

## Committee Positions

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<b>Club Coach</b>	Mark Davies	0417 834 793
	<a href="mailto:mark@clemjonescentre.com.au">mark@clemjonescentre.com.au</a>	
<b>Registrar</b>	Kym Fisher	
Email:	<a href="mailto:kymfisher@hotmail.com">kymfisher@hotmail.com</a>	
<b>Race Secretary</b>	To be filled	
Email:	<a href="mailto:rs@cjsswimclub.com.au">rs@cjsswimclub.com.au</a>	
<b>Uniform - Co-ordinator</b>	Jodi Klerks	0408 887 325
	<a href="mailto:rjklerks@bigpond.com">rjklerks@bigpond.com</a>	
<b>Club Administrator</b>	Kerryn Loose Jones	0438 718399
Email:	<a href="mailto:admin@cjsswimclub.com.au">admin@cjsswimclub.com.au</a>	
<b>BBQ Convenor</b>	Neil Abrahams and Anna Campbell	
<b>Chief Timekeeper</b>	Craig Little	
<b>Starter</b>	Neil Abrahams	

Meetings will be conducted every month, usually on a Wednesday night. The Club Secretary will send an email to each family informing them of the date and time.

## Communication Procedures

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### Club Head Coach

The Head Coach will broadcast squad plans, training requirements, upcoming events, and targeted carnivals via email on a regular basis to all club members. This will be done in conjunction with discussion with squad members individually and as a group.

If at any time a parent requires to discuss any of the above the discussion should be held with the Head Coach. To minimise interruption to squad training and other swimmers this should be done outside of squad training times. For the benefit of all squad members the coaching staff should not be interrupted during a squad session where possible.

## Handbook Contents

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## Our Club

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The CJ's Swim Club is one of the more established swimming clubs in Brisbane with a long and distinctive history. Originally established in 1964, a year after the 50 metre pool was built at the Clem Jones Centre.

CJ's is an acronym for "Carina Jets". Now, with the wonderful and generous sponsorship from the Carina Leagues Club, we proudly call ourselves the Carina Leagues CJ's Swim Club.

At a competitive level, Carina Leagues CJ's Swimming Club competes in Brisbane Swimming Association and Swimming Queensland meets and has been recently promoted to the 1st Division. But our emphasis is on providing a supportive and friendly environment for all swimmers of all ages and abilities.

Carina Leagues CJ's Swimming Club has always continued to promote its ideals as a family Club.

**Vision:** To achieve stable and organic growth to become one of the leading swim clubs in Queensland.

**Mission:** Provide a supportive and affordable club for all swimmers to achieve their personal goals and participate and enjoy the wonderful sport of swimming.

### Values:

- Fun
- A supportive environment
- Excellence in all functions of the club
- Team spirit

We hope you all have a fun and successful time throughout the season and reach your own personal goals and dreams.

## Club Committee – Executive

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### Welcome from the President – Rowan Bate



I would like to extend a hearty welcome to all the families that joining CJ's Swim Club. For some, you are coming from smaller clubs and for others it is a totally new experience. To all new families I promise that the club will make your transition enjoyable and fun. I encourage you to join and make great friends in our supportive and energetic club.

Mobile: 0408 016 090

Email: [rowan@conquertermites.com.au](mailto:rowan@conquertermites.com.au)

### Vice President: Neil Abrahams



Mobile: 0437 771 169

Email: [npabrahams@gmail.com](mailto:npabrahams@gmail.com)

### Secretary: Karen Dawson



Mobile: 0419 248 342

Email: [daws@aapt.net.au](mailto:daws@aapt.net.au)

### Treasurer: Michele Hudson



Mobile: 0428 123 125

Email: [mhudson@bigpond.net.au](mailto:mhudson@bigpond.net.au)

## Club Rules

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- The Club does not accept responsibility for the supervision of children attending Club Nights. An adult must accompany the children to ensure they remain safe and demonstrate acceptable behaviour at all times.
- Please stay out of the slide pool during club night races
- Swimmers must report to the Marshalling Area as soon as their event or stroke is called. The Club accepts no responsibility for a child missing their swim due to a delay in reaching the Marshalling Area.
- At Club Night, swimmers may swim only ONE race of 12 ½m, 25m, 50m. Restriction on special events (100m or 200m) do not apply, but can only be entered on the Coaches' approval.
- All parents are expected to assist in some way on Club Nights. Each family will be allocated a Friday night to assist with the BBQ. If you are unable to attend that night, please swap with another family as soon as you are aware. Time Keepers and Marshalls are also needed.
- All pool rules are to be followed. **NO BALL GAMES ARE PERMITTED WITHIN THE CLEM JONES CENTRE.**
- **No** unsportsmanlike, offensive behaviour or bad/negative language will be tolerated. It's Positive or It's Pointless

