



# **SWIMMING CLUB MEMBERSHIP HANDBOOK**

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City of Perth Swimming Club is honoured to train and compete on the ancestral Lands of the Whadjuk Noongar people. We acknowledge the First Australians as the Traditional Owners of the Lands we stand on and pay our respects to Aboriginal and Torres Strait Islander Elders, both past, present and future, for they hold the memories, the traditions, the cultures and hopes of Australia's First Peoples.

## Foreword

On behalf of the **City of Perth Swimming Club**, I would like to welcome you to the 2023/24 swimming season. We are fortunate to have a strong partnership with our training provider, **Formidable Strength & Conditioning (FSC)** and access to training facilities at **Beatty Park Leisure Centre**.

The **Swimming WA** swimming season commences on the 1<sup>st</sup> of October of every year and is valid until September 30 every year. This means that your membership will cover a complete winter and summer season, with new season memberships opening up on September 1 every year.

This handbook contains information about the City of Perth Swimming Club - its structure, its activities, how to register, members obligations and how to gain the most from your involvement with the club. It is designed to introduce you to both the club and the sport of swimming.

The City of Perth Swimming Club is first and foremost a competitive swimming club that aims to support members in performing to the best of their abilities. The City of Perth Swimming Club strives to provide an environment that is fun, enjoyable and encourages a strong sense of belonging. The club caters for swimmers of all levels from junior's through to elite level, world class/Olympic athletes. On behalf of the Committee, we wish all our swimmers the best of luck for the season and hope you all achieve your swimming goals.

## 2023/24 CITY OF PERTH SWIMMING CLUB COMMITTEE

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<b>Georgia Truscott</b>	Communications Officer	<a href="mailto:communications@cityofperthswimmingclub.org">communications@cityofperthswimmingclub.org</a>

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## **Welcome**

Welcome to the City of Perth Swimming Club!

Our club benefits from the rich heritage of WA's oldest club (the third oldest in Australia) and its success is a testament to the club's nurturing culture and the perseverance, hard work and dedication of its athletes, coaching team and volunteers.

Our Club is affiliated with the FSC. The FSC Swimming Program is operated from City's home ground of Beatty Park with Head Elite coach **Eoin Carroll** at the helm. Eoin brings a great deal of knowledge and experience to the program. Eoin is instrumental in providing a solid base and preparing athletes in their pursuit of Australian Championships, Commonwealth and Olympic qualifying times. Eoin also has many years of experience developing junior swimmers into National qualifiers, giving kids the passion to swim faster with excellent technique under the ethos of "Healthy, Happy, Fast".

The City of Perth Swimming Club is fortunate to partner with our preferred strength and conditioning provider [Formidable Strength and Conditioning](#) – owned and operated by City of Perth Swimming Club member **Ryan Evernden** who specialises not only in Strength and Conditioning, but also in injury prevention and rehabilitation.

The City of Perth Swimming Club is committed to our mission of promoting and maintaining an environment within which personal achievement and the pursuit of excellence are attainable. Our vision is to be recognised as a leading Australian swimming club admired for its SPIRIT, people and culture.

## Club Values

**Leadership:** leading by example and having the courage to drive our mission and pursue our vision.

**Teamwork:** working together collectively to achieve our goals and build a positive team and family spirit. Valuing our members, encouraging their development, and recognising their achievements.

**Integrity:** upholding the highest standards of integrity in all our actions. Being open, honest, and fair, and acting ethically with integrity and respect at all times. Being personally accountable for delivering on our commitments and transparent in all Club operations.

**Discipline:** being determined, setting goals and holding ourselves accountable.

**Excellence:** Continuously striving to better ourselves, pursuing growth, always giving our best, and empowering members to achieve excellence.

**A will to win:** Developing a winning mindset. Exhibiting a strong will to win in every aspect including swimming, personal development, personal achievement, and the pursuit of excellence.

**Passion:** being passionate and determined in the pursuit of our goals. Embracing challenges and driving the pursuit of excellence.

