

Contact info



Swan Hills Swimming Club Inc. (Established 1985)

PO BOX 1691
WA 6056

Club room located inside Swan Park Leisure Centre
Gray Drive, Midvale

Club Room Open Weekdays
3.30pm to 7pm (except Public Holidays)

EMAIL: info@swanhillsswimmingclub.org.au

WEBSITE: www.swanhillsswimmingclub.org.au

Swan Hills Swimming Club Handbook 2014-2015



This Handbook belongs to:

Contents

Page	Content
3	Mission and Vision
4-5	Code of Conduct
6	2014-2015 Office Bearers
7	2014-2015 Coaching Staff
8	Club Nights
9	Club Night Calendar
10	Annual Awards
11	JX & YPS
12-13	2013-2014 Award Recipients
14-15	How to Enter SWA Swim Meets
16-17	Swim Meet Tips and Tricks
18-19	Targeted Meets 2014-2015
20	Targeted Open Water Meets 2014-2015
21-22	General Swimming Rules
23	Technical Officials
24	Glossary of Terms
25	Benefits of Swimming
26	Club History
27	Sponsors
28	Contact Info

Sponsors

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9250 3335

Club History

Swan Hills Swimming Club is a non-profit, self-funded, family and community based sporting club, affiliated with Swimming WA.

The Club is managed by a dedicated group of volunteer members including the Committee, a supportive team of parents, coaches, officials, plus recreational and competitive swimmers.

Swan Hills Swimming Club Inc was formed when Swan Park Recreation & Leisure Centre commenced operations in 1985. With support from the City of Swan, our community club room was established in the new indoor aquatic facility located at Gray Drive in Midvale. Swan Hills attracts members from Perth metropolitan and north-eastern districts, including the Swan Valley, Hills, Darling Range and country areas. In 2010 we celebrated our 25th Anniversary.

Since inception, the Club has been an incubator for much aquatic talent, including state, national and internationally known swimmers and Para Olympians. Our aim is to continue this proud tradition of nurturing and developing new talent. Over the last two decades Swan Hills has consistently held top ten club ranking in Western Australia.

The Club's team culture and strength is in part, due to a commitment to embrace diversity, and encourage swimmers from a young age, at all skill levels, through to personal best performances in their chosen endeavors.

Many well known swimming identities have spent time lapping the lanes as members with Swan Hills Swimming Club. Their numerous achievements include; State Age and Open Champions, State Record holders, National Relay medalists, World Cup Competitors, WAIS Scholarship swimmers, State & National Open Water Champions, State and National Royal Lifesaving Champions, Australian Record Holders, Australian Representatives at the Commonwealth Games, Australian Institute of Sport Scholarships, University Scholarships in the USA, Telstra Dolphins Squad and Para Olympic Gold, Silver & Bronze medalists.

Mission and Vision

Welcome to the Swan Hills Swimming Club Inc. 2014-2015 swimming season.

Swan Hills Swimming Club's activities are designed to encourage the development of happy, healthy young individuals, who are confident, focused and self-motivated.

Our aim is to create a fun, safe, family environment for swimmers at every skill phase, from junior novice to national competition level and above, and recognise their individual achievements.

We endeavour to nurture and develop all athletes, dedicated to achieving improved fitness and performance levels, within a supportive team culture.

We encourage members to strive for excellence, develop the 'attitude to achieve', focus on improvements in personal best times and the attainment of personal goals.

Fees for the 2014/2015 season:

Competitive Swimmers: \$185

Family discount—\$175 2nd swimmer, \$165 3rd & 4th swimmer

Parent Members: \$10 (*Membership ensures you are protected by insurance at any time when attending or travelling to or from club activities. You also inherit voting rights at club general meetings and club ballots.*)

Code of Conduct

Code of conduct (general)

1. Our club is completely reliant on the good will of volunteers who want to see our children, the sport and Swan Hills continue to prosper and grow. Members' participation in club activities and fundraising is required to help sustain the club. Join us on this journey and "do your bit" when asked or better still come forward and offer your assistance.
2. Appreciate, respect and edify the efforts of committee members, Club Night Officials, parents and volunteers who contribute their time in the interests of swimmers and Swan Hills Swimming Club.
3. Members are expected to be courteous and show respect to other swimmers, coaches, officials and parents. Promote safe and fair behaviour and obey all swimming rules.
4. Be careful and honest in our use of club and public property.
5. Consumption of alcohol by minors, drug use or possession of illicit drugs is strictly prohibited.
6. Public exhibitions of aggression, obscene or abusive language, bullying, offensive, malicious or insulting remarks are not acceptable behaviour and will result in disciplinary action in accordance with the Swan Hills Swimming Club Constitution.
7. In the event of unresolved disputes an independent Mediation Officer (Swimming WA Executive Director) will be invited by the Committee to arbitrate and resolve issues.

