisted and encouraged to stretch themselves to reach their goals and ambitions.

A club that demonstrates strong leadership, teamwork and governance.

A club responsive to its swimmers' needs.

A club that nurtures membership and is united with swimming in Western Australia.

A club that embraces progression and enhances the experience of our members by using innovative coaching and training methods.

Our Values

Honesty and Trust:

We trust the club coaches and committee to make the right choices for the club. We take responsibility for our mistakes, embrace and learn from them.

There is no blame culture at SLD.

Community:

We are representative of the Cockburn and wider local community.

We embrace diversity and encourage participation at all levels.

Fairness:

We don't expect or accept favourable treatment from any SLD coach or committee member. We are all given equal opportunity to achieve our swimming dreams.

Team First:

We put the club before ourselves.

Respect:

We embody and display a culture of respect towards our teammates, coaches, officials, volunteers, competitors, equipment and ourselves.

Life Members and Committee 2022

Life Members

SLD has a strong tradition of recognising our swimmers and volunteers. We are extremely proud of our Life Members and the contribution they have made to swimming at South Lake Dolphins Swimming Club

Mr Trevor Green
Mrs Bev Green
Mrs Nina Trapp
Mrs Lyn Kapor
Mr Frank Norton

Mrs Win Scott
Mr Jason Vowles
Mr Travis Kapor
Mr Jasckson Norton
Mrs Kim Blackburn

Mrs Jenny Norton
Mr Peter Kierath
Mr Andrew Kierath
Mr Nigel Lafferty
Mrs Yana Palelei *

Mrs Debbie Luff
Ms Claire Kierath
Mr Andrew Kierath
Mr Jamie Luff
Ms Hannah Palelei *

* Inducted 2021

Committee Members 2021/22

Position	Name	Contact Number	E-Mail
President	Kylie Dekkers	0409 106596	president@sld.org.au
Vice President	James Hewitt	0447 416718	jhh_74@hotmail.com
Secretary	Vacant		
Treasurer	Vacant		
Registrar	Juliana Bujang		registrar@sld.org.au
Records Officer	Vacant		
Equipment Officer	Claire Greenwall-Roberts		
Committee Member	Sean Ray		
Committee Member	Felicia Balsdon		
Committee Member	Chana Olbromski		
Committee Member	Hannah Palelei		
Committee Member	Brad Rosman		
Committee Member	Rubika Fredricks		
Committee Member	Dawn Milne		

via
info@sld.org.au

Or speak to any committee at a meet or poolside



Who Ya Gonna Call? / Swimming Terms

For Information on:

Joining the Club
Club Membership Fees
Training
Training fees
Club Nights
Registration for Club Nights
Swim meets
Club uniform and equipment
General Club enquiries
Complaints

Contact:

The Registrar
Any committee member
The coach
The President
The Vice President
Any committee member
Any committee member
The equipment officer
Any committee member
The President or Vice President



Swimming Terms

PB: Personal Best

Qualifying Times: A time set by a club/organisation which a swimmer must achieve before being eligible to compete in a particular event.

Entry Time: The time the swimmer swam during a swim meet or club night, it is often the swimmer's PB

Open Event: An event in which swimmers of any age may enter

Timed Final: 1st, 2nd and 3rd placings are awarded to the three fastest recorded times from **ALL** the heats held.

IM: Individual Medley. Sequence for IM is: Butterfly, Backstroke, Breaststroke, Freestyle
The sequence for a **Medley Relay** is: Backstroke, Breaststroke, Butterfly, Freestyle

Long Course: Events swum in a 50m pool (usually summer season: term 4 and term 1)

Short Course: Events swum in a 25m pool (usually winter season: term 2 and term 3)

Club Premierships: Inter-Club Annual swimming competitions.

DQ: Disqualification (disqualified from a race for breaching the swimming rules)



General Information

For Parents



The key to a successful community club is the participation of parents, family members and volunteers at all levels. You can assist in maximising your child's experience, enjoyment and achievements from the sport.

At some time during your swimmer's career with SLD, you will be asked to **assist**. This does not necessarily mean being on the committee, but certainly you'll be asked to assist the committee with items such as fundraising, helping at events, turning some sausages at Bunnings or perhaps submitting photos for social media. All roles are extremely simple and many hands make light work.

We ask that **all** parents, spectators and supporters **encourage** their children to aim for personal bests (PB's) in each stroke, at each distance. All we can ask for is continued improvement. Swimming will become its own reward.

We ask that you **outwardly demonstrate appreciation** of the work of coaches and volunteers. Please encourage your children to do the same. **#thankscoach**

If you disagree with **club policy** or decision, please go through the appropriate channels to raise it with the SLD committee.

