



PEEL AQUATIC CLUB INC

HANDBOOK

SEPTEMBER 2022

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ABOUT US

Peel Aquatic Club, established in 1987, is committed to promoting and encouraging participation in the sport of swimming.

We are a competitive Swimming Club where coaches, swimmers, and parents work in partnership, sustaining a culture of teamwork, excellence, and commitment where swimmers can develop to their full potential.

We pride ourselves on offering swimmers of all ages an exciting, motivational, and professional environment in which to enjoy the sport of swimming.

We believe swimming should be a fun and social experience for everyone, including their families, where friendships are formed, and lifelong memories created.

At Peel Aquatic, every swimmer is given the opportunity to experience, challenge and achieve along the journey to reaching their full potential in a fun, supportive, motivational, and encouraging environment.

Peel Aquatic is affiliated with Swimming WA, the peak governing body for swimming in the state, and regularly has members competing in Regional, State, National and International competitions.

Our Club seeks to be the best competitive swimming club in the Southwest Region whilst providing the best family club environment.

COMMUNICATION

COMMITTEE

President	president@peelaquaticclub.org.au
Vice President	vicepresident@peelaquaticclub.org.au
Treasurer	treasurer@peelaquaticclub.org.au
Secretary	secretary@peelaquaticclub.org.au
Registrar	registrar@peelaquaticclub.org.au

SUB-COMMITTEE

PAQ has several officers who are responsible for assisting with the day-to-day operations of the Club.

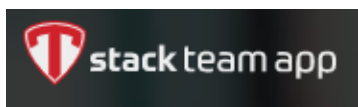
Uniforms Officer	uniforms@peelaquaticclub.org.au
Grants Officer	grants@peelaquaticclub.org.au
Recorder	recorder@peelaquaticclub.org.au
MPIO	mpio@peelaquaticclub.org.au
COVID Officer	covid@peelaquaticclub.org.au
Safety Officer	safety@peelaquaticclub.org.au

COACHES

Head Coach	zb@peelaquaticclub.org.au
Competitive Coach	mmwpeelaquatic@gmail.com
Development Coach	junior.coach@peelaquaticclub.org.au

CLUB COMMUNICATIONS

Peel Aquatic Club utilises Stack TeamApp to communicate all important news information regarding the club, club events, important documents as well as squad training times.



Download [Stack TeamApp](#) onto your smart device via the app store
Turn notifications on
Search for Peel Aquatic Club
Request access into relevant squad

All members can safely use Peel Aquatic Club on TeamApp; members under 18 years old will be linked to their parent(s)/ guardian so they can see the same information.

It is the responsibility of all members to ensure they check TeamApp regularly to ensure they do not miss important club information.

INTEGRITY, POLICY, RULES

PEEL AQUATIC CLUB RULES

Our Club rules, or constitution, outline our legal requirements with our members as an incorporated association.

PEEL AQUATIC CLUB POLICIES

CODE OF CONDUCT

The purpose of this document is to ensure all Club members, including Athletes, Officials and Volunteers, have a clear understanding of expected behaviour and to make it clearly understood that breaches of these codes will result in disciplinary action.

CHAPERONE POLICY

We are committed to providing the best possible support for chaperones and the young people they work with and have under their care and guidance. The chaperone also plays an important role in creating a positive team and club culture, in fostering cooperation and team spirit.

ELITE PATHWAY PROGRAM

Peel Aquatic Club offers members who meet a certain criteria, the incentive to participate within the Elite Pathway Scholarship program

FUNDING POLICY

The Peel Aquatic Club, in an effort to provide support and assistance to swimmers competing at a high level, will endeavour to provide some form of funding to those members who qualify and enter to compete at the Australian Open and Age Championships and other national/international events where swimmer is representing Peel Aquatic Club.

SWIMMING AUSTRALIA POLICIES

SAFE SPORT FRAMEWORK

Swimming Australia's Safe Sport Framework comprises of two documents, the Safeguarding Children and Young People Policy and Member Protection Policy.

OTHER SWIMMING AUSTRALIA POLICIES

Other policies, such as Swimming Australia's Anti-Doping Policy, Code of Conduct, Sport, Privacy, Travel, Swimwear, etc can be found on Swimming Australia's website.

USEFUL LINKS

Peel Aquatic Club website	https://www.peelaquaticclub.org.au/
Facebook	https://www.facebook.com/peelaquatic/
Instagram	https://www.instagram.com/peelaquatic/
Kids Sport	KidSport Western Australian Government
My Swim Results	www.myswimresults.com.au
Swimming WA	https://wa.swimming.org.au/swimmer-resources

MEMBERSHIP & SQUAD FEES

CLUB MEMBERSHIP

All new and transferring members are offered a free 1-week trial within an assessed squad prior to joining the Peel Aquatic Club.

Member's must remain financial to participate in Club and Swimming WA activities throughout the year.

Peel Aquatic Club Membership year runs from 1 October to 30 September and allows members to participate in squad training, social events and competitive meets including club nights, club time trials and Club Championships.