## Club Rules

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- Cancellation of Club Night due to adverse weather conditions will be decided by 5.30pm on Club Night. Contact Rowan Bate or the Clem Jones Centre Pool on 3398 2107.
- Nominations for Club Nights close at 6.00pm each Thursday before Club Night.
- Any complaints must be in writing and forwarded to the members of the executive committee as per the grievances communication procedures stated.
- The Club abides by all rules of the QSA (Queensland Swimming Association).
- All swimmers who are representing the club in any carnival/meet must wear our swim cap and Polo shirt and black shorts.
- Last, but not least – **HAVE FUN !!!!**

*In swimming you  
don't get what you  
wish for, you get  
what you work for.*



## Code of Conduct – Guidelines for Parents

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### DO'S

- Congratulate your child when they swim well.
- Encourage your child when they don't swim well.
- Provide them with necessary transportation to train and compete.
- Adjust meal times to suit the child's training schedule.
- Show an interest in your child's swimming, at least by maintaining knowledge of their race times.
- Allow your child to make all decisions regarding their participation in competitive swimming.
- Support your child's efforts by attending swim meets and carnivals.
- Provide your child with the necessary financial support required for training and competing. This includes purchasing the necessary swim cap and shirt.
- Be aware of your child's feelings (eg tiredness, nervousness, self-esteem) and show them, through your actions, that you are aware of these.
- Be willing to make personal sacrifices with no set expectations.

## Communication Procedures

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### Club Committee

During the swim season, the committee will provide newsletters on a regular basis to all club members communicating club activities and results etc. (via email and posted on the club web site) The smooth running of the club is the responsibility of all club families – suggestions and assistance are sought by committee members from all members. In carrying out their duties, the committee will make decisions for the benefit of all club members with the smooth running of the club in mind.

### Grievances

If at any time a club member (parent or swimmer) has any concerns they should be communicated to a committee member and the Head Coach when required, to ensure that a suitable solution can be achieved for all parties. Remember, most grievances are a result of poor communication and in some cases, the wrong perception. The club committee has the final say in any action required to be taken. All decisions will be made with the benefit of all club members in mind.

### Committee Meetings

Meetings are held on a regular basis throughout the year. These meetings are open to all club members – it is your opportunity to have a say in the direction and running of the club and to communicate any initiatives that you may have.

### General Communication

The club will often communicate to all club members via broadcast email. It is the responsibility of individuals to ensure contact details are up to date. A list of essential contact information (phone no's / email etc) can be found in the club handbook or on the club website.

## Head Coach

### Mark Davies



Mobile: 0417 834 793

#### QUALIFICATIONS

- Silver Licence - Swim Coaching
- Fitness Instructor
- Sports Masseuse
- Silver Medallion

#### EXPERIENCE

Clem Jones Sports Centre - 5 Years - Swim Coaching and -  
Grundy Grundy Park Leisure Centre, London - 2 Years  
Springfield Fitness Centre - 1 Year - Fitness Instructor  
Caloundra Aquatic Centre - 2 Years  
Fort Lauderdale, USA  
Casuarina Swim Club, Northern Territory - 9 Years - Head  
Coach

Coach - Several Australian Swim Camps  
Australian Paralympics Coach - 1 1/2 Years  
Fiji - 3 Months - Coach Education Program for Australian  
Swimming  
Australian Institute of Sport Camps (swimming and dry land  
programs)

#### RESULTS

Paralympics and World Champs Gold Medals  
Australian Age Group Medals  
Many Australian Age and Open Swimmers

*Actions speak louder than coaches!*



## Head Coach's message

I would like to welcome you all to the Carina Leagues CJs Swimming Club. My goals for this year are to maintain our competition standing and for all participants to enjoy their sport and to strive to be the best they can be. I hope to give them the support and opportunity to achieve this – remembering that this all takes time.

It is important we all remember swimming is a sport and we are here to enjoy ourselves. So please get involved with the Club because if we can all work together and enjoy the adventure ahead, there will be some great times.

My philosophy of swimming is as follows:

- \* Family
- \* School
- \* Swimming
- \* Health
- \* Relationships

If these components do not combine or mix or if something is amiss with any one component, the athlete will not swim well. Excellent time management skills are required and as the athlete gets older, they need to combine more swim sessions with more study. By the time they are undertaking year 11 & 12, this system should be running like a well-oiled machine with little disruption to their program.

#### Some Training Considerations:

- \* Number of training sessions
- \* Technique
- \* Strength and Flexibility
- \* Attitude / Goal Setting
- \* Log Books
- \* Effort applied
- \* Nutrition
- \* Recovery / Massage
- \* Time Management

***Enjoy your swimming and have a great season.***

*Coach Mark*

## Swimming Squad Info

### Training

Swimmers who wish to compete in Carnivals are advised to consider Squad Training. Training ranges from swimmers who compete in the under 9 age group to swimmers who compete at State and Representative levels. If you would like to consider training, please call the Coach.

### Junior Squad

For this squad, the swimmer must be able to swim 25m Freestyle, Backstroke, Breaststroke and Butterfly. This squad concentrates on stroke correction and drill work.

