



# HANDBOOK

## 2023/24



*The Monbulk Marlins Swimming Club acknowledge that we live, gather and swim on the ancestral lands of the Wurundjeri people of the Kulin Nations and we pay respects to the traditional custodians and their elders past, present and emerging.*



*We are committed to embracing diversity and eliminating all forms of discrimination in our sport. We welcome all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.*

## ABOUT US

**Monbulk Marlins Swimming Club** (Monbulk Aquatic Club is our registered incorporated name) has been serving the Hills district for over 45 years. It had humble beginnings in a backyard pool and was instrumental in lobbying for a public indoor pool in Monbulk. Established in 1967, the Monbulk Marlins have trained in Monbulk since the pool's opening, with short stints elsewhere during extensive renovations in the 90's. We are a "family club" that encourages all members of the family to be involved. We encourage excellence among swimmers, but recognize that all our swimmers swim for varying reasons, therefore we encourage participation above all else. We cater for swimmers coming out of learn to swim lessons up to those striving for state level and beyond.

## HOW DO WE OPERATE?

The club is operated by a Committee of Management consisting of a group of dedicated volunteers all looking to the future of the club. We are affiliated with Swimming Victoria and subsequently Swimming Australia.

## OUR VISION

To provide a safe and supportive club in a friendly environment. Our swimmers are given proficient coaching to reach their full swimming potential in a social club. This is encouraged through fun, fitness and team support for all members.

## MEMBER WELFARE STATEMENT- SAFE SPORT

The Monbulk Marlins Swimming Club is committed to ensuring the welfare of all its members and aims to provide its swimmers with the best opportunities to enhance their swimming capabilities. As a Club we are committed to providing a safe environment for all our swimmers and their families.

The Safe Sport Framework and the Victorian Child Safe Standards confirms the shared responsibility of everybody in the swimming community to ensure there is an overarching culture of child safety.

The Monbulk Marlins Swimming Club has adopted the Safe Sport Framework in support of child safety legislation.

All Monbulk Marlin's members are required, at all times, to comply with the Code of Conduct and the Code of Conduct for Dealing with Children and Young People in the Safe Sport Framework. Additional Codes of Conduct apply for Club members participating in team camps, trips and other activities.

All employees of the Monbulk Marlins Swimming Club are required to undergo screening and background checks prior to, and during the course of their employment in accordance with the Safe Sport Framework.

All paid employees and committee members who have a nominated role with the club are required to have a valid Working With Children Check which is issued through the Department of Justice. This includes anyone who has electronic communication with swimmers.

### **The Safe Sport Framework (SSF)**

1. Commits to keeping our Children and Young People safe within the sport
2. Clarifies and raises the standards of behaviour for dealing with Children and Young People through a new 'code of conduct' for dealing with Children and Young People
3. Combines previous role-specific Codes of Conduct into a single General Code of Conduct
4. Strengthens and clarifies processes and procedures when safe sport concerns or incidents arise
5. Requires rigorous recruitment and screening procedures, as well as reporting by all organisations in swimming
6. Provides guidance, advice, tips and tools to assist us in keeping each other and our sport safe for all people.

The SSF has been developed by a committee from a range of Swimming Australia Member Associations in consultation with the Australian Childhood Foundation and the Australian Sports Commission. Additional details can be found on the links below:

Part 1- [Introduction and definitions](#)

Part 2- [Child protection and commitment statement](#)

Part 3- [Codes of conduct](#) (including for dealing with children and young people)

Part 4- [Complaints, procedures and guidelines](#)

Any queries regarding the Safe Sport Framework, or concerns in regards to child safety should be directed to the Club's President at [president@monbulkmarlins.com.au](mailto:president@monbulkmarlins.com.au)

## **CHILD SAFE STANDARDS**

Victoria's Child Safe Standards aim to protect children and young people by requiring organisations to put policies, procedures and processes in place to prevent and respond to abuse. They aim to make keeping children and young people safe a key focus of organisations in Victoria. The Monbulk Aquatic Club have endorsed our commitment to meeting the expectations by:

- 1) Establishing a culturally safe environment in which the diverse and unique identities and experience of Aboriginal Children and Young People are respected and valued;
- 2) Embed Child Safety and Wellbeing in organisational leadership, governance and culture;
- 3) Empower Children and Young People so that they know their rights, participate in decisions affecting them and are taken seriously;
- 4) Inform and engage families in respect to child safety and wellbeing;
- 5) Ensure that equity and diversity is upheld through our policies and practices;
- 6) Engage volunteers and officials to ensure that they are suitable to work with Children and Young People;
- 7) Handle complaints and concerns promptly, thoroughly and with a child focussed approach;
- 8) Educate volunteers and staff to provide them with the knowledge and skills to keep Children and Young People safe;
- 9) Promote the safety and wellbeing of Children and Young People through physical and online environments;
- 10) Review and improve our child safe policies, procedures and practices regularly;
- 11) Role model behaviour and actions documented in policies, procedures and practices guiding how our organisation is safe for Children and Young People.

