



GARDENS SWIMMING CLUB

Club Handbook

2022/23

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Club Contacts 2022/23

Committee

Club Committee meetings are held on a monthly basis at the Gardens Clubhouse. All members are welcome to attend, bring ideas and assist.

President	Stephen Burrowes	gardens_president@hotmail.com
Vice President	John Roberts	gardens_vicepresident@hotmail.com
Secretary	Tina Roberts	gardens_secretary@hotmail.com
Treasurer	Wanda Austin	gardens_treasurer@hotmail.com
Registrar	Rachel Laneyrie	gardens_registrar@hotmail.com
Race Secretary	Tina Roberts	gardens_noms@live.com.au
Assistant Treasurer	Barbara Anderson	
Uniforms Officer	Wanda Austin/Barbara Anderson	gardens_uniforms@hotmail.com
Team Manager	Rostered each meet	
Catering Officers	Rostered each meet	
Records/Points Collator:	Kevin Barker	
Development Officer	Michelle Andrejic	gardens_events@hotmail.com
Sponsorship Officer	Steven Burrowes John Roberts	gardens_sponsorship@hotmail.com
Grants Officer	Hayley Page	
Assets Officers	Wanda & Bill Austin	gardens_treasurer@hotmail.com
Fundraising Officers	Barbara Anderson Hayley Page Michelle Andrejic	gardens_fundraising@hotmail.com
Social Media	Wanda Austin Tina Roberts	
Website Officer	Danielle Henne	
General Committee Members	Kevin Barker Jane Illin Kieren Matthews Hayley Page	
Member Protection Information Officer	Danielle Henne	

Please send all general correspondence to gardens_secretary@hotmail.com



Love2Swim Coaches

Our coaches and teachers commit to treat each swimmer like an athlete and reach their potential in this amazing sport.

Our vision is to inspire, connect, motivate and encourage swimmers in their quest for success.

Our promise is to keep up to date with the current coaching trends and understand swimmers' individual goals for long-term success and growth.

Coaches

Garry Hanson
Sharna Wilson
Eleanor Barker
Kristie Love-Pelletier (Lessee)

long_tan@love2swimschool.com.au

Bank Account Information

Gardens Swimming Club banking details for electronic funds transfer:

Westpac Bank **BSB 034 668**,
Account Number **228545**.

Please put your surname and event in the description e.g. Smith NQ Champs

Internet Sites

Gardens Members Facebook Page	https://www.facebook.com/groups/1450983045169034
Gardens Swimming Club Facebook Page	https://www.facebook.com/gardensswimmingclub/
Gardens Instagram	https://www.instagram.com/gardensswimming/
Gardens Website	https://www.gardensswimmingclub.org
Swimming North Queensland	https://www.snq.swimmingclub.org.au/
Swimming Queensland	qld.swimming.org.au
Swimming Australia	swimming.org.au



Welcome from the Committee

Club committees are a crucial component of sports clubs and swimming is no exception. Being on your Club's Committee doesn't have to mean lots of work! It is not the role of the committee to run the club ... it is the role of the committee to ensure the club is run.

The best committees have cultivated a culture of volunteering, which allows them to effectively and efficiently spread the workload across all the volunteers at their Club.

It is with great pleasure that we welcome all our members and families to season 2022-2023. Whether returning or here for the first season it is with great enthusiasm that we will kick this new season off. As in previous seasons we will schedule a number of events for the club including club nights and our meets with a full calendar of regional meets available on the SNQ website.

Committee meetings will be held on a monthly basis. Our primary means of communication is through emails, Facebook and our website. Please make sure your details are up to date when you register so we can keep you all informed.

For our club to provide our children with positive experiences in a low pressure environment and ultimately represent Gardens Swim Club at competitive meets and club nights, we require parents to volunteer to assist with roles within the club.

A Message from the President

Welcome to our fantastic club – Gardens Swimming Club. I hope your swimmer loves the sport and loves their club as much as I do. Our club wouldn't exist without you - our fantastic volunteers, our single most valuable resource. If you have a child or children swimming at a meet then we will need you to assist. Timekeeping is allocated to the club proportionally and every family will be required to assist unless volunteering in another role. We all want to watch and support our children during their events and if we all take our turn then everyone gets that opportunity.

