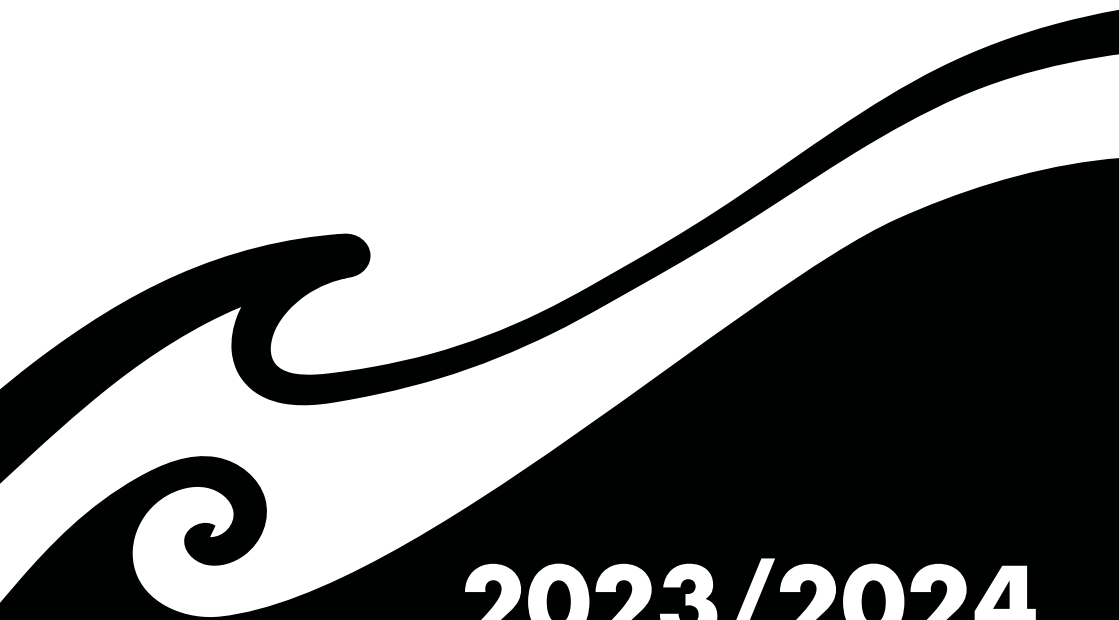


JAMESTOWN

— AMATEUR SWIMMING CLUB —

EMPERORS



2023/2024

MEMBERS

HANDBOOK

Facebook Group



Jamestown Emperors

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.

TRAINING SESSIONS & COMPS

MONDAY

Lap Swimming or Intraclub Comp Night

All in Swimming - 5.15pm to 7.30pm

(5.30pm - 7.30pm during school holidays)

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 put away all equipment at the end of your training session.

TUESDAY & THURSDAY

Squad Training

Juniors - 5.15pm to 6.15pm

(5.30pm - 6.30pm during school holidays)

Intermediate - 5.15pm to 6.15pm

(5.30pm - 6.30pm during school holidays)

Seniors - 6.15pm to 7.30pm

(6.30pm - 7.30pm during school holidays)

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

TUESDAYS - Please mark on the Google Sheet Document (access available via Jamestown Emperors facebook group), if you are or are not available for the Friday night carnival as the cut off is Tuesdays @ 7.30pm otherwise please SMS Tash Hall 0429 835 196 to let her know.

Toastie Tuesdays

**\$5 for a Ham & Cheese Toastie
and a Milk or Juice Box
or \$8 for 2 Toasties available @ the canteen**

Please put your order in as soon as you turn up for swim training on the Tuesday.

FRIDAY

Interclub Carnivals (starting Friday Nov 17th, 2023)

On the Friday morning our club nominations officer will email you a copy of the team selection for that night's carnival. Please take the chance to jot down your races before coming to the carnival usually with permanent pen on the leg or arm.

