

# Members' Handbook



## Ku-ring-gai Amateur Swimming Club

2003-2004 Season

BASED AT WEST PYMBLE SWIMMING POOL

*KASC – The Family Swimming Club*

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**Important Notice**

All information in this handbook is provided on a best efforts basis in good faith to assist our members. This Members' Handbook complements the Official KASC Club Rules which are available from the club-house. Where there is a discrepancy between these two documents, the latter shall take precedence, unless otherwise agreed to by the KASC Committee.



## Table of Contents

Welcome .....	2
Background and History .....	2
Our Purpose .....	2
What we provide .....	3
Who can join the Club ? .....	3
Saturday Club Meetings .....	4
Arrive .....	4
Enter .....	4
Warm-up .....	4
Be Marshalled .....	4
Swim .....	5
Get your time .....	5
Congratulations! .....	5
After your swim .....	5
Stroke Correction .....	5
Learn to Swim .....	5
In the water .....	6
Distances .....	6
Disqualifications .....	6
Carnivals & Events .....	7
Club Events .....	7
Public School Competitions .....	8
Independent Schools .....	8
NSW Swimming Association Competitions .....	8
Preparing for a Carnival .....	9
Who's Who on the Pool deck .....	10
The Officials .....	10
Who's Who in the Club .....	12
The Current Committee .....	13
Other Need-to-knows .....	14
Coaching & Squad Training .....	14
Insurance / NSW Capitation .....	14
Prohibited Persons / Child Protection .....	14
Our Club Newsletter .....	14
Qualifying Times .....	14
The Club Noticeboard .....	14
The Club Point-Score System .....	14
Timekeeper Basics .....	15
Clothing Pool .....	16
Ordering from the Clothing Pool .....	16
Must-haves .....	16
Other useful things .....	16
Saturday Meet Swimming Programme .....	17
More Information .....	17
Short Course & Long Course .....	17



## Welcome

*Welcome to your Swimming Club – from the President*

Firstly, welcome to our new members – and if you have been a member before, it's good to have you back!

Ku-ring-gai Amateur Swimming Club (KASC) is a well established and highly regarded club, completely run by its members on a non-profit basis for the benefit of the club and wider community. The club currently has over 200 active members with the full range of abilities, from those at the early development and learn-to-swim stages to State & National representatives.

This is our first  
Members'  
handbook

This Members' handbook is intended to provide a brief informal introduction to our club, what we do and how we do things. It's our first one, so please let me or one of the committee members (see p13) know if there is anything else you think should be in here or any other information others might find useful.

## Background and History

*A short history of our swimming club*

Our club was established in 1969 with 150 members and the West Pymble Swimming Pool was opened in 1970. Originally intended to be a 33m pool, this was changed following pressure from the local community to build a 50m pool instead. The club contributed half of the cost of the clubhouse, which was built seven years later.

The pool at West Pymble is located in the most magnificent setting in Bicentennial Park. Current facilities include the Lofberg & Norm Griffiths Ovals, the Bowling club, the Park, picnic areas and walking tracks set in natural bushland. Parking is plentiful and access is straightforward from Ryde Road or Yanko Road.

The club calendar is hectic during the first few months of the new school year as the club provides time-keeping, marshalling and referee services to over 20 school carnivals, the majority of which are Public Primary schools in the local area.

## Our Purpose

We encourage &  
promote swimming  
in our local  
community

KASC is a members' club, run by volunteers (including a Management Committee) for the benefit of the members. Our aim is to encourage and promote swimming – we support family involvement and look to build confidence in swimmers at all levels -- from youngsters to oldsters, beginners to State and National swimmers.



## What we provide

As well as a good social community, the club provides a number of core activities, including:

### **Saturday Morning Swimming Meets**

This is where our swimmers have the opportunity to improve their Personal Best (PB) times by swimming alongside fellow club members of similar ability. We swim rain, hail or shine.

### **Club Championships**

The championships are held annually at the club to provide competitive racing against other KASC swimmers in the same age group. Open Championship swimming events are also swum.

### **Carnivals**

Club members participate in numerous other swimming carnivals, some inter-club, some sponsored and others for the NSW Swimming Association (NSWSA).

### **Fun**

We have a number of 'simply-for-fun' events throughout the season, like the KASC biathlon and parent/child handicap relay event.