Outdoor Pool 25m pool – Junior Squad	Indoor Pool – Mini Squad
Monday to Friday	Monday to Friday
3.30pm to 4.30pm	3.30pm to 4.15pm or 4.15 to 5pm
Saturday Mornings 7.30am to 8.30am (Outdoor pool only)	

### Intermediate Squad

This squad progresses further with swimmer's technique and harder drills are used to challenge the swimmer. To move up to Senior Squad, the swimmer must be able to swim 50m of each stroke with good technique.

Mornings - Tues + Thurs	Afternoons
5.30am to 7am	3.30pm to 5pm Dry-land (Gym) exercise Mon + Wed 4.45pm to 5pm
Saturday – 6am to 7.30am	

## Code of Conduct – Guidelines for parents

### DON'TS

- Judge your child by his/her achievements.
- Interfere with workouts/training sessions.
- Prevent your child developing other interests and attending activities outside swimming.
- Show disappointment after your child has a poor swim good or bad performances.
- Compare your child to other swimmers.
- Push your child to train harder.
- Put pressure on your child while he or she is getting training or preparing to race. The appropriate advice will come from the coach
- Push your child to excel. It must come from the swimmer for lasting satisfaction.
- Talk negatively about your child's coach and his/her decisions regarding training. If you have any issues, speak to the Head Coach or a member of the Executive Committee.

*CJ's is the Best!!*



## Friday Club Night

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Friday Club Night is the focal point of CJ's Swim Club. It offers swimmers the chance to compete and improve their personal best times as well as offering an environment for families to meet and socialize. The yummy BBQ is a great excuse for you have a night off cooking duties while watching your little champs having fun.

When: Friday nights from 6pm.  
Time: Races start **6.30pm** to completion.  
First Club Night: 7<sup>th</sup> October 2011.

### Club Night Nominations

**On-line Nominations:** Once you become a financial club member and we have received your contact email address, we will send out a "Nomination Notice" email on a Monday/Tuesday informing you of the events that are available for the next Friday Club Night. *You can always check the website and this Handbook that have the current schedule for the whole season.*

**You will need to email your nominations to the race secretary by Thursday, 6pm Every Week. If you nominate late your child's points will not be able to be counted. This is because the computer program will automatically count it as a first swim and unfair advantage would be given.**

Race Secretary:  
Email: [rs@cjsswimclub.com.au](mailto:rs@cjsswimclub.com.au)



Remember that winners do what losers don't want to do.

## Friday Night Club Night

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### Club Night Qualifying Times

We are conscious that swimmers should be placed in an event that best suits their ability. This is something that the coach will carefully monitor and advise you. Guidelines are as follows.

	Freestyle	Backstroke	Breaststroke	Butterfly
12.5m	16secs	18 secs	22 secs	19 secs
25m	25secs	28 secs	30 secs	25 secs
50m	45secs	49 secs	53 secs	46 secs

- Swimmers will automatically graduate to a longer distance once they have achieved the qualifying times.
- 100m is swum at the coach's discretion.
- When a swimmer moves from 12.5m to 25m or from 25m to 50m, the greater distance must be swum at Club Nights from then on. Once a swimmer has qualified to swim up to a higher distance, they must continue to swim this distance otherwise they will not receive any further points for the "Progressive Point" award.
- Going from 50m to 100m a swimmer can choose which event they would like to swim each night, but can only swim either/or.
- Once a time has been recorded, this then becomes the swimmers seeded time for the next club night.
- When a swimmer moves up to the next distance they automatically gain 4 points.

**ONE START RULES** apply on Club Night and any swimmer who is disqualified will not receive any points for that event.

## Friday Club Night

### Progressive Points Award

To encourage participation and to recognize achievement, each club swimmer will be awarded a certain number of points for each club night event. Points are awarded depending on the swimmer's personal performance for that swim.

Progressive Points Award Table	
1 Point	More than 2.50 seconds slower than base time
2 Points	Between 1.51 and 2.50 seconds slower than base time
3 Points	Between 0.51 and 1.50 seconds slower than base time
4 Points	Up to 0.50 seconds either side of base time
5 Points	Between 0.51 and 1.50 seconds faster than base time
6 Points	Between 1.51 and 2.50 seconds faster than base time
7 Points	More than 2.50 seconds faster than base time

### Conditions

- A swimmer's fastest time on club night becomes their new seeded time. Carnival times do not come into consideration.
- 4 points are automatically awarded for your first swim in a new stroke or distance.
- Points will be accumulated for all Club Nights throughout the season.
- For each stroke and distance, a swimmer's starting seeded time for the season will be his/her best time swum the previous season, plus 3 seconds. For example, a previous best time of 32.0 seconds would become 35.0 seconds.

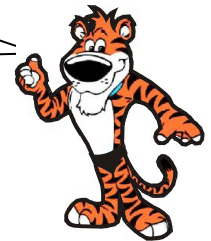
## Swimming Squad Info

### Senior Squad

This squad caters for the swimmer aiming to compete at State & National levels. It is recommended that swimmers attend most sessions during the week. Swimmers should try to arrive at least 20mins prior to start time to stretch before training. Some sessions include gym. Please check with Mark on days and sessions.