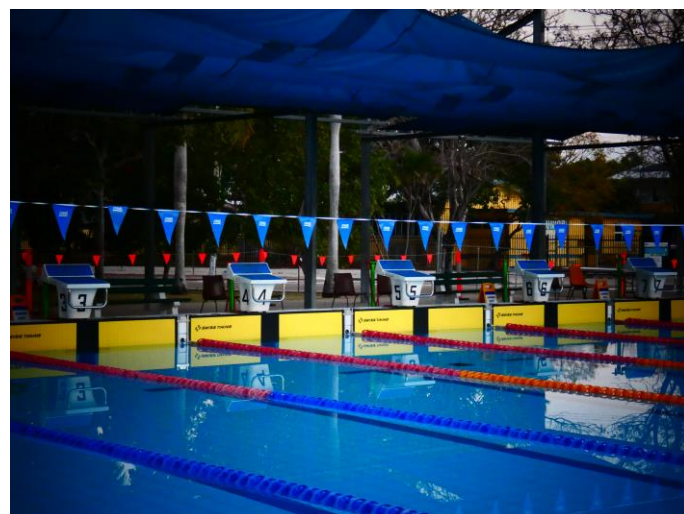


From the Coaches

Love2Swim School provide seven levels of squads from Mini Squads to a National Level and our coaches and teachers provide swimmers' education and build swimmers competitive abilities in a step by step process. Squads run 6 days a week including Saturday am.

For a current training schedule and prices please head to www.longtanmemorialpool.com.au or email long_tan@love2swimschool.com.au

Free Assessments are available from 3pm to 3.30pm Monday to Thursday with a member of our coaching team.



Parent's Role

- To make sure your swimmer arrives at training on time, hydrated and with adequate nutrition levels
- To ensure that your swimmer attends the required number of sessions as advised by the coaching staff. (Please notify the coach if not available to train, or preferably have the swimmer notify the coach)
- To assist with time keeping at club nights, swim meets and helping with club activities such as fundraising (many hands make light work).
- To be your swimmer's number one fan, they train hard and love you, so be sure to stay positive all the time and let the coach deal with the coaching and performance.

As a parent you are a key part to the successful development of your swimmer (s). Without positive role models at home, they wouldn't make it to training/meets, the club nights and meets wouldn't run as smoothly and there wouldn't be someone at home picking them up when they're low and making sure they have life balance between sport, school and hobbies. For this we thank you!

Swimmer's Role

- Be your own pack horse! Carry your own gear bag to training!
- Make sure you have your water bottle, towel, goggles, togs/bathers, cap, kickboard, fins, band, snorkel, paddles, pool buoy in your gear bag.
- Be consistent: Fitness is built gradually not week on week off.
- Beauty sleep! Aim to get 8 – 9 hours sleep a night (put the iPad/phone down)
- Skills (Consistently practice quality during training). I'll teach you how to develop the weapons for success. Make sure you keep them sharp.
- Stand on your own two feet. Do you want to get up to your own alarm? Or does mum and dad get you up?
- Be part of the team. You may be racing individual races, but we are a team, we train as a squad, we grow as a club and your friends will be in races right alongside you. Support your team because we will support you.
- Ask the important question: "How can I do it better?" There is always something more to aim for.
- Keep the Garden free of weeds. Bad habits are a product of lazy mentalities. Always want to practice your best technique, to be the best you can be. Only perfect practice creates perfect performance.
- A real sportsman and real sportswoman, can win humbly and lose graciously and always thank/congratulate the competition, especially when beaten.
- Make it fun, bring your own personality. You will discover many new friends, personalities and tools for life on our journey together.

LET'S HAVE A GREAT SEASON!



Gardens Swimming Club Mission Statement

The Gardens Swimming Club aim to provide a place for young people to develop, not only as swimmers but also as confident, healthy, and independent individuals.

The Club endeavours to provide a strong foundation form where every swimmer can go on to achieve their full potential, carrying the lessons learnt, through with them for the remainder of their lives. It is the Club's intent that each and every member enjoys this journey.

Gardens Swimming Club was established in 1950 at the Long Tan Memorial Pool. The club has been operational for all of its 70 years. Gardens is a strong competitive club with a tradition of producing state and national champions, as well as being a grass roots club for swimmers just starting out.

Gardens Swimming Club is Townsville and North Queensland's most successful competitive club in regards to Australian Representatives, Australian Champions and Queensland Champions and is also renowned as one of the leading regional swimming clubs in the nation

The club has had Australian Champions and/or Representatives every year since 1998 at Open and/or Age group level. The club has many others in these categories dating back to the early 1960's. Our Australian Representatives, National and State Champions are proudly displayed on our Honour Boards in the clubhouse.

Originally using Tobruk and Kokoda swimming pools, Gardens members made the Long Tan Memorial Pool its home in 1974. The current clubhouse was built at the pool in 1983.



Membership

Membership Fees 2022/23 <i>Includes Swimming Queensland Fee, Swimming Australia Fee, insurance and GST,NQ Region Fee and Gardens Swimming Club Fee</i>	
Category	
Competitive Swimmer 9+	\$183.10 (per swimmer)
Recreational Swimmer 9+	\$157.73 (per swimmer)
Swimmer 8 Years & Under	\$116.11 (per swimmer)
Non-Swimmer	\$20.30
Coach	\$20.30
Parent Member	Free
Official	Free

New membership and membership renewal is done through [Swim Central](#) Gardens encourages at least one parent of each swimmer to become a member.

