



**Riverstone Dolphins RSL Youth
Swimming Club**

Summer Season 2019- 2020

Riverstone Dolphins RSL Youth Swimming Club

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CLUB RULES

1. Membership

1.1 Member— as defined for the purpose of the Club Rules – is a person who has paid a full membership fee and swims for the Riverstone Dolphins R.S.L. Youth Swimming Club. They are covered by insurance and they are entitled to attend the end of year presentation day free of charge. They must have competed in at least one (1) Thursday night meet.

1.2 Associate Member— as defined for the purpose of the Club Rules – is a person who has paid an association fee. An associate member must be an adult “over the age of 18 years”. They may attend club meetings and have voting privileges. They are covered by insurance when participating in volunteer activities such as Time Keeping etc. They are **NOT** entitled to attend the end of year presentation day free of charge. Please note that there must be at least 1 associate member per family.

1.3 A swimmer will not be included in the races if not a financial member of the Riverstone Dolphins R.S.L. Youth Swimming Club Inc. within two (2) weeks of the date of his/her first swim with the club. All points he/ she has accumulated will be forfeited and his/her point score and number of swim nights will start again up on him/her becoming a financial member.

1.4 First Claim Swimmers—Under swimming NSW rules a person can be a member any number of swimming clubs at any time, however, can only compete for a single club, at any one time. The club you compete for is your **'First Claim Club'**. Riverstone Dolphins first claim swimmers are eligible to qualify for Riverstone Dolphins championships, set club, they are also eligible to compete at RSL Zone and State events. They can also swim as a Riverstone Dolphin at any NSW Swimming event (they may need to be registered with Swimming NSW for many events) **Second Claim Swimmers** (those registered with another club as first claim and competing for that club) are able to compete in Riverstone Dolphins Club race nights, but do not qualify for Riverstone Dolphins Club Championships or cannot attempt records at Riverstone Dolphins. All second claim swimmers that wish to be first claim swimmer for Riverstone Dolphins need to have other club submit a transfer for their first claim status to Riverstone Dolphins.

1.5 The Riverstone Dolphins R.S.L. Youth Swimming Club is a voluntary club and, relies on help from its members to function. Therefore, it is a prerequisite of joining this club that all families will be expected to perform club duties during the season. The following positions need to be filled every Thursday night (training and instructions will be given to all new helpers). A roster for all positions will be created, if you can't help on your allocated date please let us know before the night.

TIME KEEPERS

MARSHAL

STARTER

CHECK STARTER

SUPPLY SUPPER (CAKES, BISCUITS)

TEA/COFFEE PERSONS

GENERAL HELPERS

2. Competitors

2.1 Competitors will swim in the lane allocated to them as called by the Race Marshall.

2.2 Competitors who are not at marshalling when their event is called MAY NOT be permitted to swim in the same event in a different heat.

2.3 Competitors are expected to behave in a manner that is not disruptive to the running of the race night and to be courteous and respectful to all officials, volunteers and other competitors.

2.4 Competitors are to complete an online entry for each swim night. Online entries **WILL** close 07:00pm Mon day, prior to each Thursday competition night. NOTE: Please select up to 3 events (different strokes), that you want to swim on the night. **Swimmers cannot enter 100m and 50m, or 50m and 25m of the same stroke. LATE ENTRIES will NOT be accepted.**

2.5 Competitors are only permitted to compete in one (1) 200m event per night.

2.6 Record Attempts: Once you have swum at least 2 nights at the stroke and distance, and you feel that you are close to setting a new club record, please email the club secretary requesting to attempt a record, include the swimmers name, age distance. The email must be received by the secretary no later than Sunday before the record attempt. The race secretary will confirm the attempt with the swimmer, and race officials. The referee's decision is final.

2.7 Time Trails: We can accommodate swimmers request for a time trail if the request is received via email to the club secretary no later than Sunday before the race night the trail will be done.

3. Competition Nights

3.1 Pool Entry Fee - payable each week at the gate for all swimmers and non-swimmers. The entry fee is **\$1.00 per child and \$2 per adult (18+)**. This money is used to pay for pool hire each week. Correct money is greatly appreciated.

3.2 The first event will commence at 6.45pm, so all swimmers and volunteers need to be in their position for this to occur every week.

3.3 No disqualifications will occur during Thursday race nights (Thurs Nights Oct –Feb) instead swimmers will be given verbal instruction on what they need to rectify before championships. If you are unsure of how to correct the swim, please ask the referee or club official for information and clarification.

3.4 The executives of the Riverstone Dolphins R.S.L. Youth Swimming Club Inc. reserve the right to refuse admission to the pool or may remove from the pool any person or persons who are disrupting the running of any club activity.

4. Baby Dolphins -12.5m Bubble Races

4.1 Baby Dolphins races are restricted to 6 years and under and have only 2 race options a night. Consisting of one (1) Freestyle and one either Backstroke, Breaststroke or Butterfly (BBB) of your own choice.