The City of Perth Swimming Club aligns its values to those of SWA **SPIRIT** values of Safety, Passion, Integrity, Respect, Inclusion and Teamwork. To read more about these values click [here](#)



## **Club Mission**

To create a sustainable and supportive environment which promotes personal growth and inspires the pursuit of excellence through swimming.

## **Club Vision**

To inspire the pursuit of excellence through swimming and to be recognised as a leading Australian swimming club admired for its SPIRIT, people, and culture.

## **Club Goals**

**People:** Inspire each other to be the best we can be by providing an environment which empowers our members to excel and inspires our members to pursue excellence.

**Sustainable:** Be financially sustainable to ensure an economically viable future for the Club.

**Performance:** Provide opportunities and performance pathways for members to pursue excellence and personal achievement in swimming.

**Culture:** Foster a sense of community within the Club that aligns with our values.

**Development:** Provide support and opportunities for members to develop their skills.

**Partners:** Nurture a winning network of partners and build mutual loyalty.

## **Committee Objectives**

**To** provide an effective support framework to promote, encourage and develop participation in swimming from children through to adults and from entry level through to the elite.

**To** encourage our members to be actively involved in our sport for the collective benefit of members and swimming.

**To** encourage participation and sportsmanship in competitive swimming.

**To** provide effective, efficient and professional administration and management.

**To** enhance fellowship and camaraderie among club members by providing social activities for members.

**To** act on behalf of, in the best interests of, and in conjunction with all members to ensure optimal operational outcomes for the club.

## **Club History**

The **City of Perth Amateur Swimming and Lifesaving Club** was founded in 1923 and has evolved and existed for nearly 100 years. It had its origins in the City Amateur Swimming and Lifesaving Club that was formed in 1923 as a breakaway group from the disbanded YAL Swimming Club and was located at the old Crawley Baths in the Swan River. Original members formed a surf lifesaving organization at City Beach, the forerunner of the City of Perth Club. In 1933, the Crawley Baths were upgraded with an Olympic sized swimming pool but were later demolished in 1964. The Club moved to the Beatty Park Aquatic Centre following its construction for the 1962 Empire (Commonwealth) Games.

From its outset, City of Perth was highly competitive and was regarded as one of the most successful swimming clubs in Perth (in the pool, river and surf). The Club's history is rich with Olympians such as **Bill Kirby, Rachel Harris, Peter Evans, Neil Brooks, Shelley Taylor-Smith, Dean Pieters, Julia Greville, Antony Matkovich, Jonathon Von Hazel, Jennifer Reilly, Travis Nederpelt, Blair Evans, Brianna Throssell** and **Heidi Gan** (Malaysia).

In 2003, City of Perth was the Championship Club at the National Age Championships and Open Water Championships - the first WA club to win either, let alone both at the same time! In 2004, City of Perth placed second in Australia, and has a history of consistently being ranked in the top 10 clubs in Australia.

In 2012, **Lawley Aquatic Swimming Club** and the **City of Perth Amateur Swimming Club** merged to become **Perth City Swimming Club**. Combining City of Perth's acclaimed Open and Age programs and the junior program of Lawley Aquatics created an exciting breadth and depth of swimmers in the new Perth City Swimming Club.

November 2022 saw Perth City Swimming Club move back to the home ground of Beatty Park training under its new partnership with FSC. Club members voted to revert to the historical name of the City of Perth Swimming Club to acknowledge the Club's incredible heritage during its Centenary year.