### **Stroke Correction**

At the end of our Saturday morning meets we provide free stroke correction and advice on swimming technique. This covers many aspects of swimming, including starts, turns, finishes, relay and race tactics.

### **Point Score**

During the season swimmers accumulate points through our point score system, enabling the club to provide further encouragement and recognition at our annual Presentation Day.

All of the Swimming events are officiated under NSWSA rules which helps prepare our swimmers for more serious competitive swimming.

## Who can join the Club ?

Who can join  
the Club ?

Our club is open to all members of the Ku-ring-gai and neighbouring communities; families with swimmers of all abilities are particularly welcome.



## Saturday Club Meetings

*Here's how things work at the Saturday Morning Club Meetings.*

Saturday morning meets start at 7.30am.

### Arrive

Come along to the pool – try to arrive early as the last entry for events is 7.20am (7.15am for the long distance events). The first event kicks off at 7.30am. Although the Ku-ring-gai Council gives KASC exclusive access to the pool between 7.00am and 10.00am each Saturday, the usual admission fees apply for swimmers, spectators and volunteers. Coloured concession tickets (purchase from pool kiosk) can also be used.

### Enter

You have to 'enter' each event you want to swim in

You enter by filling in the entry form on arrival. You can only enter a certain number and combination of events each week. This is so that the points-score remains balanced, we don't wear ourselves out with too much swimming and to make sure we can fit everyone in during the morning session. At most, you can swim:

- One Long Distance (ie over 100m) race
- One Freestyle race
- Two Formstroke (ie Breaststroke, Backstroke or Butterfly) races
- One Individual Medley (IM) race

Each week there is a selection of Form stroke, Freestyle & IM events

Note that you can only swim ONE distance per stroke – excluding the Long Distance events.

If you are a parent you can swim the Parents' race in addition to your other races or enter the Parents' event only.

After the entries have all been collected, the heats in each event are 'seeded'. This means that everyone who is swimming in the event is put into order depending on his/her seed time – usually your fastest time from the last three swims in this event. The first heat, Heat 1, comprises the swimmers with the fastest seed times. Within each Heat, the swimmers are allocated lanes, based on the following – fastest in Lane 3, second fastest in Lane 4, then lanes 2, 5, 1 and 6. If this is the first time that you swim a particular event at a club meet, you'll be rated as having 'NT' (no time) and be seeded in the last heat.

### Warm-up

The pool is available until 7.30am for warm-up as needed, or dry warm-ups can be performed

### Be Marshalled

Listen out for the Marshal who will call your event, for example, 'now marshalling heat 6 of the 50m Breaststroke, times around 55 seconds'. Go over to the Marshal and when your name is called, 'claim' your event by saying 'yes', 'here', or 'hello'.

The Check Starter will tell you which lane you are in and put you alongside the other swimmers in your heat. Remember which lane you are in just in case there is a last minute withdrawal from a lane next to you. (It will confuse the timekeepers if you swim in a different lane).



'Take Your Marks'

## Swim

When directed, stand behind the starting block on your allocated lane. Follow the starter's instructions – climb up on the block when the Referee blows the long whistle. The Referee waits for all swimmers to be still before giving the starter the signal to say 'Take Your Marks' and sounding the starting signal, so the gap varies sometimes depending on the swimmers.

When you hear the starting signal.. GO!

The timekeeper can give you your unofficial time.

## Get your time

When you finish your swim, you can ask the timekeeper what your unofficial time was. The timekeeper may also check your name against his/her timesheet. Stay in the water until instructed to get out by an official (or till you hear 2 short blasts from the whistle) and make sure you get out via the steps at the side of the pool.

(For juniors, the timekeeper will be happy to write the unofficial time down so it's not forgotten by the swimmer)

The official times for the previous meet are put up in the club-house each week.

Cheering is good!

## Congratulations!

We like lots of cheering, especially for our younger swimmers. 25m is a very long way when you are very small. And, yes, even at Saturday morning meets encouragement really does make you swim faster.

Not every day is a sunny day

And remember, if it didn't go as well as you hoped, not every day is a sunny day! But ... there is always next week.

## After your swim

Doing a cool-down is tricky on Saturday mornings for obvious reasons. It can be a good idea though to do some post-swim stretching ... or warm-ups for your next event.

## Stroke Correction

At the end of each Saturday morning session the club provides free stroke correction. This will also cover starts, turns, finishes, race preparation and warm-ups/ cool-downs.