Monday to Friday	Saturday Mornings
5.00am to 7am – school term  7am to 8.30am - holidays  4pm to 6.30pm	6.30am to 8.30am  Including gym
*Training schedule and times will change through the season	

*It's not how far you swim in training, and it's not how fast you swim at training, it's how far you swim **FAST** at training.*



Our Club Presentation Day 2011

## Swim Carnivals Info

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### Qualifying times

All swimmers competing in qualifying meets must have previously swum the qualifying times.

### **No qualifying time = No Swim = No Exceptions**

Swimmers must reimburse the Club for any fines or penalties awarded against the Club for failure to satisfy qualifying the requirements.

Mark, the coach is the person that you need to direct your questions to about qualifying requirements.

### Club uniform requirements

Swimmers are required to wear caps, club shirts and black shorts at all meets. The Club tracksuit is strongly encouraged to be worn to all carnivals.

There is no firm policy on tog/swimwear, but swimmers are encouraged to wear black swimwear. Senior swimmers can wear 'skins' only at major qualifying meets at the coach's' approval.

Remember, the tighter the swimmer fits the better the performance. As a rule of thumb, you should be wearing a swimsuit that is two sizes smaller than a normal training suit.

Carina Leagues may provide additional incentives as a reward, free of charge, to swimmers who qualify and swim at National Age Championships. (For example bags, shirts, towels, etc).

Please see our uniform co-ordinator for club gear.

## Friday Club Night

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- In the case of adverse weather, no points will be awarded if the entire Club Night is cancelled. However, should the Club Night be cancelled mid-way through, the swimmer will be allocated 4 points for any cancelled swim in which they had nominated.
- Trophies will be awarded to "Aggregate Points Winner" for each stroke and for "Specials" A perpetual trophy for Overall Points Winner" (boy or girl) will also be awarded on Presentation night in 2011.

*Some succeed  
because their  
destined to, most  
succeed because  
their determined to*



## Friday Night Swimming Event Calendar



Carina Leagues CJ's Swim Club



### Calendar 2011-2012 season

Date	Fun Event	Event 1	Event 2	Event 3
7 October	Sign On and first club night	Freestyle Events Only 12.5m	25m	50m
14 Oct		Back	Free	Breast
21 Oct		Fly	Free	Back
28 Oct	Halloween	Breast	Free	Fly
4 Nov		Back	Free	Breast
11 Nov		Fly	Free	Back
18 Nov		Breast	Free	Fly
19 <sup>th</sup> November Saturday	Clem Jones Memorial Twilight Carnival			
25 Nov		Back	Free	Breast
2 Dec	End of Year Christmas Party			
27 Jan		Breast	Free	Fly
3 Feb		Fly	Free + 100m	Back
10 Feb		Breast +100m	Free	Fly
17 Feb		Back + 100m	Free	Breast
24 Feb		Fly +100m	Free	Back
2 March	200m Individual Medley	Breast	Free	Fly
9 March		Back	Free	Breast
10 <sup>th</sup> march Saturday	Twilight Carnival			
16 March		Fly	Free	Back
18 March Sunday	Club Championships			
25 March Sunday	Presentation			

Club starts at 6pm – Each stroke will be offered in 12.5m, 25m and 50m races.

100 m and 200m events are club championship events. BBQ Every Week

**SIGN ON ANY FRIDAY NIGHT!**

## Swim Carnivals

Once the swimmer is registered, they are eligible to swim at all carnivals. Carnivals range from weekend meets hosted by clubs to State Age Titles in December and National Age Championships in April. The full list is on the Queensland Swimming website

[www.qld.swimming.org.au](http://www.qld.swimming.org.au)

There are carnivals in Brisbane and surrounding areas every Saturday and Sunday throughout spring and summer. The club coach will target certain events that the squad and club members should attend.

February and March 2012 are full of school swims and unfortunately the dates are not confirmed at this time.

If you wish to attend any carnival, please check with the coach before entering.

### Nomination

On Line entries need to be made for some meets at [www.qld.swimming.org.au](http://www.qld.swimming.org.au) You will need a username and password from the club registrar to enter this way. Other meets you will need to nominate and pay through the Club's Race Secretary [rs@cjsswimclub.com.au](mailto:rs@cjsswimclub.com.au) Closing dates and times are advised for each meet.

### Nomination form

When nominating for Brisbane or State carnivals, click on [QSA](#), [BSA](#) link on our website to download the appropriate form which you can complete and hand over to the Club's Race Secretary. The Coach will also include a link to the appropriate form in his email when discussing carnivals.

### Payment and lodgement

For selected swim meets, complete the nomination form and consign the correct fee in a sealed envelope or zip lock bag and place it in the mailbox in our club office at the top of the pool. Race Secretary will lodge the nomination on behalf of the swimmer and the club.

**No responsibility will be taken for lost monies. Only nominations with accompanying payment will be lodged.**

## Club Uniforms

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Club colours are black, orange and white. Club togs, caps, Polo shirts, Hoodie, etc are available in these colours.