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 Hall 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

2023 / 2024 Friday Interclub Carnival dates

| | | |
|-------------------|--------------------|------------------|
| Week 1 - 17/11/23 | @ Crystal Brook | Scratch (1 laps) |
| Week 2 - 23/11/23 | @ Gladstone | H.Cap |
| Week 3 - 1/12/23 | @ Jamestown | H.Cap |
| Week 4 - 8/12/23 | @ Orroroo | Scratch |
| Week 5 - 15/12/23 | @ Gladstone | H.Cap |

CHRISTMAS BREAK

| | | |
|--------------------|--------------------|----------------|
| Week 6 - 2/02/24 | @ Booleroo Centre | Scratch |
| Week 7 - 9/02/24 | @ Jamestown | H.Cap |
| Week 8 - 16/02/24 | @ Booleroo Centre | H.Cap |
| Week 9 - 23/02/24 | @ Orroroo | Scratch |
| Week 10 - 1/03/24 | @ Jamestown | Scratch |
| Week 11 - 8/03/24 | @ Booleroo Centre | Scratch |
| Week 12 - 15/03/23 | @ Crystal Brook | H.Cap (1 laps) |

Marshalling Rules for Friday Nights

1. No hitting, punching, kicking or hair pulling will be tolerated
2. No yelling from marshalling, if your team mate is not in marshalling then that shouldn't be your problem.
3. Show the marshalling person some respect, don't talk back and if told to be quiet, please wait quietly or whisper to talk.
4. Stay in the order you were put in in marshalling
5. If you don't need to be in marshalling, please wait till your event is being marshalled.
6. Try to be there on time for your swims, if you aren't there then you may be forfeiting your swim.

SWIM TERMS & POINTS

SCRATCH SWIMS - refers to a competition race where swimmers are placed in heats based on their best times, there is no countdown - the swimmer will proceed to swim on the starters signal at the same time as all other swimmers.

HANDICAP SWIMS - refers to a swim with a go mark, based on the swimmers best time as opposed to the other swimmers in their heat. Beating the nominated best time will mean that the swimmer has broken and will not place. The swimmer must wait until their go mark is called before diving into the pool. Handicap swims at Open Carnivals require the use of a white card available in the club rooms, where you need to state the best swim time (Please take a second off best time if times are often broken or swimmer is relatively new to swimming). How to fill in white card directions are available in the clubrooms.

POINTS are scored by winning races in either Scratch or Handicap events and go towards end of season shields, they are allocated as below:

Friday Night Points **Individual** - 5 points for a 1st, 3 points for a 2nd, 1 point for a 3rd
Relay (per swimmer)- 3 pts for a 1st, 2 pts for a 2nd and 1 pt for a 3rd

Open Carnival Points **Individual** - 9 points for a 1st, 6 points for a 2nd, 3 points for a 3rd
Relay(per swimmer) - 5 pts for a 1st, 3 pts for a 2nd, 1 pt for a 3rd

TRAINING SESSIONS

Squad Training sessions will be on Tuesdays and Thursdays, Mondays is lap swimming only. Training times will vary depending on squad level (please see times on previous pages). We have appointed the coaching services of Adrian Dewell, Jess Hammat and Shane Heness. When you attend our trainings it is important to come prepared...

What to bring: Waterbottle (clearly labled)
 Sunscreen (wear it before coming)
 Goggles
 Towel (s)
 Swim Cap (caps available in clubroom \$5 each or 3 for \$10)

It is expected that all athletes attend Tuesday and Thursday trainings or at least one of these days. On **Mondays**, our athletes are able to swim laps between 5.15pm and 7.15pm. This session is optional, and **parental supervision is required** unless we are running an intraclub carnival night instead. **All swimmers are required to put any equipment used on Monday back in the storage facility before leaving.**

Our Christmas / New Year break will be begin after the Friday night Comp December 15th, 2023 returning back on Mon 15th January, 2024. 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 @ Nuriootpa. 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 13th December. 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.

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.

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 and Hoodies are available for pre-order and purchase, please see Chelsea Fleetwood or contact her on 0427 822 651

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 box.

CARNIVAL SWIMSUIT GUIDELINES

Gentlemen: Limited to 1 swimsuit (NO undewear 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 World Aquatics Approved Swimwear.

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 World Aquatics Approved as they do sell some options that are not.

MEETS

As we are 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 on selected Friday nights.

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 28th 2024, if they don't compete we expect your help on the day.

UPPER NORTH 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. See pg 5 for point allocations.

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 (Tash Hall 0429 835 196) 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 with the furthest club away. 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.

