



JAMESTOWN

— AMATEUR SWIMMING CLUB —

EMPERORS

**2021/2022
MEMBERS
HANDBOOK**

Welcome to the **JAMESTOWN EMPERORS**

The Jamestown Emperors Amateur Swimming Club is a competitive swimming club that supports team work, inclusion, self improvement, participation & fun in all aspects of our programs.

We will provide you with extensive development sessions within our training nights covering areas on technique and fitness. We encourage all athletes to attend at least 2 of these trainings per week to qualify for Friday Night Upper North Carnival placings and to get the most out of our club program.

There is an expectation that all swimmers will be able to make themselves available to compete Friday nights, if not all, but some. It is however not a compulsory requirement and our coaches will be happy to accommodate those who would like to simply train and learn without competing, as we encourage all forms of participation.

Open Carnival participation is recommended at some point throughout the season to gain long course (50m) pool times as well as the short course (25m) times outside of our interclub nights, and it is a great way to gain self confidence and individual improvement in the sport.

We have a very hard working dedicated team of committee members within our club who put this all together year by year. Your involvement in the club at some level will be greatly appreciated especially on our committee or for our Friday Night Carnivals and Open Carnivals when we need time keepers etc.

We encourage our athletes to develop confidence, accept challenges, enjoy themselves and show respect to their coaches and other team members. Our club adheres to the Play by the Rules codes of conduct for athletes, spectators and coaches.

Thank you for becoming part of the Jamestown Emperors.

What happens now?

TRAINING SESSIONS & COMPS

Monday

Squad Training

Juniors - 5.15pm to 6.15pm

Intermediate - 5.15pm to 6.15pm

Seniors - 6.15pm to 7.30pm

Allocated swimming session can be altered for individuals to suit their requirements for commitments outside of swimming training. We can be flexible within reason!

Please sign in your attendance in the pink folder on entry to the pool for training. If you are not attending the following night please mark in the book if you are available for the Friday night carnival as cut off is Tuesday.

All results from any interclub or open carnivals from the week prior will be displayed on Mondays in the club rooms. Please look for these.

Tuesday

Squad Training

Juniors - 5.15pm to 6.15pm

Intermediate - 5.15pm to 6.15pm

Seniors - 6.15pm to 7.30pm

Allocated swimming session can be altered for individuals to suit their requirements for commitments outside of swimming training. We can be flexible within reason!

Please sign in your attendance in the pink folder on entry to the pool for training. **Please mark in the book if you are available for the Friday night carnival as the cut off is tonight @ 7.30pm otherwise please SMS Tash Couch 0429 835 196 to let her know.**

Thursday

Lap Swimming or Intraclub Comp Night

All in Swimming - 5.30pm to 6.30pm

Parents of young participants must be available to supervise their children as this is an uncoached session unless we have an intraclub carnival night allocated.

There will be lane ropes, access to training equipment and there may be a standard training program to adhere to.

Please sign in your attendance in the pink folder on entry to the pool for training.

Friday

Interclub Carnivals (starting Nov 19th)

On the Friday morning our club nominations officer will email you a copy of the team selection for that night's carnival. Please make sure you fill out our club registration forms so that we have all current details like your latest email address. Also take the chance to jot down your races before coming to the carnival.

Last chance to cancel out of a carnival due to sickness or other circumstances is 10am that Friday morning. Please be courteous and adhere to this. SMS Tash Couch On 0429 835 196

Interclub Meet Times

Warm ups begin @ 7pm (please arrive at 6.45pm to be ready to warm up)

First heat begins @ 7.30pm sharp

Completion of Carnival @ approx 9.30pm to 10pm

2021 / 2022 Friday Interclub Carnival dates

Week 1 - 19/11/21	@ Jamestown	Scratch (1 laps)
Week 2 - 26/11/21	@ Orroroo	H.Cap
Week 3 - 3/12/21	@ Crystal Brook	H.Cap
Week 4 - 10/12/21	@ Gladstone	H.Cap
Week 5 - 17/12/21	@ Orroroo	Scratch
Week 6 - 28/1/22	@ Gladstone	Scratch
Week 7 - 4/2/22	@ Crystal Brook	H.Cap
Week 8 - 11-2-22	@ Booleroo Centre	Scratch
Week 9 - 18/2/22	@ Jamestown	H.Cap
Week 10 - 25/2/22	@ Orroroo	Scratch
Week 11 - 4/3/22	@ Booleroo Centre	Scratch
Week 12 - 11/3/22	@ Jamestown	H.Cap (1 laps)

What to remember...

TRAINING SESSIONS

Squad Training sessions will be on Mondays and Tuesdays. Training times will vary depending on squad level (please see times on previous page). We have appointed the coaching services of Adrian Dewell who has been coaching for over 5 years and is also a qualified Judge of Strokes and Inspector of Turns.