Swimmers may choose to wear their own bathers at training. Club caps must be worn at swim meets where the swimmer is representing SLD. Club branded bathers are available, along with numerous hats, jumpers, pool coats etc. from our equipment officer.

Training fees will be charged regardless of swimmer's attendance. The only exceptions are where written notice (e-mail is acceptable, but please obtain a confirmation that it has been received) has been given to both the Treasurer and the Coach of a prolonged absence of three or more weeks through injury, illness or family commitments.

About Training



Training is the most vital part of achieving your goals in swimming. Squads have been developed so swimmers can train with those at the same level of development and motivation.

Swimmers who's goal is to stay fit and participate well at a club and school level, will have a different training regime to those who are aiming to swim at a state and national competition level. Please recognise the rights of other swimmers and do not disrupt their training.

Please check the emails, Facebook and the SLD website regarding any changes to training arrangements. **There is no training on Public holidays.** In the event of a targeted swim meet during a weekend, it is essential that you check to see if training is cancelled or continuing for your squad

Start Times: For **morning sessions**, swimmers are required to enter ARC and go to the indoor basketball courts for dryland warm up. Dryland warm up starts at 5.15am, so you need to arrive beforehand

Afternoon sessions do not have a specific dryland warm period before training, so you need to arrive, and be ready to swim at the start time of your training session. If you're late for warm up, you're late for training.

It's understood that there may be a few occasions when you will be late for training. This is absolutely fine. Please let a squad friend know, so they can in turn let the coach know. We ask that you don't contact the coach directly, unless the coach has said that's ok.

What to bring to training: Water bottle / towel(s) / warm clothes (every session, not just winter months) / fins / kick board / goggles / snorkel and finger paddles (if required in your squad).

Moving Squads: Squads are generally reassessed at the start of each season. Swimmers are invited to change squads. Swimmers and their parents need to assess whether or not they can attend the required number and times of training sessions for the new squad and respond to the invitation.

How Many Sessions?: Our club and coaches believe that swimmers can be pushed too hard at an early age and has maximum sessions (per week) as well as minimum requirements.

Not all swimmers have the same goals or ambitions. SLD has pathways and squads that enable swimmers of all ages and abilities to train under the guidance of our coaches to give them the best opportunity to achieve their ambitions. Coaches are more than willing to discuss a swimmers individual requirements if you need assistance.

Squads: Timetable & Pathway

SLD Squad Timetable December 2021

Hour	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday									
	DORIAN	STEFANO	DORIAN	STEFANO	DORIAN	STEFANO	DORIAN	STEFANO	DORIAN	STEFANO	DORIAN	STEFANO										
	MORNING		MORNING		MORNING		MORNING		MORNING		MORNING											
5.30 - 5.45	Gold	Senior Fitness	Bronze	Gold	Senior Fitness	Silver	Silver	Silver	Gold	Bronze												
5.45 - 6.00																						
6.00 - 6.15																						
6.15 - 6.30																						
6.30 - 6.45																						
6.45 - 7.00																						
7.00 - 7.15											Gold	Senior Fitness	Silver									
7.15 - 7.30																						
7.30 - 7.45																						
7.45 - 8.00																						
8.00 - 8.15																						
8.15 - 8.30																						
8.30 - 8.45																						
8.45 - 9.00																						
	AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING **		AFTERNOON/ EVENING TRAINING													
16.00 - 16.15	Marlins	Minnows/ Junior Fitness	Minnows/ Junior Fitness	Marlins	Marlins	Minnows/ Junior Fitness	Minnows/ Junior Fitness	Marlins	Gold	Senior Fitness	Silver											
16.15 - 16.30																						
16.30 - 16.45																						
16.45 - 17.00																						
17.00 - 17.15																						
17.15 - 17.30	Gold	Senior Fitness	Silver	Gold	Senior Fitness	Bronze	Bronze	Silver	Gold	Senior Fitness	Silver											
17.30 - 17.45																						
17.45 - 18.00																						
18.00 - 18.15																						
18.15 - 18.30																						
18.30 - 18.45																						
18.45 - 19.00																						
19.00 - 19.15																						

Squad Plans

The coaches will meet collectively with their squads and the swimmer's parents at the start of each school term.

They will outline the overarching strategy and goals for the term, including any planned targeted meets

SLD Squad Pathway



Club Nights



Could you imagine doing all that training for netball or football and never being able to play a game?

This is what it is like for swimmers who only train and never use their skills in a race.



SLD Club Nights are usually held monthly during summer season. They offer the following opportunities for our swimmers:

- Practice the skills learnt during training
- Enjoy the company of teammates and friends
- Set and break PBs
- Compete in Club Championship events
- Get disqualified, make mistakes and learn from them
- Achieve qualifying times
- In a familiar, fun, safe and friendly environment.