SWIMMING WA MEMBERSHIP

All Club members are required to hold a current Swimming WA membership, which provides benefits such as:

- Comprehensive insurance when engaging in club activities
- Swimming Australia's Bio Island JX Program and Australian National Age Challenge
- Online entries for all competitions through My Swim Results
- Early access to Swimming WA merchandise
- State Performance Pathway Program for identified swimmers
- Subscription to Swimming WA's monthly e-newsletter the Western Swimmer
- Protection via Swimming Australia's Safe Sport Framework
- Exclusive member discounts and functions

Swimming WA membership runs from 1 October to 30 September each year.

A membership with Swimming WA will be arranged upon joining the Club, however it is the responsibility of the swimmer / guardian to ensure that their Swimming WA membership is renewed directly with Swimming WA before 1 October each year via the MySwimResults website.

Further information regarding Swimming WA membership categories can be located:

<https://wa.swimming.org.au/membership/202122-membership-categories>

SQUAD FEES

Squad Fees are payable by members to participate in squad training. Squad fees will depend on which squad the member has been allocated to train in.

Squad fees are invoiced every 4 weeks and payment is due 28 days from the invoice date.

Please quote your invoice number and swimmer's surname in the reference when making payment. If you experience any issues or difficulty paying your fees, please contact the Treasurer.

OUTSTANDING FEES

In accordance with the Club's Rules, if a member's fees are overdue by more than 3 months, they will no longer be a member and will not be entitled to any rights or privileges of membership, including the right to vote at a General Meeting.

In addition, you may be deregistered as a member of Swimming WA preventing you from attending or registering at swim meets or for another club as it is a requirement of Swimming WA you remain a financial member of an affiliated club.

Members are not able to transfer to another club if any monies are owed to Peel Aquatic Club.

NOTICE PERIOD

4 weeks notice is required to cease swim squad training.

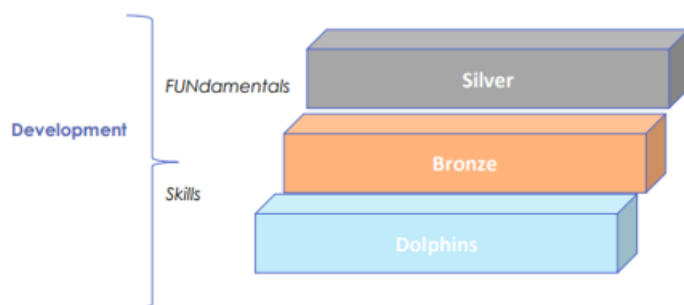
Notice must be given in writing to treasurer@peelaquaticclub.org.au and registrar@peelaquaticclub.org.au

SQUAD STRUCTURE

Our Coaches will perform squad reviews every quarter, assessing members from test sets aligned to the requirements outlined within a squad criterion. They will then determine if a member should be moved into another squad more suitable to their swimming ability and development.

DEVELOPMENT SQUADS

Our Development Squads consist of Dolphins (including Mini Dolphins), Bronze, and Silver Squads.



At these FUNDamentals stages the aim is to be structured and fun! Due to a child's attention span being short there is a strong need for positive re-enforcement. Growth at this age is rapid due to the development of large muscle groups, and therefore the emphasis should be on developing basic movement literacy and fundamental movement skills.

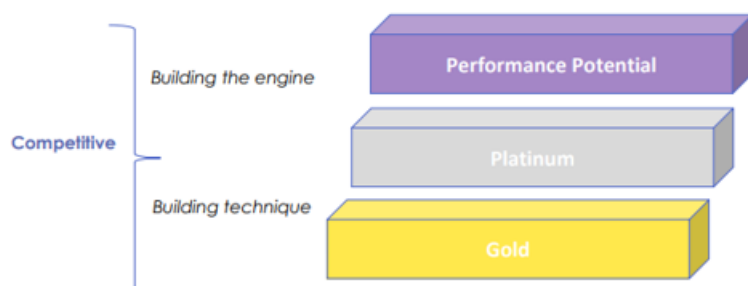
During the 'Swim Skills' period, the nervous system is almost fully developed and there are rapid improvements in the co-ordination of movement skills. As a result, young people should learn how to train and develop sport specific skills.

This is a suitable time to work on developing excellent technique in all four strokes as well as starts, turns and finishing skills. A multi stroke approach to training and competition will not only reduce the likelihood of injury but also ensure interest levels will remain high with the result that swimming should continue to be fun.

It is often a good idea to participate in complementary sports i.e., those sports, which use similar energy systems and movement patterns.

COMPETITIVE SQUADS

Our Competitive Squads are Gold, Platinum, and Performance Potential.



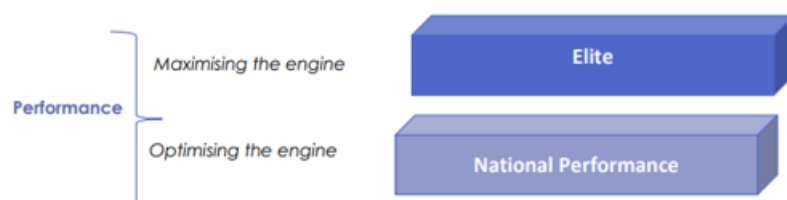
The focus here is building technique while building the engine as well as "training to train" rather than over competing.

