



Club Handbook 2024

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Welcome to Scarborough Beach Swimming Club

Foreword from The President:

Welcome to Scarborough Beach Swimming Club! As President of the club, I am thrilled that you have chosen our club for your swimming journey. Our club has a long history of providing quality coaching and support to swimmers of all ages and abilities. We are proud of our commitment to developing not only strong swimmers but also confident and resilient young people who will go on to achieve great things both in and out of the pool.

At Scarborough Beach Swimming Club, we believe that swimming is more than just a sport – it is a way of life. We aim to create a community where every swimmer feels valued, supported, and inspired to achieve their full potential. We achieve this by providing a safe and inclusive environment where swimmers can develop their skills, build lasting friendships, and have fun.

Our club has a rich history dating back over 60 years. We have produced many successful swimmers who have gone on to represent Western Australia at state, national and international level. We are proud of our achievements, but we are always looking for ways to improve and grow as a club.

I would like to take this opportunity to thank our dedicated team of coaches, volunteers, and sponsors who make it possible for us to provide such a high level of support to our swimmers. We could not do it without you!

We hope that you will enjoy being part of our club community and we look forward to seeing your child thrive in the pool.

Krys Hiscock
Club President

Club Vision Statement

Over the course of this and upcoming seasons, our team of coaches are committed to providing the best services we can with athlete performance and development being our priority.

Our team will also try our best to be excellent role models to all athletes and provide advice using our skills, knowledge and experience. This can include but is not limited to organisation and time management, diet and nutrition, and self-care.

Due to the development of technique and stroke efficiency being fundamental to swimming, these two elements will be our number one priority in the pool. Technique and efficiency are essential for swimmers - it enables them to conserve energy during races, allowing them to have more endurance and a better overall performance. Lastly, efficient technique reduces the chance of injuries.

With our current squad structures, we encourage our athletes to set personal goals (both short-term and long-term) that can be worked on throughout one or multiple seasons. This provides a clear pathway for the athletes and their coaches as each swimmer progresses from local to state level, and onto national or even international level.

Ultimately, our coaching team strives to help each athlete achieve their potential in the pool, as well as in life. Additionally, we hope that each swimmer that comes to Scarborough Beach Swimming Club will become lifelong swimmers.

Drew Corrigan
Head Coach

Club Values



Club Website and Socials

Our website contains lots of useful information and the current training timetable:

<https://sbscwa.com.au/>

The club has an active presence on Instagram and Facebook.

Please tag us in any posts related to club events or competitions:

<https://www.facebook.com/sbscwa/>

<https://www.instagram.com/sbscwa>

Please tag us for a repost or send content through on the Team App.



Our Pools

The club trains out of two venues:

Scarborough Beach Pool

171 The Esplanade

Scarborough WA 6019

Churchlands Pool

Churchlands Senior Highschool

20 Lucca St

Churchlands WA 6018

Pool entry off Hale Road after Churchlands Ave



Meet our Coaches



Drew Corrigan

Head Coach / High Performance Coach

Drew is a well accomplished triathlete, surf club athlete and open water swimmer who has competed at National level many times in all 3 disciplines. Drew has carried this vast sporting knowledge into his coaching and uses his enthusiasm to educate the next generation of athletes. Drew believes in developing lifelong skills, sporting and friendships through swimming.

After starting his coaching career at Sorrento Surf Life Saving Club, he then transitioned to swim teaching at Craigie Leisure Centre before coaching the junior program at Breakers Swimming Club.

With a passion for health and fitness, Drew has extensive knowledge which is used to help develop and further our swimmers and club. Drew believes in leading by example so is constantly developing himself physically and mentally to prove to our members that they can achieve more than they think.

Drew has Advanced Coach accreditation and can be seen supporting country swim clubs, actively coaching at regional clinics throughout the year.

Anthony (AJ) McDonald

AJ has loved giving back to the swimming community since his days of competition swimming, having represented Australia in the 1985 Pan Pacific Games, the 1986 Commonwealth Games and numerous other Australian Team tours.

AJ has been a Nationally accredited coach since 1993. Applying his skills to all levels and types of swimming, AJ's primary focus at SBSC is around competitive surf swimming, getting Rotto fit and just general swimming fitness for all ages that want to train and train hard, improve technique but not necessarily have the pressure to compete.



AJ believes in providing each swimmer with knowledge, skills and insight into how to swim well and how to enjoy this great sport of swimming.

