



JAMESTOWN

— AMATEUR SWIMMING CLUB —

EMPERORS

jamestownswim.com.au/emperors-swimming-club

2024/2025

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 club programs.

We provide extensive development trainings covering technique and fitness. We encourage all athletes to attend at least 2 training nights per week (please see next page for days and times). This will ensure qualification into our Friday Night Upper North Carnival teams and to get the best out of the entire swim season.

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 strive hard to create club success every year. Your involvement in the club at some level will be greatly appreciated whether it is becoming a committee member or stepping up for a Friday Night Carnival job or at an Open Carnival when we need time keepers and pool officials.

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 @ 7pm otherwise please SMS Tash Hall 0429 835 196 to let her know.

Toastie Tuesdays

**\$5 for a Ham & Cheese Toastie
and a 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.**

TRAINING SESSION REQUIREMENTS

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 page). 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 \$10 each please see Karen)

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 20th, 2024 returning back on Mon 13th January, 2025. 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 @ Mount Gambier. 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 12pm Monday 16th 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.

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 the same 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 or speak to a committee member.

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

FRIDAY

Interclub Carnivals (starting Friday Nov 22nd, 2024)

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

2024 / 2025 Friday Interclub Carnival dates

Week 1 - 22/11/24	@ Jamestown	Scratch (1 laps)
Week 2 - 29/11/24	@ Crystal Brook	Handicap
Week 3 - 6/12/24	@ Orroroo	Scratch
Week 4 - 13/12/24	@ Booleroo Centre	Handicap
Week 5 - 20/12/24	@ Gladstone	Scratch

CHRISTMAS BREAK

Week 6 - 31/01/25	@ Crystal Brook	Scratch
Week 7 - 7/02/25	@ Gladstone	Handicap
Week 8 - 14/02/25	@ Crystal Brook	Handicap
Week 9 - 21/02/25	@ Booleroo Centre	Scratch
Week 10 - 28/02/25	@ Jamestown	Handicap
Week 11 - 7/03/25	@ Orroroo	Scratch
Week 12 - 14/03/25	@ Gladstone	Handicap (1 laps)

EOS Presentations

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 when your name is called, then you may be forfeiting your swim allocation.

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. We also require you to fill in the Medical & Photo Consent and Play By the Rules Spectator agreement. Links for all forms and memberships can be found on the website (or use the QR Codes below) <https://jamestownswim.com.au/emperors-swimming-club/>. Our club accepts the use of Sports Vouchers of up to \$100 per child 15 and under.

All of our swimmers are encouraged to represent Jamestown at Interclub Meets. Recreational athletes are welcome to join our club, but are expected to pay the same fees as competitive members for insurance purposes.

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

QR LINKS FOR MEMBERSHIP

**Play by the
Rules Spectator
Agreement**



**2024/25
Medical & Photo
Consent**



**Swim Central
Quick
Access**



**2024 Sports
Vouchers
(pdf)**



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 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.

MEETS

We are part of the Upper North Swimming Interclub Swimming Comp. Our club selects a team each week to compete with Orroroo, Booleroo Centre, Gladstone, and Crystal Brook teams 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 February 2nd 2025. If you don't compete, we will still ask you to 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 4 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. You 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 on the Friday 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 24th Nov	Entries close Mon 18th Nov @ 4pm
Jamestown (SC)	Sun 2nd Feb	Entries close Fri 24th Jan @ 5pm
Booleroo Centre (SC)	Sun 16th Feb	Entries close Mon 3rd Feb @ 10am
Clare (SC)	Sat 22nd Feb	Entries close Sat 15th Feb @ 5pm
Mid North Sprints (SC)	Sun 23rd Feb	Entries close Sat 15th Feb @ 5pm
Whyalla (SC)	Sat 1st Mar	Entries close Mon 22nd Feb @ 11.30pm
Crystal Brook Open (SC)	Sat 15th Mar	Entries close Wed 12th Mar @ 9am
Crystal Brook Scratch (SC)	Sun 16th Mar	Entries close Wed 12th Mar @ 9am
Port Pirie (LC)	Sat 29th March	Entries close Mon 17th Mar @ 11.30pm

(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	Sat 4 - Tues 7 Jan	Entries Close
Mount Gambier - Wulanda Recreation Centre		Mon Dec 16th @ 12pm
SA State Age Long Course Championships	Fri 7 - Mon 10th Mar	Entries Close
SA Aquatic Centre (Marion)		Wed Feb 19th @ 9am

Swim Central ENTER A CARNIVAL

Swim Central
Quick
Access



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 2024/25 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 into 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 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 order online when the portal is up via

<https://www.piriesigns.com.au/club/jamestown-swim-club>

Swimming caps with Jamestown Logo are also available for purchase for \$10,

please see Karen Heness for purchase

**Access to Uniform
Purchase Portal**



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 2024/2025 CLUB COMMITTEE IS:

CLUB PRESIDENT	Shane Heness	0439 396 718
VICE PRESIDENT	Arlen Amey	0448 499 275
SECRETARY	Tim Hammat	0429 654 077
TREASURER	Karen Heness	0417 838 206
REGISTRATIONS OFFICER	Tracey Dewell	0427 88 11 04
CARNIVAL DIRECTOR	Tracey Dewell	0427 88 11 04
HEAD COACH	Adrian Dewell	0427 975 716
COACH	Shane Heness	0439 396 718
COACH	Jess Hammat	0448 669 363
NOMINATIONS OFFICER	Tash Hall	0429 835 196
MEMBER PROTECTION OFFICER	Annie O'Reilly	0417 870 611
FIRST AID OFFICER	Adrian Dewell	0427 975 716

We also have a great group of General Committee Members - Please consider joining our committee at any time during the season. More heads = more ideas = continued club success.

NATIONAL INTEGRITY FRAMEWORK INFORMATION



Please Scan to View PDF File

2023/24 CLUB SHIELD WINNERS

11 and Under

1st: Luke Heness (555)
2nd: Jake Hogan (200)
3rd: Holly Heness (166)

12 - 14 Shield

1st: Reagan Fleetwood (205)
2nd: Marcus Couch (114)
3rd: Chloe Hammat (112)

15 - 18 Shield

1st: Jordan Higgs (98)
2nd: Eliza Simpson (92)
3rd: Sarah Duncan (87)

19 & Over Shield

1st: Brenton Kupke (93)
2nd: Hayden Kupke (76)
3rd: Emma Sangster (53)

2023/24 Friday's Trophy Winner

Luke Heness (238)

2023/24 Season Club Champion

Luke Heness (555)

**GOOD LUCK FOR
2024/2025 SEASON
JAMESTOWN EMPERORS!**