Further information and documents relating to our compliance, including Child Safe Codes of Conduct can be found on our website [www.monbulkmarlins.com.au/child-safety](http://www.monbulkmarlins.com.au/child-safety).

The Monbulk Marlins Child Safety Officer is Kellie McDonald. Please contact Kellie via email at [childsafety@monbulkmarlins.com.au](mailto:childsafety@monbulkmarlins.com.au) for any child safety matters.

## SWIMMING AUSTRALIA CODE OF CONDUCT

The Monbulk Marlins Swimming Club supports the Swimming Australia Behavioural Guidelines. At every level of sport, the principles of fairness, respect, responsibility and safety should be maintained.

**Fairness:** Operating within the spirit of the rules, never taking an unfair advantage and making informed and honourable decisions at all times.

**Respect:** Recognising the contribution that people make to sport, treating them with dignity and consideration, as well as caring for the property and equipment they use.

**Responsibility:** Taking responsibility for one's actions and being a positive role model at all times.

**Safety:** Encouraging healthy and safe procedures, preventing and reporting dangerous behaviour, while demonstrating concern for others.

**General Competitor Behavioural Guidelines Encompass:**

- Abide by the General Behavioural Guidelines.
- Follow the rules of Swimming Australia at all times.
- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute
- Control your temper. Verbal or physical abuse is not acceptable.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coaches, team mates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.

**Parent/Guardian Behavioural Guidelines Encompass:**

- Abide by the General Behavioural Guidelines.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.

**Spectator Behavioural Guidelines encompass:**

- Abide by the General Behavioural Guidelines.

- Remember that people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the outcome.
- Respect the decisions of officials, and teach others to do the same.
- Never ridicule or scold an athlete for making a mistake. Positive comments are motivational.
- Reject the use of violence in any form, whether it is by spectators, coaches, officials or competitors.
- Show respect for all athletes. Without them there would be no competition.
- Encourage competitors to follow the rules and the officials' decisions.
- Do not use foul language, sledge or harass other competitors, coaches or officials.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

The complete guidelines can be viewed online at

<https://swimmingausprd.wpengine.com/wp-content/uploads/Swimming-Australia-General-Code-of-Conduct-and-Disciplinary-Policy.pdf>

## MONBULK MARLINS CODE OF CONDUCT

In addition, the Monbulk Marlins Swimming Club swimmers and coaches have created their own Code of Conduct, modelled on the Swimming Australia Code of Conduct.

The Monbulk Marlins swimmers represent many different ages and swimming abilities. Despite the differences, the one thing shared in common by everyone is that they must conduct themselves in a matter which shows respect for other swimmers, coaches and facilities, whether at training or at a meet.

The following **CODE OF CONDUCT** is a general outline of the type of behaviour, which all swimmers, as well as their parents, are expected to follow at all times. The club recognises it is difficult to document all possible situations and therefore empowers the coaches to discipline for any instances that are disruptive to the productivity of the overall group at training or meets.

### **As a swimmer at the Monbulk Marlins, I will:**

- Listen to my coaches and treat them with respect.
- Be a good sport.
- Compete for enjoyment.
- Strive for personal excellence.
- Work hard for my swim team as well as myself.
- Treat all other team mates and opponents with respect.
- Compete by the rules.
- Co-operate with team mates, coaches and officials.
- Follow all rules and guidelines in and out of the pool.

- Learn to value honest effort, skilled performance and improvement.
- Be on time for training with the correct equipment.

I understand that failure to comply with these rules will subject me to immediate contact of my parents/carers and disciplinary action as deemed appropriate by the coach on deck. At the discretion of the coach, disciplinary action may include but is not limited to:

- Verbal warning.
- Time out.
- Removal from pool for the rest of the session.
- Removal from up to one week of training.

If more extensive discipline is required, the coaches and committee will determine suspension and/or expulsion on a case-by-case basis.

The following are examples of actions that are subject to immediate suspension from the club, and review by the coaches and committee to determine if expulsion is appropriate. Other actions potentially are subject to suspension or expulsion at the direction of the coaches or committee.

- The use of drugs, alcohol or tobacco products affecting club activity.
- Convictions of any unlawful act.
- Theft of club, facility or swimmer property.
- Extreme demonstration of disrespect to property or individuals related to club activities.

**As a coach at the Monbulk Marlins, I will:**

- Set a good example for my swimmers.
- Treat all swimmers with respect and dignity, value their worth and treat everyone equally, recognising their need and abilities within the context of their sport.
- Maintain a duty of care towards others and accountability for matters relating to training and competition.
- Encourage and create opportunities to develop individual skills
- Encourage team participation.
- Ensure that the drills/tasks/events are appropriate for the age group and skill development level of the swimmers involved.
- Encourage and guide swimmers to accept responsibility for their own behaviour and performance.
- Teach my swimmers to be friendly towards officials and opponents and to treat them with respect.
- Keep my own knowledge of coaching and developments of the sport up to date.
- Share my own knowledge with others when the need arises.