Kaila Warner



Kaila has been involved in competitive swimming since she was 8 years old, competing and medalling at State Level competitions in the pool and Open water.

Originally from Busselton, she grew up being a part of country training programs which allowed her to travel throughout Western Australia to compete. During this time, Kaila captained her club for several years and assisted with coaching junior athletes. Her past experience in swimming developed her love and passion for the sport and provided her with opportunities to be coached by some of the best coaches in the country. This has allowed her to become knowledgeable about stroke technique and the qualities needed to be an elite level swimmer.

Kaila has her Development Coach Accreditation and in 2021, Kaila moved to Perth to undertake a Bachelor of Health and Physical Education degree at the University of Notre Dame, with the endeavour to expand student's knowledge and qualities through sport. She also applies these attributes to her philosophy of coaching at Scarborough Beach Swimming Club, where she aims to not only pass on her knowledge to improve our swimmers' abilities to perform at elite level competitions, but also aims to help them develop valuable life skills and a love for the sport.

Adriano Todoro

Adriano joined Scarborough Beach Swimming club as a swimmer with the National Performance squad before transitioning to coaching. He has his Development Coach Accreditation and as an Olympic Trial qualifier, Adriano brings a wealth of high-performance experience to his coaching.

When not at the pool, Adriano studies engineering at UWA



Daide Cappati



Daide is a long-term qualified coach since 2000 and has qualifications from Italy as well as his Development Coach Accreditation from Australia. After coming to Australia in 2012, Daide put all his coaching experience and effort into helping his daughter successfully progress her swimming competitive path.

In 2022, he joined Kwinana Swimming Club, working with their Junior State squad. He joined SBSC during the winter season of 2023.

In his position as Junior Coach, Daide brings extensive experience and passion to our coaching team, combined with a strong knowledge of all the technical elements of swimming. He loves working with junior swimmers and aims to help our squads achieve a high excellence in the Western Australian world of swimming.

When on pool deck, Daide can be seen walking the lanes and playing a huge array of music to inspire the swimmers during their main set.

Jake Paynter

Jake has been an active member of Scarborough Beach Swimming Club since 2019, competing at an elite level in the National Performance Squad.

Jake made the decision to pursue a coaching career after seeing the impact his own coaches had on him throughout his swimming career. He has completed his Foundation Coach accreditation and will begin his Development Coach accreditation in the future.



Jake hopes to inspire the swimmers he coaches at SBSC – just as his coaches have for him.

Our Committee – 2023/2024

President	Krys Hiscock	president@sbscc.au
Vice President	Jason Scrivens	vicepresident@sbsc.au
Secretary	<i>Vacant</i>	secretary@sbsc.au
Treasurer	<i>Vacant</i>	treasurer@sbsc.au
Registrar	<i>Vacant</i>	registrar@sbsc.au
Membership Protection Information Officer	<i>Vacant</i>	mpio@sbsc.au
General Committee Members	Linda Costain	linda@sbsc.au
	Caroline Crow	caroline@sbsc.au
	Jared Brotherston	jared@sbsc.au
	Karen Brown	karen@sbsc.au

Other Roles / Club Officials

Admin – Miranda Sims, Karen Brown
Accounts Payable – Joanne Scrivens
I.T. Officer – Karen Brown
Meet Director – Jason Scrivens
Health & Safety Officer – Greg Hannon
Swim Meet Officer – Kevin Beckham
Records and Points Officer – Kevin Beckham
Merchandise: Michelle Rohrlach
Technical Officers – Krys Hiscock, Jared Brotherston
Trainee T.O. – Tony White, Jason Scrivens
Website Administrators – Karen Brown, Kevin Beckham

Volunteers

Our club is run by and can't survive without the help of our parent/guardian volunteers. From admin duties, fundraising, timekeeping, merchandise sales etc. There are many volunteer roles that do not require you to become a committee member.

Volunteering is a great way to form friendships within the club and is rewarding for not only the club, but for our parents and swimmers too.

Communication

Communication for our club members is via weekly email notices and event reminders on Stack TeamApp. Information and photos can also be found on our website, TeamApp, Facebook and Instagram.



ThinkSmart Portal

After enrolment, all members are invited to sign up for their own Thinksmart Customer Portal, via the web or the ThinkSmart app. Here you can update customer and swimmer details, view and pay invoices and notify the club of absences.

