



Peakhurst Amateur Swim Club

Summer Season 2023/24

Welcome to Peakhurst ASC

Welcome to all swimmers and parents to the Summer 2023/24 Season of Peakhurst Amateur Swimming Club. Our club is a friendly, fun and diverse club that has been providing friendly competitive swimming for over 50 years. We have competent swimmers, improving swimmers, adult swimmers and swimmers as young as four years old and they all swim happily together in the same races.

All our races are seeded accordingly to swimming ability, and the only one you have to beat is yourself, to improve your PB. It's a great way to keep fit and make new friends.

If you are a new member and are not quite sure what to do, don't worry, there are plenty of people who will be happy to answer your questions. Ask at the front desk or any of the officials.

Club Website

<https://peakhurst.swimmingclub.org.au>

On our website you will find helpful information about our Club such as Club Records, Club Rules, Committee Members, results, newsletters, weekly swims and much more.

There is a lot of information to help you, so take a look and see what you can find.

Instagram & Facebook

Follow our social media pages for updates on club activities and achievements by our swimmers.



Instagram: peakhurstswimmingclub



Facebook: Peakhurst Amateur Swimming Club

Registration

Registration for new members is for 12 months, which includes both Summer and Winter Seasons.

There are 2 types of memberships: Club Swimmer and Full Swimmer.

Club Swimmer membership is perfect for those who only wish to compete in Club events including weekly racing, Club Championships and our own carnivals.

Full Swimmer membership is perfect for those who want to swim at outside carnivals as well as our Club Championships, weekly racing and our own carnivals.

Membership can be upgraded at any time by speaking to our Registrar, Donna Lane.

Registrations are done online via SwimCentral

<https://swimcentral.swimming.org.au>

Below is a breakdown of the membership fees, which excludes any platform processing fees:

Club Swimmer - \$155.00 for 12 months
Swimming NSW / Swimming Australia - \$79
MetSEA - \$4
Club Component - \$72

Full Swimmer - \$170.00 for 12 months
Swimming NSW / Swimming Australia - \$92
MetSEA - \$4
Club Component - \$74

2nd Claim Members - \$70.00

Non Swimming Members - \$34.50

We offer a 15% discount on the club component of our fees for families who register multiple people in the same transaction.

All swimmers must be registered after their 4th swim at club. Insurance is included in your registration fee and this is not effective until that fee is paid. Swimmers who are not registered by their 4th swim will not be allowed to compete.

How To Enter Races

Swimming commences at 3.30pm SHARP. Swimmers must submit their entries online via SwimCentral before 2pm on Saturday.

Anyone who misses this cut-off can manually enter races in person before 3pm on Saturday.

Race entries can only be entered via SwimCentral after the swimmer has registered and paid their registration fees. Until then you will need to email your entries BEFORE 2pm on Saturday through to peakhurstscmeets@gmail.com

Race Entry fees are \$2.00 per race, capped at \$6.00 per person, plus .10c transaction fee. Race entry fees are payable to the front desk before races commence at 3:30pm.

How Races are Organised

Before each season commences, the committee sets the race schedule for the season, also referred to as the Almanac. The season's Almanac is available on the website, at the front desk and on the club noticeboard at the pool.

Swimmers are graded according to ability. Beginners start with 15mtr swims, graduate to 25mtrs then to 50mtrs and so on as the swimmer achieves the required times.

New swimmers who are not sure of the appropriate distance to swim the first time should ask one of the officials. It is advisable to start with a shorter distance and then progress to longer races.

Starting and Finishing Races

If you (or your child) does not know the correct starting procedure for racing, ask one of the officials who can instruct your child on the correct procedure and a demonstration can be given by some of our senior swimmers.

Don't forget, when you finish your race, you must not get out of the pool until the referee indicates (usually by blowing a whistle) that you may leave the water. This is a most important rule of swimming.

After leaving the pool the recorder at the end of your lane can give you your time. Official times will be available on Meet Mobile and the Club Website at the end of the Meet.

Sprint Days

The first Saturday of the month is a Sprint Day where swimmers are awarded with a ribbon for the 2nd and 3rd race of the day.

Ribbons are opt-in, meaning your child will be awarded a ribbon for their race on request at the ribbon desk.

"Official" Club days

Times swum at "Official" Club days can be used to qualify for external meets such as Metsea, Metropolitan and State Championships.

"Official" Club days will be scheduled throughout the season, generally on the first week of each month (provided we have sufficient accredited officials present). Confirmation of "Official" club days will be provided in the weekly race entries email.

If you wish your child to swim a time trial for an unscheduled event (generally 100m or 200m events) on an "official" day, please email peakhurstscmeets@gmail.com by the Friday prior so it can be considered.

Record Attempts

Club records can be attempted at club days throughout the year.