New members to Gardens Swimming Club must purchase a uniform at the time of Registration. Uniform prices & information can be found on the Gardens website <http://gardensswimming.org> Discounts apply for the 3rd and 4th swimmer in a family and will be applied on checkout in Swim Central. A breakdown of the Membership Fees can be obtained by contacting the Registrar at gardens_registrar@hotmail.com

Code of Conduct

Blue Cards are recommended for parent volunteers. If you have a Blue Card, please email DOB & card number to gardens_events@hotmail.com

If you do not have a Blue Card <https://www.qld.gov.au/law/laws-regulated-industries-and-accountability/queensland-laws-and-regulations/regulated-industries-and-licensing/blue-card-services> Volunteer Blue Cards are free but you must be linked to an organisation (Gardens Swimming Club)

We are proud of our club and expect high standards of behaviour from all people involved. The principles of fairness, respect, responsibility, and safety should always be maintained.

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.

The full behaviour guidelines are available on the [Swimming Queensland website](#).

All club members are expected to abide by our Code of Conduct. Anyone who breaches this code may be subject to disciplinary action as agreed as per the Gardens SC Inc Terms & Conditions. All our policies may be found on the Gardens website.

Coaching Fees

Long Tan Memorial Pool lessee (Love2Swim School) will provide coaching to Gardens Swimming Club members. Training questions are to be directed to the coach and squad training payments paid to the Long Tan Memorial Pool as per the club by-laws.

Separate coaching fees are to be paid to the club by families for coaches to attend and coach Gardens swimmers at official swim meets. All competitive swimming members attending official swim meets must pay a fee of \$3.00 per nominated event in Swim Central as per the club by-laws. Coaches' fees are payable into the Gardens' bank account prior to each meet. This fee is only applicable at meets whereby a coach is present. Timely payments of these fees is appreciated by our volunteers.

For out-of-town meets, this fee is to also cover the coaches' travel, petrol and accommodation costs.

Coaching fees 2022/2023

Regional, State & National meets - \$3.00 per nominated event

Clubhouse

The clubhouse and the equipment in it have been provided for our members to use. Other people are not permitted to use this equipment or be in the clubhouse unless authorised and supervised. The clubhouse is not to be used to access the pool complex for squad training.

Equipment, including the kitchen area, is to be cleaned and put back in its place after use. Anyone using the kitchen to prepare food is to remove rubbish and keep all food stored properly. Gardens clubhouse is a nut free area. Please do not consume, prepare or store nuts or products containing nuts in the clubhouse.

We ask all members to look after the clubhouse and our equipment as well as assist to keep it tidy at all times. There are hooks in the clubhouse for swimmers to hang their gear bags on.

Fitness equipment is only to be used during training when under qualified supervision.

Uniforms

Uniforms are compulsory and are to be purchased when registering as a new Competitive Member with the Club. They consist of Club Swimming Cap, Shirt and Hat. These are to be worn at all swim meets, including the swimming Cap being worn when competing. Plain black shorts can be worn.

Payment for uniforms is to be made separately to membership payments and can be paid to the Gardens bank account.

Uniform ordering, information and sizing can be obtained by contacting the Uniform Officer at gardens_uniforms@hotmail.com

The Gardens logo is property of the Gardens Swimming Club. Any reproduction of the logo must be with the approval of the Gardens Swimming Club Committee.

Fundraising

Fundraising is an important part of the club. It helps us to fund our operations, and provide financial assistance to coaches attending major meets and training opportunities for swimmers and coaches. The club will conduct fundraising activities throughout the year, and all club members are encouraged to participate.

- BBQs at Club Nights, Meets and other events held by the Club;
- Raffles & number boards at Swim Meets;
- Sponsorship;
- Other fundraising activities.

Insurance

Parents will not be covered by insurance unless they are members of Gardens Swimming Club and are directly involved with the running of club nights or swim meets e.g. time keeping. Our insurance will cover club members while they are involved in officially sanctioned activities involving:

- Participating in club, representative, state or national meets;
- Training routines arranged by the club;
- Travelling directly to or from the above activities and residence or place of employment or club premises;
- Staying away from home during a tour for the purpose of participating in representative competitions; or
- An administrative capacity or organised social and fundraising activities.

Club Constitution & By-Laws

It is important that all swimmers and their families are familiar with and abide by the Club Constitution & By-laws. A copy of the club constitution is available on the Gardens website <http://gardensswimming.org> . Please refer any questions to the committee.