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

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:

| | | |
|-------------------------------|--------------------------|--------------------------------------|
| Gawler (LC) | Sun 18th Nov | Entries close Mon 13th Nov @ 4pm |
| Up in the Eyre (LC) | Sat 2nd & Sun 3rd Dec | Entries close Sun 26th Nov @ 11.30pm |
| Jamestown (SC) | Sun 28th Jan | Entries close Fri 19th Jan @ 5pm |
| Booloroo Centre (SC) | Sun 11th Feb | Entries close Sat 3rd Feb @ 1pm |
| Port Augusta (LC) | Sat 17th & Sun 18th Feb | Entries close Sun 11th Feb @ 11.30pm |
| Clare (SC) | Sat 24th Feb | Entries close Fri 17th Feb @ 11am |
| Mid North Sprints (SC) | Sun 25th Feb | Entries close Fri 17th Feb @ 11am |
| Port Pirie (LC) | Sat 2nd March | Entries close Mon 19th Feb @ 11.30pm |
| Crystal Brook (SC) | Sat 16th - Sun 17th Mar | Entries close Wed 13th March @ 9am |
| Whyalla (SC) | Sat 23rd March | Entries close Fri 18th March @ 9am |

(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 Swimming SA for event information.

If you enter online for a carnival, please let our Nominations Officer Tash Hall 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 Hall 0429 835 196. Please see a committee member if you are having any issues filling out white cards.

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. 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 and our coaches can give you an honest opinion about your swimming status and what you need to do.

| | | |
|---|--------------------------|------------------------|
| Country Championships | Thurs 4th - Sun 7th Jan | Entries Close |
| Nuriootpa War Memorial Swimming Pool | | Wed Dec 13th @ 9am |
| SA State Open | Fri 19th - Sun 21st Jan | Entries Close |
| SA Aquatic Centre (Marion) | | Tuesday Dec 27th @ 9am |
| SA State Age Championships | Thurs 8th - Mon 11th Mar | Entries Close |
| SA Aquatic Centre (Marion) | | Wed Feb 21st @ 9am |

Swim Central

ENTER A CARNIVAL

1. Login to Swim Central - swimcentral.swimming.org.au with your username and password.

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 2023/24 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 Hall 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 2023/2024 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 | Tracey Dewell | 0427 88 11 04 |
| CARNIVAL DIRECTOR | Tracey Dewell | 0427 88 11 04 |
| DEVELOPMENT COACH | Adrian Dewell | 0427 975 716 |
| COACH | Jess Hammat | 0448 669 363 |
| COACH | Shane Heness | 0439 396 718 |
| NOMINATIONS OFFICER | Tash Hall | 0429 835 196 |
| MEMBER PROTECTION OFFICER | Chelea Fleetwood | 0427 822 651 |
| FIRST AID OFFICER | Adrian Dewell | 0427 975 716 |

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.

2022/23 CLUB TROPHY WINNERS

11 and Under – Friday Nights

1st: Luke Heness (136)

2nd: Ella Hammat (107)

3rd: Hayley Luckraft (93)

11 and Under - Fri and Carnivals

1st: Luke Heness (332)

2nd: Ella Hammt (128)

3rd: Hayley Luckraft (119)

12 - 14 – Friday Nights

1st: Chloe Hammat (112)

2nd: Reagan Fleetwood(69)

3rd: Ryan Couch(65)

12 - 14 - Fri and Carnivals

1st: Chloe Hammat (136)

2nd: Reagan Fleetwood (78)

3rd: Ryan Couch (74)

15 - 18 – Friday Nights

1st: Kaidyn Fitzgerald (97)

2nd: Eliza Simpson (57)

3rd: Austin Rattley (44)

15 - 18 - Fri and Carnivals

1st: Kaidyn Fitzgerald (109)

2nd: Eliza Simpson (81)

3rd: Austin Rattley (44)

19 & Over – Friday Nights

1st: Brenton Kupke (70)

2nd: Shane Heness (66)

3rd: Shania Morgan (21)

19 & Over - Fri and Carnivals

1st: Shane Heness (155)

2nd: Shane Heness (79)

3rd: Nicole Downing (57)

2022/23 Friday's Trophy Winner

Luke Heness (136)

2022/23 Season Club Champion

Luke Heness (332)

**GOOD LUCK FOR
2023/2024 SEASON
JAMESTOWN EMPERORS!**