Training should be predominately high-volume low intensity workloads and periodisation is introduced.

Long Term Athlete Development (LTDA) is key to a sustainable club program and allowing swimmers to reach their full potential.

PERFORMANCE SQUADS

Performance Squads consist of National and International level senior swimmers in our National Performance and Elite Squads.



The National squad will consist of National level swimmers with the aim to produce as many National Age group medallists, finalists, and qualifiers as possible. The focus is preparing swimmers for the very highest level of competition.

The aim of the Elite Squad is to produce Australian Open Medallists and place swimmers on International Teams, competing at major events such as Commonwealths, Worlds and Olympic Games.

CLUB COLOURS & LOGO

CLUB COLOURS

Peel Aquatic Club colours are Maroon and White.

	BLACK #000000
	WHITE #FFFFFF
	MAROON #992747
	LT BLUE #00A9E5

PEEL AQUATIC LOGO



CLUB UNIFORM

Club caps, bucket hats, t-shirts, jumpers, deck coats and accessories can be ordered through the Club's Uniform Officer.

Additional uniform requirements for specific events such as Country Pennants, State Championships and Australian Swimming Championships (Nationals) are outlined within the Peel Aquatic Club Funding Policy.



TRAINING

Peel Aquatic Club's home swimming pool is Mandurah Aquatic & Recreation Centre (MARC). The Club may also utilise other local swimming pools if the MARC is under repair.

Please refer to Team App for current squad training days and times.

Please come prepared with all required training equipment (refer to Appendix A – Squad Equipment List for further information)

Please notify your coach at the beginning of the session if you must leave early, or if you have any injuries or other circumstances which may affect your training.

If you have any problems, please speak to your coach before or after training (try not to disrupt the session unless necessary) - Good communication with your coach is important.

TRAINING CODE OF CONDUCT

All swimmers are highly visible ambassadors of the club, and as such, the Club expects that they always conduct themselves appropriately and in line with the requirements outlined within the Peel Aquatic Club Code of Conduct.

PUNCTUALITY



Please ensure you arrive early for training to avoid unnecessary disruption to your coach and other swimmers. Being on time means being ready to get into the water or start dry land warm up at the scheduled training start time.

Swimmers must come prepared with all equipment required for training (refer to appendix A for equipment list) – including a full water bottle.

MARC RULES

All members 12 years and under must be accompanied into the pool by a parent/guardian and handed over to/collected from their coach.

All swimmers are required to stay off the lane ropes.

No running on the concrete area of the pool.



RESPECT

At Peel Aquatic Club we value family, and all swimmers and family members must respect other people, property, and rights to privacy during training, competitions, or any other club related event.

Eyes and ears should be on the Coach when they are talking or demonstrating – chit chat can wait until the end of the session.

Keep your hands and feet to yourself, and if you do accidentally touch a fellow member, be sure to apologise.

Foul or offensive language is not acceptable at any time and may result in the member being asked to leave the session.

SPECTATORS

During squad training our swimmers are required to be focussed on the Coach. To avoid distractions to our coaches / swimmers we ask when training:

Outside – all spectators sit under the Peel Aquatic Club record board at the top ½ of the grandstand.