You can log into the portal here: https://thinksmartsoftware-au.com/customer_portal_v2/

If you did not receive an invitation to join the ThinkSmart Portal or you cannot remember your log-in details, please contact admin@sbsc.au to request assistance.

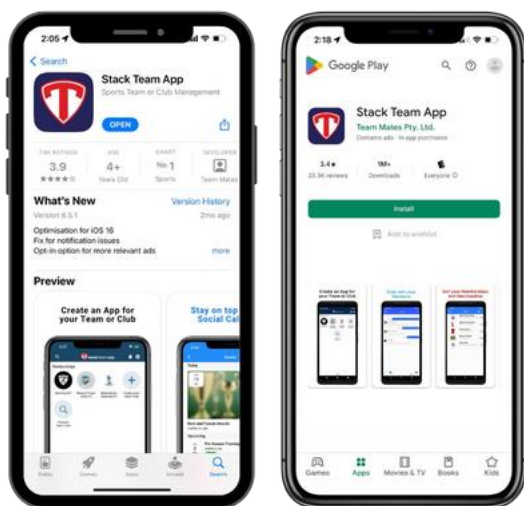


Stack Team App

As a member you will also have access to our SBSC community on TeamApp. TeamApp is a great way to stay in touch with other parents, coaches and receive quick messages during swim meets and arrange any timekeeping/volunteering swaps.

Download Stack Team App from the [App Store](#) or [Google Play](#) and install it on your smartphone. Once downloaded, you can register and 'Find your Club' which will be SBSC.

Be sure to request access to the squads relevant to you and keep your squad membership updated as your child progresses through the program.



Fees and Charges

The club charges monthly coaching fees to cover the cost of coaching staff and lane hire and annual club fees to cover other costs associated with running the club. Fundraising occurs throughout the year to keep these costs as low as possible.

There are additional fees charged by Swimming WA (SWA) and for pool entry which are paid directly to Swimming WA and City of Stirling respectively.

We recommend that all members read our [Membership Policy](#) before joining to ensure you are aware of your financial obligations as a member of the club.

Coaching Fees

Coaching fees are a monthly fee to cover the cost of coaching staff and lane hire. The club sends our invoices twice per year at the start of each season:

- Summer invoices are sent in September for period 01Oct-31Mar
- Winter invoices are sent in March for period 01Apr-30Sept

Payment may be made in full for a discount or paid in monthly instalments in advance. See our [Membership Policy](#) for further details.

The 2024 fees for each squad are as follows:

Squad	Sessions/wk	Fees per month
Dolphins	Up to 4 x 30 min	\$105
Dolphins Gold	Up to 4 x 45 min	\$110
Junior Development	4 x 1 hour sessions, 1 x 1.5 hour session	\$120
Junior State	5 x 1.5 hour sessions, 1 x 2 hour session	\$145
Junior Performance	6 x 1.5 hour sessions, 2 x 2 hour sessions	\$160
National Development	Up to 8 x 2-hour sessions	\$175
National Performance	Up to 8 x 2-hour sessions	\$190
Social Fitness	2 x 1.5 hour sessions, 1 x 2 hour session	\$115
Jets Fitness	Up to 3 x 1.5 hour sessions	\$115

We have two scheduled training breaks each year. Breaks for 2024/2025 are:

- 29th March to 17th April 2024 (inclusive)
- 23rd Dec 2024 to 5th Jan 2025 (inclusive)
- 18th Apr 2025 to 27th April 2025 (inclusive) – to be confirmed

The club does not train on public holidays.

Annual Membership Fees

There is a compulsory annual membership fee that covers both Summer and Winter season (Oct-Sept) and is paid to the club by all members. There is a \$40 discount for siblings.

For Fitness Members, the membership fee is divided into 12 equal parts.

Annual fee is discounted if joining between 1st March and 30th Sept as follows:

Join Date	Fee	Sibling Fee
1st Oct – 28th Feb	120	80
1st Mar – 31st Jul	70	40
1st Aug – 30th Aug	20	10
1st Sept – 15th Sept	10	5
15th Sept – 30th Sept	Nil	Nil

Swimming WA Fees

ALL members except Jets and Social Fitness squads must be a member of Swimming WA (SWA). As well as being a condition of our affiliation with Swimming WA, SWA membership covers all insurances while swimming with the club. It optionally also allows you to compete in various competitions throughout the year, including open water events.