## Learn to Swim

The club provides volunteers and assistance to the free Learn-to-swim classes held at West Pymble Pool on Sunday mornings from early November to late February.



## In the water

*What's the important stuff ..*

### Distances

Buddy Swimmer  
available to  
assist

The 25m events are for less experienced swimmers so that they have a chance to get a feel for lane swimming with others and judge their ongoing improvement. A senior swimmer can be asked to swim with younger members for the first few times if needed.

25m or 50m

When swimmers can confidently swim 25m in a stroke – either in training or Saturday club meetings – or complete the distance in under 25 seconds, they are required to swim 50m in that stroke

Sprints and Long  
Distance  
Events

The sprint events (50m and 25m) are the most popular and therefore have the most heats. The 100m and 200m are also popular, the 400m less so. To enter a 400m event a swimmer must have swum 200m in 3:30.00 or less. We don't usually hold 800m or 1500m long distance swims due to the specialised nature of these events.

### Disqualifications

There are a number of reasons a Referee may disqualify a swimmer, some specific to certain strokes. Your coach can provide the best advice on techniques including 'technically correct' starts, stroke, turns and finishes; or come along to stroke correction at the end of Saturday morning meets. Here are some common faults, which can result in disqualification, but ***this isn't a full list!*** (Refer to the club Rule Book for the full list.)

Stroke	Things to watch out for to avoid being disqualified
Butterfly	Bring both arms forward together over the water All up & down movements of the legs must be simultaneous At turns & the finish the touch must be made with both hands simultaneously
Breaststroke	All movements of the legs must be simultaneous & on the same horizontal plan At turns & the finish the touch must be made with both hands simultaneously
Backstroke	Remain on your back for the whole race, including when you are touching the wall
Freestyle	It's a free style!
Individual Medley	Sequence – Fly, Back, Breast, Free
IM Relays	Sequence – Back, Breast, Fly, Free
Relays	Don't leave block before team-mate touches the wall.
25m Events	The rope with floats replaces the wall – you must touch the float/rope as if it were the wall.
Starts	Don't move on the blocks or go before the starting signal



## Carnivals & Events

*What's happening this coming season?*

This is a brief overview of the Swimming Carnivals & club events coming up this season, including the type of event (not a complete list – see notice board)

### Club Events

#### Invitational Carnival

The Invitational is the club's main fundraiser.

KASC holds an annual invitational carnival with 5 other clubs invited along to West Pymble Pool. This is a fun, sociable event, which is the main club fund-raiser for the year. It usually takes place one afternoon/evening around February each year. We organise raffles, a cake stall, competitions, a BBQ and fun events for all the family.

#### KASC Biathlon

This is just for fun. Run around the oval next door to the pool (a few times if you're older) and a few laps in the pool. Always a nail-biter, prizes are based on age group.

Can Santa swim?

#### Swimming Santa

Santa takes time out from his busy schedule to visit our club – usually the last Saturday meet before the Christmas break. (Listen out for the motorbike & jingle bells.)

#### Club Championships

At least 6 Saturday Swims required to enter the Club Champs

The longer distance club championship events are held during the Saturday morning meets from early January to mid March. The most popular events (generally the 25, 50 & 100's freestyle/formstrokes & IM's) take place on special club championship evenings. A strong social event, bring a picnic and get to West Pymble pool early to get a good place for your rug. **Note that you must swim on at least 6 Saturday mornings to be eligible to enter the Club Championships.**

#### Various Social Events

We organise a number of social events throughout the year, including Club dinners held at a local restaurant suitable for the whole family.

#### Club Presentation Day

A social event and chance to recognise our swimmers and thank our volunteers – usually a picnic/BBQ held at Bicentennial Park - after the end of the summer season (usually in May)

#### Parent / Child Relay

A chance for that family team to shine. This is a handicap event. Each team comprises a parent and one child. You enter by estimating the time it will take the two of you to complete 1 lap of the pool each in any stroke.



### **KASC Committee Meetings**

We hold a monthly KASC Club Committee Meeting, which focuses on various planning activities and the day-to-day operation of the club.