Club members are encouraged to read the Swan Hills Swimming Club's constitution, copies are available in the club room.

Benefits of Swimming

Swimming can be a valuable learning environment for life. With its wins and losses and ups and downs and ups again - it can show kids how to stick with something. The emphasis of sports should be on the inner rewards of competition, such as learning how to make decisions, leadership training, meeting challenges and working with others. Competitive swimming can teach athletes to be strategic, to plan ahead, to relax under stress, to concentrate and stay focused. Training for and competing in sports requires a commitment. From this commitment of time and effort, a young person learns how to set goals, take responsibility and prepare for the challenges of life. They have the opportunity to learn how to accept failure and be a gracious winner while enjoying the thrill of success.

New Swimmers

- Learn how to improve your ability to focus. Along the way build self-confidence and learn valuable life skills.
- Regular training can dramatically increase lung capacity, cardio-vascular health, co-ordination and all round fitness levels.
- Swimmers learn to develop self-discipline, good time management and goal setting skills.
- Many swimmers discover their academic grades and ability to study improves significantly. They often experience greater focus and concentration.
- It's more important to DO your best, than to be the best.
- Anyone, regardless of age, aptitude or current ability can learn to swim better.
- Promote and encourage teamwork, leadership and good sportsmanship.
- Swimming not only builds character, but helps reveal strength of character.

Glossary of Terms

Targeted Meet: Coaches and swimmers attend.

Short Course (SC): Swim meets held in 25m pool. Winter season runs from May to September.

Long Course (LC): Swim meets held in 50m pool. Summer season runs from October to April.

Qualifying Time (QT): Slowest time required to enter a meet. Either, No Time (NT), AA, State or National.

Disqualification (DQ): When a swimmer has breached the FINA rules for an event.

Did Not Achieve Standard (DNAS): When a swimmer does not achieve the qualifying time for an event.

Open Event: Open to any age, subject to entry QT's.

Individual Medley (IM): Where swimmers complete either 25m/50m/100m of each stroke combined i.e. Butterfly, Backstroke, Breaststroke & Freestyle, in that order.

Medley Relay: Where four swimmers swim in the order of Backstroke, Breaststroke, Butterfly & Freestyle.

Marshalling Area: An area for competitors to check in before racing and be placed in their event ready to start.

Marshall: The Official who checks off competitors' names in the marshalling area before their events.

Heats: Events swum to determine the 8 (or 10) finalists.

Finals: Events swum to determine the medal winners from the top 8 (or 10) heats swimmers.

Timed Final (TF): Events swum without heats to determine medal winners.

Referee: Official who checks for correct stroke technique, starts, turns, finish and ensures swimmers abide by Swimming WA/FINA rules.

Personal Best (PB): Best time recorded.

Premierships: Annual competition between eight clubs in either A, B, C, D or E Division.

Code of Conduct

Code of conduct (training)

1. Coaches have a Duty of Care to supervise swimmers during training. If you need to speak with a coach, as a courtesy we suggest you endeavour to make a time after training for a brief discussion.
2. To promote team spirit swimmers are asked to wear the Swan Hills swim cap in training.
3. Swimmers are required to respect coaches decisions. Failing to follow coaches instructions, abusive or dangerous behaviour or any other anti-social behaviour will result in swimmers being removed from training.

Code of conduct (competition)

1. Swimmers are encouraged to talk to their coaches to decide which events to enter.
2. To promote team spirit competitors (and parents) are asked to wear club uniform at targeted meets and team events, including their club cap and bathers when they swim.
3. When swimmers return from completing their events, never criticize or compare. ALWAYS congratulate and compliment their individual efforts with positive comments. Please respect the coaches' responsibility to educate and coach swimmers. Appreciate good performances by all participants at different skill levels.
4. Cheer and support all your team-mates.
5. At swim meets and competitions, a parent or swimmer representative is required to fulfill one or more timekeeping duties as allocated to each club by the Meet Director. This duty is shared evenly amongst athletes competing at that meet and relates to the number of athletes, not the number of swims per athlete.
6. To be eligible for travel assistance, national team members and their families are required to contribute to national team fundraising activities (funding policy available from secretary).