Inside – all spectators sit in the Café area on pool deck

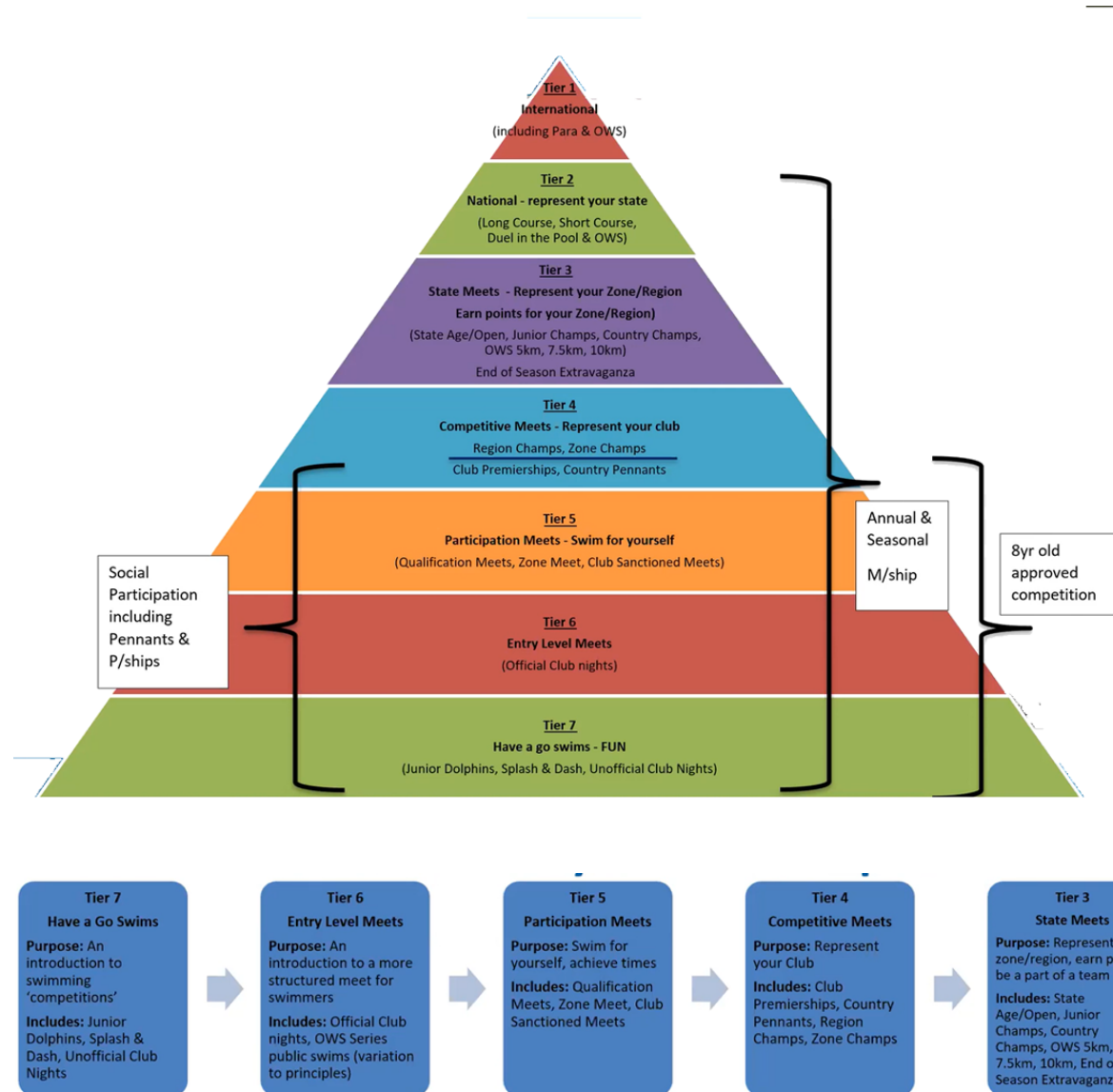
Please refrain from engaging in conversations with coaches during allocated squad training times as our coaches have a duty of care to be watching all swimmers whilst on pool deck.

SWIM MEETS

Parents are responsible for enrolling their swimmer into swim meets via the MySwimResults website prior to closing date (for detailed instructions please refer to Appendix B Entering a Swimming Meet)

All Club target meets, Club Nights and Club Time Trials are listed on the Club's Competition Planner within Team App Documents and within Team App Events.

SWIMMING WA COMPETITION PATHWAY



TIER 7: HAVE A GO SWIMS

Unofficial Club Nights/Time Trials and Splash and Dash Events are intended to be social and fun events for our Development swimmers providing the perfect opportunity to introduce our junior club members to competition in a fun and relaxed environment..

TIER 6: ENTRY LEVEL MEETS

Our Club Nights /Time Trials are held at the Mandurah Aquatic and Recreation Centre and are usually official Club meets as we have several parents qualified to officiate. This means our swimmers achieve official times they can use when entering swim meets.

Please refer to Team App for more information.

Swimming Awards for swimmers training hard, achieving first time swims, exceptional personal bests and records are also handed out in front of all club members on these nights as well as a special introduction for all our new members.

If you have entered a Club Night or Time Trial, please advise the Club Recorder (recorder@peelaquaticclub.org.au) if you/ your swimmer is unable to attend due to illness, injury, or unavoidable absences so events can be reseeded.

Please engage with your Coach if you are unsure of what events to swim.

SWIMMER EXPECTATIONS

- Good conduct, stay close to the marshal and listen out for your event and coaches' instructions.
- Be a good sports person and cheer your friends and other members on.

PARENTS

All parents who have children swimming are required to help with set up and time keeping. (3 per lane) at Club Nights/Time Trials.

All parents are required to help in some way and time keeping is the easiest and most enjoyable way a parent can provide support to their child and the club.

WITHOUT PARENT HELP, CLUB NIGHTS CAN NOT PROCEED.

CLUB OFFICIALS

Our Club requires Swimming WA accredited Technical Officials (TO) to be able to run our own SWA sanctioned meets and official Club Nights /Time Trials.

If you are interested in becoming a TO, online courses can be accessed via the below link and training can be provided during Club Nights/Time Trials.

<https://wa.swimming.org.au/resources/officials/accreditation-and-courses>

TIER 5: PARTICIPATION MEETS

Our Head Coach decides which swim meets our swimmers will target for the upcoming season. These are published on Team App.

- These competitions are required to assess a swimmer's ability throughout the season and to enable them to achieve personal bests and qualifying times for championship events.
- Our Head Coach has designed the training program around our targeted meets so it is important to speak to your Coach prior to entering a meet as your Coach may have specific event(s) you are required/or not required to enter.
- If you wish to enter non-target meets it is also imperative that you speak to your Coach before entering the meet.
- Targeted meets are compulsory for squad swimmers; therefore, you should inform your Coach if you cannot attend a targeted meet.
- Some swim meets are based on a selection criterion, such as Country Pennants, Country Championships, Club and State Relay selection.
- There may be targeted meets for junior squads, some for senior squads and other targeted meets for all the Club. Our Head Coach or a Club Coach will always attend a targeted meet.