### **Swimming Carnivals**

There are a large number of carnivals which take place throughout the year, most hosted by swimming clubs like ours. Details can be found on club noticeboards, the NSW Swimming Association (NSWSA) newsletter, other carnival programmes and websites. Carnivals, which can offer 'official times', enable swimmers to qualify for NSWSA Metropolitan, State, Age & Open competitions. Our club is also invited to 1 or 2 Invitational carnivals hosted by other clubs each year.

Club, School and  
NSWSA Carnivals  
run throughout the  
year

The school swimming carnivals run in parallel with both the club and NSWSA competitions, although they are spaced differently throughout the year. In fact there are several variants to the school swimming calendar, depending on whether the swimmer attends a Public, Catholic or Independent school.

### **Public School Competitions**

School Carnivals – usually held February/March at West Pymble Pool or in school's own pool.

Public Schools Sports Association (PSSA) Zone Carnival – Zone swimming organiser selects swimmers for the area competition. Ku-ring-gai Zone comprises a number of local schools.

Area Carnival – Selected from the Zone swimming carnivals. North Shore Area comprises a number of Zones.

### **Independent Schools**

The independent schools have their own, similar School-Zone sequence, followed by the CIS (Combined Independent Schools) and 'All Schools' competitions.

There are private schools in the area that are part of the Combined Associated Schools (CAS) and Ku-ring-gai club has provided officials to the CAS championships for many years.

### **NSW Swimming Association Competitions**

The NSWSA Metropolitan and State Age Swimming carnivals are open to swimmers based on age-based qualification entry times. The best swimmers in the state can then represent KASC at the Australian National events.



## Preparing for a Carnival

### Get yourself ready

Many believe a holistic approach is required to do well in sport. This involves not only getting your body ready but also getting your mind ready. Providing your body with the right fuel (food & drink), committing yourself to the right level of training and planning your race are key. Mental preparation can involve visualising you achieving your goal, thinking positive thoughts and remaining calm and focused before & during the race. So,

- Discuss Race Strategy with your coach
- Sleep enough
- Eat well
- Be Happy
- Swim

### Get your stuff ready

Bag, towels, books, games, cards, food, lucky goggles/swimmers/cap.

Leave in plenty of time to get there and warm-up.

Plan your food intake: what to take, when to eat it, warm-up & swim-down.

### Where should I sit?

At swim meets away from West Pymble Pool, where should you sit? Head for the big green Ku-ring-gai Swimming Club Banner to sit with your teammates. Or, look out for others in the Ku-ring-gai club colours.

### Check-In

Check the programme and make sure you have been entered in the right events (mistakes do happen).

### Do warm-up

At larger carnivals, the events are run as Timed Finals. This means that the event doesn't have preliminary heats, followed by finals later – you swim once. This is good because everyone only swim's their event(s) once, but it is tricky to keep track of your finish position across the heats.

### Swim, then cool down

At some carnivals there is a separate pool to the competition pool and competitors can use it to cool down immediately after an event.

### Results

Results are usually posted (printed and placed on the notice board) as the events progress during carnivals, typically 5-30 minutes after the event has been completed. Look for a group of people with pens and paper reading results and pointing at a wall somewhere central. Results from the Northern Suburbs are forwarded to the club, as are those from some other events.

Do red jelly snakes really make you swim faster?

Head for the green KASC Banner

Timed Finals

How well did I do?



## Who's Who on the Pool deck

*Who does what .. ..*

### The Officials

These folks are pretty easy to spot as they usually wear white and/or have the tools of the trade, like clip-boards and stopwatches.

<b>Who</b>	<b>Does what ?</b>
Meet Director	Responsible for everything at the meet/event not related directly to swimming.
Referee	Responsible for everything in the pool and all the officials to ensure the competition is fair; The only person who can disqualify a swimmer; the person to speak to if there is a protest.
Starter	Announces event, calls 'take your marks' and sounds the starting device (buzzer + light or pistol shot)
Chief Judge	Collates finish positions by lane.
Judge	Records the finish positions.
Marshal	Does roll call of everyone who has entered an event.
Check Starter	Takes or directs swimmers to their lanes.
Timekeeper	Starts stopwatch when the light flashes; Stops stopwatch when the swimmer touches the wall/rope; Writes down time they recorded for the swimmer on the timesheet & gives swimmer 'unofficial' time if requested
Chief Timekeeper	Co-ordinates the lane timekeepers; Takes the fastest and/or potential record-breaking time(s); Ensures a time recorded when a time is missed (eg faulty stopwatch or timekeeper), eg uses a reserve timekeeper if available.
Chief Lane Timekeeper	Co-ordinates the lane timekeepers for his/her lane Writes down the times on the results sheet/entry card Ticks official time on card and is responsible for the card being collected by the runner
Club Captain	Figurehead and role model for our younger swimmers.
Vice Captain – Boy	Assists club captain
Vice Captain – Girl	Assists club captain
Tea & Toast	Provides vital sustenance to needy parents/swimmers and officials.
Runners	Help with numerous odd-jobs like distributing and collecting event sheets to the timekeepers and other officials.