4.2 Once a swimmer progresses to 25m swims in either Freestyle or one of the BBB strokes they cannot return to race in the 12.5m distance for that stroke.

4.3 Swimmer may qualify for Championships in the 25m event and be eligible for the Age Champion awards, but they cannot swim both distances at Championships (ie 25m Free and 12.5 Back)

4.4 All Swimmers participating in the Baby Dolphins event shall be entitled to an Annual Presentation Award if they have swum at least eight (8) Thursday nights during the season.

5. Club Point Score Competitions

5.1 The combined 50m and 100m point score competition shall commence from the competitor's first **Financial** Thursday night swim and finish on the last Thursday night prior to Championships. The competitor's age shall be the age they are at each swim night. **Please note that this may affect the distance the competitor is required to swim.**

5.2 There will be a separate point score system for 25m swimmers

5.3 An overall 200m point score system will include both 200m Freestyle and 200m Individual Medley swims.

5.4 A 400m point score system will include all 400m races.

5.5 The point score competition for members will be conducted for each stroke - namely: -

- Freestyle
- Breaststroke
- Backstroke
- Butterfly
- 200m (including Freestyle and Individual Medley)
- 400m (including Freestyle)

Plus, any additional events, which may be added from time to time.

5.6 Swimmers 12 years though to Seniors may choose to compete in 50m and 100m events and will accrue points for both distances. *Swimmers must still follow Club Rules 2.4 'Swimmers cannot enter 100m and 50m of the same stroke on the same night, or 50m and 25m of the same stroke on the same night.'*

5.7 Points for each swim will be accumulated from the first financial night's swim on the following basis: -

- Zero **(0)** points for Did Not Start (DNS)
- One **(1)** point for Did Not Finish (DNF), False Start, Incorrect Stroke (Disqualified) or Incorrect Distance.
- Two **(2)** points for a swim time being equal or slower than their current Best Time for that stroke and distance.
- Three **(3)** points for a swim time faster than their current Best Time for that stroke and distance.

5.8 Each night that you swim is counted as a one (1) Swim Night. **Note:** DNS does not count towards a Swim Night.

5.9 If a swim night is cancelled due to weather, all swimmers who have completed online entries will have that night included as a swim night and all swimmers' times will be recorded at their current person best (accruing 2 points per race)

6. Club Championships

6.1 The Club Championships are to be held in February/March each season.

6.2 The competitor **Championship Age** is the age that he/she is on the FIRST Thursday that the Club Championships commences.

6.3 A swimming member must fulfil the following requirements to qualify for Club Championships.

- a. Swim the appropriate distance for their **Championship Age** as shown in the table on the following page.
- b. 25m and 50m events; a competitor must have swum the particular stroke and distance **three (3)** times during the season.
- c. 100m event; a competitor must have swum a particular stroke **three (3) times** with at least **two (2) at the 100m** distance during the season.
- d. 200m and 400m events; a competitor must have swum the particular stroke and distance at least **twice** during the season. **Note if you are Under 12 years old you must be able to swim 50m in under 45 seconds before you can attempt a 200m distance.**
- e. A competitor must have competed in at least eight (8) Thursday nights meets during the season.

6.4 Qualifying swims conclude on the last night of swimming prior to the first Championship night.

6.5 No disqualifications will occur during qualifying meets (Thurs Nights Oct –Feb) instead swimmers will be given verbal instruction from the referee on what they need to do to rectify stroke before championships. If you are unsure of how to correct the swim please ask a club official for information and clarification. Disqualifications may be made during all 4 championship nights at the discretion of the referee. Parent/Swimmers are able to approach the referee poolside to clarify the disqualification.

6.6 AGE CHAMPIONS will be determined by points allocated for Championship swims **ONLY**

6.7 Swimmers will only swim in distances approved for their **Championship Age**.

6.8 Trophies will not be awarded to members who have qualified for championships i.e. 8 night and 3 swims at the correct distance but do not participate in the championships. You must swim in championships to receive a trophy, instead a participation medal will be awarded.

IMPORTANT NOTICE

Only members who have nominated our club as their summer season FIRST CLAIM CLUB, are eligible to attempt a Club Record or to compete in the Club Championships.

Race Age Table

AGE	STROKE	DISTANCE
7 Years and Under	Freestyle, Breaststroke, Backstroke and Butterfly	25 Metres
8, 9, 10 & 11 years	Freestyle, Breaststroke, Backstroke and Butterfly	50 Metres
12, 13, 14, 15, 16 years, Seniors and Veterans	Freestyle, Breaststroke, Backstroke and Butterfly	50 Metres
12, 13, 14, 15, 16 years, Seniors and Veterans	Freestyle, Breaststroke, Backstroke and Butterfly	100 Metres
10 years and under Sub-Juniors 11 & 12 years Junior 13 to 16 years Senior 17 years and Over	Freestyle and Individual Medley	200 Metres
Open	Freestyle	400Metres

7. Carnivals for Competitors

7.1 The Riverstone Dolphins R.S.L. Youth Swimming Club Inc. are affiliated with the Zone 4 R.S.L. Youth Clubs.

We encourage all swimmers to participate in the Zone 4 Carnivals.