SEATING

We try to sit together at swim meets as a Club, but no seats are booked so it's first in best dressed. It is advisable that you get there at least 15-20mins before the start of warm-up so we can choose a good spot to sit for the day.

WARM UP

Swimmers will do a 15-minute dry land warm-up starting at 7.45am before the pool warm-up commences at 8.00am (always check warm times as they may differ depending on the swim meet).

- After the completion of the warm-up, swimmers get an opportunity to practise race starts (your Coach will be there to assist at targeted meets).
- It is recommended all swimmers do a swimming warm-up, regardless of when they arrive at the pool.
- Following warmup, swimmers should get dry and warm, put on their racing bathers, and return to their seats.
- It is a good idea to drink some water and have a light snack if you are not swimming in the first 30 minutes of the day.
- Swimmers may find it useful to use a pen or marker to write the events on the back of their hand or arm, so they are aware of their event numbers.
- Locate the Event number board and ensure you know where to go for marshalling.

SWIMMER EXPECTATIONS

- Good conduct, stay close to the club seating or swimmers seating area and watch out for your event number.
- Ensure you talk to your coach before and after your race for instruction and feedback.
- Be a good sports person and cheer your friends and other club members.

PARENT / GUARDIAN EXPECTATIONS

All parents of swimmers under 18 are to adhere to the requirements outlined within Peel Aquatic Club (PAQ) - Swim Meet Timekeeping/Volunteering Guideline.

TIER 4: COMPETITIVE MEETS

SOUTHWEST REGION CHAMPIONSHIPS

Peel Aquatic Club is a member of Swimming WA's Southwest Region.

The Championships are a whole Club targeted meet where the Southwest Regional team is announced.

COUNTRY PENNANTS

Country Pennants is the largest country club swim meet on the Swimming WA calendar and is always held on the 1st long weekend in March.

At least 32 WA country clubs enter and around 2,500 people will attend Country Pennants with approx. 900+ swimmers entered.

Our Head Coach selects a team to represent Peel Aquatic Club at Country Pennants based on fastest times achieved at time trials and other competitive swim meets.

Peel Aquatic Club has always taken great pride in the team it sends to Country Pennants, and it is an honour for a swimmer to be selected as part of the team.

Currently, as at the end of the 2022 Summer season, Peel Aquatic Club has won the A Grade for the past 4 years.



TIER 3: STATE MEETS

If swimmers wish to enter State Championship level meets, they must have achieved the relevant qualifying time for each event.

Qualifying times are released each year following an assessment of swimmers' times across the State.

Information about State level meets can be found on Swimming WA's website and Almanac or on MySwimResults Calendar.

COUNTRY CHAMPIONSHIPS

Country Championships is held annually in January at HBF Stadium and is an opportunity for the best country swimmers from across Western Australia to compete against one another.

Qualifying times required: AA qualifying times

SENIOR STATE CHAMPIONSHIPS

Swimming WA hosts annual Junior Senior State Swimming Championships in Summer (long course 50m) and Winter (short course 25m).

Qualifying times required: State qualifying times



END OF SEASON CHAMPIONSHIPS

Swimming WA host an annual End of Season Championship for the Top 12 swimmers in each zone per event and Age where swimmers will be invited to join a League Team. PAQ swimmers can only be selected to join the Region (Country) Team

OPEN WATER STATE CHAMPIONSHIPS

Open Water events are held throughout the Summer season at various beaches around the state.

Swimmers can enter various distances with Open Water State Championships held for the 3km, 5km and 10km events.



TIER 2: NATIONAL MEETS

National meets may include Australian Swimming Championships and Australian Age Swimming Championships (long and short course), Australian Open Water Swimming Championships, Duel in the Pool, and State Teams.

Qualifying times required: National Qualifying Times

Team selection events: Duel in the Pool & State Teams

Information about National events can be found on Swimming Australia's website.

TIER 1: INTERNATIONAL MEETS

Most countries, including Australia, will run swimming trials for events such as the Commonwealth Games, Pan Pacific Games, European Championships and the World Swimming Championships and Olympic Games.

Qualifying times will be required to enter.

CLUB CHAMPIONSHIPS

Our Club Championships are usually held at the end of Summer season, with the firm date being subject to the swim meet calendar.

1. ALL EVENTS TO BE SWUM ON THE CHAMPIONSHIP DAY ONLY.
2. A swimmer's age will be that of the first day of the championship.
3. All swimmers will compete for Champion or Runner Up boy / girl trophies in their own age group starting from nine (9) through to sixteen years and then from Seventeen (17) and over.

To be eligible for the Club Championship Trophy or Runner-up Trophy swimmers are required to participate in 70% of Club Nights held throughout the Club calendar year (based on starting date with PAQ).