*Crawley Baths Photo Credit: City of Perth Amateur SC*

## Life Members

NON-SWIMMERS		NON-SWIMMERS		SWIMMERS	
1927	W.Boylan	1981	Mrs M.Brown	1974	P.Smith
1930	E.W. Jones	1981	D.Maddock	1974	R.Patterson
1933	H.A.Solomon	1982	R.Maddock	1980	N.Brooks
1936	T.H.Goudie	1982	Mrs D.Malcolm	1980	P.Evans
1939	V.Hart	1982	R.A.Patching	1989	D.Sheldrick
1947	E.W.Mills	1985	A.Kardos	1990	S.Taylor-Smith
1951	A.E.Wilson	1988	K.Duff	1991	P.Galvin
1955	W.B.Gibson	1992	M.Burgwyn	1991	D.Pieters
1958	H.Smith	1995	D.Jose	1994	W.Kirby
1963	E.P.Joll	1999	C.Raven	1995	J.Grenville
1966	W.B.Lochlin	1999	B.Mulroy	1996	S.Mackie
1969	H.G.Mitchell	2004	Julie Stonor	1997	R.Jose
1972	Mrs N.Rose	2004	Chris Wiener	2000	N.Harris
1972	Mrs S.Beaton	2004	Gary Shaw	2000	J.Eveson
1975	J.M.Shepeard	2004	Roy John	2001	A.Matkovich
1975	S.Paterson	2004	Max Gerber	2003	T.Nederpelt
1976	E.J.Symes	2009	Fiona Raven	2003	M. Benson
1976	Mrs B.Paterson	2010	Lorena Evans	2004	Jono Van Hazel
1977	Mrs T.Symes			2006	Michael Jackson
1977	Mrs P.Shepeard			2006	Jenifer Reilly
1978	R.Grannery			2009	Rhys Mainstone
1979	Mrs A.Heeley			2009	Blair Evans
1981	G.G.Gerrard			2022	Joshua Hofer OAM OLY
1981	D.G.Brown			2023	Andrew Donaldson
				2023	Heidi Gan OLY



## **Club Committee**

The Committee coordinates and oversees the organisation of the Club.

Elections for positions on the committee are held every year at the Annual General Meeting (AGM). All financial members over the age of 18 years can nominate for positions and have voting rights.

The role of the Committee is to manage and administer the Club, which involves but is not limited to, financial management, fundraising, record keeping and the development and implementation of relevant policies and guidelines.

The Committee meets monthly, and meetings are generally held in the Beatty Park Club Room. The Committee is the avenue members use to discuss or share any items or suggestions. Members should advise the Club Secretary (preferably in writing) if they wish to raise an issue formally with the committee.

## **Committee of Management**

The affairs of the Club are managed exclusively by a Committee of Management elected on an annual basis consisting of:

- President
- Vice President
- Secretary
- Treasurer
- Registrar
- Coaching Program Representative
- Not less than three (3) Committee Members, taking on roles including but not limited to Meet Director, Uniform Officer, social media and communications Officer, Website Maintenance Officer, Fundraising Officer, Events Coordinator

## **Communication**

Communication is vital for the efficient operation of our Club. Our main means of communication are email, news bulletins, social media pages and the club website. Committee members are happy to be contacted by email, when on pool deck during training or in the stands at competitions. Committee meetings are held monthly, all members and parents are welcome to forward items to the secretary for discussion.

**E-mail:**        [secretary@cityofperthswimmingclub.org](mailto:secretary@cityofperthswimmingclub.org)

**Website:**     [www.cityofperthswimmingclub.org](http://www.cityofperthswimmingclub.org)

**Instagram:**   @cityofperth\_sc

**Facebook:**    @CityofPerthSC1

## Membership Information

The City of Perth Swimming Club is an incorporated, not for profit sports organisation, whose main objective is to provide the infrastructure necessary to support its swimming members in their respective levels of competition. The Club is run in accordance with a constitution and by-laws, and its operations are managed by a committee elected annually.

Our Club is dependent on the support of its members and sponsors. It is a condition of membership that every member contributes and assists where necessary to ensure the Club's continuing sporting success and financial sustainability.