When you attend our trainings it is important to come prepared...

What to bring: Waterbottle (clearly labeled)
Sunscreen
Goggles
Towel
Training Fins
Swim Cap

It is expected that all athletes attend Monday and Tuesday trainings or at least one of these days.

On **Thursdays**, our athletes are able to swim laps between 5.30pm and 7pm. This session is optional, and **parental supervision is required** unless we are running an intraclub carnival night instead.

Our Christmas / New Year break will be from December 17th, 2021 return back on Mon 10th January. There will however be access to the pool inside these dates for anyone who is looking to take part in the SA Swimming Country Championships @ SA Aquatic Centre Marion. If you are considering attending this you need to check your times fit within the required qualifying Country Champs times, and you will need to have your entries in before 9am Wednesday 15th December 9am. Qualifying times can be found on the event listing via <https://sa.swimming.org.au/events>

Training times starting back in the new year may change to all in swimming, we will always let you know via a text message or email if our swimming sessions will change.

CARNIVAL SWIMSUIT GUIDELINES

Gentlemen: Limited to 1 swimsuit (NO underwear underneath for Open Carnivals) that covers most of the body surface from hips to knees. Swimwear may not extend above the waist or below the knee and must be FINA approved.

Ladies: Limited to one swimsuit that is of open back and open shoulder design and may be extended down to the knee. Swimwear may not extend below the knee. Swimwear must not have a zip or any kind of fastening system.

A great resource for good cheap swimwear is www.yingfasydney.com.au, but please check that the swimming garment you are choosing is FINA approved as they do sell some options that are not.

Membership

BEING PART OF THE TEAM

All squad athletes must be registered with SwimmingSA before entering the pool for insurance purposes (other than come n try events) if they wish to train and compete within the club. Once SwimmingSA have processed registration, membership cards will be sent to the club and distributed to you. These cards must not be lost, as they may be asked for at any meet. This is done at random and without notice.

For all the details about SwimmingSA Registration and Club please visit:
www.jamestownswim.com.au/emperors.

All of our swimmers are encouraged to represent Jamestown at Interclub Meets. Recreational athletes are welcome to join our club, but must still pay the same fees as a competitive member.

It is a requirement that all Jamestown Swimming Club members hold a current Jamestown Swimming Pool Season Pass. These can be obtained from the pool during normal opening hours or via the website www.jamestownswim.com.au

Club Merchandise

WEAR IT WITH PRIDE

Our club colours are Black and White with a splash of yellow.



T-shirts are \$40 each - several sizes have been purchased and we can reorder as necessary.

Swimming caps with Jamestown Logo are also available for purchase \$5 each or 3 for \$10, available in our club rooms, please see Karen Heness for purchase or leave money in the honesty box.

MEETS

As we form part of the Upper North Swimming Association, we select a team each week to compete in the Interclub Meets between ourselves, Orroroo, Booleroo Centre, Gladstone, and Crystal Brook.

Athletes also have the option to compete on weekends at Open Carnivals across the state. We particularly encourage our athletes to compete in local Open Carnivals, with an expectation that our athletes will compete at the Open Carnival that we host on Sunday January 30th 2022, if they don't compete we expect your help on the day.

INTERCLUB MEETS

Swimmers competing on Friday nights gain points for their club and also for themselves. Trophies and shields are presented at the conclusion of the season at the last interclub meet. Points also contribute to our own JASC trophies and shields.

Meets commence at 7.30pm sharp, however please arrive by 6.45pm for 7pm warm-ups.

This enables athletes to have a warm up in the pool. It is vital that swimmers selected in BACKSTROKE events warm up in the pool and count their strokes from the backstroke flags to the end of the pool.

Events will be announced to inform athletes when to present at marshalling for their event. It is the athlete's responsibility to listen for these announcements, or risk missing your event. The 3 dot marshalling system will be used at all carnivals. Your name will only be called 3 times before you will be disqualified to swim. You must report to marshalling prior to swimming another race if one race backs the other and let the person on marshalling know you will be in the pool. At most venues there will be a board showing what events are being marshalled.

If due to illness or an unavoidable circumstances that an athlete is unable to swim, please let our Nominations Officer (Tracey Dewell 0427 88 11 04) know ASAP as swims and teams will need to be modified. This takes a lot of time! It is not acceptable for any team member to simply 'not turn up'. This lets the whole team down.

In the case where an area is classed as a Catastrophic day on the day of the Carnival, then the Friday Night Carnival will be Cancelled, and will not to be run again.

In the case of Bad weather (Thunderstorms, lightning etc.). The Host club will make the decision at 5.30pm and notify all clubs starting from the furthest club from them. This Carnival is not to be run again. If the weather is cold please pack more towels and warm clothing, we do get a few of these nights during the season.