**As a parent/carer of a swimmer at the Monbulk Marlins, I will:**

- Encourage participation by my children.
- Provide a model of good sports behaviour for my child to copy.
- Be courteous in my communication with swimmers, officials and committee members and display and foster respect for swimmers, coaches, officials and other parents/spectators.
- Make any new parents/carers/swimmers feel welcome on all occasions.
- Not interfere with the conduct of any event.
- Understand that abuse in any form is unacceptable and will result in disciplinary action
- Demonstrate appropriate social behaviour by not using foul language towards swimmers, coaches or officials

**For a spectator at an event that involves the Monbulk Marlins, I will:**

- Demonstrate appropriate social behaviour.
- Remember swimmers compete for enjoyment. I won't let my behaviour detract from their enjoyment.
- Let officials conduct events without interference.
- Support skilled performances and team play with generous applause.
- Demonstrate respect for other competitors and their supporters.

**CONSEQUENCES OF A BREACH**

Any swimmer, parent, coach or volunteer may notify the Committee of a possible breach of this code of conduct. The Grievance Officer or person nominated by the President will investigate the complaint to determine whether there has been a breach of this Code of Conduct.

If satisfied that a breach has occurred, the Executive Committee may implement disciplinary action against the respondent such as a warning, requirement to attend a meeting, direction to provide an apology, direction not to attend Club activities for a period of time, or termination of membership (or employment where the person breaching this code is a staff member).

## **COMMITTEE OF MANAGEMENT**

The role of the Committee of Management is to exercise good governance with respect to the strategic and operational requirements of the Club. The Committee is elected at the Annual General Meeting and made up of a group of dedicated volunteers.

As a Community Club we are always looking for new members to take on a committee



position. Without a voluntary Committee of Management the Monbulk Marlins Swimming Club is unable to operate. Ask how you can get involved!

## 2023-24 COMMITTEE MEMBERS

<b>President</b>	Richard Licciardi
<b>Vice President</b>	Jade Atkin
<b>Treasurer</b>	Troy McDonald
<b>Secretary</b>	Melissa Reid
<b>General Committee</b>	Vera Costa
	Marcel Geelen
	Meloney King
	Naween Malwatta
	Fran van der Linde
<b>Registrar</b>	Troy McDonald
<b>Team Manager</b>	Michelle Hardicre
<b>District Representative</b>	Aaron Reid
<b>Grievance Officer</b>	Jade Atkin
<b>Fundraising Officer</b>	Fran van der Linde
<b>Uniform Officer</b>	Aaron Reid
<b>Technical Officer</b>	Ben King, Ben van der Linde
<b>Website Manager</b>	James Murray
<b>Event Coordinator</b>	Jill Armstrong
<b>Catering Coordinator</b>	Tamasin Kenzie
<b>Child Safety Officer</b>	Kellie McDonald

## COMMUNICATION

### **Emails**

Ensure the club Secretary has your correct email address as all important messages will be sent to families via email. Please check your emails regularly.

### **Facebook Page – Monbulk Marlins Swimming Club**

Monbulk Marlins Swimming Club is the official club page.

We also operate a private page for members only. Updates will be posted on this page.

Please complete a joining request on the page to stay up to date. Monbulk Marlins Swimming Club Members <https://www.facebook.com/groups/1865136543720212>

## Website

[www.monbulkmarlins.com.au](http://www.monbulkmarlins.com.au)

## GRIEVANCE PROCEDURES

The role of the Grievance Officer is to investigate any grievance that is raised by a member of Monbulk Marlins Swimming Club. If a grievance is raised, the Grievance Officer will decide what, and if, any further action is required. All correspondence is private and confidential. If the grievance is legitimate, the Grievance Officer will inform the committee of a recommended action. A full copy of the club's Complaint Handling Policy is available on the website.

## UNIFORMS

Club polos and club caps should be worn at all swim meets and training sessions. To enquire about uniform speak to one of the coaches or contact our Uniform Officer Aaron Reid, contact at [uniforms@monbulkmarlins.com.au](mailto:uniforms@monbulkmarlins.com.au) Payment for uniforms is by cash or direct deposit. We can also take credit card payments via our Square if you make prior arrangements with Aaron.

When wearing the Marlins uniform you are representing the Club and we ask that both current and past members abide by our Code of Conduct when wearing any club branded uniform.