2014-2015 Office Bearers

2014-2015 Office Bearers		
Position	Name	Email
President	Dan Godin	president@...
Vice President	Leonie Talbot	-
Treasurer	Monique Phillips	treasurer@...
Secretary	Jill Law	secretary@...
Registrar	Donna Schwinkowski	registrar@...
2014-2015 Committee Members		
Swim Meet Entries	Jen Casotti	meetentries@...
Swim Shop	Cheryl Glew	swimshop@...
Sponsorship	Helen Reed	sponsorship@...
Member Protection	Leisl Simons	mpio@...
General Committee	Natasha Ferris Sam Mclennon Mandy Zolnier-Owens	-
All emails are ...@swanhillsswimmingclub.org.au		

Committee meetings are held monthly
 All members welcome to submit agenda items
 The Annual General Meeting to be held in Late 2015.

Honourary Life Members

Mr Peter Herrington, Mr Matt Brown, Mr Paul Naylor.

Hall of Fame

Kingsley Burgarin OAM, Priya Cooper OAM

Technical Officials

Time Keepers: use either watches or automatic timers, depending on the facilities at the venue, to record the official time for the swimmer in their lane.

Operator of Electronic Equipment: controls the electronic timing system. Determines official swim times using timing system.

Turn judges: observe from each end of the pool to ensure that the turns comply with the rules applicable to each stroke.

Judges of Strokes: observe the swimmers, alongside the pool, ensuring each rule relating to the different strokes is complied with.

Recorder: maintains records of times, results and point scores where appropriate. Posts results in a place accessible to the public.

Marshall: marks off as present swimmers in the marshalling area. Finalises race sheets and lane assignments.

Starter: takes control of the swimmers from the Referee to start the race by saying 'take your mark', waiting until there is no movement from any swimmer on the blocks, and giving the start signal.

Referee: has overall authority of the competition and ensures that all rules are followed. They instruct all officials and have any violations of the rules reported to them.

For information on free Technical Official Courses

contact Swimming WA

PH: 9328 4599

E: waswim@wa.swimming.org.au

Or visit the website <http://wa.swimming.org.au>

General Swimming Rules

Butterfly: Butterfly turns must be initiated with a two-handed touch.

Backstroke: Backstroke turns may be initiated with a single or double arm pull on the swimmers' tummy. However once both hands are by the swimmers' side they must turn. Swimmers must push off on their back.

Breaststroke: Breaststroke turns must be initiated with a two handed touch, following this the swimmer may push off and perform a split stroke (for not more than 15m). At the completion of the split stroke the swimmers' head must break the surface of the water before the arms reach the widest point of the pull.

Individual Medley: Turns between the same strokes are as above, however turns between different strokes are as follows:

Butterfly to Backstroke: turn must be initiated with a two handed touch. The swimmer must push off on their back.

Backstroke to Breaststroke: turn must be initiated with a single handed touch on the back and swimmers must leave on their front and is able to perform a split stroke (for not more than 15m). At the completion of the split stroke the swimmers' head must break the surface of the water before the arms reach the widest point of the pull.

Breaststroke to Freestyle: turn must be initiated with a two handed touch.

FINISHES

Butterfly: both hands must touch the wall together.

Backstroke: one hand must touch the wall whilst you're on your back.

Breaststroke: both hands must touch the wall together.

Freestyle: one hand must touch the wall.

2014-2015 Coaching

Wendy Joyce Head Coach

Wendy has recently completed her Silver License and is a passionate development coach. In her time at Swan Hills she has been able to develop a team of outstanding state junior swimmers, with many medallists amongst the team.

Club Captain

Appointed annually at start of summer season.

Club Captain 2014/2015 -

Club Nights

Club nights are held at Swan Park Aquatic Centre

All members are encouraged to attend club nights.

- Competitive members are requested to compete at a club night before they compete at an SWA meet.
- Members are encouraged to bring a friend and invite new guest swimmers to club nights.
- Swimmers must have a parent/guardian present to help with the running of the club night (e.g. timekeeping, BBQ, marshalling...).
- Swimmers select ONE distance from EACH stroke on the program of events, i.e. not 25m/ 50m/100m of the same stroke.
- One start rule applies to all events. Swimmers who break at the start may continue to compete in that event, at the discretion of the Referee, however, timekeepers will not record the time and the swim will be invalid.
- Fun team games and handicap events will be included in selected club nights as advised.
- Swan Hills Club Nights are subject to the same FINA Rules & Regulations as Swimming WA meets.
- Swimmers are asked to remain seated in the marshalling area. Swimmers should remain quietly behind the timekeepers until their heat/event. Please do not walk in front of the Starter during starting procedures.