The City of Perth Swimming Club membership is available in four categories, renewable yearly:

MEMBERSHIP CATEGORY	DESCRIPTION
<b>Competitive Swimmer</b>	Entitles members to be registered with, and to compete in, Swimming Western Australia sanctioned meets, as well as National and International swimming competitions
<b>Recreational Swimmer</b>	Entitles members to participate in Club level competitions and novice meets.
<b>Non-Competitive Parent / Guardian Member</b>	At least one parent/guardian is required to join as a Parent-Guardian Members as a condition of a child under 18 registering as a Competitive Swimmer or Recreational Swimmer.
<b>Non-Competitive Supporter Member</b>	Suitable for parents (i.e., those not covered by Parent-Guardian Member), coaches, volunteers, and others involved in the sport of swimming.

## Member Registration and Fees

Anyone wishing to join the City of Perth Swimming Club must agree to the conditions attached to membership, abide by the Club's code of conduct and be affiliated with the Club's coaching provider, Formidable Strength and Conditioning, unless a special exemption is approved. Club fees are set annually at the Club's Annual General Meeting and include a club and a SWA affiliation that includes insurance and registration with SWA. Swimmers cannot compete in SWA events unless they are a financial registered member of the Club and have paid the associated SWA affiliation fee. Coaching fees are paid separately to our coaching program. Formidable Strength and Conditioning fees are not included in Club registration and SWA affiliation fees. All new memberships and membership renewals are completed online via Swim Central. Parents/Guardians are required and will be prompted to become an SWA member for \$5 per year.

### **New Members**

1. Go to [Swim Central](#) and register for an account.
2. Log in.
3. Click on “Join a Club”.
4. Type club name into the field and select member being bought for.
5. Choose appropriate membership and add to cart for member.
6. Add voucher at checkout, add payment details, check Agree to Terms and Conditions and “Buy Now”.

### **Renewing or Upgrading Memberships**

1. Go to [Swim Central](#) and login.
2. Click on “Join a Club”.
3. Type club name into the field and select member being bought for.
4. Choose appropriate membership and add to cart for member.
5. Add voucher at checkout, add payment details, check Agree to Terms and Conditions and “Buy Now”.
6. Refunds for the old membership being upgraded will be sent to accounts within 14 days of request if applicable.

If you need assistance, contact Club Registrar via email: [registrar@cityofperthswimmingclub.org](mailto:registrar@cityofperthswimmingclub.org)

### **Member Benefits**

All members of Swimming WA have access to the following inclusions:

- Comprehensive insurance when engaging in club activities.
- Programs that provide the opportunity to experience the environment of club swimming.
- Swimming Australia's Bio Island JX Program and Australian National Age Challenge.
- Online entries for all competitions through My Swim Results.
- Early access to SWA merchandise.
- State Performance Pathway Programme for identified swimmers.
- Subscription to our monthly e-newsletter and *Swimming WA's Western Sprint*.
- Protection via the Safe Sport Framework
- Exclusive member discounts.

## Expectations of Members

The demographic composition of our swimmers, who are competitive at state, national and international level, generates a significant need for fundraising to cover meet participation and the travel costs of swimmers, coaches and support staff. It also results in the Club being allocated a large share of volunteer duties at local meets, especially timekeeping duties which are always allocated at swim meets. All swimmers entered are required to provide a timekeeper (typically a relative/guardian), a roster system operates and is sent out during the week prior to the meet. All parents are required to assist with fundraising activities, timekeeping, and other volunteer duties as per our Volunteer Policy which can be found [here](#).

Our Club has inherited a very proud history and impressive Hall of Fame. This is due to the passionate commitment and willing participation of parents and members in all aspects of the previous two clubs' operation and is integral to our new Club's continuing success. Our challenge is to provide the level of financial and administrative support necessary for our swimmers to progress to the highest levels of achievement whilst promoting enjoyment and participation in the sport. Your help is required to achieve this.

## Uniforms

Our Club aims to present itself in a professional manner by displaying uniformity as a team. Our team colours are red and black. We have a variety of uniform items which can be preordered from our website <https://www.myswimresults.com.au/Shop.aspx?Code=PERC> Preorders will run monthly in order to fulfil minimum requirements.