## COACHES

**Head Coach :** Ebony Huidobro

**Technical Coach :** Juergen Langfeldt

**Assistant Coaches:** Jacinta Nielsen, Jesse Collings, Toby Cape

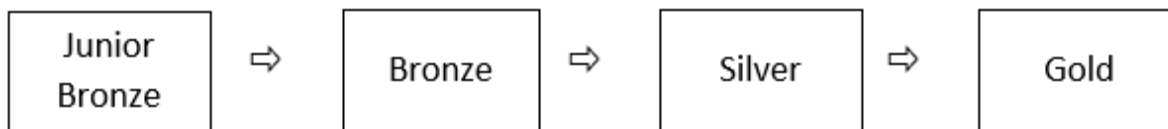
## COMMUNICATING WITH COACHES

- Swimmers and parents are encouraged to talk with their coaches about any issues, concerns, suggestions or difficulties they may be experiencing.
- It is requested that you approach the coaches either before or after training. If your discussions could take more than a few minutes, please arrange a time to meet when they have more time and can give you their undivided attention.
- Parents are asked not to speak with the coaches whilst training is in progress.
- If you believe your concern isn't addressed appropriately then raise your concern with the club President.
- All general nature issues should be raised with the President, Vice President or Child

Safety Officer as appropriate to the nature of the issue.

## SQUAD STRUCTURE

Monbulk Marlins Swimming Club offers 4 squads for different skills, swimming fitness and competitive aspirations.



The decision about the appropriate squad for each swimmer is made by the coaches following an assessment of each swimmer’s stroke techniques and swimming fitness. Coaches determine movements between squad levels. The Executive Committee has discretion to withhold progression if membership requirements are not being met and in this instance the committee will inform the family.

## CRITERIA FOR SQUAD PROGRESSION

Progression to the next squad level must meet the criteria below. Coaches will forward recommendations to the executive committee and parents will be notified of the decision, seeking their permission prior to swimmers progressing into the next level.

Entry to Squad	Expectation of Junior Bronze members
<p>Junior Bronze squad is aimed at swimmers who are progressing from learn to swim programs. Swimmers will focus on exposure to swimming techniques and skill development</p>	<ul style="list-style-type: none"> <li>• Work up to completing a training session of 60 minutes</li> <li>• Swim freestyle and backstroke with correct body position, kick and understanding of breathing over 100 metres.</li> <li>• Able to swim butterfly and breaststroke with correct technique</li> <li>• An attitude that is not disruptive, is motivated and wishes to develop as a swimmer</li> <li>• Develop good lane etiquette</li> <li>• Commit to attending training twice per week to build up endurance and skills</li> </ul>

## Squad Progression from Junior Bronze to Bronze

There are no set time or distance requirements to progress to Bronze squad. The Head Coach will monitor swimmers' progress and development and recommend progression. In order to swim in Bronze squad swimmers must demonstrate:

- An ability to swim consistently at the pace of the Bronze squad
- A level of technique in each stroke that is consistent with Bronze level swimmers
- Know how to dive and how to do each of the stroke turns
- An understanding of how to use the clock and follow time cycles
- An understanding of the set structure written on the whiteboard
- An attitude that is not disruptive, is motivated and wishes to develop further as a swimmer

Proficient over	200m Freestyle			50m Breaststroke			100m Backstroke			50m Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

Correct turns without reminders	Freestyle			Breaststroke			Backstroke			Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

Ability to complete bronze set over 3 sessions	Session 1		Session 2		Session 3	
	Yes	No	Yes	No	Yes	No

<b>Punctual to training sessions</b>	Needs Support	Meets Expectations
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<b>Effective use of training time</b>	Needs Support	Meets Expectations
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<b>Listens and follows instructions</b>	Needs Support	Meets Expectations
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## Squad Progression from Bronze to Silver

<b>Times: Requires 3x 50m times plus 400m time</b>	50m Freestyle Sub 40"	50m Backstroke Sub 45"	50m Breaststroke Sub 52"	50m Butterfly Sub 48"	400m Freestyle Sub 8'00"
	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

<b>Proficient over</b>	400m Freestyle			200m Breaststroke			200m Backstroke			100m Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

<b>Correct turns without reminders</b>	Freestyle			Backstroke			Breaststroke			Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

<b>Ability to complete silver set over 3 sessions</b>	Session 1		Session 2		Session 3	
	Yes	No	Yes	No	Yes	No

<b>Punctual to training sessions</b>	Needs Support	Meets Expectations
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<b>Effective use of training time</b>	Needs Support	Meets Expectations
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<b>Listens and follows instructions</b>	Needs Support	Meets Expectations
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## Squad Progression from Silver to Gold

<b>Times: Requires 3x 50m times plus 400m time</b>	50m Freestyle Sub 35"	50m Backstroke Sub 40"	50m Breaststroke Sub 45"	50m Butterfly Sub 40"	400m Freestyle Sub 6'15"
	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

<b>Proficient over</b>	800m Freestyle			400m IM		
	Never	Sometimes	Always	Never	Sometimes	Always

<b>Correct turns without reminders</b>	Freestyle with fly kick			Backstroke with fly kick			Breaststroke with kick & pull-out			Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

<b>Ability to complete gold set over 3 sessions</b>	Session 1		Session 2		Session 3	
	Yes	No	Yes	No	Yes	No