General Swimming Rules

DISQUALIFICATIONS: are according to Swimming WA rules, an affiliated member of FINA the international governing body. Disqualifications are automatic for swimmers who push off the bottom of the pool during a race. Disqualifications are automatic for swimmers who leave the starting blocks before the starter's signal.

ONE START RULE: applies to all swim meets including Club Nights. In the event of a false start caused by a technical fault, you will hear repeated blasts of the buzzer and/or Referee's whistle. Swimmers will be recalled to start the race again. A Referee's decision is final.

STARTS

Butterfly/Breaststroke/Freestyle/Individual Medley

A dive start from the blocks is used for butterfly, breaststroke, freestyle and individual medley. When the Referee's whistle sounds, mount the block in your allocated lane and be ready for Starter's instructions. On the command "*TAKE YOUR MARK*" take up your starting position. Swimmers must then remain completely motionless and only dive on the sound of the Starter's signal.

Backstroke and Medley Relays

Backstroke events and Medley Relays start in the water. Swimmers enter the water feet first after Starter's whistle and immediately take hold of the blocks. On the command "*TAKE YOUR MARK*" take up your starting position. Swimmers remain motionless after the command "*TAKE YOUR MARK*" until starter's signal is heard.

TURNES

There are two general rules for all turns

1. The swimmer must make contact with the wall before pushing off.
2. Once the swimmer has pushed off a wall they may perform a streamline for not more than 15m.

More specific rules exist for Butterfly/Backstroke/Breaststroke and Medley turns.

Targeted Open Water Meets 2014-2015

These are Open Water events for 11/over swimmers who enjoy open water swimming. Please check with your coach before entering an Open Water event.

Meet	Venue	Date

If you're an athlete who is regularly competing in Open Water Events the head coach may ask you to attend additional competitions for extra training or race practice.

Club Night Calendar

Date	Day	Description
10th October	Friday	
14th November	Friday	
16th January	Friday	
20th February	Friday	
13 March	Friday	
29th May	Friday	
26th June	Friday	Club Championships

Swan Hills Sun Smart Dive and Try Meets

2014 / 2015

Swan Park Leisure Centre

Dive and Try meets aim to get new swimmers into the swimming club. These meets are a fun and friendly way to start competitive swimming.

All swimmers without AA times are encouraged to attend, and everyone is asked to bring as many friends as possible. All club members are asked to attend to help on the day.

Annual Awards 2014-2015

Swimmer of The Year

Awarded to the top swimmer who accumulates the highest FINA or MC point-score for any individual event in the long course season. Where an MC athlete or able bodied athlete are both highly ranked, the committee shall decide the overall winner.

Steele Bishop Perpetual Trophy

Excellence award for the most outstanding performance of the season by an individual or a relay team. Selected by the Head Coach.

Age Swimmer of the Year

Awarded to the Age swimmer that has achieved the highest National performance.

Junior Swimmer of the Year

Awarded to the Junior swimmer that has achieved the highest State junior performance.

Swimmer's Swimmer of the Year

Awarded to a swimmer in any age category as voted by the swimmers.



Targeted Meets 2014-2015

AA and above (AA, State, National Age, National Open)

AA or above meets are for swimmers who have achieved AA times or above and are typically 12/over. This will usually be intermediate, senior development and senior squad swimmers.

Meet	Venue	Date
SSPW (Seniors) Perth City (Inters)	HBF Stadium	18th Oct 19th Oct
HFMF Distance Meet	HBF Stadium	8th—9th Nov
Officials Pentathlon (Seniors)	HBF Stadium	6th December
Victoria LC State Championships	Melbourne Sports & Aquatic Centre	13—18 Dec
SWA Christmas Meet	HBF Stadium	19—21 Dec
Age & Open State Champs (Seniors)	HBF Stadium	19—23 Jan
Breakers (Inters) SWA Qual. Series (Seniors)	HBF Stadium	14th Feb 15th Feb
B Division Premierships (Selected Team)	HBF Stadium	14th Mar
Summer Sensation	HBF Stadium	20th—22nd Mar
Junior LC Championships	HBF Stadium	10th —12th Apr
Lazers SC Blast	HBF Stadium	27th Jun
Breakers SC Big Splash	HBF Stadium	28th Jun
WAN SC Qualifier	HBF Stadium	1st—2nd Aug
SWA Junior SC Challenge	HBF Stadium	22nd—23rd Aug
State Age SC Champs	HBF Stadium	25th—27th Sep
State Jnr SC Champs	HBF Stadium	26th—27th Sep