Club Nights also offer opportunities for parents and families:

- Watch your swimmer put their training into action
- Meet and socialise with parents and family members of other swimmers
- Get involved in your swimmer's club by doing some time keeping or other simple, but essential roles

Club Nights always follow the same timetable:

- Dry land warm up, swimming warm up
- Presidential address: Club notices and chocolate draw
- Swim, swim, swim

Each club night requires timekeepers, as well as a series of helpers, assistants and qualified Technical Officials (all volunteers). Each job is very simple!

The Club Night program is usually published at the beginning of each season, entries are managed by [**MySwimResults**](#) and you will be given plenty of notice for registering.



Swimming Rules and Regulations / MySwimResults / Meet Mobile

Swimming Australia Rules: All rules for swimming in Australia can be found: [HERE](#)
Or google search "Swimming Australia rules." The rules were last updated in November 2019.

The SLD electronic timing system used during Club Nights and time trials is Swimming Australia compliant, times achieved can be used to enter both short and long course State and National meets.

The **One Start** Rule applies: If you false start once, you are disqualified, so wait for the **BEEP**

Please **do not** walk in front of the starter or timekeepers.

Do not wander away from the swimmers' area if you still have swims remaining. It is not the job of the Marshall or parents to chase swimmers who are not paying attention. It is your responsibility to present yourself when your event or your name is called.

If you break the swimming rules or regulations, you may be disqualified (DQ'd). **EVERYBODY** gets DQ'd, even the best ever Olympians. Try not to be upset. At Club Night, you will have a verbal and written explanation from the Official who DQ's you, and will need to take the DQ form to your coach.

Being disqualified is the **BEST** way to **learn** and **improve**



MySwimResults

This website an online database of all things swimming. Find it [HERE](#)
There is a small yearly membership fee paid on registration.

MSR is used to for results, PBs, rankings, swim meet calendar, target times etc.
You name it, you can pretty much get it on MySwimResults.

Entering Club Night and swim meets is done via [MySwimResults](#).

Meet Mobile

A mobile app that follows swim meets **LIVE** from all over the World. Set alerts for your favourite swimmers to receive notification when your family, friends and competitors are swimming, and their results.

Like MSR, there is a subscription fee.



Guide to Your First BIG Swim Meet



You've worked hard at training, conquered Club Night, it's time to take on:

YOUR FIRST SWIM MEET

Before your first swimming meet, make sure you have a good night's sleep, get up early, have a good healthy, energy filled breakfast and **RELAX!** Make sure your swimming equipment is packed the night before so you don't forget anything. We all know senior swimmers who have arrived at a meet **without their bathers!**

Arrival Time: 7.30am (unless otherwise agreed with your coach) South Lake Dolphins swimmers always arrive early at the pool to meet their coaches and team mates, to have a comprehensive dryland warm up and get the best seats poolside.

Where To Go: At HBF Stadium our swimmers stay together at pool side, opposite the grandstand. **Parents will sit together in the stands.** SLD usually amasses quite a group of supporters, it's a great opportunity to meet new friends, read a book, complete a sudoku, sit back, relax and use the Meet Mobile app.

What to bring: Swimmers need to have their **own** swim bag (Mum and Dad need their own bag too) and make sure you label **EVERYTHING.**

SLD clothing (if you have it)

Your **SLD** cap

Goggles (and a spare pair if you can)

Lots of towels (at least 2 or 3. They get **very wet!**)

Water bottle

Asthma puffer or other medication if you use one

HEALTHY food. A selection of snacks – these need to be suitable to keep your energy levels up (e.g. small sandwiches, fruit) To get the best out of your body you need to put in good food. Please **DO NOT** pack chips, chocolate, lots of lollies or sugary drinks. Please avoid hot chips or sausage rolls etc while you are racing. You can't swim well with that in your tummy. Perhaps consider these items for a post meet treat!

WARM CLOTHES: shoes, socks, slippers or Ugg style boots. It can get **COLD** and you must stay **WARM.**

You might like to bring your music or books. But **LOOK AFTER THEM,** we don't want you to lose them!!

Behaviour is a better barometer of what you are than words

Guide to Your First BIG Swim Meet (cont'd)

Racing: At a meet, each event is numbered. There is often more than one race per event, these are called **heats**, heats are numbered too. The fastest swimmers in all of the heats will often win **MEDALS**. Not many swimmers win medals, certainly not at their first few meets.

Take a Sharpie or similar pen to write the **event, heat, lane** numbers and what it is you'll be swimming each time on your arm so you are ready when your event is called. You will see so many swimmers with their arms written on.