<b>Punctual to training sessions</b>	Needs Support	Meets Expectations	Exceeds Expectations
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<b>Effective use of training time</b>	Needs Support	Meets Expectations	Exceeds Expectations
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<b>Listens and follows instructions</b>	Needs Support	Meets Expectations	Exceeds Expectations
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<b>Objectives of Squad level</b>			
Junior Bronze	Bronze	Silver	Gold
Improve and maintain correct technique in all four strokes	Improve swimmer confidence and technique in all four strokes	Improve turns, starts, finishes for competition swimming	Improve swimmer understanding of training objectives and goal setting
Reinforce streamlining	Improve swimmer confidence and preparedness for competition	Build swimmer fitness and endurance	Perfect turns, starts, finishes for competition swimming
Introduce the basic skills of dives and turns	Develop turns, starts, finishes	Develop swimmers towards state times	Build swimmer fitness and endurance
Desire to improve and progress	Build swimmer fitness and endurance		Provide training opportunities for senior swimmers who cannot commit to a heavy training schedule due to study or work commitments
Demonstrate a positive attitude to training			Build swimmer speed and endurance for target events
Develop an interest in competitive swimming			Provide training schedule for swimmers seeking to maximise their performance and reach State and Open State level competitions
Develop an understanding of time cycles and reading session programs			
<b>Expected training commitment and competition recommendations</b>			
meet attendance is highly recommended for all swimmers as it fosters team spirit and builds confidence but competitive swimming is not essential for squad membership			
1-2 sessions per week Aggregates Club Championships (50m events only)	1-3 sessions per week Aggregates Club Championships Interclub Metro East Meets	2-4 sessions per week Aggregates Club Championships Interclub Encouragement Meets Metro East Meets District Championships Metro East All Juniors	3-5 sessions per week Aggregates Club Championships Interclub Encouragement Meets District Championships Metro East All Juniors Metro East Distance Meets

## SQUAD TRAINING

Swimmers are required to be at the pool **15 minutes** before swim time for warmup.

### What to bring to training?

- Drink bottle
- Goggles
- Cap (the Marlins swim cap is a compulsory uniform item and all swimmers are expected to wear one in either blue or red for all squad training sessions)
- Swim kit consisting of a kickboard, pull buoy and fins for bronze squad members with the addition of hand paddles for gold and silver squad.  
(ask the coaches if you are unsure what to buy)



## Squad Timetable

Commencing 14 August 2023

*The first 15 minutes of each session is a dryland warm up*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Junior Bronze</b>	6:00 – 7:15pm			6:00 – 7:15pm	
<b>Bronze</b>	6:00 – 7:30pm	6:00 – 7:30pm		6:00 – 7:30pm	6:00 – 7:30pm
<b>Silver am</b>		5:45am – 7:30am			
<b>Silver pm</b>		6:00 – 7:45pm	6:00 – 7:45pm	6:00 – 7:45pm	6:00 – 7:45pm
<b>Gold am</b>		5:45am – 7.30am		5:45am – 7.30am	
<b>Gold pm</b>	6:00 – 8:15pm	6:00 – 8:15pm	6:00 – 8:15pm	Dryland 5 - 6pm	6:00 – 8:15pm

### DRYLAND TRAINING

Dryland training is land-based body-weight exercises designed to improve performance in the water. These sessions focus on core strength and are run by a qualified instructor in the program room adjacent to the pool. The sessions are highly recommended for Gold swimmers and invited Silver swimmers and are held on Thursday afternoons between 5 - 6pm.

### COMPETITION INFORMATION

Monbulk Marlins Swimming Club offers a series of competitions designed for swimmers just starting out in competitive swimming through to those competing at state level. The emphasis is on learning and self-improvement where swimmers set themselves individual goals and strive to achieve Personal Best times. With appropriate guidance from coaches and parents, competitions are a lot of fun. They provide an opportunity to meet other people and allow swimmers to use the skills they have learnt at training. Swimmers can progress to interclub competitions, Metro East District competitions, State or National competitions.

**SHORT COURSE MEETS:** Swim meets held in 25m length pools. These are generally the focus of the winter season.

**LONG COURSE MEETS:** Swim meets held in 50m length pools. These are generally the focus of the summer season.

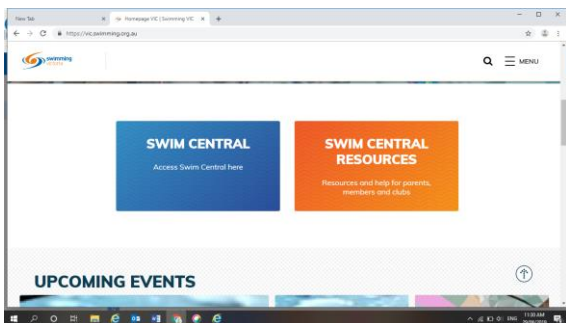
## How do we know when meets are scheduled, and which ones are most suitable?