Pool Entry Fees

Pool entry fees are paid directly to Scarborough Beach Pool (SBP) and are not included in the monthly coaching fee. Scarborough Beach Pool have a variety of pool entry options, including casual entry, multi-passes and monthly memberships.

Please enquire at the reception desk for more details or visit the City of Stirling website: [Scarborough Pool Entry Fees](#)

Spectators are free.

Payrix

All members will receive an invitation to join our direct debiting system, Payrix. If members do not wish to pay for a season (5% discount) or annually (10%), they must sign up for Payrix. Members can decide to pay weekly, fortnightly or monthly.

More information can be found in our [Membership Policy](#).

Timetable

Our timetable is available to view our website ([here](#)).

Normally you will have the same coach for each session each week. However, occasionally your coach may change due to other commitments, illness, annual leave, covering other sessions, etc.

Please note, from time to time these will be altered at short notice, e.g. cancellations due to weather, coaches attending targeted swim meets, venue changes, coach changes, etc. Any amendments will be shown in the SBSC Events Calendar on TeamApp so please check here to view daily/weekly updates or amendments, or a list of targeted meets/events. The calendar is also available on our website.

We may also need to change venues during the season between SBP and Churchlands. This timetable shows the standard timetable for much of the season. See the Events Calendar for any temporary changes.

Drop off and pick up

The club will only accept responsibility for swimmers during their designated training session. Outside of training, supervision is the responsibility of parents/guardians. Coaches need to have their eyes on the pool whenever they have swimmers in the water and, therefore, cannot supervise members outside of their designated training time.

Swimmers aged 12 and under must be accompanied by a responsible person aged 16 years or older in order to access Scarborough Beach Pool. City of Stirling reserves the right to refuse entry to unsupervised children in accordance with their policies.

All swimmers must also be accompanied by someone who can assist with mandatory volunteer duties at swimming meets.

Our Squads

Before enrolling into one of our squads, each swimmer needs to have an assessment with one of our coaches. Bookings usually take place at 3:45pm at Scarborough Beach Pool and take around 5-10 minutes to complete. To book an assessment, please follow this [link](#).

Coaches ask the following of all swimmers during training:

- Be respectful to your coach and fellow squad members.
- Stay focussed and don't get distracted.
- When you're training, don't distract others by chatting. Before and after training is the time for socialising.
- Train hard. Training is all about quality. Give every session your absolute best effort and you will see the results.
- Have fun!

Squad progression is at the coach's discretion according to swimmer's ability, attitude and performance as well as the overall composition of each squad. The aim of our program is for

each swimmer to develop sound technical skill, good friendships and a love of swimming, not to progress through the squads as quickly as possible.

The maximum age for our junior squads (Dolphins, Dolphins Gold, Junior Development, Junior States and Junior Performance) is 13 years for boys and 12 years for girls. Swimmers in these squads who are approaching the maximum age are encouraged to think about their future swimming goals and discuss training pathways with their coach.

Dolphins

This squad aims to transition kids from a learn to swim program into learning the principles of squad swimming. We focus on progressing technique in a supportive and enjoyable environment in a way that leads to learning the skills to become a life-long swimmer.

Swimmers should attend 3 sessions per week.

Dolphins Gold

This squad transitions kids from our Dolphins squad, introducing more skills and technical advances. This squad requires greater endurance, concentration and technique than its previous squad. Swimmers in this squad are encouraged to attend club night races for exposure to racing in a supportive environment.

Swimmers should attend a minimum of 3 sessions per week with 4 sessions recommended for optimal results.

Junior Development

This squad is a progression from the Dolphins Gold Squad, comprised of Juniors who have strength over 50m in Freestyle, Backstroke and Breaststroke. This squad focusses on technique with endurance, learning how to build in controlled speed.

Swimmers must be competing at club level and are encouraged to attend all targeted club meets. Swimmers should attend a minimum of 3 sessions per week with 4 sessions recommended for optimal results.

Junior State

This squad is a progression from the Junior Development Squad, comprised of Junior swimmers with strength over distances greater than 100m, who have an efficient stroke technique with efficient underwater work and skills throughout all strokes. Swimmers will have endurance over sessions ranging between 3.0km – 3.5km.

All swimmers must be competing at club level and all targeted club meets. These swimmers aim to compete at Junior State Championships. Swimmers should attend a minimum of 4 sessions per week with 5 sessions recommended for optimal results.