By-Laws of the Gardens Swimming Club

adopted 18th February 2021

- All swimming training questions and payments for training are to be made to the lessee's office at the Long Tan Memorial Pool.
- Additional coaching fees are to be paid for coaches to attend meets. A \$3.00 fee per swimmer per event is payable to the club. Club to advise how payment is to be made. State and National meets are separate to this and worked out with the pool lessee and the club.

National Integrity Framework

Gardens Swimming Club formally adopted in full Swimming Australia's National Integrity Framework on 23 June 2022. This replaced the Safe Sport Framework.

This Framework applies to all activities organised or authorised by Swimming Australia or a Member Organisation like Gardens Swimming Club. By participating in an activity, a participant is deemed to have agreed to be bound by the Framework.

Swimming Australia seeks to take a proactive approach to mitigate the integrity threats to Swimming in Australia and to provide a safe, fair, and trustworthy environment for all participants at all levels of swimming. This Framework is one of Swimming Australia's responses to the threats to the integrity of swimming and sets out the broad expectations for the conduct of all participants in swimming, including procedures for managing, reporting, investigating and determining potential breaches of its Integrity Policies.

The National Integrity Framework consists of six documents:

- Complaints, Disputes and Discipline Policy
- Competition Manipulation and Sport Wagering Policy
- Member Protection Policy
- Improper Use of Drugs and Medicine Policy
- Swimming Australia National Integrity Framework
- Safeguarding Children and Young People Policy

Gardens Swimming Club Child & Youth Risk Management Strategy

This Strategy has been developed and implemented under the *Working with Children (Risk Management and Screening) Act 2000* and the *Working with Children (Risk Management and Screening) Regulation 2011*. Gardens Swimming Club commits to on an annual basis, undertake a review, and update, as necessary, the Risk Management Strategy.

The document contains the following:

- Statement of Commitment
- Code of Conduct
- Recruitment, selection, training and management
- Handling disclosures or suspicions of harm, including reporting guidelines
- Managing breaches of the risk management strategy
- Risk management plans for high-risk activities and special events
- Policies and procedures for managing compliance with the Blue Card system
- Strategies for communication and support

Members' Awards

Awards will be made to swimmers at the Presentation Day / AGM at the end of the swimming season. Points are tallied during the season and kept confidential until the presentation day.

Points will be awarded as follows:

- 1 point for a swim
- 2 points for a swim less than 2 seconds over personal best time
- 4 points for a swim equalling or up to 2 seconds faster than PB
- 6 points for a swim 2 seconds or more faster than PB

Points will be awarded for all club night swims and swim meets. Swimmers can begin to accrue points from the time their membership has been renewed each swimming season. No points will be awarded if a swimmer is disqualified. No points will be awarded for schools' swimming.

The personal best time is the best time a swimmer has achieved previously at club nights or swim Meets. A swimmer's age for end of season awards will be the age at the end of the last point scoring swim meet or club night of the season. If a swimmer has a birthday during the season, the points already earned will stay with the swimmer in the older age group.

Consistent with Swimming Queensland's (SQ) no-disqualification policy for 7yrs and under, the SQ Board decided that children in this age group must be recognised for participation only. The recognition or reward given by the club will be the same for each child in this age group.

Age Aggregate Awards – Awarded to the Male and Female with the highest points for each age group.

Best All Round (Points) – Trophy Awarded to the Male and Female with the most points overall.

Encouragements Awards – Decided by the coaches, awarded to one member of each of the squads.

Outstanding Achievement – Decided by the coach, awarded to the highest achieving Male and Female.

Toughest Trainer – Decided by the coach, awarded to one swimmer from the youth and one swimmer from the senior squad.

Best All Round Technique – Decided by the coach, awarded to one swimmer from the youth squad.

Most points at State Titles – Awarded to the swimmer who attained the most aggregate points at State Titles

Most Points at NQ Champs – Awarded to the swimmer who gained the most points at the NQ Champs meet.

Most Club Night Points – Awarded to the male and female swimmers who attained the most points at Club Nights – Swimmers must attend at least 6 club nights to be eligible for this award.

Distance Series Trophy – Awarded to the swimmer who gained the most points in distance events.

Gardens Team Spirit – The swimmer who has shown the best Gardens spirit. Voted by all members at the end of season break up.

Volunteer of the year – Voted by the members at the end of season break up.

Club Nights

Club nights are held on Friday nights, starting at 6pm for a 6:30pm start for races. Pool entry will be free. All club nights will be run under the rules from Swimming Australia and Swimming Queensland.

All competing swimmers must nominate for club night swims.

- For club members, nominations are to be completed online via Swim Central.
- For recreational swimmers, nominations need to be emailed through to the Nominations Race Secretary.
- Potential new members may nominate for events on the night by 6.10pm - this will allow for a timely start. Preference is to email through ahead of time.