1. **Your Coach:** Coaches will keep swimmers informed, both verbally and in the form of notices and the yearly calendar.
2. **Registrar:** Can assist families in the use of Swim Central for entering competitions.
3. **Monbulk Marlins Swimming Club Public Facebook Page.**
4. **Monbulk Marlins Swimming Club Members Facebook Page** (Members must request permission to join group).

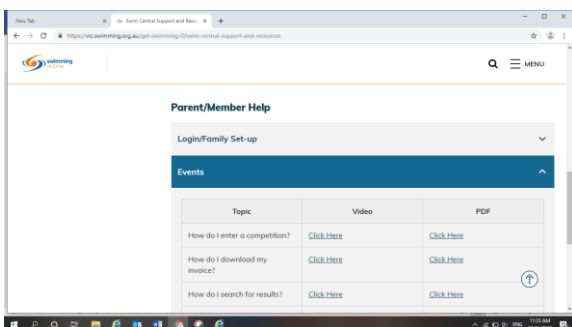
## How do we enter into competitions?

Non-Monbulk Marlins Swimming club registrations are completed online via Swim Central. Visit Swimming Victoria website: <http://vic.swimming.org.au/>

Scroll to the bottom of the page and click on 'Swim Central Resources'.



Scroll to the bottom and click 'Parent/Member Help'. Click 'Events'. Click 'How do I enter a competition'.



If you have any questions regarding competition entry, please don't hesitate to ask the coaches or registrar for assistance.

## Qualifying times

Some swim meets require qualifying times in order to enter the events. For these competitions, training times or parent recorded times are not acceptable. State qualifying times indicate the minimum standard you need to achieve before being eligible to enter and compete at State Championships.

Copies of these times are posted on the whiteboard in the club office and the Swimming Victoria website each year. Only competitions which meet certain criteria are classified as approved qualifying meets, and only times swum at these competitions are acceptable as state qualifying times.

## State Team Shirts

All swimmers who achieve a qualifying time at an approved meet for any of the Victorian State events and are eligible to enter the event, will be awarded a State Team shirt embroidered with the year of achievement. This will be embroidered by the club onto their existing club polo or families can purchase a new polo if required. Where time permits, state shirts will be presented prior to the running of the meet qualified for. After committee approval, the uniform officer will contact eligible families to make arrangements for embroidery.

**What do parents do at swim meets?** All parents are encouraged to volunteer at swim meets, especially club run events. Every person who is running the meet is a volunteer. Most parents find it much more interesting to time keep while watching the meet, rather than sitting in the stands. Don't be scared of the stopwatch, you won't be lynched for making a mistake!

## MONBULK MARLINS SWIMMING CLUB SWIM MEETS

There are 3 types of swim meets that Monbulk Marlins Swimming Club members are involved in. These include Club meets, Metro East District meets and Swimming Victoria meets.

### 1. CLUB MEETS

- **AGGREGATES**

The aggregate program is a series of in-house club competitions. It is a particularly good introduction to competitive swimming for those new to the sport and a great way to practice various races and further develop competition skills. Aggregates also allow swimmers to set Personal Best (PB) times, see their improvement and engage in the social side of club nights.

**Aggregate Awards:** Swimmers gain points based on personal improvement for awards given at the end of the season. Only swimmers who have attended 60% of aggregates from their commencement with the Club will be eligible for Aggregate Awards which are awarded on Presentation night.

***Parent's assistance is required during all aggregate competitions and all parents are encouraged to get involved! Time keeping or marshalling, there are plenty of ways you can get involved!***

**Cost:** The usual pool entry is not required

## **HOUSE NIGHTS**

House Nights are a series of fun training sessions made up of team bonding activities, personal or group challenges and social/fun events. House nights are conducted on a Monday during normal training times and usually run once a month.

### • **CLUB CHAMPIONSHIPS**

Club Championships are held over a weekend at the end of the swimming season. Events include 50m and 100m of all four strokes, IM events and various perpetual trophies. All swimmers who participate at Club Champs are eligible to receive awards for age events. These awards are presented on Presentation Night.

Only swimmers who have attended 60% of aggregates from their commencement with the club will be eligible to receive perpetual trophies which are awarded on Presentation night.

#### **Perpetual Trophies include:**

##### ***100m Bill Smit Breaststroke Handicap Trophy***

Named in honour after Bill Smit, one of our life members who is still very active in the club. This is a mixed race and it is awarded to the swimmer who swims closest to, or furthest under the state time in their age group.

##### ***100m Backstroke Patricia Lane Trophies (Boys & Girls)***

Presented in honour of Patricia Lane who swam with the club in the 1970's. Patricia died tragically in a house fire and this trophy was created in her memory. It is awarded to the fastest 100m Backstroke Male and Female swimmer.

