

2024/25



TAS
SWIMMING

CLUB HANDBOOK

Don't be afraid to ask questions, someone else is probably thinking the same thing; we are happy to help!

<https://tas.swimmingclub.org.au/> STRIVING FOR EXCELLENCE IN SWIMMING, COACHING AND CULTURE

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WELCOME

Welcome to TAS Swimming.

Established in 2000, TAS Swimming has enjoyed more than two decades of success, striving for excellence in swimming, coaching and culture.

If you are new to our club, we welcome you and hope that you and your family enjoy your time with us.

If you are one of our returning members, "Welcome Back".

If you have any questions for us throughout the year, our contact details are available to you both in this booklet and on our website:

<https://tas.swimmingclub.org.au/>

We certainly hope that the coming year is one filled with excitement for your swimmer/s as they develop and grow in the sport that we love.

Our mission underpins everything we do here at TAS Swimming. It is through the tireless efforts of our committee and families that our club is such a success.

MISSION

We aim to be the leading swim club of the FNQ region.

We strive for excellence in swimming, coaching and culture.

We are athlete focussed, coach directed, and family supported.

CLUB STRUCTURE

TAS Swimming is proud to call the TAS Aquatic Centre home, we have been here since the pool was officially opened in June 2000.

TAS Aquatic Centre is owned and operated by Trinity Anglican School (TAS). The School, Aquatic Centre and Swim Club have a fantastic relationship that brings to FNQ the leading swim club at the best facility in the region.

Our coaching staff, Learn to Swim Program and day to day management of the facility are provided by TAS. Coaching and Learn to Swim fees are paid directly to TAS Aquatic Centre. Both TAS Swimming and TAS Aquatic Centre programs are open to the general public.

PATRON'S MESSAGE

The TAS Swimming Club holds a strong position in the swimming landscape in northern Queensland. Continually performing above predictions at regional, state and national level, and producing outstanding students and swimmers, TAS Swimming's key strength is the sense of community and support for each other.

The club illustrates that a "team" is crucial for the individual to achieve success. Trinity Anglican School has a close and enduring relationship with TAS Swimming as a member of that team, with a focus on providing a healthy, positive environment for our young student athletes to thrive. Students from TAS or from other schools nearby are welcome to join the TAS Swimming Club.

I am very proud to be patron of this wonderful club and thank the Committee, our coaches and the parents for their commitment, support and good cheer.

Go TAS Swimming!

WORD FROM OUR COACH

Welcome to our TAS swimming family. It's a great privilege to be Head Coach of TAS Swimming Club. I look forward to supporting and developing upcoming talent in the Far North Queensland region.

My coaching philosophy revolves around developing stroke efficiency and refined swimming skills from a young age. I have a keen interest in biomechanics and creating a training environment where athletes can develop a love for swimming. I believe in establishing open communication and honesty with swimmers to create a strong and positive team culture.

Encouraging athletes to reach their full potential in swimming and in life motivates me. Swimming is a great sport that can establish foundational life skills such as teamwork, punctuality, accountability, work ethic and resilience.

OUR CLUB

When you join TAS Swimming Club, you become a member of FNQ Swimming, Swimming Queensland and Swimming Australia. You are eligible to compete at local swim meets as well as other regional, state and national events (if you qualify).

We encourage all families to get involved in any way you can, see the [Parent Involvement](#) section below.

TAS Swimming has a standard Swimming Club constitution that is based on the Swimming Queensland Association Inc constitution. Copies of our constitution are available for any financial member. Please contact the Club President if you would like a copy.

COMMITTEE 2024-2025

Patron	Mr Paul Sjogren (Principal – Trinity Anglican School)	principal@tas.qld.edu.au
President	Deb Telford	president.tasswimming@gmail.com
Vice-President	Luke Pickup	
Secretary	Erin Dunn	secretary.tasswimming@gmail.com
Treasurer	Elena Howe	treasurer.tasswimming@gmail.com

Committee Members: Kathy Hare; Amanda Brownhill, Mel Percy, Erin Stewart & Karen Tooley

Life Members: Mr Rob Punshon; Mr Michael Ursu (dec); Ms Roxanne Wu; Mrs Kathy Hare; Mr Doug Telford; Mr Adrian Simpson; Mrs Michelle Synott; Mrs Donna Tenni

MEMBERSHIP

Membership opens on the 1st of July and is current for one year until the 30th of June the following year.

Parents are actively encouraged to become members of our club also. There is no cost for a parent membership.