All Swimmers MUST have a 'current' recorded time in my Swim Results for the nominated distance and stroke prior to the Championships.

To qualify for Champion or Runner-up, the swimmer MUST obtain maximum points from the following events:

UNDER 9 YEAR-OLDS

Must compete in all three (3) of the following events:

- 25m Freestyle
- 25m Backstroke
- 25m Breaststroke

9-11-YEAR-OLDS

Must compete in a minimum of three (3) of the following events:

- 50m Freestyle
- 50m Backstroke
- 50m Breaststroke
- 50m Butterfly
- 100m IM

12-YEAR-OLDS & OVER

Must compete in a minimum of three (3) of the following events:

- 100m Freestyle
- 100m Backstroke
- 100m Breaststroke
- 100m Butterfly
- 200m Individual Medley

RELAY SELECTION

In determining which swimmers will be selected for Club Relay Events, the Club may have regard to any, all, or none of the following factors, in its absolute discretion, which may or may not be exercised:

- the swimmer's past relay performances at competitions including past relay skills, such as changeover times and splits; and
- the swimmer's physical form and fitness; and
- the benefit or detriment of the swimmer's membership in the relay with respect to relay dynamics and team performance; and
- any other factors the Club's Head Coach and/or Coaching Team considers relevant.

The Club will select swimmers who, in the opinion of the Head Coach and/or Coaching Team, in its absolute discretion:

- will be most likely to achieve the highest competitive results at the competition; and
- is, and will remain until the conclusion of the competition, a positive ambassador for the sport, the Club, and the competition.

DISQUALIFICATION AT MEETS

The cost of a protest against disqualification submitted at any meet at which a PAQ Athlete is in attendance will be borne by the swimmer. If there is a Coach in attendance, the Coach can advise on the course of action a swimmer might take following disqualification from an event, but neither the Club nor Coach will bear the cost of an unsuccessful protest.

FUNDRAISING

The Peel Aquatic Club fundraises over ninety percent (90%) of the monies needed to finance club expenditures i.e., bus transport to Club Swim Meets (Country Pennants), coaching equipment etc.

If you can be involved with ANY form of assistance, please speak to the Fundraising Coordinator, or any Committee Member.

VOLUNTEER EXPECTATIONS

It is a Peel Aquatic Club requirement that all families volunteer at least 2 hours of their time for general fundraising, per swimming member, to fund events through-out the year.

Additional fundraising commitments are required for specific events such as Country Pennants, Australian Swimming Championships (Age/Open Nationals) in accordance with the relevant fundraising policy.

If a member fails to fulfil fundraising commitments specific to an event, the member will not be eligible for any discounts in respect of attending the event.

FUNDRAISING LEVY

If a member fails to fulfil the minimum general fundraising expectations, a fundraising levy will be invoiced at the end of the financial year. The Fundraising Levy will be determined each year by the Committee.

VOLUNTEERS

Peel Aquatic Club is run by volunteers via the Executive Committee, however we can not survive without the help and support from volunteers.

Volunteering is a rewarding way to make new friends whilst learning a new skill, so please considering offer your assistance



HEALTHY CLUB POLICY

The health of swimmers and supporters is of primary concern to Peel Aquatic Club.

SPORTS SAFETY

We will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of swimming and training.
- Providing safe swimming facilities, first aid equipment and accredited First Aiders at all training sessions and carnivals
- Ensuring adequate public liability and swimmer insurance for all registered members
- Encouraging all swimmers with a prior or current injury to seek professional advice from a sports medicine professional and be rehabilitated before returning to swim

COVID 19

The World Health Organisation declared the Novel Coronavirus (2019-nCoV) a Global Health Emergency on the 30th of January 2020 and a Pandemic on 11th March 2020.

All new members must sign the Covid-19 Questionnaire available in Documents on the Club's Team App and return it to the Club's Registrar.

Peel Aquatic Club will take reasonable, proportionate steps in accordance with published advice, to respond to the current (known) risks associated with the virus.

It is important that any person who enters any part of the pool, club or venue is medically and physically fit and is not a danger to themselves or to the health and safety of others. If you are not sure, you should seek medical advice from the National Coronavirus Health Information Line on 1800 020 080.

If a Club Member is showing any symptoms related to Covid-19 listed below or are a close contact of a confirmed case, they must:

- Not attend the Mandurah Aquatic Recreation Centre or any Club training session or event.
- Immediately advise the Club's Covid-19 Officer via the COVID-19: Report Symptoms or Close Contact form located within Team App Documents
- Attend a test centre for Covid-19 and isolate until you receive negative test result or 7 days as advised by the Department of Health
- If you are subsequently diagnosed with Covid-19, you must notify the Club's Covid-19 Officer using the Covid Reporting Form on Team App Documents and follow public health directions.
- Any swimmer who presents with symptoms (and/or diagnosed with COVID-19) whilst attending Club training or activities will be treated with the upmost care and consideration by Coaching staff and Members.
- The swimmer's privacy and reassuring the swimmer, while balancing the need for public safety, is important.
- Your Coach or Club Official will identify a room or area where someone who is feeling unwell or has symptoms can be safely isolated, given a mask, and call a parent/ caregiver and/or the COVID-19 triage care hotline for further advice –1800 020 080.
- If you have any concerns about your health and COVID-19, you can call the National Coronavirus Health Information Line on 1800 020 080.