## Calendar 2003/2004

*What's going on and when ...*

<b>Sep</b>	2-14	NSW State Age Short Course Championships
	28	NSW Development Meet - SAC Program
<b>Oct</b>	1-10	NSW School Holidays
	11	KASC Season Opens at West Pymble Pool
<b>Nov</b>	24-25	World Cup #1 Daejeon, Sth Korea
	26	QANTAS Skins - SAC
	28-30	World Cup #2 - Melbourne
	29-30	NSW State Age Distance Championships - SAC
<b>Dec</b>	5-6	World Cup #3 - Durban, Sth Africa
	13-14	Sydney Credit Union NSW Metropolitan Championships - SAC
	20	Final KASC Saturday Meet before Christmas
	21	NSW State Age 5km Open Water Swimming Championships
	22-26	NSW School Holidays
<b>Jan</b>	3-4	NSW State 9yrs/U-12yrs Age Championships - SAC
	9-10	World Cup #4 - Venue TBA
	10	KASC Resumes
	10	NSW State Open 10km Open Water Swimming Championships
	13-14	World Cup #5 - Venue TBA
	13-19	NSW State 13-19yrs/O Age & Open Championships - SAC
	17-18	World Cup #6 - Venue TBA
	24-25	NSW Country Regional Meets - Goulburn, Gunnedah and Cowra
	30-31	World Cup #7 - New York, USA
<b>Feb</b>	3-4	World Cup #8 - Mexico City, Mexico
	7-9	World Cup #9 - Rio de Janeiro, Brazil
	14-15	Speedo Sprint Series Heats - Various venues state-wide
	20-22	NSW Country Championships - SAC
<b>Mar</b>	7	Speedo Sprint Series Final - SAC
	27-3	Telstra Australian Open Championships - SAC
<b>Apr</b>	14-18	Fisher & Paykel Australian Age Championships - Perth
	19-21	Australian Open/Age Open Water Swimming Champs - WA
<b>May</b>	15-22	Oceania Championships - Fiji
<b>Jul</b>	3-4	NSW Metropolitan Short Course Championships - SAC
	9-11	NSW Country Short Course Championships - venue tbc
<b>Aug</b>	7-8	NSW State Open Short Course Championships - SAC
	13-29	Olympic Games - Athens <i>(We try to aim high)</i>
	17-19	NSW State Age Short Course Championships - SAC
	26	NSW Short Course Development Meet - SAC

**Note:** The dates and venues may change as the season progresses; Check the club Noticeboard and/or the NSW Swimming Website before making final arrangements.



## Who's Who in the Club

*Who they are and what they do*

<b>Club Members</b>	<b>The reason why we are all here</b>
President	Club figurehead, leads the committee and keeps the club in shape
Vice-President	Assists the President as much as possible
Treasurer	Looks after the club's money & other financial matters
Hon Auditor	Checks the treasurer can do his/her sums
Patrons	Community members of standing who provide a voice and support for the club
Secretary	The most time-consuming job of all. The Secretary ensures that everything the club needs is done, liaises with other clubs & the wider community.
Assistant Secretary	Assists the Secretary as much as possible
Minutes Secretary	Takes minutes from Committee & other club meetings
Race Secretary & the Race Committee	Organises participants and teams for carnivals
Registrar	Registers all KASC members (life members, swimmers and officials) with NSW Swimming Association
Learn-to-Swim Co-ordinator	Organises and co-ordinates the club's free learn-to-swim programme on Sunday mornings
Publicity Officer	Leads publicity for the club & collates the Newsletter
Clothing Officer	Manages the KASC clothing supplies and organizes the clothing pool rota
Social Secretary	Responsible for club social events
Management Committee	Contributes to the running of the club through decision making, planning, reviewing and actioning KASC initiatives and addressing any issues arising.
Life Members	Club members who have made a substantial contribution to the club over the years and have been recognised as such
KASC Coaches	Where would we be without them? (sinking?)
Pool Managers, Ian and Michele Martin	Critical members of our club who provide that wet stuff we swim in (amongst other things)
Volunteer Co-ordinator	Seamlessly co-ordinates the various time-keeping, tea & toast, set-out/tidy-up, BBQ, marshalling, PA and runner volunteers which keep the club going.
Volunteers	Pester the Volunteer co-ordinator to see how they can help with all the things that need to be done to keep the club running, such as timekeeping. They don't go away until they are provided with something useful to do.