##### ***100m Watson Butterfly trophy***

This award was donated by the Watson family to commemorate their Daughter Zaphna's time at the club. She was an excellent butterflyer and went on to what was known as a "super club" back in the late 1980's to progress her swimming career. It is unknown what happened to her thereafter. This is a mixed race and it is awarded to the swimmer who swims closest to, or furthest under the state time for their age group.

##### ***Shire of Yarra Ranges 400m Freestyle Handicap trophy***

This trophy was donated by the Shire of Yarra Ranges and is swum as a freestyle handicap race over 400m.

##### ***200 Individual Medley Fin Boyle Memorial Trophy (Boys & Girls)***

Presented in honour of Mr. Finn Boyle, a past president of Monbulk Marlins Swimming Club. His two girls Katie and Lucy both swam and coached with the MAC for many years. Finn Boyle's life was tragically cut short in a drowning accident and this trophy was created in his memory. It is awarded to the fastest 200m IM Male and Female swimmer.

##### ***The Mater Christi 50m Freestyle (Girls only) trophy***

This trophy was donated by the Mater Christi Girls College. This is a girls only race and it is awarded to the swimmer who swims closest to, or furthest under the state time for their age group.

## 2. METRO EAST DISTRICT EVENTS

- 7-10's
- Junior Dolphins
- District Championships
- District Sprint Meet

For more information on these events, ask your coaches or visit the Metro East website.

## 3. SWIMMING VICTORIA MEETS

- Qualifying and State Meets
- Meets run by other clubs

For more information on these events, ask your coaches or visit the Swimming Victoria website.

## FEES

As a swimmer of the Monbulk Marlins Swimming Club there are 2 different fees that you are required to pay. (1) An age based fee to become a registered swimmer with Swimming Victoria and (2) each swimmer under 18 must also have a parent or guardian registered as a Dry Member. The Dry Member registration is a single fee per family irrespective of the number of swimmers in the family. The full year 2023/24 costs for SV membership per swimmer are:

### 1. Annual Swimming Victoria Registration Fee

- Junior Swimmer (8/under) \$137.00
- Swimmer (9 years+) \$148.00

### 2. Annual Swimming Victoria Parent/Guardian Registration Fee

- Dry Member \$15.00

After completing the 2 week free trial, swimmers **must become registered members** with Swimming Victoria before they can join Monbulk Marlins Swimming Club.

These membership fees cover Club registration, Swimming Victoria registration, affiliation to District, State and National associations and, most importantly, insurance cover for swimmers, club coaches, officials and volunteers.

The swimming year runs from 1 July to 30 June. These membership fees are **due by all members** at the **commencement of each new swimming year** or are payable immediately when joining the club as a new member.

## 2. Pool Entry

We receive a discount on the standard pool entry charge which is set by the Pool Management "Belgravia" and pays for our use of lane space. A swim pass specific to the Marlins must be purchased to obtain the discounted rate. This pass costs \$57 and allows you to scan in for 20 visits at a cost of \$2.85 per visit. If you do not purchase the pass you will be charged the standard entry fee as Belgravia cannot process individual entries at the Marlins rate. Enquire at reception for further details.

## 3. Membership Fee

There is a **one off joining fee** when you register with the Club of \$65.00 which will be billed with your first monthly debit.

## 4. Squad Fees

SQUAD	MONTHLY FEE
Junior Bronze	\$55
Bronze	\$90
Silver	\$105
Gold	\$125

Squad fees are payable **in addition** to the Swimming Victoria membership fees that are payable each swimming year. These fees will be debited **every month** from the bank account of the parents' choice as per the fees agreement signed by them on joining their child.

Coaching, club administration and trophy costs are covered by these fees.

### Note:

- There is a 10% family discount for families with 3 or more swimmers in the club.
- Families with a Health Care Card or Pension Card can apply for a low-income discount of 10%

## Suspension of Payments

Suspension of Payments will require a medical certificate or explanation of extenuating circumstances and will only be applied when the absence is for a period of four or more consecutive weeks. Notification shall be provided in writing to the committee. No refunds will be given for disciplinary suspension.

To join Swim Central as a brand-new member you must first register yourself and then create a family group.

You will then be able to add your child into your family group. Instructions can be found here: <https://support.swimming.org.au/hc/en-us/articles/360002101036-How-To-Register-With-Swim-Central>

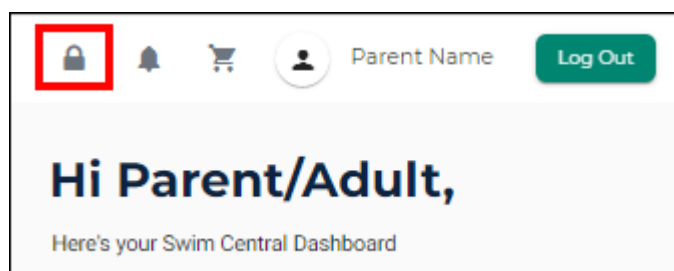
Once you have registered and created your own profile in Swim Central, you can then create a family group to add and track all child/dependant profiles.