SUN PROTECTION

We will actively seek to promote, encourage, and support sun protection at meetings, training, and competitions (local, regional, state and national).

Our Club has followed the Cancer Foundation of WA guidelines for uniforms.

Where possible the Club will:



- avoid outdoor activities during the hours of 10.30 am to 2.30 pm. Apply sunscreen at all outdoor training sessions.
- provide a SPF30+ or higher broad-spectrum water-resistant sunscreen for members.
- encourage members and supporters to wear a hat that complies with the Cancer Foundation of WA recommendations while participating in Club activities.
- make maximum use of existing shade at facilities.
- provide portable shade structures at competitions held away from home ground in outdoor venues.
- promote sun safety through newsletters, brochures and over the public address system at competitions.

HEALTHY EATING

We recognise the importance of good nutrition for sports performance by promoting good nutrition and healthy eating messages.

SMOKING / VAPING

We recognise that smoking and vaping are hazardous to health. PAQ will ensure a smoke-free/vape-free environment by:



- Ensuring all club functions are smoke-free and vape-free.
- Supporting the No-Smoking Policy of any facilities used

ALCOHOL

We will promote the responsible adult use of alcohol at Club Social club functions by:



- Discouraging excessive or rapid consumption of alcohol.
- Ensuring alcohol is not served to any person who is under the age of 18 years.

Alcohol will not be promoted by the Club in accordance with Swimming Australia policies.

OTHER DRUGS

We discourage the use of medications in respect of injury/ recovery that would enable a participant to compete where they would not otherwise have been able.



- The use of illicit drugs and performance enhancing drugs is not permitted by any Peel Aquatic Club members.
- We will adopt and be guided by the Sports medicine Australia policy on the administration of medications by non-medical personnel.
- All swimmers should refer to Swimming Australia's Anti-Doping Policy.

APPENDIX A – SQUAD EQUIPMENT LIST

All swimmers within each squad are expected to come prepared to training with the below required equipment:

ALL SQUAD EQUIPMENT

Water Bottle (500ml+)

Even though you swim in water, your body is working hard and it is very important that you stay hydrated throughout the training session.

Goggles

Please bring at least two pairs as goggles are a swimmers' best friends - and they can break easily.

Swim Cap

We generally encourage you to wear a Peel cap at all times, including training; however, wearing a Peel cap is only a MUST at competitions. Some swimmers like to wear their favourite colour caps during training, and that is ok. Always bring at least two pairs, as they, same as the goggles, can easily break.

Fins

There are many different varieties of fins available to purchase. Please talk to your coach which ones are recommended for your squad.

Kick Board**Pull Buoy**

Either of these pull buoys are great.

**Mesh Bag**

to keep all your equipment inside, these speedo mesh bags are very popular.



ADDITIONAL SQUAD EQUIPMENT

Front Snorkel

Required for Silver swimmers and above

**Hand Paddles**

Required for Gold swimmers and above

**Parachutes**

Required for Performance swimmers and above

Don't forget to have your name on all your equipment, as these can easily get mixed up!



Have fun and 'just keep swimming'!

APPENDIX B – ENTERING A SWIMMING MEET

Swimmers/ Parents are responsible for:

- entering Club targeted swim meets via the MySwimResults website www.myswimresults.com.au
- discussing with their Coach which events to enter

Entries will close, approximately 1-2 weeks before the meet, and at times may close before the advised closing date if event is at capacity.

- Log into the MySwimResults website www.myswimresults.com.au
- Click on the Calendar heading
- Log in as:
 - Guest (change State to Western Australia) and select Next; or
 - Enter Username and Password to access your personalised MySwimResults subscription
 - Members can subscribe to myswimresults.com.au and create a personal account, where you will have access to additional features including on-line progress reports and visibility of rankings within WA
- Select date for the Swim Meet to bring up the Entries Wizard

My Swim Results

Swim Meet - The Officials Group SC Pentathlon

Month: [All](#) [May 2017](#) [June 2017](#) [July 2017](#) [August 2017](#) [September 2017](#)

Venue: HBF Stadium
 When: Sunday, 11 June 2017
 Entries Due: Thursday, 1 June 2017 (Closing in 10 days)
 Hosted: Officials Group
[Entries Wizard](#)
[Confirmed Entrants](#)
 Entries to events will become limited or close should the number of entries start to exceed a reasonable finishing time.

- Click on the **Entries Wizard** option to enter your swimmer's name
- Select **Remember** and click on **Search**

My Swim Results

Entries Wizard - The Officials Group SC Pentathlon

[Meet Entries](#)

Venue: HBF Stadium
 When: Sunday, 11 June 2017
 Entries Due: Thursday, 1 June 2017
 Hosted: Officials Group

Search for an existing member.
 Given Name:
 Surname:
☐ Exact name search
☒ Remember

Start by searching for your name

All events conducted as timed finals.
 Swimmers must compete in all 5 events. \$35 for 5 events.
 Additional 400m Freestyle, 400 IM and 800m Freestyle are \$10 per event.