## The Current Committee

President	Michael Nesteroff
Vice-President	Ian Smith, Graeme Field
Treasurer	Pru Bennett
Patron	Barry O'Farrell
Patrons General	Cr Ian Cross, Cr Elaine Malicki, Richard Lennon
Secretary	Judy Macourt
Assistant Secretary	Michele Martin
Minutes Secretary	Jenny Finlay
Race Secretary	Jan Gilbert
Race Committee	Paul Bradshaw, Cameron Beresford
Registrar	Elsje Osborn
Learn to Swim Co-Coordinator	Alex Horn
Publicity Officer	Elsje Osborn
Clothing Officer	Bronwen Forward
Social Secretary	Janine Stevens
Management Committee	Giselle Perry, Greg Clark, Ian Martin, Stan Willmott, Paul Bradshaw, Margaret Kniha, Roxanne Herson, Jenny Bullock, Oleg Bytchenkov
Club Captains	Cameron Beresford, Jenny Bullock
Vice-Captains	Michael Gilbert, Millie Bradshaw
Meet Director	Ian Smith, Michael Nesteroff (backup)
Referees	Margaret Kniha, Graeme Field, Ian Smith
Chief Judge	Carl Cameron
Starter	Pru Bennett

These people represent the members of the club. Please feel free to approach them at club meets to discuss any issues and recommendations you may have, or to find out any information you need with regard to the club.



## Other Need-to-knows

*Other important stuff ...*

### Coaching & Squad Training

The West Pymble Swim School offers discounts to KASC members who train with them. There are several different levels of coaching available, based on ability: Learn-to-swim, Mini-Squads (Seals, Dolphins & Marlins), Superfish, Junior, Intermediate, Senior and Adult Squads. See Michele or Ian Martin at the pool for more information.

### Insurance / NSW Capitation

The club membership fee includes the compulsory NSW Swimming Association capitation fee of \$25 per member per year. This is required for insurance purposes. Non-swimming club members pay a NSW Swimming Association capitation fee of \$11.

### Prohibited Persons / Child Protection

The law requires that all pool-side volunteers complete a Prohibited Persons declaration form which is retained in the club's records.

### Our Club Newsletter

Up-to-date club news in our weekly newsletter

*The Deep End* – is our weekly club newsletter. This will be posted on our website each week or can be distributed by email. Paper copies are available on Saturday morning meet days. Please supply your news, successes, stories and swimming-related information to the Publicity Officer by the close of business on Tuesdays for Saturday publication.

### Qualifying Times

Swimmers who want to get a qualifying time for Northern Suburbs, Metropolitan, State or National championships should tell the Meet Director and Referee before the meet so that a time trial can be organised.

### The Club Noticeboard

What's going on?

The club noticeboard is the best place to find out what else is going on for all things club-related. The noticeboard will have up-to-date information including:

- Times swum in previous week's events & point score running totals
- ASA Numbers for club members
- Forthcoming events with qualification processes / criteria

### The Club Point-Score System

The idea of the club point-score system is to encourage ongoing improvement in swimming. Swimmers gain points each time they swim in a regular Saturday morning meet event. More points are awarded for bettering their previous personal best time (PB). A PB for point score purposes is the best time swum over the last three swims for that stroke at a club meet. (For more details on how many points for what level of improvement see the KASC Rule Book)



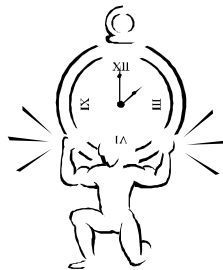
## Timekeeper Basics

Every event needs at least one timekeeper! Timekeeping is really a matter of common sense – no experience necessary. Here are the basics:

- Check your stopwatch before you start timekeeping.
- The Chief Timekeeper will check the timekeepers on each lane and signal the Referee when they are all ready. The Starter will ask swimmers to 'take your marks' and then start the race.
- Start your stopwatch when you see the flash from the starting light or starting gun.
- If your watch doesn't start, starts then stops or otherwise fails, tell the Chief Timekeeper immediately. She/He will have a stopwatch running and/or be able to pull in a reserve timekeeper to take over your lane for that race.
- Stop your watch when any part of the swimmer's body touches the wall. To avoid 'anticipating the finish', watch your swimmer until they reach the backstroke flags, then look down the face of the wall (vertically above the swimmer) and stop your watch when any part of the swimmer touches the wall.
- As timing is a manual process, it is rare for two (even more rare for three) timekeepers to record exactly (to the 1/100<sup>th</sup> second) the same time. If you get the same time on three stopwatches (on same lane!) ask the Chief Timekeeper for three chocolate Freddo Frogs.
- When two timekeepers time the same event, the slower (higher number!) time is recorded. When there are three timekeepers, the middle time is used or, if two times are the same, that time is used.
- Write down the time achieved on the result sheet. Tell the swimmer – or write down for the juniors (eg 25m events) – the 'unofficial' time.
- Don't forget to thank the tea/biscuit waiter when they bring on the refreshments – it's thirsty work.

## Want to learn more?

You can become a 'badged' NSWSA Timekeeper by attending a 90 minute lecture and successfully passing a brief exam. See Ian Smith or Margaret Kniha for details.





## Clothing Pool

*It's not a fashion show, but having the right gear does help*

When representing the club at club events, carnivals, Metropolitan, State, National meets, please be sure to wear your KASC swim cap and swimmers. We are proud of our club and want to show that in the way we represent ourselves. (It also makes it easy for us to know whom to cheer for when you are competing.)

### Ordering from the Clothing Pool

Note that although the clothing pool does cover a broad range of stock, some items do need to be ordered when requested. This means that there can sometimes be a bit of a wait (until the supplier's minimum order level is reached) – this is particularly true for track suits.

Order early to avoid ☹️

### Must-haves

- Green KASC cap – available from club clothing pool
- KASC swimmers – available from club clothing pool
- Goggles (if worn) – available from pool kiosk and sports shops

### Other useful things

These items are not available from the clothing pool

- Ugg Boots – keep those feet warm for maximum flapping in the water – available from department and specialist stores
- Beanies – make sure those positive thoughts stay in your head
- Endurance or Chlor-resist swimmers – worthwhile if swimming or training more than a few times a week as they last considerably longer than traditional swimmers
- Swim Jackets – to keep yourself warm. More comfortable poolside than towel(s) – ask someone wearing one about suppliers
- Aqua-Blades & Fast-Skins – when you want that extra edge

Note that as a KASC member you may receive a discount from local stores. KASC doesn't have a membership card.



## Saturday Meet Swimming Programme

A copy of the swimming programme is provided for each club member – additional copies available from the club-house.

### More Information

There is a lot of information pertaining to all matters swimming related, including:-

- KASC Website: <http://kuringgaiswim.org.au>
- [www.sydneyaquaticcentre.com.au](http://www.sydneyaquaticcentre.com.au)
- [www.nswswimming.com.au](http://www.nswswimming.com.au) (Results, Events, News)
- NSW Swimmer Magazine (by subscription) – this can be sent to you electronically upon request.

### Short Course & Long Course

In the Australian summer, events and training take place mostly in 50m Pools. In the winter -- probably because many pools are indoor – swimmers use 25m Pools for Short Course swimming. To enable comparisons between Long & Short course times & PB's, there is an official 'Schedule of Constants', which enables conversion between the LC & SC times. The Short Course Times are lower (faster) because of the advantage that turns provide.

The Schedule of Constants is available on the NSW Swimming Association website: [www.nswswimming.com.au](http://www.nswswimming.com.au)

Converting  
between Short  
Course to Long  
Course Times

To convert Short Course (25m) times to Long Course (50m) times, ADD the relevant constant.

To convert Long Course (50m) times to Short Course (25m) times, SUBTRACT the relevant constant.

Age is the age of the swimmer when the time was recorded. Note that the Australian Open & Age Championship entry time must be achieved in a 50m pool.