2024-2025 Membership fees:

	TOTAL	TAS Swimming	FNQ Swimming	Swimming Queensland	Swimming Australia
National Swimmer	\$167.29	\$50.00	\$22.00	\$61.00	\$34.29
Youth Swimmer	\$155.86	\$50.00	\$22.00	\$61.00	\$22.86
Junior Swimmer	\$128.36	\$50.00	\$13.50	\$42.00	\$22.86
Parent	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Technical Official	\$22.00	\$0.00	\$0.00	\$22.00	\$0.00

National Swimmer

This category applies to those competitive swimmers, aged 10 years or older (as at 1 June), who intend to compete at a National Championships (e.g. National Open Water, National Age Championships, National Open Championships, Australian Trials etc).

Youth Swimmer

This category applies to those competitive swimmers, aged 10 years or older (as at 1 June), who intend to compete at meets from inter club, up to and including State Championships.

Junior Swimmer

This category applies to those swimmers who are 9 years of age or younger (as at 1 June), and are at any level of their swimming journey (e.g. training and club nights only, or competing at inter club and regional meets).

TRAINING

Head Coach –

Assistant Coach – Doug Telford

Learn to Swim Coordinator – Dionne Cotrel

Squad	Session Times	Notes
Learn to Swim	Please ask at TAS Aquatic Centre for details	
Development	3.30pm – 4.30pm Mon to Fri	
Transition	3.30pm – 5.00pm Mon to Fri 6.30am – 8.00am Sat	
Performance – State and National	3.30pm – 5.30pm Mon to Fri 6.30am – 8.30am Sat	Mornings & gym will be added once we have a new head coach

TAS Aquatic Centre contact details:

Phone: 4036 8193 or aquatic@tas.qld.edu.au.

PARENT INVOLVEMENT

"It takes a club to raise a swimmer"

We encourage all parents to become involved with TAS Swimming. Parents provide tangible help with transport, clothing, food, equipment and financial support, as well as the vital role as volunteers within the club framework

There are many volunteer roles and all family members can become involved and join our club community through:

- Committee involvement
- Social and fundraising activities
- Club run meets
- Club nights
- Timekeeping
- Officiating

As part of attending local meets, TAS swimming club is expected to perform timekeeping duties as allocated by the organising swim club. Timekeeping is allocated proportionally to the number of swimmers who attend from each club. It is expected that all competing children will have a parent that will be involved in timekeeping duties. The club is happy to educate all parents into how to perform timekeeping. Please discuss with a member of the committee if you are unsure.

COMMUNICATION

The club is always open to addressing any needs or questions of its members. Should you have any questions or concerns please feel free to direct communications towards the appropriate member of the club's committee. We are always more than happy to help.

The club will also notify you of upcoming events and processes through a regular club email. We also have a facebook and Instagram page, please follow us.

Our coach will communicate meet information through the Stack Team App and Telegram. Please download these apps and join TAS Swimming.

COMPETITIVE SWIMMING

Carnivals are the competition framework of our sport. They are hosted by swim clubs and are an important fundraising and promotional activity for our club. There is a lot of work in putting on a carnival and it is important that they are supported.

Short Course (SC) season (where events are swim in a 25m pool) runs from June through to August.

Long Course (LC) season (where events are swum in a 50m pool). The season runs in two parts from September to April. The main focus of the first half of the Long Course season is Qld LC State Championships in December. The continuation of the Long Course season runs from January through to April with the main event being the Australian Age and Open Championships. The main focus for junior swimmers and swimmers who have not qualified for the National Championships is the FNQ Regional Championships.

At the end of each Long Course or Short Course season, there are FNQ Championships, State Championships and National Championships. All require a qualifying time to enter so make sure you are aware of these times and enter events where and when necessary.

TAS Swimming success at regional and state level since 2000 can be seen as pennants displayed at the pool.

CARNIVALS

Nominations for each meet are done through Swim Central and the club will remind you of upcoming nomination times for target meets.

The club will notify you of any upcoming swim meets. The Head Coach will communicate directly with your child the events they should compete in. This information will also be available through the Stack Team App, emails and Telegram.

Carnival information is published on the FNQ Swimming website:

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

Calendar

FNQ Swimming produces a calendar for the entire swimming season. This calendar along with the flyer for each carnival can be found on their website:

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

During the course of the season, our Head Coach will identify a number of 'target' events that the Club will attend. This is communicated through the Stack Team App and Telegram.

Which Events and distances should my child compete in?

Parents are encouraged to discuss with the Head Coach the strategy for the season in terms of distances and strokes at the commencement of the season or before. Early discussions and planning will maximise the enjoyment of the sport and the number of meets that a swimmer will qualify to attend.