<https://support.swimming.org.au/hc/en-us/articles/360002101096>

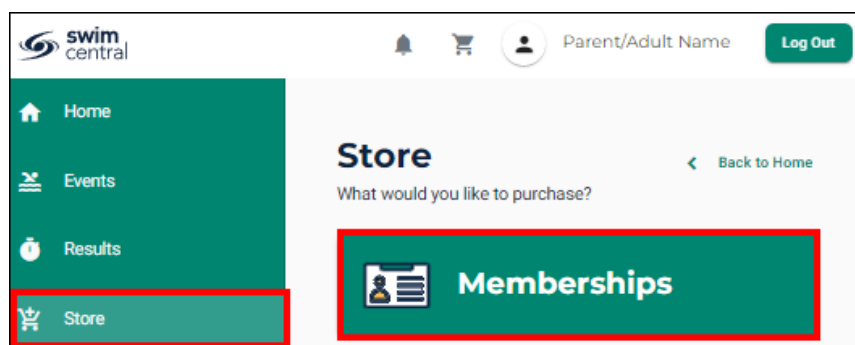
Once your membership profile has been created, you can purchase your membership.

1) Login to Swim Central and click on the padlock icon at the top right corner of the page, enter your 'PIN' if required

NB. If you are an individual not attached to a family group there will be no padlock or pin

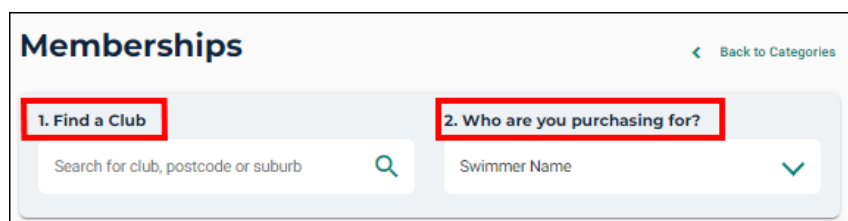


2) From the menu options select Store, select Memberships



3) Search for the Monbulk Aquatic Club by name, postcode or suburb

4) Select the member who you are purchasing a membership for



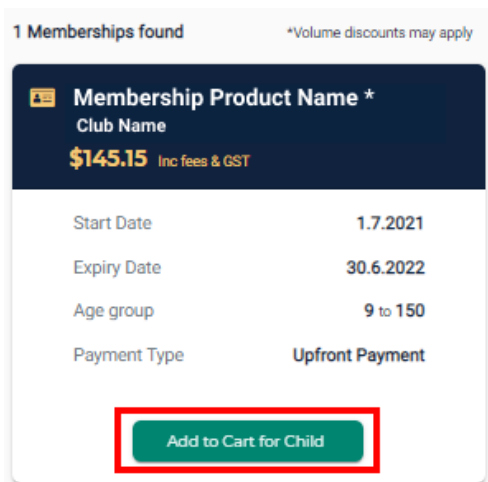
5) A list of available memberships for which they meet the age criteria will display.

If there are no products displaying in the store please check with the club as they may not have any membership products available to purchase.

6) Select the appropriate membership by clicking 'Add to Cart for **John**' at the bottom of the membership product tile

**Please note that membership filtering for age is based on the age of the member on the membership start date.**

eg: Swimmer is 9 years old but was 8 on the start date of the membership (1st July), therefore only the 8 & Under membership will show in the store.



7) Continue to add memberships to your cart by selecting the member and finding the appropriate membership then adding it to your cart accordingly.

8) Once all memberships have been added to your cart, click on the "Shopping Trolley" icon located at the top of the page.



9) At the Checkout

1. Confirm all details are correct and assigned to the correct member
2. Enter name on credit card
3. Enter card number, expiry date and CVC
4. Read and agree with Terms and Conditions
5. Select 'Buy Now'



## Checkout

[Continue Shopping](#)

CN Child **1** [Delete All](#)

Membership Product Name Club Name	\$145.15 <span style="border: 1px solid green; padding: 2px;">x</span>
<hr/>	
subtotal	<b>\$145.15</b>

GST	\$13.20
Fees	\$1.95
<b>TOTAL</b>	<b>\$145.15*</b>

\*includes components

### Payment Method

Credit

2 Name on Card  
Parent Name

3 Visa 4242 exp. 4/24  
[Use a different Credit Card](#)

4  Agree with [Terms & Conditions](#)  
 Remember card details

5 Buy Now

10) A screen will display saying 'Thank you for your purchase' along with a summary of your purchases. Additionally, a confirmation email will be sent to your registered email address.

## Thank you for your purchase

Child Name

Membership Product Name Club Name	\$145.15
<hr/>	
GST	\$13.20
Fees	\$1.95
<b>TOTAL</b>	<b>\$145.15*</b>

\*includes components

Go to Purchases

Continue Shopping