In the event of a FALSE START, athletes 10 & under will be given the 2 chance rule, then disqualified if they break a second time in the same race. Athletes 11 and over will be disqualified immediately when they break. If a false start occurs, a continual whistle blast will signal a second start.

IF TRANSPORT IS A PROBLEM, CONTACT ANY MEMBER - (please see page 10)

We are all willing to help out and we have WWC Check clearances.

OPEN CARNIVALS

Although these meets are not part of the interclub competition, we strongly encourage our athletes to compete in Open Carnivals. These meets are hosted by clubs across the state, and are open to any registered SwimmingSA athlete.

Open Carnivals our club recommends attendance:

Crystal Brook	Sat 4th Dec	Entries close Sat 28th Nov @ 12am
Up in the Eyre (LC)	Sat 11th & Sun 12th Dec	Entries close Sun 5th Dec @ 12am
Jamestown	Sun 30th Jan	Entries close Fri 21st Jan @ 5pm
Clare	Sat 5th Feb	Entries close Fri 28th Jan @ 11pm
Mid North Sprints	Sun 6th Feb	Entries close Fri 28th Jan @ 11pm
Booleroo Centre	Sat 27th Feb	Entries close Fri 18th Feb @ 11.30pm
Whyalla	Sat 5th March	Entries close Fri 25th Feb @ 11.30pm
Port Pirie (LC)	Sat 19th March	Entries close Tues 8th March @ 12am

(LC) = Long Course 50m Pool Swims all others are 25m Short Course pools.

All Carnivals are now book online only events - you will need your username and password to book via Swim Central. Please google swim central for information or take a look at our print outs in the club room - Swim Central Folder

If you enter online for a carnival, please let our Nominations Officer Tash Couch know 0429 835 196 or email jamestownswimming@gmail.com

All of these events have Handicap (HCP) events listed in their programmes. You must use the white cards located in the club rooms to fill in your information and then hand over to Tash Couch 0429 835 196 to be mailed to the club a couple of weeks prior to the event taking place. Please see Tracey if you are having any issues filling out white cards.

For Jamestown Carnivals we ask that all families arrive at the pool at 6pm to help set up.

STATE QUALIFYING CARNIVALS

There is an opportunity for swimmers who can reach qualifying times or near too, to be able to compete at the State Level. We have attended these swimming championships for the last 5 years. Check the **Country Qualifying Times** on **the Swim SA Handbook listing online**.

It is also highly recommended that you speak to your coach if you would like to take part in these events as the club will support you with your own personal training requirements.

Country Championships	Thurs 6th - Sun 9th Jan	Entries Close
SA Aquatic Centre (Marion)		Wed Dec 15th @ 9am
State Long Course Championships	Fri 21st - Sun 23rd Jan	Entries Close
SA Aquatic Centre (Marion)		Wed Jan 5th @ 9am

Swim Central

ENTER A CARNIVAL

1. Login to Swim Central - swimcentral.swimming.org.au
2. Enter your family PIN (the padlock icon at the top of the screen should show as unlocked once the PIN is entered)
3. Click on Events
5. Select the Carnival via the calendar dots. Click View Event.
6. Click on Entries Tab, select the swimmer from the dropdown menu. If you see a membership required message, you need to make sure you are paid up for the 2021/22 season to enter.
7. Select all swims for the meet you wish your swimmer to enter. Please make sure you don't enter your child to more than one BBB Handicap event. Please check the handbook listings for all events prior to selecting. These can be found within the swim events page on Swimming SA website. <https://sa.swimming.org.au/events>
8. Pay for the event nominations using a credit card.
9. Let your nominations officer know you have entered. Tash Couch 0429 835 196

CLUB COMMITTEE

Our club has a very active committee, who during the season will hold a meeting monthly if not fortnightly depending on where we are in the season. We welcome any new faces at any time to our meetings to help provide input into the future of our great club.

Our swimming AGM is usually held in September, but this could change depending on the need.

OUR 2021/2022 CLUB COMMITTEE IS:

CLUB PRESIDENT	Tracey Dewell	0427 88 11 04
VICE PRESIDENT	Shane Heness	0439 396 718
SECRETARY	Tim Hammat	0429 654 077
TREASURER	Karen Heness	0417 838 206
REGISTRATIONS & PUBLICITY OFFICER		
CARNIVAL DIRECTOR	Tracey Dewell	0427 881 104
DEVELOPMENT COACH	Adrian Dewell	0427 975 716
NOMINATIONS OFFICER	Tash Couch	0429 835 196
MEMBER PROTECTION OFFICER	Letitia Rattley	
FIRST AID OFFICER	Adrian Dewell	

We also have a great group of General Committee Members - If you are invited to a meeting please consider attending, we have very informal meetings and really need great ideas to keep the club prospering into the future.