Self-Marshalling

Self-Marshalling means that it is the swimmer's responsibility to get to the pool deck and be on time, in the correct lane, and in the correct heat for their race. The hosting club will have a check starter there for assistance and also to ensure the swimmers are in the correct place. It is not the job of check starters to chase the swimmers, however if a swimmer misses a race, then they will assist to ensure they do get a swim. Our Team Manager and senior swimmers will be there to assist new and younger swimmers. The Marshalling Board and the Announcer will also keep you updated so that you can know when it is the right time to move to marshalling.

Results

Non-Official results are published at the carnival on the Meet Mobile app.

At the end of each meet, Official results are uploaded to the FNQ Swimming website and Results Central, where your times are updated. It is from Results Central that your seed time is taken when entering a race. If for some reason there is an incorrect time in Results Central or you have an incorrect seed time for a meet please let us know and we will get it fixed, sometimes seed times are taken from splits in 100m or longer races if they are faster than your race time.

What to Bring to Carnivals

Experienced swimmers recommend bringing the following:

- Racing swimwear
- Warm up swimwear
- Goggles – well-adjusted and leak proof
- Extra goggles – just in case
- Team Swim Cap – or two in case one rips
- TAS Swimming shirt and hoodie if weather requires
- Towels – two may be needed because the swimmer dries off after warm-up, between events, and when changing to go home
- Water bottle and/or drinks in containers other than glass
- Meet Program and Ballpoint pen, Sharpie and highlighter to mark your program
- Food – make sure that you have lots of foods that you can snack on between races to quickly refuel. Good options to bring are sports drinks, dried fruit, fresh fruit such as bananas and apples, and sports bars.
- Sunscreen
- Hat
- Sunglasses
- Chairs

Timekeeping

As part of attending local meets, TAS swimming club is expected to perform timekeeping duties as allocated by the organising swim club. Timekeeping is allocated proportionally to the number of swimmers who attend from each club. For each meet that your child attends there will be a roster for timekeeping duties for the parents to perform. It is expected that all competing children will have a parent that will be involved in timekeeping duties. The club is happy to educate all parents into how to perform timekeeping. Please discuss with a member of the committee if you are unsure.

Manual:

Manual Timekeeping is done as a backup on each lane and is the responsibility of everyone. You start the stopwatch when you see the starter's light, light travels faster than sound and is therefore more accurate. Stop the watch then the swimmer touches the end of the pool.

Semi-Automatic (Dolphin) at most meets in the region:

The dolphin timers start automatically when the start gun fires. They require stopping by pressing the stop button when the swimmer touches the end of the pool. If there is no swimmer in you lane, wait 10 seconds after the heat starts then press "reset".

Electronic Timing at TAS and Tobruk:

Fully automatic timing is where a starting box starts a timer which is stopped by activation of the end of lane touch-pads. If a swimmer does not hit the touch-pad with enough force the touch-pad fails to activate, a plunger is provided so that a timekeeper can record a time when they see the swimmer touch the end of the pool.

PHOTOS

Our club photos are stored and shared amongst our club members via a dropbox link. If you take any photos and are happy to share, add them to the dropbox. This link will be shared with all members at the start of the season and will expire at the end of June the following year.

As a member of TAS Swimming Club, you grant permission for Club representatives, to take and use photographs/digital images and/or motion video for use in:

1. Media releases, media articles – including newspapers, radio and television – printed publications, and/or promotional materials
2. Electronic publications and communications such as the club's Facebook site, Instagram and website
3. Agree that a members name and identity may be revealed in descriptive text or commentary in connection with the image(s)
4. All prints, and digital reproductions are the property of TAS Swimming Club.

CLUB NIGHTS

There will be a number of club nights throughout the swim season. These will occur approximately monthly on a Friday night at the TAS Aquatic Centre. Events will be available to enter through swim central.

These are a great opportunity for new swimmers to get a feel of how a swim meet will operate in a smaller setting.

CLUB AWARDS

Following the end of the FNQ Swimming Long Course Season, we hold an awards night to celebrate the success of our swimmers over the last twelve months. You can see the recipients of awards from past years on our Honour Board at the pool.

Award	Criteria
Male & Female Swimmer of the Season (12 and over)	This award is designed to recognise an outstanding competitive swimmer and takes into account the following criteria; achievement at regional, state and national competitions, consistency of performance throughout the swimming year, specific improvements made throughout the year, training attitude, and support of the club at various competitions throughout the year.
Male & Female Junior Swimmer of the Season (11 and under)	This award is designed to recognise an outstanding competitive swimmer and takes into account the following criteria; achievement at regional competitions and consistency of performance throughout the swimming year, specific improvements made throughout the year, training attitude, and support of the club at various competitions throughout the year.