No late nominations will be accepted. There will be no changes to nominations allowed on the night.

Swimmers can nominate for a maximum of 4 events, including the trophy events. The 25m events are for 11 years and under only. If in doubt regarding event nominations, speak to the coach.

Mode of swimming will be combined boys and girls.

The age of a swimmer will be the actual age as at the club night.

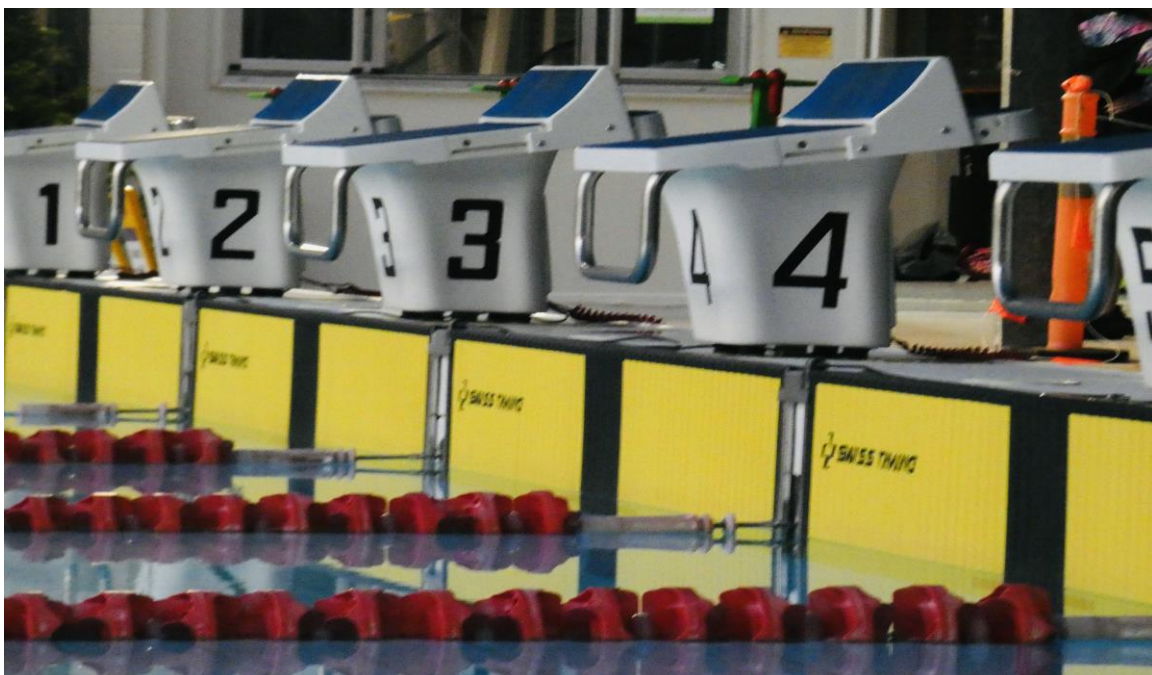
Guest swimmers are not eligible for trophy events and will not be awarded aggregate points. Guest swimmers may compete in 2 club nights before they must pay membership fees.

All swimmers must report to the assembly area in ample time before their race. Failure to do so will render them ineligible for the event. All swimmers under 16 years of age, must be accompanied by a parent or guardian at club nights. Unsupervised swimmers will not be able to compete.

If bad weather causes the postponement of a club night, another suitable night will be sought.

For parents, club nights are a great place to learn how to timekeep or find out about other roles like starting.

[All attending families are required to assist in conducting club nights](#)



Swim Meets

The Swimming NQ meet schedule is available from the <https://snq.swimmingclub.org.au/>
For information on meets in the Far North Queensland region see the [FNQ swimming website](#).

Swim Meet Classifications

The following are descriptions of the Swimming Queensland Swim Meet Classifications.

Development Meet: The main aim of a Development Meet is to give swimmers aged 11yrs & under the opportunity to gain experience in a range of strokes and events in a developmental environment. Swimmers should have the basic skills and capacities in all four strokes. Whilst qualifying times can be gained and used for Transition meets and Regional Championships the main aim is for swimmers to gain experience.

Transition Meet: The main aim of a Transition Meet is to give swimmers the opportunity to compete and gain racing experience in a wide range of strokes and events. Swimmers should have the necessary skills and capacities gained from competing at Development Meets. Whilst qualifying times can be gained and used for Preparation meets, Regional and State Championships the main aim is to gain racing experience.

Preparation Meet: The main aim of a Preparation Meet is to give swimmers 11 years & over the opportunity to gain experience competing in all strokes and events. Swimmers should have advanced skills and capacities in all four strokes developed through participation in Transition meets. Whilst qualifying times can be gained and used for Regional, State and National Championships the main aim is to gain competition experience.