**New** polo shirts & Club Hoodie will be available to order during the season. Dates will be announced at Club Nights. \*prices subject to change

Our range includes:

Old Club training togs	\$ Various
Silicone Caps - Club Design	\$11
Club Polo shirts	\$ 25
Hoodie	\$ 35
Club Shorts	You can purchase any black shorts

*It is strongly recommended that swimmers use a chlorine resistant swimsuit for training. Performance togs are manufactured in the more tightly fitting lycra but are not as robust for daily training.*

Further merchandise/accessories will be available throughout the season. Watch our website, newsletter or see the Uniform Co-ordinator Jodi Klerks at club nights.

## Fun Swim activities at Club Night

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Swimming at Club Night is not just about racing and achieving your personal best times (PB's). It is also about having FUN.

A big part of this process is the **Fun Event** prior to every Friday Club Night races. Mark and his team of coaches are keen to introduce a "crazy" race that has nothing about being first, but is all about participating.

Also at CJ's Swim Club we actively encourage a friendly and inclusive atmosphere where new and young swimmers will feel included and supported. You'll find senior swimmers will be there on Friday nights to support and mentor the younger swimmers.



## Senior Roles

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At CJ's we strongly believe that all senior swimmers should be encouraged to take on leadership roles and assist in making the club successful.

Senior swimmers will be presenting an encouragement award each week to the swimmer who has taken the most off their time at the previous club night. Each week kids try for personal best times or PB's our club believes it is important to reward effort and encourage our kids to participate!



Brody Gock & Jack Collins helping with Club Night marshalling.



*The swimmer who says it can't be done, is being passed by the swimmer who is doing it.*

## Swim Meets 2010/2011

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### 2011.

15 -16 October 2011 Swimmeroo Qld LC Qualifying Meet #1

12-13 November 2011 Speedo QLD LC Qualifying Meet #2

**19 November 2011 Clem Jones Memorial Twilight Carnival featuring Swimming's Richest Race - Carina Leagues Dash for Cash**

10-16 December 2011 McDonald's QLD Championships

### 2012

28-29 January 2012 Brisbane Sprint Championship

4-5 February 2012 McDonald's QLD Sprint Championships

18-19 February 2012 Brisbane Junior Metropolitan Championships

25 February Swimmeroo QLD LC Qualifying Meet #3

**10 March – Carina Leagues CJ's Twilight Carnival**

10-11 March 2012 – Brisbane Senior Metropolitan Championships

**18 March - CJ Swim Club Championship**

31 March Brisbane Relay Championships

9-14 April - Australian Age Championships – Brisbane

\*More carnivals will be advised throughout the season

## Clem Jones Annual Memorial Twilight Carnival

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Our annual Clem Jones Memorial Swimming Carnival will be held on the 19th November 2011

### Clem Jones – the man

Our carnival is aptly named after Clem Jones who gave so much to all community organisations throughout Brisbane, especially those at the Clem Jones Sports Centre and our swimming club. If it wasn't for Clem Jones' drive and energy over 50 years ago we wouldn't have such a fantastic facility to train and compete in.

Clem Jones became Lord Mayor of Brisbane in 1961 and remains the City's longest serving mayor. He was named the Queenslander of the Year in 1990. Sadly, Mr Jones passed away in December 2007.

Clem Jones generously gave both his time and money to many organizations and the Clem Jones Sport Centre is fortunate enough to have been beneficiary of both for many years. The Clem Jones Centre is a non-profit organization and the initiative of the Camp Hill Carina Welfare Association.

Clem Jones' vision for the centre was to see that the children of the local community had somewhere to go and play sport. There are now 17 active clubs using the centre for a wide range of sports.

## Clem Jones Memorial Twilight Carnival

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### Inaugural Clem Jones Carnival 2008

The inaugural Clem Jones Carnival started in 2008 with great success. The carnival enjoyed a fantastic turnout of over 400 swimmers and many children were able to achieve PB's that set them up for their summer season.

### 2011 Clem Jones Carnival

When 19<sup>th</sup> November 2011.

Time Warm up from 1.30pm

Competition starts 2.00pm

Cost \$5.50 per nomination

Highlight of this event will be the Carina Leagues Club Dash for Cash- First place getter receives \$1000

### Members – we need your help

This is our big event outside our Club Championship. It takes a lot of effort to put together and we require all hands on deck. It would be greatly appreciated to have your help in one or more of the tasks below.

All families will be rostered a role/task. Please make sure you can be available to assist.

- Set up
- Front gate/reception
- Timekeeping
- Marshalling
- BBQ
- Clean up

More information will come to you via emails and the Club Newsletter.

## Club Championship

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This is a major fun event for CJ's Swim Club held every year. It's a chance for the whole club to get together and have the exclusive use of the 50 metre pool at the end of the season Sunday 18<sup>th</sup> March 2012

For some swimmers, it's a chance to confirm if they are Age group champions. For most, it's a chance to compete in a friendly atmosphere with friends and family supporting them. Come and join in the fun.