Targeted Meets 2014-2015

Targeted meets are for 12/U swimmers and swimmers who have not yet achieved AA or State times.

Meet	Venue	Date
Perth City	HBF Stadium	19th Oct
SWA LC Qualifier	HBF Stadium	25th Oct
Rockingham Stingrays	HBF Stadium OUTDOOR POOL	15th Nov
Dive N Try	Swan Hills	22nd Nov
SWA Rookie Meet	HBF Stadium	9th Jan
Breakers	HBF Stadium	14th Feb
B Division Premierships (Selected Team)	HBF Stadium	14th Mar
Dive N Try	Swan Hills	Mar
Lazers SC Blast	HBF Stadium	27th Jun
WAN SC Qualifier	HBF Stadium	1st—2nd Aug
GKDSC Junior Meet	Darling Range Pool	29th—30th Aug

* Relay team selection is at the discretion of the coaching staff.

* Please check your almanac or Swimming WA website for qualifying times.

JX & YPS

JX (Junior Excellence)

The Australian JX Program recognises, rewards and encourages junior swimmers who achieve a high standard of swimming excellence.

Under the program, swimmers aged from 9 to 13 years, who accomplish times set by Swimming Australia, qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season.

For doing so, qualifiers receive special recognition by way of:

- A distinctive JX cap (9 and 10 year olds) or JX shirt (11 to 13 year olds).
- A JX certificate of achievement signed by the National Youth Coach and members of the Australian Swim Team.
- A JX motivational poster featuring elite Australian swimmers.
- Publication of their name on the Swimming Australia website.

YPS (Youth Performance Squad)

The Australian YPS Program is an exciting initiative designed to reward swimmers aged 13-18 for their performances in the pool. YPS rewards swimmers for achieving particular time standards set by Swimming Australia. Swimmers will have from 1 May to the end of the Australia Age and Australian Multi Class Age Championships to register a qualifying time.

YPS qualifiers receive recognition by way of:

- A customised YPS towel based on level achieved
- A YPS poster / DVD
- A YPS Cap
- A YPS Backpack
- Publication of their name on the Swimming Australia website.

For qualifying times and more information about the JX & YPS programs, visit www.swimming.org.au

2013-2014 Award Recipients

Swimmer of The Year

Liam Smith

Age Swimmer of The Year

Kelsey Eastwood

Junior Swimmer of the Year

Cooper Joyce

Steele Bishop Perpetual Trophy

Liam Smith



Swim Meet Tips & Tricks

What to bring in your swim bag...

- Money for pool entry.
- Money to purchase a program and sometimes a raffle.
- Swimmers should wear bathers under their tracksuit, ready for warm up.
- In winter, wear or bring warm gear, jacket/change clothes/beanie/ugg boots.
- Club uniform preferred, ensure all clothing is labeled & bring spare towels.
- If you wear a swim cap, it must be a Swan Hills Club Cap.
- Pack your goggles and a spare pair of bathers to change into after warm up.
- If an all day meet, bring along some cards, a book, or games to keep occupied between events.
- Always bring healthy snacks and drinks (water/sports drinks) for competitions. Refueling your body is very important. Please speak to coaches for more tips on what food/drinks to bring.
- A camera for some happy snaps of their first swim meet!

We know you will enjoy your first competition experience, and encourage new swimmers and their families to RELAX and have FUN!

If you have any questions, please ASK an experienced swim club family or a coach.

Swim Meet Tips & Tricks

What to do at your first swimming competition...

- On arrival, look for the black/gold club shirts. Club members aim to sit together in the stands and cheer the swimmers.
- Swimmers must check in with their coach for warm up instructions immediately on arrival.
- Swimmers also check in with coaches before their event is marshalled and immediately after every race they've completed.
- Just like Club Mornings, swim meets rely on volunteer parents/supporters to share the timekeeping duties. It's a chance to see the swimmers close-up on pool deck and get splashed in the Butterfly events! The job is easy at Challenge Stadium with electronic timing, no writing - just press the red button when swimmers touch the wall.
- Parents should keep an eye out on the events counter for marshalling. Ask someone to point out where the counter is and make sure swimmers don't dash off to the toilets, or head off without letting you know where they're going. Please supervise young children at all times.

