



Riverstone Dolphins
R.S.L. Youth Swimming Club
Inc.

"With the community at heart."

Summer Season 2018—2019

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 upon him/her becoming a financial member.
- 1.4 The Riverstone Dolphins R.S.L. Youth Swimming Club is a voluntary club and, as such, must rely 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 at least once 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 not help on your allocated date please let us know before the night so we can arrange a substitute.

- ♦ **TIME KEEPERS**
- ♦ **MARSHAL**
- ♦ **STARTER**
- ♦ **CHECK STARTER**
- ♦ **GATE ENTRY**
- ♦ **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 **WILL 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 Monday, 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.

- 2.5 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 see club officials for details on how to do this. The referee's decision is final.

3. Competition Nights

- 3.1 Pool Entry Fee is payable each week at the gate. The entry fee is **\$1.00 per person** (all swimmers and non-swimmers). This money pays for our pool hire each week. Correct money is greatly appreciated.
- 3.2 All Swimmers and Helpers MUST be at the pool when the gates open at 6:30pm as the first event will commence at 6:45pm SHARP!
- 3.3 **The executives of the Riverstone Dolphins R.S.L. Youth Swimming Club Inc. reserves 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 can **ONLY SWIM 2 Races** per Night. Consisting of one (1) Freestyle and one either Backstroke, Breaststroke or Butterfly (BBB) of your own choice.
- 4.2 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.
- 4.3 **When 12.5m competitors can swim 12.5m unaided on two (2) consecutive occasions in the same stroke it is recommended that they progress to 25m events.**
- 4.4 Baby Dolphins swimmers do not qualify for Age Championships, but will be included for Club Championships in the interest of promoting swimming.

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 A 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
Plus any additional events, which may be added from time to time. At present these events are 200m Freestyle and Individual Medley and 400m Freestyle.

- 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 **'A Swimmer cannot swim a 100m and a 50m, or a 50m and a 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.

6. Club Championships

- 6.1 The Club Championships are to be held in February/March each season.
- 6.2 The competitor age is the age that he/she is on the FIRST Thursday that the Club Championships commences.
- 6.4 A swimming member must fulfil the following requirements to qualify for Club Championships.
- 6.4.a Swim the appropriate distance for their **Championship Age** as shown in the table on the following page.
- 6.4.b 25m and 50m events; a competitor must have swum a particular stroke **three (3)** times during the season.
- 6.4.c 100m; a competitor must have swum a particular stroke **three (3) times** with at least **two (2) at the 100m** distance during the season.
- 6.4.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.**
- 6.4.e A competitor must have competed in at least eight (8) Thursday nights meets during the season.
- 6.5 Qualifying swims conclude on the last night of swimming prior to the first Championship night.
- 6.6 No disqualifications will occur during qualifying meets (Thurs Nights Oct –Feb) instead swimmers will be given a card with information on what they need to rectify before championships. If you are unsure of how to correct the swim please ask a club official for information and clarification. Disqualifications **will** be made during all 4 championship nights.
- 6.7 AGE CHAMPIONS will be determined by points allocated for Championship swims **ONLY. Swimmers will only swim in distances appropriate for their age.**

Trophies will not be award 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 champions to receive a trophy, instead a participation medal will be awarded.

IMPORTANT NOTICE

Only members who have nominated Riverstone Dolphins R.S.L. Youth Swimming Club Inc. as their FIRST CLAIM CLUB are eligible to attempt a Club Record or to compete in the Club Championships.

Race Age Table

<u>AGE</u>	<u>STROKE</u>	<u>DISTANCE</u>
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 and 16 years	Freestyle, Breaststroke, Backstroke and Butterfly	50 Metres
12, 13, 14, 15 and 16 years	Freestyle, Breaststroke, Backstroke and Butterfly	100 Metres
Seniors and Veterans	Freestyle, Breaststroke, Backstroke and Butterfly	50 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 would like to encourage all swimmers to participate in the Zone 4 Carnivals.
- Age Groups are: -
- 8 years to 16 years
- Seniors 17 years to 25 years
- 7.2 Swimmers will not be allowed to swim out of their age group. All events will be swum over 50m for all age groups and strokes. Swimmers will have the opportunity to be a representative at Zone 4 and the NSW State R.S.L. Youth Club Championships.
- 7.3 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 member ship cost. Please see the race secretary for details if you wish to swim in these events.

8. Training

- 8.1 Club training is only available to financial Riverstone Dolphins R.S.L. Youth Swimming Club Inc. members.
- 8.2 Riverstone Dolphins R.S.L. Youth Swimming Club Inc. members must be able to swim 25 metres unaided to participate in club training.
- 8.3 Riverstone Dolphins R.S.L. Youth Swimming Club Inc. members must be regularly swimming in Thursday night competitions to participate in club training.

9. Presentation

- 9.1 Presentation day lunch will be free to all swimming members. A small cost will need to be paid before presentation for all others attending.
- 9.2 Entry on presentation day is at normal public rates for all attending.

10. Fundraising

- 10.1 The club has allocated raffle nights at the Memorial Club. Age groups have been allocated a night to assist a committee member sell tickets.
- 10.2 The club will run raffles on swim nights to raise funds for presentation day.
- 10.3 During the year we will run fundraising event 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

R.S.L. Youth Swimming Club Inc.

2018/19 Committee

President

Michael Tuohy

Vice President

Kirsten Norton

Secretary

Denise Kegg

Assistant Secretary

Tania Nothdurft

Treasurer /Public Officer

Michelle Donovan

Assistant Treasurer

Kali Leddicoat

Race Secretary

Kirsten Norton

Assistant Race Secretary

Denise Kegg

Publicity Officer

Michael Tuohy

Fundraising Officer

Leigh McDermott

Kali Leddicoat

RSL Sports Council Delegates

Michael Tuohy

RSL Zone4 Delegates

Kirsten Norton

Tania Nothdurft

Michael Tuohy

Metro North West Delegates

Michael Tuohy

Kirsten Norton



Riverstone Dolphins

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"With the community at heart."

Contact us:



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