### Eligibility

To be eligible to swim at the Club Championships, swimmers must have swum a minimum of six (6) Club Nights throughout the season. For swimmers joining the Club after the Christmas break, swimming a minimum of four (4) Club Nights, not including Fun Nights, will qualify them for the Championships.

To enter any 12.5m, 25m, 50m or 100m Championship event, a **swimmer must have swum that stroke on at least half the Club Nights that it is offered**. Only swimmers who have not swum 25m, 50m or 100m of a particular stroke may enter the 12.5m Novice Event for that stroke.

### Age Champions

In the event of a tie for the Age Champion, the winner will be decided on 50m Freestyle placing and time. A swimmer must have swum all strokes to be eligible for Club Champion. Championships will be determined on 50m **AND** 100m events for 11yrs and over and 25m/50m events only for 10yrs and under.

Trophies will be awarded for "Age Champions" in each age group (both boys and girls) who score the highest points on the day. **Points:** 1<sup>st</sup> – 7 pts, 2<sup>nd</sup> – 5 pts, 3<sup>rd</sup> – 3 pts.

## Club Communication

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**Website - [www.cjsswimclub.com.au](http://www.cjsswimclub.com.au)**

This is the main avenue for club information.

Website functions:

- Friday Club Night nominations on-line
- Club Night results posted weekly
- Members Blog and photos
- Newsletters and events calendar
- General information

### Noticeboard –

The noticeboard at the top of the pool is used to display details of upcoming carnivals and other Club information. Please also read the noticeboard near the 25m outdoor pool and in the foyer on a regular basis to keep up to date with Club happenings.

### Newsletters

Newsletters will be distributed regularly throughout the season. They will contain important information on upcoming meets, results of previous meets, as well as other general information and reminders. Further information can be obtained from our web site.

### Club meetings

Monthly Club Meetings will be held at the Clem Jones centre – poolside in the warmer months and at Carina Leagues Club during winter. These normally start at 7.30pm. Notice of any special meeting dates, times and venues will be emailed and announced at Club Nights. All members are welcome to come along – come and have a say!

## Presentation Night

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Presentation Day is held after Club Champs on Sunday 25<sup>th</sup> March. Various awards are presented and all swimmers are recognised.

### **CLUB CHAMPION TROPHY & REPLICA**

This is awarded to the most consistent Club swimmer. (The swimmer with the most points overall).

### **PRESIDENT'S TROPHY & REPLICA**

The President's Trophy is the highest honour to be bestowed on one of the Club's best. It is awarded for outstanding sportsmanship, excellence, fairness and team spirit.

### **PATRON'S TROPHY & REPLICA**

The Patron's Trophy has been generously donated by the Honourable Mr Terry Mackenroth and is awarded to the Carina Leagues swimmer who has achieved the most outstanding result in competition throughout the season.

### **LEADERSHIP AWARD - leading by example**

This wonderful shield has been donated by the Camp Hill Carina Welfare Association.

### **SPECIAL ENCOURAGEMENT AWARD**

This is awarded to a swimmer who is well recognised for their commitment to swimming and the club.

### **"SPECIAL EFFORT" MEDALLIONS**

We need to encourage and support swimmers at all standards. These medallions are presented to reward those swimmers who have attended Club regularly, who are "good sports" and who by trying hard have made steady improvement in their swimming throughout the season.

## Support & Sponsorship

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We are a lucky club with the generous sponsorship from Carina Leagues Club. They have promised to donate \$10,000 each year for the next three years.

We strongly encourage you to become members of our major sponsor. Forms are available at club night, we just need a signed photocopy of your license to lodge it for you. They give us fantastic support and welcome all of our members to their newly renovated club.



A special thank you also to the Camp Hill Carina Welfare Association and the Clem Jones Centre for all their support throughout the swimming season and Mr Terry Mackenroth (Club Patron)

### **Life Members**

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- Aaron Handyside
- Kerry Dimou
- Lousie Remilton
- Late Dr Clem Jones

## Club Records

EVENT	DISTANCE	STROKE	NAME	RECORD
06 & U Boys	25m	Freestyle	William Taylor	21.21
06 & U Girls	25m	Freestyle	Jesse-Lee Cox	19.17
07 Boys	25m	Freestyle	Hayden Slater	17.25
07 Girls	25m	Freestyle	Laura Goldsworthy	19.75
08 Boys	25m	Freestyle	James Kalanjis	18.04
08 Girls	25m	Freestyle	T Baumann	17.78
09 Boys	25m	Freestyle	Kurt Hogan	15.98
09 Girls	25m	Freestyle	Maddison Bruce	16.04
06 Boys	25m	Breast	William Taylor	26.68
06 Girls	25m	Breast	Jemma Stubbs	33.38
07 Boys	25m	Breast	Hayden Slater	26.37
07 Girls	25m	Breast	Laura Goldsworthy	27.13
08 Boys	25m	Breast	Cameron Tait	23.59
08 Girls	25m	Breast	Madison Edwards	23.59
09 Boys	25m	Breast	Kurt Hogan	22.41



*Breathing is essential  
in life, but not in the  
50 metre freestyle.*

## Club Championship

### Special events – 100 metres events

To enter any “Special” Championship event, a swimmer must be 11 Years and over and have swum that “Special” on at least half the occasions it was offered on Club Nights. Check the Calendar of Events in this handbook for the dates of these events.