## Swimmers Leadership Group and Club Captains

The Swimmers Leadership Group (SLG) work together with the Committee and are the swimming leaders of the Club. They are role models for junior swimmers and have a responsible and active leadership role. They provide a communication avenue for members and are expected to assist the committee when required. Members of the SLG and Club Captains are selected annually by the Club Committee in collaboration with the coaching team after an expression of interest is advertised.

## Coaching

Formidable Strength & Conditioning offers a tiered training structure comprising different squads which comprehensively caters for swimmers of different ages and levels of ability. Our training venue is Beatty Park Leisure Centre. Squad eligibility criteria, composition, training times and training venue are determined by the Head Swim coach of FSC.



City of Perth Swimming Club - Athlete Development Pathway

**NATIONAL OPEN SQUAD**

A performance-based squad for swimmers who aim to compete at National and International level.



**NATIONAL AGE SQUAD**

For State and National Championship level swimmers, Full commitment required.



**INTRO TO AGE SQUAD**

An intermediate level which prepares athletes for the next stage of their swimming career.



**JUNIOR SQUAD**

Further develop swimmers' technique while improving fitness. Focus is on stroke technique and introduces competitive skills. Competition at club and state level not required but is encouraged.



**INTRO TO SQUADS**

A beginner's squad for junior swimmers aged 7+ who are interested in learning the basics of squad training while developing their stroke technique and efficiency.

## Swim Meets

The swimming calendar commences on the 1<sup>st</sup> of October and concludes on the 30<sup>th</sup> of September in the following year. There are two seasons in the swimming calendar: short course (SC) and long course (LC). Short course takes place over winter and competitions are held in 25m pools. Long course is held in 50m pools and takes place during the summer months, as does open water swimming.

At the commencement of both the winter and summer swimming season, the club distributes a calendar of swim meets to be targeted by selected squads. Swimmers may also attend non-targeted meets but, only with prior coach consultation and approval and will be required to fill in any volunteer obligations as non-targeted meets are not monitored by the club and a roster will not be sent out. Information regarding meets can be found in the SWA Winter or Summer Almanac on the Swimming WA website.

## Meet Entries

The Head Coach will send out emails to members with targeted meets and event entries which need to be completed using the Swim Central website. Follow the steps for meet entries below once the specific meet has opened. Please discuss meet entries with the Head Coach if wanting to deviate from the planned entries and contact the Registrar for membership queries or the Meet Director for event entry queries if needed.

### HOW TO ENTER TARGETED MEETS

7. Go to [Swim Central](#) and login.
8. Click on Events to view Events Calendar
9. Select targeted event to enter by clicking view event
10. Select events to enter by clicking the + button under the price.
11. Go to Cart and enter payment details, check “Agree with Terms and Conditions” and press by now.

## Technical Suit Policy

With recent changes being made at the national and state level regarding the requirements around swimsuits in competition, Swimming WA has put all the information into a single location for Clubs and Members to find all the information they need surrounding the rules and regulations of swimsuits. This policy is available [here](#).



## **Club Competitions**

The Club holds its own swimming events over the course of the swimming season for both Recreational and Competitive members. These include Club Days - where time trials are run to give swimmers the opportunity to participate in new events, get race experience and track their progress. Points are achieved at Club Days and awarded to swimmers for attendance and improvement in times. Club days also provide the opportunity for members and parents to socialise. Trophies are presented at the end of the season. The dates and program for Club Days are advertised in advance. The Club also runs Club Championships where swimmers compete for the title of Club Age Group Champion. Trophies are awarded in each age group.

In addition to these competitions, the Club participates in social interclub meets (as determined by squad coaches) and also the SWA Club Premiership Competition. All club members are expected to participate as competitors, reserves or supporters.

The City of Perth Swimming Club also hosts a SWA-sanctioned meet known as the City of Perth Classic. This is the Club's key fundraising event and all Club members are expected to help with the organisation and running of this meet.