Junior Performance

****Coach invitation is required for this squad****

This squad is a transitioning invitational squad from Junior States designed for swimmers that have shown the desired work ethic with a strong passion to transition to the next level of their training and racing. These swimmers easily gain state qualifying times and are working towards National qualifying times. They have shown their potential to transition through attitude, training ability and attendance.

All swimmers must be competing at club level and all targeted club meets, these swimmers will also be competing at Junior State and looking toward State Age Championships, with a strong focus to podium.

Swimmers are expected to attend 5 sessions per week. An additional 6 session may be added after discussion with the coach.

National Development

****Coach invitation is required for this squad****

This squad is intended for developing National Age Group swimmers who have clearly shown their dedication to the sport through attitude, training ability and attendance. The swimmers within this squad have achieved state qualifying times and are within 5% of or have hit National qualifying times. These swimmers compete at club level, all targeted club meets, and State Age Championships. Swimmers in the squad are working toward National qualifying times.

Swimmers are expected to attend a minimum of 5 sessions per week. Your coach will discuss an individual training programme based on the swimmer's targeted strokes and distances.

National Performance

****Coach invitation is required for this squad****

This squad is intended for national swimmers who have clearly shown their dedication to the sport through attitude, training ability and attendance. The swimmers within this squad have achieved Open or Age National qualifying times and compete at club level, at all targeted meets, State Championships and nationals while working towards the goal of a podium finish at Nationals and competing at international meets.

Swimmers are expected to attend a minimum of 6 sessions per week. Your coach will discuss an individual training programme based on the swimmer's targeted strokes and distances.

Social Fitness and Jets Fitness Squad

The fitness squads are for teenagers through to adults who wish to continue swimming in a structured program for fitness in a social, fun and welcoming environment. Our competitive sessions also prepare the athletes who wish to compete in Surf and Open Water Swimming events. Members are encouraged to join in club activities and race nights to help showcase the health and lifestyle benefits swimming provides to our younger generations.

There are 2 fitness squads catering to the unique needs and abilities of this group:

-Jets Fitness

This squad is for the competitive natured athlete. Each session is targeted to reach 5km in Summer, with varied sessions throughout Winter to develop more in-depth skills. Swimmers in this squad are required to meet a minimum standard of holding 1.35 minute cycles per 100m.

-Social Fitness

This squad swims approximately 4km per session. Sessions are constantly varied to work on all different aspects of swimming. The use of multiple lanes means we can cater for swimmers of all abilities and ages. The speed of lanes cycles from 2 minutes per 100 through to 1.20 minute cycles per 100.

Equipment

Every swimmer should have at least 1 pair of goggles, a SBSC swimming cap and 1L water bottle for each session.

The table below summarises the equipment needed for each squad. Speak with your coach before you rush out and buy everything.

Squad	Kickboard	Fins	Paddles	Centre Line Snorkel	Pull Buoy
Dolphins	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Dolphins Gold	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Junior Development	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Junior State	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Junior Performance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
National Development	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
National Performance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Social Fitness	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Jets Fitness	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Merchandise

All SBSC merchandise can be purchased via our [website](#). This includes swimming caps, training and competition tees, shorts, jackets, deck coats, backpacks etc.

All swimmers are required to wear the club swimming cap during training and the club uniform and swimming cap during competitions. This assists coaches and volunteers to easily identify our swimmers when mixing with swimmers from other clubs and the general public.



Competitions

The swimming calendar is divided into two seasons – long course and short course. Long course competitions (50m pool) are held between October and April and short course competitions (25m pool) are held between May and September, with each season culminating in State Championships for both Junior and Age swimmers. Long Course Age and National Swimming Championships usually take place in April each year.

Junior Swimming competitions are held for swimmers aged from 8 – 12 years for females and from 8-13 years for males. Age Swimming competitions are held for swimmers aged from 13-17 years for females and from 14-18 years for males. Open swimming competitions are open to females 13yrs+ and males 14yrs+.

Swimmers are gradually introduced to competitive swimming through our Friday Night Race Clinics (for junior swimmers only) and Club Nights. When confident with their race skill, swimmers can then progress to Target Meets.