### Age Groups info

Races will be in age groups and gender. Ages will be based the age on the day of the Championships.

Swimmers 9 Years and under will compete in all 4 strokes over 25m.

Swimmers 10 Years and over will compete in all 4 stroke in 50m.

Medals will be awarded to all swimmers that gain a 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each event. Ribbons will be presented to all other competitors. In the event of a tie, the fastest FREESTYLE time determines the winner.

### Cancellation

Any Club Night cancelled due to inclement weather will count towards a swimmer’s required number of swims to enable eligibility for Club Championships.

## Club Records

EVENT	DISTANCE	STROKE	NAME	RECORD
09 Boys	25m	Butterfly	Stuart Rech	18.65
09 Girls	25m	Butterfly	Madison Edwards	18.06
10 Boys	50m	Freestyle	Mitchell Larkin	32.63
10 Girls	50m	Freestyle	Maddison Bruce	32.91
11 Boys	50m	Freestyle	Brock Ashcroft	30.69
11 Girls	50m	Freestyle	Courtney Daniels	31.82
12 Boys	50m	Freestyle	Damien Hicks	29.91
12 Girls	50m	Freestyle	Eva Pitarides	30.34
13 Boys	50m	Freestyle	James Feenan	27.72
13 Girls	50m	Freestyle	Eva Pitarides	29.35
14 Boys	50m	Freestyle	Brodan Crow	26.75
14 Girls	50m	Freestyle	Eva Pitarides	28.56
15 Boys	50m	Freestyle	Thomas Blunden	26.25
15 Girls	50m	Freestyle	Sam Armstrong	30.30
16 & O Boys	50m	Freestyle	Lachie De Hayr	25.47
16 & O Girls	50m	Freestyle	Carla Thomas	30.50
10 Boys	50m	Breast	Mitchell Larkin	45.44
10 Girls	50m	Breast	Melanie Gock	43.16
11 Boys	50m	Breast	Brock Ashcroft	42.76

## Club Records

EVENT	DISTANCE	STROKE	NAME	RECORD
11 Girls	50m	Breast	Melanie Gock	39.10
12 Boys	50m	Breast	Mitchell Larkin	41.28
12 Girls	50m	Breast	Melanie Gock	37.95
13 Boys	50m	Breast	Jamie Laverty	36.66
13 Girls	50m	Breast	Melanie Gock	36.53
14 Boys	50m	Breast	Simon Holz	34.10
14 Girls	50m	Breast	Eva Pitarides	38.19
15 Boys	50m	Breast	Jamie Laverty	33.56
15 Girls	50m	Breast	Isabel Green	39.99
16 & O Boys	50m	Breast	Lachie De Hayr	32.69
16 & O Girls	50m	Breast	Amy Cullen	38.83
10 Boys	50m	Back	Mitchell Larkin	37.06
10 Girls	50m	Back	Maddison Bruce	37.44
11 Boys	50m	Back	Mitchell Larkin	37.29
11 Girls	50m	Back	Keryn McMaster	36.22
12 Boys	50m	Back	Ben Talbot	35.29
12 Girls	50m	Back	Kisaki Bate	35.80
13 Boys	50m	Back	Ben Talbot	33.31
13 Girls	50m	Back	Kisaki Bate	34.24

## Club Records

EVENT	DISTANCE	STROKE	NAME	RECORD
14 Boys	50m	Back	Brodan Crow	31.44
14 Girls	50m	Back	Sam Armstrong	33.66
15 Boys	50m	Back	Thomas Blunden	31.29
15 Girls	50m	Back	Sam Armstrong	34.41
16 & O Boys	50m	Back	Aaron Wingreen	29.86
16 & O Girls	50m	Back	Mikaela Aitken	36.50
10 Boys	50m	Butterfly	Mitchell Larkin	36.03
10 Girls	50m	Butterfly	Maddison Bruce	37.72
11 Boys	50m	Butterfly	Matthew Crockett	34.46
11 Girls	50m	Butterfly	Keryn McMaster	34.16
12 Boys	50m	Butterfly	Mitchell Larkin	32.97
12 Girls	50m	Butterfly	Bonnie Cheng	33.10
13 Boys	50m	Butterfly	Ben Talbot	31.63
13 Girls	50m	Butterfly	Eva Pitarides	32.54
14 Boys	50m	Butterfly	Ben Talbot	29.40
14 Girls	50m	Butterfly	Eva Pitarides	31.06
15 Boys	50m	Butterfly	Simon Holz	29.53
15 Girls	50m	Butterfly	Sam Armstrong	30.65
16 & O Boys	50m	Butterfly	Brodan Crow	28.06