When your event is put up, it's time to stay cool, collect your race gear (goggles and SLD cap) and you **MUST** speak to your coach for final advice, some "don't forgets" and **good luck!**

Then to the **marshalling** table/area. Tell the marshalls your name and they will tick you off their list. Just like a school register. Be sure to be wearing warm clothes to marshalling, but don't forget to collect it afterwards. Watch what the older kids are doing, and ask them if you are unsure.

Most importantly, just **try your best**. If your goggles slip off, don't touch them, just keep going! Swimming at HBF Stadium may feel different from swimming at Cockburn ARC, that is absolutely normal. **Fear not:** You'll soon be an **expert**

After your race, go back to your **coach**. Your coach will offer some great tips that will help you to progress and get faster.

If you have any questions look for a senior **SLD swimmer** to help you.

Good Luck & Enjoy!



Mum and Dad's Guide to the First BIG Swim Meet

Upon arrival you'll need to pay entry for you and the swimmer. You may also be able to purchase a program to keep track of the events. Programs are often downloadable from MySwimResults.

SLD families and **supporters** all sit together and it is often a race to get seats before other clubs take over the stands.

You will very likely be rostered on for a **timekeeping** stint or other **job**. Everyone has a turn usually for no more than an 45-60 minutes. Timekeeping is very easy and quite **enjoyable**. You normally **only** have to press a button at the end of each race. **Timing blocks** and **touch pads** do the rest. If you have other children not swimming the **SLD parents** are always willing to look after them whilst you are time keeping.

Swimmers are encouraged to be as independent as possible. Our **senior** and **experienced swimmers** will help your child out at their first few meets.

Please let the **coaches coach**. Parents always mean well but we pay our staff to coach your child, and they are the experts.

What to bring:

Your own bag: the swimmers will need a separate bag

Highlighter pens: to highlight your child and other SLD swimmers in the program

A cushion: the seats can get uncomfortable

A book: more than one if you read quickly.

Food and water: HBF Stadium has a café, but it closes early (sometimes as early as 2pm)

An expectation of tears: (maybe yours, maybe theirs): sometime during the day, on the way home, or when you get home, the swimmers might cry, and you may blub too. Lots of swimmers will produce a few tears in their first few meets. This is perfectly normal, let them cry, it will help them build resilience and coping mechanisms that will help them through their hopefully long and successful swimming careers!



Codes of Conduct

SLD is committed to providing a caring and welcoming environment that respects the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.

The Code of Conduct provides the minimum expected behaviour of all personnel within our swimming club.

By applying for membership to SLD, members, their parents, spectators and supporters agree to abide by the Codes of Conduct.

As well as the SLD Codes of Conduct, members, parents, spectators, supporters, committee members, technical officials and coaches are also bound by the Swimming Australia and Swimming WA Codes of Conduct. These can be found [**HERE**](#)

It is requested that should you witness any behaviour that is contrary to these codes, in the first instance, if you feel comfortable doing so, you approach the person you believe is breaching the code and politely point out their actions are breaching the code of conduct. If you don't feel comfortable in making this approach, please inform an SLD committee member as soon as practicable.

The SLD Code of Conduct is available from the Secretary or on the SLD [**WEBSITE**](#)



Swimmer/Coach Contract and Goal Setting

Goal Setting and Coach Contract

Before entering any event at Club Night or at a swim meet, swimmers should have the events signed off by their coach. This shows the swimmer is ready to compete at the stroke and distance.

Having events ticked off is an excellent way to set goals and targets for the next term or season.

NOTE: You only need to be signed off once by your coach. Not each time you enter a meet



SLD Coach / Swimmer Contract

Name: _____

Stroke	Distance			
	50m	100m	200m	400m
Freestyle				
Breast Stroke				
Back Stroke				
Butterfly				
IM				

Before swimming an event, you MUST have your contract signed by your coach as being competent to swim the stroke and distance

Our Commitment To Your Children

SLD promotes the importance of our members' welfare and fully supports, promotes and adopts:

- **Sport Australia's Safe, Fair and Inclusive Sport policies**

https://www.sportaus.gov.au/integrity_in_sport

- **True Sport Values and Guidelines**

<https://truesport.com.au/>

- **UNICEF's Rights of the Child**

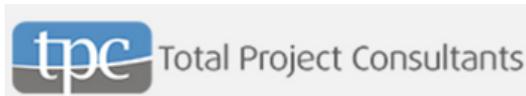
<https://www.unicef.org/child-rights-convention>

- **Childsafe Australia's Childsafe Standards**

<https://www.childsafe.org.au/safety-management/safetymanagement-childsafe-standards/>



SLD QUIZ2020 Major Sponsors



RJ's Bikes

The Ray's Margaret River Haven:
Search "airbnb Margaret River Central Haven"



Team First, Community, Honesty & Trust, Fairness, Respect