All the events you/your swimmer is eligible to compete in will appear (some meets have qualifying entry times).

Select the events you want to swim

Bronte Mladineo Sort Order

#	Event	Cost	Entry Time	Previous Swim Meet	Swim Date
<input type="checkbox"/>	51 Girls 8 to 9 years 50 Butterfly	\$0.00	52.15	2016 Western Sprint Extravaganza	26 Jun 2016
<input checked="" type="checkbox"/>	59 Girls 8 to 9 years 50 Backstroke	\$0.00	46.13	2016 WAN Junior SC Championships	24 Sep 2016
<input checked="" type="checkbox"/>	67 Girls 8 to 9 years 50 Breaststroke	\$0.00	1:01.25	Officials Group Short Course Pentathlon	29 May 2016
<input checked="" type="checkbox"/>	75 Girls 8 to 9 years 50 Freestyle	\$0.00	39.62	2016 WAN Junior SC Championships	24 Sep 2016
<input checked="" type="checkbox"/>	81 Girls 9 years and under 100 Individual Medley	\$0.00	1:42.28	2016 WAN Junior SC Championships	24 Sep 2016

Tick the above tickboxes to select which events you want to swim.

- Select the check boxes of the events you/your swimmer wants to participate in

NOTE: If Relays are available and you wish to be eligible for selection for a Club relay, you must tick the relevant box to indicate you are available for selection.


8. Click **Next**. The following screen will appear, check all requested events have been chosen

Name: Bronte Mladineo

Event Entries

#	Event	Cost	Qualifying Time	Entry Time	Previous Swim Meet	Swim Date
51	Girls 8 to 9 years 50 Butterfly	\$0.00	None	52:15	2016 Western Sprint Extravaganza	26 Jun 2016
59	Girls 8 to 9 years 50 Backstroke	\$0.00	None	46:13	2016 WAN Junior SC Championships	24 Sep 2016
67	Girls 8 to 9 years 50 Breaststroke	\$0.00	None	1:01:25	Officials Group Short Course Pentathlon	29 May 2016
75	Girls 8 to 9 years 50 Freestyle	\$0.00	None	39:62	2016 WAN Junior SC Championships	24 Sep 2016
81	Girls 9 years and under 100 Individual Medley	\$0.00	None	1:42:28	2016 WAN Junior SC Championships	24 Sep 2016

* Indicate unverified entry times.



☒ I Accept the [Terms and Conditions](#) *

Are these entries correct? [Add to Cart](#) or [Return to start](#)

All events conducted as timed finals.

Swimmers must compete in all 5 events. \$35 for 5 events.

9. Select the **I Accept the Terms and conditions checkbox** (read the terms & conditions)

Continue the above steps to add additional swimmers and then proceed to payment page.

10. Once completed check your enrolments by going back to the calendar page, select the swim meet that you entered – and click **confirmed entrants**

Swim Meet - The Officials Group SC Pentathlon

Venue: HBF Stadium

Month: [All](#) [May 2017](#) [June 2017](#) [July 2017](#) [August 2017](#) [September 2017](#) [October 2017](#) [November 2017](#)

When: Sunday, 11 June 2017

Entries Due: Thursday, 1 June 2017 (Closing in 10 days)

Hosted: Officials Group

[Entries Wizard](#)

[Confirmed Entrants](#)

Entries to events will become limited or close should the number of entries start to exceed a reasonable finishing time.

All events conducted as timed finals.

11. Click on **Peel Aquatic** and check that your swimmers' name appears.

Use the [Entries Wizard](#) to register for the meet.

Search: [Search](#)

Club	Abbrev	Competitors	Entries
Arena	ARE	4	20
Boddington	BOD	5	22
Breakers WA	BRW	11	43
Bunbury	BUN	2	10
Central Aquatic	CAQ	6	30
Geraldton	GRTN	2	10
GMAS Swimming Club	GMAS	3	18
Guildford Kalamunda	GKSC	31	163
Kalgoorlie	KLK	2	10
Kwinana	KWI	1	5
Peel Aquatic	PAQ	13	64
Riverside	RIV	7	35
Riverton	RVA	20	101
Rockingham	ROC	14	74

APPENDIX C – WHAT TO BRING TO A SWIMMING MEET**SWIMMER**

2 x Bathes (training bathes for warm up, racing bathes for racing events)

2 x Towels

2 x Goggles

Club Cap

Warm clothes, consisting mainly of club uniform (for younger swimmers label everything as nervous children are forgetful children)

Always wear shoes/ thongs – heat and energy are lost through your feet, so ensure that you have a pair of shoes and socks to wear.

Water, energy snacks, lunch, money for entry and the café.

PARENT/ SPECTATORS

Money for pool entry and program

Esky with energy snacks, lunch, and water for the day

Highlighter, pen, and marker

Your best cheering voices

Plenty of positivity no matter how well your swimmer swims