## Club Records

EVENT	DISTANCE	STROKE	NAME	RECORD
09 Girls	25m	Breast	Madison Edwards	20.28
06 Boys	25m	Back	Aiden Gock	28.15
06 Girls	25m	Back	Rochelle Ellul	26.31
07 Boys	25m	Back	Hayden Slater	21.82
07 Girls	25m	Back	Rose-Ann Breedt	21.44
08 Boys	25m	Back	Kurt Hogan	20.97
08 Girls	25m	Back	Madison Edwards	20.85
09 Boys	25m	Back	Kurt Hogan	19.66
09 Girls	25m	Back	Maddison Bruce	19.16
06 Boys	25m	Butterfly	William Taylor	22.24
06 Girls	25m	Butterfly	Rochelle Ellul	30.59
07 Boys	25m	Butterfly	Martin Rech	19.59
07 Girls	25m	Butterfly	Kaitlin White	23.47
08 Boys	25m	Butterfly	Kurt Hogan	19.85
08 Girls	25m	Butterfly	Madison Edwards	19.56

## Swimmer (2) personal record sheet

DATE	FREE	BREAST	BACK	FLY
7 Oct 2011				
14 Oct 2011				
21 Oct 2011				
28 Oct 2011 Halloween				
4 Nov 2011				
11 Nov 2011				
18 Nov 2011				
Sat 19 <sup>th</sup> Nov				
25 Nov 2011				
2 Dec 2011	End of	Year	Christmas	PARTY!
27 Jan 2012				
3 Feb 2012				
10 Feb 2012				
17 Feb 2012				
24 Feb 2012				
2 March 2012				
9 March 2012				
Sat 10 March				
16 March 2012				
Sun 18 March				

## Club Records

EVENT	DISTANCE	STROKE	NAME	RECORD
16 & O Girls	50m	Butterfly	Carla Thomas	33.89
10-12 Boys	100m	Freestyle	Brock Ashcroft	1:05.35
10-12 Girls	100m	Freestyle	Keryn McMaster	1:06.30
13 & O Boys	100m	Freestyle	Brodan Crow	56.88
13 & O Girls	100m	Freestyle	Katherine Gaynor	1:03.75
10-12 Boys	100m	Breast	Mitchell Larkin	1:26.63
10-12 Girls	100m	Breast	Melanie Gock	1:22.78
13 & O Boys	100m	Breast	Jamie Lavery	1:15.28
13 & O Girls	100m	Breast	Emily Wu	1:20.06
10-12 Boys	100m	Back	Mitchell Larkin	1:16.72
10-12 Girls	100m	Back	Keryn McMaster	1:17.13
13 & O Boys	100m	Back	Brodan Crow	1:06.78
13 & O Girls	100m	Back	Sam Armstrong	1:13.66
10-12 Boys	100m	Butterfly	Mitchell Larkin	1:13.69
10-12 Girls	100m	Butterfly	Keryn McMaster	1:16.88
13 & O Boys	100m	Butterfly	Brodan Crow	1:03.04
13 & O Girls	100m	Butterfly	Sam Armstrong	1:10.09
13 & U Boys	200m	Free	Ben Talbot	2:21.50
13 & U Girls	200m	Free	Keryn McMaster	2:20.19

## Club Records

EVENT	DISTANCE	STROKE	NAME	RECORD
16 & O Boys	100	Free	Aaron Wingreen	58.26
16 & O Boys	100	Breast	Aaron Wingreen	1:23.12
14 & O Boys	200m	Freestyle	Brodan Crow	2:04.15
14 & O Girls	200m	Freestyle	Candice Burrows	2:20.88
13 & U Boys	200m	IM	Mitchell Larkin	2:41.57
13 & U Girls	200m	IM	Keryn McMaster	2:43.10
14 & O Boys	200m	IM	Bryce McMaster	2:25.97
14 & O Girls	200m	IM	Eva Pitarides	2:36.31



*If you cannot win,  
make the one in front  
of you break the  
record.*

## Swimmer (1) personal record sheet

DATE	FREE	BREAST	BACK	FLY
7 Oct 2011				
14 Oct 2011				
21 Oct 2011				
28 Oct 2011 Halloween				
4 Nov 2011				
11 Nov 2011				
18 Nov 2011				
Sat 19 <sup>th</sup> Nov				
25 Nov 2011				
2 Dec 2011	End of	Year	Christmas	PARTY!
27 Jan 2012				
3 Feb 2012				
10 Feb 2012				
17 Feb 2012				
24 Feb 2012				
2 March 2012				
9 March 2012				
Sat 10 March				
16 March 2012				
Sun 18 March				



## Swimmer (3) personal record sheet

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DATE	FREE	BREAST	BACK	FLY
7 Oct 2011				
14 Oct 2011				
21 Oct 2011				
28 Oct 2011 Halloween				
4 Nov 2011				
11 Nov 2011				
18 Nov 2011				
Sat 19 <sup>th</sup> Nov				
25 Nov 2011				
2 Dec 2011	End of	Year	Christmas	PARTY!
27 Jan 2012				
3 Feb 2012				
10 Feb 2012				
17 Feb 2012				
24 Feb 2012				
2 March 2012				
9 March 2012				
Sat 10 March				
16 March 2012				
Sun 18 March				