## **Teams and Relays**

The Club participates in various team competitions that require selection of teams, including relay teams. The head coach selects the participants and reserves for teams and relay events prior to the day of meet. Relay selection is primarily based on best valid times and times combination that would give the best results possible for the club.

Reserves are an integral part of both the club and relay teams and must attend the meet. Reserves perform the essential role of ensuring that a team has the required number of swimmers, and they are expected to be ready to step up and swim in the event they are assigned in, when the need arises.

## **Fundraising**

Fundraising provides financial support to the Club in helping with its running costs as a not-for-profit organisation. Fundraising helps fund identified club needs as they arise, as well as general administrative expenses such as lane hire. It also creates socialising opportunities for swimmers and parents. A variety of fundraising activities are undertaken depending on opportunities that arise, the enthusiasm of Club members to promote specific activities, and the Club's success in attracting Club sponsors. The level of financial support the Club can provide to members is contingent with the success of fundraising activities and sponsorships.

## **Club Policies**

The City of Perth Swimming Club operates in accordance with its Club Rules (Constitution), By-Laws and internal policies, including: Healthy Club, Touring, Funding, and Member Welfare, including the Swimming Australia [Safeguarding Children and Young People's Policy](#).

## **Codes of Conduct**

SWA has a requirement for all swimmers to adhere to a code of behaviour in relation to their nominated club, to Swimming Western Australia, and to Australian Swimming.

The City of Perth Swimming Club has adopted the Swimming Australia Behavioural Guidelines. The Behavioural Guidelines outline the behaviour expected to be displayed by a Club member at any Club related activity. This involves but is not limited to, social functions, swim meets, training, club days, club camps, club trips and State/Australian team representation. It also includes the behaviour that is displayed anytime a member dons the Club uniform, whether it is club related or not. The Behavioural Guidelines also apply to club coaches, officials, family members or visitors to the club. To view the full Swimming Australia Code of Conduct click [here](#)

### **General Code of Conduct**

Individuals should:

- respect the rights, dignity and worth of others;
- be ethical, considerate, fair and honest in all their dealings with other people;
- be professional in and accept responsibility for their actions;
- be aware of and maintain adherence to the Perth City Swimming Club Rules (Constitution), its By-laws, its Code of Conduct, its standards, rules and policies including this Policy;
- operate within the rules and spirit of the sport;
- comply with all relevant Australian laws; and
- operate within the rules of Swimming Australia.

## **Grievance Procedure**

From time-to-time complaints and grievances may arise. Conflict will be dealt with appropriately, according to the Club Constitution and By-Laws. As per the City of Perth Swimming Club Constitution, any persons with a grievance are encouraged to attempt to resolve their complaint directly with the other party within 14 days of either party being made aware of the grievance. If this is not possible, the Club Member Protection Information Officer (**MPIO**) is available in the first instance to provide information and options available. If the dispute is unable to be resolved within 14 days, aggrieved persons (complainants) should notify in writing, the Club Secretary for club related matters or Ryan Evernden for coaching related matters. If the Club receives a formal complaint in the first instance, or following unsuccessful mediation, it will investigate the matter and may be referred to Swimming WA if unresolved.



The following are important contacts in the dispute resolution process;

MPIO  
**Tanya Cooper**

Club President  
**Ingrid Iaschi**

Club Secretary  
**Jodie Dunning**

The City of Perth Swimming Club has adopted the Swimming Australia Member Protection Policy which can be found [here](#).

## Healthy Club Policy

The City of Perth Swimming Club supports and actively participates in the Healthy Club principles as embodied in the HealthWay and Sports Medicine Australia guidelines. The Club promotes a smoke, alcohol and drug free environment. It encourages healthy eating, sport safety and sun smart practices. For further information, please see the [Healthy Club Policy](#) and the [SunSmart Policy](#).



## Sponsors and Partners

If your business would like to enjoy the benefits of sponsoring a not-for-profit swimming club, please email [secretary@cityofperthswimmingclub.org](mailto:secretary@cityofperthswimmingclub.org) or visit our sponsors tab on our website.