8 years to 16 years

Seniors 17 years to 24 years

Swimmers will not be allowed to swim out of their age group. Swimmers will have the opportunity to be a representative at Zone 4 and the NSW State R.S.L. Youth Club Championships.

7.2 Swimming NSW / Sydney Metro North West carnivals are also available to Riverstone Dolphins R.S.L. Youth Swimming Club Inc members. Membership of the Swimming NSW Inc is required at an additional membership cost. Please see the race secretary for details to compete at these events.

8. Training

8.1 Club training is only available to current financial members Riverstone Dolphins R.S.L. Youth Swimming Club, who compete regularly in Thursday night competitions.

a) Stoke Correction

8a.1 Club Stroke Correction training is only available to current financial members Riverstone Dolphins R.S.L. Youth Swimming Club, who compete regularly in Thursday night competitions.

8a.2 Swimmers must be able to swim 25 metres unaided to participate in club training.

8a.3 Training will be held one day a week on Tuesdays.

8a.4 Stroke correction class for 25m swimmers will be of the duration of 30 minutes. Starting promptly at 4pm.

8a.5 Stroke correction class for 50m swimmers will be of the duration of 45 minutes. Starting promptly at 4:30pm

8a.6 Costs for this training program are covered by the club, but all members wanting to attend must register at the start of the season so a record of attendance can be kept.

8a.7 General Admission charges apply for pool entry at time of lesson.

8a.8 Any discussions with the coach about your child must be conducted BEFORE OR AFTER lessons have concluded. Please do not interrupt the coach during a lesson.

8a.9 Parents need to actively supervise their children in accordance with swim centre's supervision guidelines.

8a.10 Club executives reserve the right to refuse admission to the pool or may remove from the pool any person or persons who are disrupting the running of any club activity.

b) Squad Training

8b.1 Club Stroke Correction training is only available to current financial members of Riverstone Dolphins R.S.L. Youth Swimming Club, who compete regularly in Thursday night competitions. (at least 8 nights during the season)

8b.2 Riverstone Dolphins R.S.L. Youth Swimming Club Inc. members must be able to competently swim 50 metres unaided to participate in club training

8b.3 All swimmers wishing to participate must register and pay in advance for the appropriate program.

8b.4 Squad program will be held on Mondays and Wednesdays. Swimmers can choose to participate in either or both days. Assessments will be done on swimmers first lesson.

8b.5 Squad program will start promptly at 4pm.

8b.6 Any request for cancellation or refund is to be in writing and is not guaranteed.

8b.7 If a swimmer misses multiple lessons due to illness or injury, a credit towards future lessons may be available subject to a doctor's certificate being provided and approval by Executive Committee.

8b.8 Cancellation due to weather conditions will be made, by the pool staff or coach. All members will be notified and notification will be available on the club's website and Facebook pages. Refunds will be administered through Active at the end of the program for any cancelled days.

8b.9 General Admission charges apply for pool entry at time of lesson.

8b.10 Adhere to the Riverstone Swimming Centre's policies.

8b.11 Any discussions with the coach about your child must be conducted AFTER lessons have concluded. Please do not interrupt the coach during a lesson.

8b.12 Parents need to actively supervise their children in accordance with swim centre's supervision guidelines.

8b.13 A parent or carer must remain in the area of the program for swimmers 12 years and under.

8b.14 Club executives reserve the right to refuse admission to the pool or may remove from the pool any person or persons who are disrupting the running of any club activity.

9. Presentation

9.1 Presentation day will be at the pool.

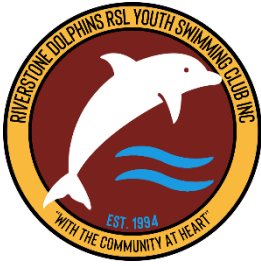
9.2 The pool is open to the public as well on this day, and standard council pool entry fees will apply.

10. Fundraising

10.1 The club has allocated raffle nights at the Memorial Club.

10.2 The club will run raffles on special events to raise funds for presentation day.

During the year we will run fundraising events to help cover the costs of running of club nights as well as presentation day. If you have a business and would like to sponsor the club by the way of a monetary donation or products or services, we can use in raffles please contact the committee for further information.



Riverstone Dolphins RSL Youth Swimming Club INC.

2019/20 Committee

President

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Treasurer /Public Officer

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Race Secretary

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Assistant Treasurer

Kali Leddiccoat

Assistant Race Secretary

Denise Kegg

Metro North West Delegates

Denise Kegg

RSL Zone4 Delegates

Leigh McDermott

Contact us:



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