Regional Championship Meet: The main aim of a Regional Championship Meet is to give swimmers from Regional affiliated clubs the opportunity to compete at the first level of a Championship meet. Regional Championships should be the highest level of competition for swimmers aged 11yrs & under and offers all competitors the opportunity to showcase their development for the season.

Nominations

Throughout the season all Gardens' swimmers have the opportunity to participate in club nights, meets hosted by Gardens and meets at other clubs throughout North Queensland. Gardens swimmers with qualifying times will be eligible to swim at state and national events as well.

Flyers for upcoming swim meets will be emailed out to every member outlining the swim events available for nomination, event fees, conditions of entry, closing dates and any other rules. All nominations are to be completed online in [Swim Central](#) by the swimmer and/or parent. The flyers will also be placed on the clubhouse noticeboard and the members Facebook group page.

To log in and nominate for meets and club nights please refer to Swimming Queensland's Swim Central help guides - <https://qld.swimming.org.au/swim-central-resources-0>

Please note it is essential that closing dates and times be adhered to.

Swimmers are encouraged to discuss their events with the coach prior to nominating.

Nomination fees and gate entry fees are to be paid by the swimmer and/or parent online at the time of nomination.

Where a club coach is attending a swim meet, coaching fees for swim meets will apply for all competing members. The coaches' fee enables a qualified coach to be in attendance at the swim meet to provide guidance and support to the swimmers both during and after the swim meet as well as covering transport and accommodation costs.

It is important to note that some official meets throughout the season will have qualifying times attached to some events. If the swimmer does not have the qualifying time they will not be able to nominate for the event. All official times that swimmers achieve throughout the season are stored in Swim Central.

Any issues with nominations whether it is for a club night, a meet that Gardens is hosting or a meet being hosted by another club please contact the Gardens Nominations Race Secretary in the first instance by email – gardens_noms@live.com.au

Swimmers under 16 years of age must be accompanied and supervised by a parent or guardian at all swim meets. Parents will be required to assist with time keeping at club nights and swim meets. It is the swimmer's responsibility for the swimmer to see the coach before and after competing in events at an official swim meet.

Gardens Swimming Club Relay Policy

The Gardens Swimming Club has had a long and proud history regarding relays for many years and has developed this policy with the following underlying principles in mind:

- Team selection will be fair and free from bias of any kind
- The process for selection will be transparent
- A team approach to relay selections will always be applied

Scope of Policy

This policy applies to Preparation, Championship, State and National meets. Application of this policy at Club Nights, Transitional and Development meets will be at the discretion of the Head Coach.

Availability/Eligibility for relay team selection

The swimmer must be a financial member of Gardens Swimming Club and currently training at Long Tan. A swimmer is considered to be available for selection in relays if they have entered a meet that includes relays in the program. If a swimmer is not available for relays it is the responsibility of the parents and/or swimmer to advise the Race Secretary in writing by email PRIOR to the close of entries date for the specific meet.

Selection Process

Relay teams are selected based purely on the personal best times of swimmers (or fastest combination of times in the case of medley relays) recorded at official meets in order to gain the best results for the club. Times recorded at unofficial meets like club nights will not be used.

Official times need to be achieved in the previous 12 months before the event.

Swimmers will be placed in age appropriate relay teams. If required a swimmer may be asked by the Head Coach (or Race Secretary under the Head Coach's direction) to swim up in an older age group relay.

The Head Coach's decisions will be final and they retain the right to change the make-up of any relay team at any time.

Swimmers and parents will be advised in writing by email the relay teams they have been selected in before the meet. Team lists will be put up on the clubhouse noticeboard.

If a swimmer believes he/she has swum a faster time than a swimmer selected, they must submit a request to consider their time, along with proof of their time, in writing to the Race Secretary.

Any feedback from swimmers or parents regarding team selections should be put in writing by email to the Race Secretary at an appropriate time.

Athlete Development

All State Swimming Associations have a development pathway for swimmers. After swimmers graduate from the State squads, they are ready to embark on the National Athlete Development Pathway. Please refer to [Swimming Queensland](#) and [Swimming Australia](#) websites for more information.

Junior Excellence

The [Australian Junior Excellence Program](#) (JX) recognises, rewards and encourages swimmers 9-13 years who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence. The Program now also recognises the achievements of SWD and OWS children. Please see the [Swimming Australia Website](#) for more information.

Qualifying Times and Records

Club Records

Club records may be equalled or bettered during any club night or approved meet conducted under Swimming Queensland or Swimming Australia rules.

Swimmers who wish to attempt to break a club record on a club night swim may do so under the following conditions:

- The swimmer must inform the recorder and referee on the club night before swimming starts; and
- There are sufficient technical officials in attendance at the club night.