Tip: avoid parent coaching on technique or race tactics.

- A parent's role is to support and encourage.
- The coaches role is to support, encourage and provide race instructions, comment on technique or critique race tactics.
- When swimmers return to the stands, compliment and congratulate them on their efforts with a relaxed "well done". Always praise a personal best time and good effort. *If things don't go right, resist scolding swimmers* or asking confronting questions like "What happened?!?".
- Avoid competitive parent syndrome, i.e. comments that express displeasure in a swimmer, or critically compare their swim to another athlete's performance.

2013-2014 Award Recipients

Club Age Championship Trophies

Age	Male	Female
8yr Winner		Rachel Watson
10 yr Winner 10 yr Runner Up	Callum Blacker Cooper Joyce	Erika Sell Rene Watson
11 yr Winner 11 yr Runner Up	Gregor Law Callum Eastwood	Dayesha Ferris Kiara Simons
12yr Winner	Samuel Waterman	Ashlyn Marriott Chaela Hannen-Williams
13 yr Winner	Jason Martin	Kelsey Eastwood Lily Cawood
14 yr Winner 14 yr Runner Up	Thomas Stewart Alex Raven	Emily Godin
16 yr Winner 13 yr Runner Up		Georgia Marshall
Open Winner		Belinda Spurr

How to Enter SWA Swim Meets

How to Enter a Meet (online)

- Go to the SWA website (www.wa.swimming.org.au). Meets open for entry will appear under “Events Calendar.”
- Click on the meet you wish to enter.
- Click on “Individual Entries.”
- Make sure you have a list of events you wish to swim in, and you have double checked these with your coach.
- Enter your username and password. NB* if you do not know your username and/or password please contact Nicola Ca-wood at meetentries@swanhillsswimmingclub.org.au.
- Click on “register” where you will be required to accept the terms and conditions of the event; then you will be able to up-date your personal details, if you wish.
- Click on “enter event” to select the first event you wish to nominate for. Please note: you can only select one event at a time. Once the event has been selected, click “next”. If an er-ror message stating that “a valid qualifying time was not found for the event” selected and you do have a qualifying time for that event, please contact SWA Office on 08 9328 4599.
- On the next screen select the “submit” button. The screen provides the option to enter another event by clicking “enter event”. Continue to add your chosen events you wish to swim in (as you did the first). Once finished click on “Entry and online payment” to enter your credit card details. NB* There is no service fee for using your credit card.
- Your best times will be downloaded from the Swimming Aus-tralia results database at 5pm on the day entries close, so your latest and current PB will be used as your entry time.
- Once you have paid a receipt will be emailed to you. If you do not receive an email confirmation please check the confirmed entrants list on the home page of the entry form to ensure the swimmer has been successfully entered.

How to Enter SWA Swim Meets

How to Enter a Meet (not online)

- Grab an Entry Card from the club room and fill out the details. Make sure you double check your entries with your coach.
- All swim meet entries are submitted via SWH Swim Club. En-try fee monies plus \$2 levy must accompany entry card. Cheques payable to “Swan Hills Swimming Club”.
- Competition bulletins emailed to members in advance of club closing dates. It is the responsibility of swimmers/parents to ensure entry card/entry fee (including \$2 Levy) are completed correctly and posted in Entries Box inside club room before the deadline. Please understand, NO LATE ENTRIES will be accepted.
- Closing date for Swim Meet entries is generally set one week prior to the official closing date listed in Swimming WA alma-nac, or posted on Swimming WA website. This allows time for electronic entries to be processed and lodged. Swimming WA only accepts entries from affiliated clubs.
- Do not pay for relay events. Swan Hills submit relay entries based on coach’s selection criteria, number of swimmers and availability. Relays for State Championships and Club Prem-ierships are selected by the coach, no discussion will be en-tered about selection.

What is my swimmer ID?

Name: Black Swan

Date Of Birth: 21st Aug 1999

First three letters of SURNAME, first two letters of FIRST NAME, plus DOB 21/08/99.

Therefore swimmer ID is: **SWABL210899**