Award	Criteria
Outstanding Achievement Open to any age	This award is designed to recognise an outstanding competitive female or male swimmer and takes into account the following criteria; achievement at state and national competition, and performance.
The Patron's Award Open to anyone	This prestigious award will recognise a club member who has demonstrated hard work, dedication and the correct attitude throughout the swimming year. They will be a true leader amongst the team, with a positive attitude. This person will volunteer their time to help the Club and goes out of their way to support and promote the Club and has demonstrated this over a period of time. They will be a role model to younger swimmers and a true asset to our Club.
"IM"proved Open to any age	Most "IM"proved 200m individual medley of the season based on the percentage improvement of time from the start to the end of season only .
Most Improved Award Open to any age	The Most Improved Swimmer Award may be based upon the swimmers' improvement to attitude, skill level and/or performance level. This award is mainly subjective and will be selected at the coach's discretion.
7 & Under	Participation trophy. Children aged 7 and under are not eligible to swim competitively at regional championships. This participation trophy is to recognise and encourage the efforts of children who have swum at a regional competition during the current season and have an official result as per Results Central . <i>Please note: children aged 8 and over are eligible to compete at regional championships and receive a place or a medal which is why they are not eligible for this award.</i>
Club Records	Certificates will be awarded for any swimmer who is a member o TAS Swimming Club and breaks one of the existing club records at a sanctioned regional, state or national swim meet in long course and/or short course.

UNIFORMS

You will be given a club cap on signup to TAS Swimming.

We have a range of club apparel available for purchase. The instructions on how to do this is available through our website under 'About Us" and then clicking on "Our Merchandise" and email uniforms.tasswimming@gmail.com
<https://tas.swimmingclub.org.au/>

The club uniform is non-compulsory but we do like all our swimmers to at least have a polo shirt to wear at carnivals.

Parents are welcome to purchase merchandise as well.

FUNDRAISING & SPONSORSHIP

Carnivals are our principal source of fundraising.

We are welcome to ideas and activities that will assist us to provide the best training aides and opportunities for our swimmers as well as maintain the current standard of our facilities.

Currently we are striving to purchase an updated electronic timing system as well as a new scoreboard and training aides.

Sponsorship opportunities do exist, please contact our president for further information and to obtain a package.

RULES/CODE OF CONDUCT

General Code of Behaviour for All Members of the Club

As a member of TAS Swimming Club, you are expected to meet the following requirements in regard to your conduct during any activity held or sanctioned by the club:

1. Maintain high standard of personal behaviour at all times.
2. Respect the rights, dignity and worth of others, regardless of their gender, abilities, cultural background or religion.
3. Be fair, considerate and honest in all dealings with others.
4. Be professional in, and accept responsibility for your actions.
5. Make a commitment to being a member of a club whose objective is to provide a quality service in a safe environment for the conduct of the sport.
6. Be aware of and maintain the standards, rules, regulations and policies of the sport and operate within the rules of the sport including national and international guidelines, which govern the sport.
7. Do not use your involvement with the club to promote your own beliefs, behaviours or practices where these are inconsistent with those of the club.
8. Refrain from any acts of physical or verbal aggression towards or harassment of others.
9. Refrain from any behaviour that may bring the club into disrepute.

Swimmers Code of Behaviour

As a swimmer/member of the club, you are expected to meet the following requirements in regard to your conduct during any activity held or sanctioned by the club.

Respect For Others:

1. Respect the rights, dignity and worth of fellow swimmers, coaches, officials and spectators.
2. Respect the talent, potential and development of fellow swimmers and competitors.
3. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
4. Do not tolerate acts of aggression.

Personal Conduct:

1. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team and cooperate with coaches and staff in their endeavour to prepare you for competition at the highest level.
2. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
3. Arrive in advance of training session start times and warm up in advance of the session commencing.
4. Behave with your coach as you would with a teacher, listen and pay attention to instruction. Training should be fun but it is not play.
5. Conduct yourself in a considerate manner relating to language and temper. Language in a public place or relevant group situation must always be appropriate and socially acceptable.
6. Alcohol and smoking is totally forbidden for athletes under age as defined by law.
7. The use of performance enhancing drugs and illegal substances is totally forbidden.
8. Take pride in your appearance. At all time, your appearance shall be appropriate to the circumstances as indicated by the team staff with Team kit being worn as directed by the team staff.