Records will be awarded to swimmers on a closed age group basis. E.g. a 10-year-old swimmer in a 12 and under event can claim the 10-year record only. In an open event the swimmer is eligible to break their age group and the open record. The latest records and details are available on the Gardens webpage <http://www.gardensswimmingclub.org>

SNQ 'A' Grade Long Course Times

A swimmer must break these times to be classed as an 'A' grade swimmer. The A grade times are used at meets and these times must be achieved before a swimmer can nominate for some events at Preparation and Regional Championship meets. These events will be specified in the flyer and swimmers must have already swum the allocated times to compete. Transition and Development meets are held throughout the season and do not require qualifying times. A list of the times is available on the NQ Swimming website <http://www.snq.swimmingclub.org.au/>

State Qualifying Times

To swim at the Queensland Championships, qualifying times must have been swum at nominated qualifying meets (see https://snq.swimmingclub.org.au/wp-content/uploads/2022/06/2022_23-Meet-Calendar-6.pdf). The latest qualifying times are on the [Queensland Swimming website](#). Nominations will be online through Swim Central.

National Qualifying Times

To swim at the National Age Championships, qualifying times must have been swum at nominated qualifying meets (see https://snq.swimmingclub.org.au/wp-content/uploads/2022/06/2022_23-Meet-Calendar-6.pdf). The latest qualifying times are on the [Swimming Australia website](#). Nominations will be online through Swim Central.

Swimming Australia Swimming Rules

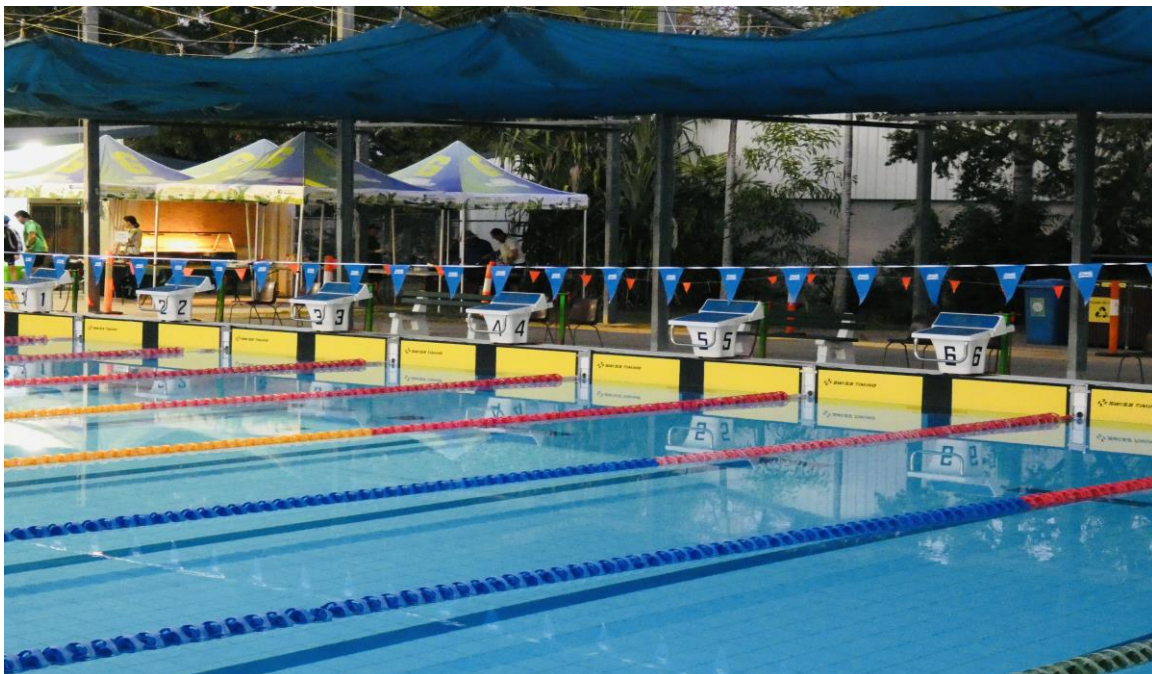
All club nights and meets are swum under the Swimming Australia Swimming Rules. These cover the start, each of the four strokes, and the medley. The full set of rules is available on the [Swimming Australia website](#).

Rule Tolerance

SQ Referees will not disqualify swimmers aged 7 years and under at any meet under any circumstances.

At all non-qualifying meets, SQ Referees will make every effort to avoid disqualifying swimmers aged 8 and 9 years by applying tolerances to the Swimming Rules. This will also occur at qualifying meets if the host club designates certain events where Rule Tolerances are to apply.