Friday Night Racing (FNR)

SBSC runs Friday Night Racing nights every second Friday night for all Junior swimmers at the Churchlands Pool. These are another great way for swimmers to learn race skills such as starts and turns, gain confidence, and improve their times in a relaxed, fun environment.

Club Meets

From time to time, SBSC will organise Club Meets at Scarborough Beach Pool or Churchlands Senior High School Pool. Club Meets are advertised on the Team App calendar and through our weekly communications emails.

These events are run by our club. Races will be timed but are not officially recorded on Swim Central and do not count as official PBs. They are a great way for swimmers to practice and fine tune racing techniques and get to know their teammates. Entries to these meets are done online through the SBSC website and are free of charge.

Swimming WA Meet Entries

It is your responsibility as a swimmer (or parent of younger swimmers) to be aware of any upcoming competitions and ensure that you have your entry in by the closing date.

All SWA event entries are managed and paid for online via the Swim Central [website](#). A 'How to' guide for Swim Central is available [here](#). All results and personal best times can be obtained from the Swim Central website at the end of each event.

Events fill up quickly, so it is recommended not to leave your entry to the last minute to avoid disappointment. Upcoming competitions are advertised on the club calendar, in our weekly notices and via Team App. You can also find a full list of competitions on the Swim Central calendar.

Targeted Meets

Throughout the swimming season there will be numerous competitions (Meets) run for all swimmers in Western Australia. At the beginning of each swimming season the coaching team identify several Targeted Meets for our club to participate in. Targeted meets are the preferred meets that the coaching team and club would like swimmers to attend, and where a coach will be present.

Please refer to the club calendar on our website or via Team App for targeted meets for the season. Swimmers may participate in any event during the season, but please note that not all events will have a coach present.

Timekeeping / Volunteer duties

All competitors are expected to provide at least 1 volunteer for duties during a swim meet whether this is a club night or a Swimming WA event. The club is assigned volunteer duties (usually timekeeping) according to the number of individual races entered by our members (If you ever need to scratch from a meet, please try to scratch out BEFORE the meet closes where possible so that other parents don't have to cover extra shifts).

The timekeeping roster is released by the host club on the Wednesday or Thursday before the meet. The roster can be accessed on Swim Central (with exception of club nights). This will determine how many volunteers our club must provide for the meet.

A club volunteer will produce a roster for targeted meets usually using the Duty Roster function in the Team App calendar. Once the Duty Roster has been posted on Team App you will receive a notification. Please assign yourself to a duty as this allows you to choose a time that is convenient for you and saves a lot of volunteer time preparing a roster. If you would like a choice of your timekeeping slot in a targeted meet, please email admin@sbsc.au as soon as possible.

Sometimes we are allocated timekeeping duties after our last swimmer has finished their races. On these occasions, we will need the last 2-3 swimmers to provide timekeepers after they have completed their racing on the day (normally not more than 30-45mins).

If a number of swimmers enter a non-targeted meet resulting in the meet organisers allocating duties to our club, it is up to the competitors/parents to organise a roster themselves (via Team App chat). If you would like a list of club competitors in a non-targeted meet, you can email committee@sbsc.au and they can send you a list of names so that you can organise the roster.



Meet Mobile

Most swim meets use an app called [Meet Mobile](#) which provides results in real time. It is available for an annual subscription of around \$15pa. Meet Mobile shows live results of the meet (don't need to wait till posted on Swim Central) and will show split times, entry time, place, whether you beat your Personal Best (PB), other competitor's times, etc. It's also a good way to track if a meet is running ahead or behind schedule, which can be useful if you are swimming later in the day - they don't wait for swimmers that aren't at marshalling, even if the event is ahead of schedule.

This app is optional but a useful tool if you would like to subscribe to it.

Race Suits

Children 12 and under are not permitted to wear technical/performance swimsuits at any Swimming WA sanctioned competition. The only exception to this rule is when the swimmer is competing in a 13yrs/over event; then they will be permitted to wear swim wear in line with the World Aquatic by laws 8.1, 8.2 and 8.3. Information on World Aquatic rules can be viewed [here](#)

Race Suits are very expensive and are not necessary unless competing at an elite level. However, if purchasing a Race Suit, be sure to confirm that it complies with the World Aquatic rules otherwise it will not be permitted during competition.

Preparing for a Swim Meet

Preparing for a swim meet can be challenging, but with the right preparation and mindset, you can perform at your best.