To swim a Record Attempt you must complete the appropriate card (available at the front desk), and provide this to the Chief Recorder for the race committee for review/approval at least one (1) week prior to the planned attempt.

Record attempts will only be approved if:

- The stroke/distance is scheduled on the day of the attempt
- There are sufficient accredited officials available
- The swimmer has swum within the following times of the record in the preceding 6 months:
 - 6 seconds for the 200m events;
 - 4 seconds for 75m and 100m events;
 - 3 seconds for 15m to 50m events.

NB – all distances of 400m and over are automatic record attempts.

Championships

Peakhurst Swimming Club holds two (2) seasons per year, Winter and Summer Season. At the end of both these seasons we hold Club Championships where swimmers are placed in events based on their age. These events are swum like a carnival and awards are then presented to all swimmers at a Presentation Event a few weeks after Championships.

Fundraising Carnivals

Peakhurst Swim Club holds two (2) fundraising carnivals, one (1) each season.

Winter Season we host our Junior Sprint Meet in May for swimmers aged 12 years and under.

In Summer Season we host a Mini Meet Carnival in November for swimmers aged 10 years and under.

We always need volunteers to help run these carnivals, so we ask that our parents and friends come along and help us make these carnivals a success.

Both these carnivals are popular, and we get many outside swimmers coming along. We encourage all our swimmers to enter these carnivals - it is a great way to see how well your child's swimming is progressing.

Inter Club and District Carnivals

Club swimmers are encouraged to take part in the many inter club and district carnivals available. Targeted meets for our swimmers are advertised in the newsletter.

Carnivals held in the MetSEA area are available on the MetSEA website. The list is being continually updated so keep an eye on the page:

<https://metsea.swimmingclub.org.au/upcoming-carnivals/>

A full list of meets across Australia can also be found in SwimCentral under "Events".

Points can be awarded for attendance at outside carnivals when the meet coincides with a club day. An email must be sent to peakhurstascmeets@gmail.com before the meet in order for the points to be awarded.

Awards and Achievements

The first Saturday of the month is a Sprint Day where swimmers are awarded with a ribbon for the 2nd and 3rd race of the day.

Swimmers earn points for each race they enter. This is calculated on their PB.

At the end of each month these points are tallied and the top 5 girl and top 5 boy swimmers will receive a medal. The top point scorer for the month will receive a trophy, which they keep for a month before passing it onto the next month's winner.

We also reward our swimmers with a certificate when they break a record.

Club Captains

At the start of each season swimmers aged 10 and over are asked to nominate and vote for a boy and a girl Club Captain. Swimmers 12 years or older can be nominated as Club Captain.

Club Captains assist with tasks as required by committee members and officials, and also assist the younger swimmers.

How Parents Can Help

Like all community sporting groups, Peakhurst Swimming Club relies on volunteers to run the club. Our club has a has an excellent tradition of volunteering where everyone joins in the running of our Club. Help is always needed, and new volunteers are given instruction and advice, and are very warmly welcomed.

It takes quite a few people to keep the Club running each week. We need at least five (5) recorders (one for each lane), plus a minimum of five (5), but ideally ten (10) time keepers, a starter, chief timekeeper and one (1) marshal.

On the first Saturday of the month (Sprint Day), we also require two (2) people to write ribbons.

The work is not difficult, and the kids really love to have their parents involved.

Club Email Address

If you need to get in touch with a member of the committee for any reason or wish to have an item included on the agenda at a club meeting, please email peakhurstasc@gmail.com

Club Newsletter

The Club newsletter comes out at the start of each month and is distributed via email. Copies of the newsletter are also available at the front desk on the first Saturday of the month and on our club noticeboard. The newsletter keeps you up to date with what is happening at Club.

In the newsletter you will find information about carnival achievements, details of upcoming events, records broken, achievements of Club members (both swimming and other) and lots more. If you have any news or information that you would like put in the newsletter please email Deb at deb.hogan@outlook.com.

Refreshments

Soft drinks and water are available for purchase at the front desk for a cost of \$1.60, and ice blocks (zooper doopers) and snacks are also available at a cost of 60 cents.

Club Gear & Apparel

We have various items of swimming apparel available for sale. Our gear is very reasonably priced and practical which can be purchased from the front desk.

See the front desk for further information.

Social Activities

We hold social activities at the end of each season and at various times throughout the season.

These events are advertised in the newsletter in advance.

Monthly Club Meetings

Club meetings are held on the first (1st) Wednesday of each month at 7.30pm at **Club Rivers, Littleton St, Riverwood.**

All parents and senior swimmers are welcome to attend and to participate in the friendly discussions and decision making.

Thank You

We are very happy that you have decided to join Peakhurst Swimming Club and we are more than happy to assist you. If you have any questions please do not hesitate to ask any of the committee members.

We look forward to seeing you each week and hope you enjoy the friendly and fun swimming environment and will remain at Peakhurst Swim Club for many years.