Times recorded in events where Rule Tolerances are applied cannot be used to qualify for meets conducted by SQ, for Championship events run by Regional Associations, or for the Australian Junior Excellence Program (JX).



Life Members

Gardens Life Members are a very important part of our club. They are a person who is considered to have contributed outstandingly to the development of the sport at club level over a long period of time through their work as swimmers, coaches, officials and administrators. Honour boards inside the clubhouse proudly display the names of the Gardens life members.

Gardens Life Membership Criteria

1. Has actively served the Club as an administrator, official or volunteer/supporter for a minimum of 10yrs or as a swimmer or coach for a minimum of 8yrs, not necessarily consecutively.
2. Considered to have contributed outstandingly to the development of the sport at Club level through their work with swimmers, coaches, officials and administrators. For example:
 - a) actively involved in the development of swimmers especially as a coach, administrator or official in the service of their Club in an outstanding manner.
 - b) as a swimmer, has represented the Club at National level and possibly at International level. Also, has been actively involved at Club level in helping with the development of the other swimmers in the Club by attendance at Club swim meets and other Club functions where possible.
 - c) as a coach, has unselfishly and actively promoted the Club at swim meets and coached the swimmers outstandingly. Has represented the Club at Regional level at clinics and seminars with significant contributions. Through coaching, has achieved Regional, State and possibly National recognition for their club.
 - d) as an official, has significantly and outstandingly helped the Club in the understanding of the Swimming Rules through their officiating and teaching.
 - e) as an administrator, has been unselfish in their work and dedicated to the ideals and success of their Club. Has contributed in a manner that creates a significant passage of history in the development of the Club.
 - f) as a volunteer/supporter, has contributed significantly and beyond measure in their support of the Club.
3. Considered to have enhanced the standing of the Gardens Swimming Club at Regional, State and possibly National levels through their excellent work.
4. The above attributes are considered to have been above and beyond that which would be expected in the normal function of their duties.
5. If there is a history of unlawful serious misdemeanours or offences, the elevation to Club Life Membership should not take place unless there has been consultation made with Swimming Queensland, as conferring such an award could be harmful to the reputation and standing of Swimming Queensland and its Members.

Swimming Lingo

Bilateral Breathing: Most common in freestyle. Breathing to the left side then swimming three strokes and breathing to the right side, then swimming three strokes and breathing to the left side, and so on.

Blocks: The starting platforms located behind each lane. Blocks have a variety of designs and should only be fitted where there is a safe diving depth. Blocks may be permanent or removable, but also incorporate a bar to allow swimmers to perform backstroke starts.

Breaststroke: Arms are moving simultaneously under the water horizontally, with legs doing a frog kick.

Butterfly: Legs move up and down together and arms move together in an up and over motion.

Circle Swimming: A way of avoiding collisions when there is more than one swimmer in a lane. Swimmers always stay on the left side of the lane, similar to driving.

Clock: The big clock on the wall or deck is used for interval training. The red hand goes around every 60 seconds. Swimmers who can read the clock and know their times find it easy to monitor their own progress. The coach can explain the clock to you.

Deck: The area around the swimming pool. During a meet only authorised people may be on deck. This includes swimmers, coaches and officials.

Flags: These are suspended over the width of each end of the pool approximately 5 metres from the wall, they allow backstroke swimmers to determine where the end of the pool is.

Four Beat Kick: 4 leg movements per arm stroke in freestyle. Similarly, 2 and 6 beat kicks may be used.

Freestyle: Another name for front crawl. It is called freestyle as there is no set technique.

Lane Ropes: the dividers used to set out the lanes in a pool. These are made of individual finned disks strung on a cable, that turn on the cable when hit by a wave, dissipating the wave.

Lap Counter: The large numbered cards (or the person turning the cards) used during the freestyle events 800 metres or longer. Counting is done from the non- starting end.

Long Course: Events swum in a 50-metre pool.

Medley: All strokes are used. This can be an individual event, with one person swimming all strokes. Or it can be a relay event with four people, each swimming a different stroke.

Open Water Swimming: Swimming in water other than in a pool, for example the ocean, or a lake.

PB or Personal Best: The best time a swimmer has done so far in a particular stroke/event.

Pull: A drill in where you swim using your arms only. A Pull Buoy is often used to keep a swimmers legs together while they pull.

Referee: The head official at a swim meet.

Short Course: Events run in a 25-metre pool.

Touch Pad: The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.

Tumble Turn: Used in freestyle swimming, similar to a somersault under the water upon reaching the pool wall. Is faster than touch and go once the technique has been mastered.

Warm down: Used by the swimmer to rid the body of excess lactic acid generated during a race.

Warm-up: The practice and loosening session a swimmer does before the meet or their event. The blood flow to the muscles warm up creates is essential to avoid injury.