Here are some tips to help you prepare for a swim meet:

1. Get plenty of rest: Make sure you get enough sleep in the days leading up to the meet so that you feel rested and energized.
2. Stay hydrated: Drink plenty of water and avoid sugary drinks or caffeine.
3. Eat well: Eat a balanced diet that includes plenty of fruits, vegetables, and lean protein.
4. Warm up properly: Make sure you warm up before each race to prevent injury and improve your performance.
5. Visualize success: Imagine yourself swimming your best race and achieving your goals.
6. Stay positive: Keep a positive attitude and focus on your strengths rather than your weaknesses.
7. Make sure you are fully aware of your event and heat numbers. Write these on your arm with a permanent marker. Make sure you get to the marshalling station on time for your race.
8. Have fun: Remember that swimming is supposed to be fun! Enjoy the experience and don't put too much pressure on yourself.
9. Wear appropriate sun safe clothing and sunscreen and stay in the shade if outside. Stay warm between events and wear appropriate footwear on pool deck.



Coaches' Expectations for race days

- Talk to your coach before entering events
- Talk to your coach before and after each race. Make sure you have a race plan and afterwards debrief with your coach to see how well you executed against your plan
- Be respectful of everyone (coaches, teammates, officials, other competitors)
- Support your teammates
- Believe you can do it
- Try your best
- Stay positive

Nutrition for training and competition

Did you know, over half your body is water? Drinking water keeps your body cool, replaces fluid lost through sweat and helps you continue to perform at your best.

It's important to drink water before, during and after training and competing to stay hydrated for optimal performance. We adopt a 'No water bottle - No training' policy.

Before training or competition

Prepare with a meal high in carbohydrates such as:

- Cereal with milk
- Boiled/poached eggs on wholegrain toast
- Fruit salad with yoghurt
- Pikelets / pancakes
- Fruit filled muffins

Avoid fats and protein within 30 minutes of training. For early morning trainings, focus on carbohydrates such as a honey sandwich or fruit.

Between events

Keep your tank topped up with fruit and stay hydrated by sipping on water. Small amounts often are key during competition. [OLOE Shakes](#) is a nutritious and delicious super-food shake tasting like flavoured milk but is organic and plant based, without dairy or gluten. Avoid sports drinks and lollies.

After

It's important to rehydrate, replenish and rebuild with healthy choices. Milk (or an [OLOE shake](#)) is an excellent choice for refuelling immediately after training/competition to replace electrolytes, carbohydrates and fluid.

Within 2 hours of training, refuel with a substantial meal containing protein and carbohydrates such:

- Baked beans on toast
- Chicken with rice and veggies
- Fresh fruit and yoghurt
- Healthy hamburger loaded with salad
- Pasta salad
- Rice paper rolls
- Sandwiches, rolls and wraps
- Sushi
- Toast or rice cakes with crunchy peanut butter and sliced fruit

Find some healthy & nutritious recipe ideas [here](#)!

Complaints & Grievances

Members are encouraged to bring any concerns to the attention of the coaches or committee as they arise. Contact details for the committee can be found on page 11 of the handbook.

Formal complaints should be directed in writing to the Member Protection Information Officer. In the absence of the MPIO, complaints should be directed to the Club Secretary. Provided that the Member Protection Information Officer does not have any legal obligation to report any matter disclosed to them in their capacity as MPIO, all matters disclosed will be kept confidential.

Policies and Procedures

[Member Protection Policy](#)

[Fees & Membership Policy](#)

Useful websites

Swim Central - <https://swimcentral.swimming.org.au/>

Swimming WA – wa.swimming.org.au

Swimming Australia – swimming.org.au

Healthway WA – healthway.wa.gov.au

Fuel to Go & Play - fueltogo.com.au

Asada – asada.gov.au

WAIS – wais.org.au

Kidsport - <https://www.dlgsc.wa.gov.au/funding/sport-and-recreation-funding/kidsport>

Sponsors

We would like to acknowledge and thank our amazing sponsors:



SBSC offers a range of sponsorship opportunities, including:

- Prominent signage at Scarborough Beach Pool
- Exposure at local, State and National meets
- Exposure at Open Water meets at various State and National beaches
- Regular recognition on social media and our website
- Commissioning of one-off uniforms for sponsored meets, with sponsor logo, to be worn in all official photos and for the full duration of the meet.

Email our [Sponsorship Team](#) to discuss a customised sponsorship package to fit your needs.