

Moonee Valley Aquatic Inc. 2005 / 2006

INFORMATION BOOKLET



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FORWARD

This brochure has been produced as a means of providing swimmers and parents with relevant information relating to the current season. It is intended to assist as a guide. It must be stressed however, that the information is current at the time of print.

We urge people who are new to Moonee Valley Aquatic or those who need further explanation to please ask. We are here to help.

COMMITTEE

Moonee Valley Aquatic committee consists of 10 executive members. In May, the following Committee was elected.

President:	Joe Camenzuli
Email address:	joseph.camenzuli@ato.gov.au
Vice President:	Peter McCallum
Secretary:	Sue Egan
Treasurer:	Shorty Sidley
Sub-committee members:	Josie Azzato, Wanda McMahon Sharyn Drew, Kathy Scholtes, Leesa Samarin

Head Coach:

Chris Stathis 9379 6422 (Strathmore Pool number)
Email address: christos.stathis@research.vu.edu.au

Club Administrator:

Deb Boyd 9379 6422

CLUB COMMITTEE MEETINGS

These are generally held once a month and are open to all members. Committee meeting venues are subject to change, and it is advisable to ring the administrator for venue details. (No January meeting.)

The **Annual General meeting** is held on the Club's presentation night. Details of this night will be displayed on the notice boards around the swimming sites in April 2006.

PRESIDENT'S MESSAGE

As President of the Club I would like to welcome both new and rejoining members to the club. From a competition perspective the 2004/2005 season was very successful for the Club. The Club was represented by many finalists at the various State Championships, including a gold medalist and a Silver medalist.

During this swimming season the Club plans to run three carnivals (Two Junior Novice/Encouragement carnivals and one proposed State qualifying carnival. The first Novice/Encouragement meet is scheduled for Sunday the 26th of June 2005 at our VUT venue. Our second meet is planned for the 31st of July 2005 at VUT and given the necessary assistance of parents, will hopefully be our State

qualifying meet. Our third carnival is planned for Sunday the 23rd of October 2005, also at our VUT venue. This carnival will be the second of our Junior Novice/Encouragement meet. The Club will also run a number of 'Club time trials'. These are planned for Sunday afternoons. See the notice board for further details. These 'time trials' are a good opportunity to introduce new members to competitive racing.

The Club will also run a bus trip to a country district during this season. Last season the Club ran a bus trip to Benalla in August 2005. Keep your eye on the Club notice board for details of this Club event.

The Club will also run Club Championships for the 2005-2006 season and for further details please refer to the 'Club Championships' section in this booklet. Details will also be printed in the Club newsletter and posted on the notice board.

The Club this year will be encouraging our juniors to develop towards obtaining a State time and to enjoy both their training and competitive racing, also we will be encouraging parents to attend and provide assistance in the running of Club events, and supporting their children wherever possible. Please ensure that you work with the coaches and seek their feedback. This will ensure that your maximum potential for this season will be achieved.

The club has a WEB site; this is maintained with the latest information about the Club and other Swimming Club events. Please visit this site for additional information.

<http://home.vicnet.net.au/~sacs/>

Joseph Camenzuli

MEMBERSHIP

The swimming season lasts from the 1st of May 2005 to 30th April 2006. As a member, you are registered from the time your membership details are sent to Swimming Victoria Inc. Of your membership fees, \$42.90 for Swimmers and \$15.40 for Non-swimmers goes to Swimming Victoria to cover both your registration and insurance; \$3.50 goes to Metro West as an affiliation fee. The remainder goes toward club programmes and other administration costs, including postage. We endeavor to ensure that all members receive a regular newsletter.

Club Fees, 2005-2006:

Joining fee:	\$20.00 (Valid in First year only)
Annual Subscription:	Senior Member (13/Over) \$115.00
	Junior Member (12/under) \$95.00
	Non Competitor / Parent / Committee \$40.00

CLUB HISTORY

Moonee Valley Aquatic formerly Strathmore Aquatic was formed in 1995 focusing on providing quality services to swimmers maximising the opportunity for local swimmers to advance.

In the 1995/1996 season (our first season), we had 26 members, last season we had amassed 107 members.

In our first season, we were able to compete at Metro West but were not awarded points for competing. Since then, Strathmore Aquatic has gone from strength to strength.

1996/97-	Won Metro West D Grade
1997/98-	Won Metro West C Grade, placed 51 st Victorian club at State Championships, 2 national representatives.
1998/99-	Won Metro West B Grade, placed 15 th Victorian club at State Championships, 2 national representatives.
1999/00-	2 nd Metro West A Grade placed 12 th Victorian club at State Championships, 2 national representatives.
2000/01 -	Won Metro West A Grade, 2 national representatives.
2001/02 -	Runners-up Metro West A Grade, national representatives, 1x national medalist
2002/03 -	Runner-up Metro West A Grade, 3x national representative, and numerous State qualified swimmers
2003/04 -	3 rd Metro West A Grade
2004/05 -	

COACHING ROLE

The coaching service to swimmers is provided by Elite Swimming Performance and we currently train out of three venues for the competitive squads. The aim of the overall program is to develop a flow through to an elite program for swimmers in the North Western region.

Elite Swimming Performance squad members must become members of Moonee Valley and all Moonee Valley members must be in Elite Swimming Performance Training Squads. The primary role of Moonee Valley is to provide competitions and support for the swimmer to achieve their potential.

This season we have a dynamic blend of seasoned campaigners and youthful exuberance in our coaching team and I feel we can mould this combination into a positive, supportive and successful coaching team.

Chris Stathis is the director of coaches at the club and is based out of Victoria University. Supporting him in this role is Boris, who assists at Vic Uni whilst overseeing the development of a Junior State Squad at Penleigh and Essendon Grammar School (PEGS) and junior squad at Strathmore Secondary College. Dani Li Rosi is currently developing a Junior State Squad at Strathmore and Ben Nunan is now on board to further develop the junior program at Strathmore. This may sound a little complicated but it basically means that we have a progression from junior squad to junior State Squad at each of the three venues and then a further progression to open level squad at Vic Uni.

Each coach is responsible for their own program and Parents and swimmers must liaise and work with them to combine their racing and training programs. The swimmers are assessed when they first come to the program and are then allocated to the optimal squad for their ability. From there they progress through the program as they improve.

FROM COACH TO SWIMMERS

Welcome to the Moonee Valley Aquatic Swim Team. Swimming is a sport that is challenging, demanding and healthy. Above all of this it should be fun. However, there are different definitions of fun and the fun in competitive swimming is setting a goal for you and the team and working hard to achieve that. Along the way it is hoped that you make new friends and have some great times, even though it might be at 5.30 in the morning. Competitive swimming is not for everybody and is not easy, otherwise everybody would do it. It requires a commitment and takes a special kind of person.

The main aim of our swim team is set out in the first part of the Statement of Purposes. It reads, "To promote and encourage the sport of swimming at a high performance level for all club swimmers". This is the basis of what we work towards as individuals training hard to produce our best results which helps develop a strong competitive team. This includes challenging training partners to work harder and achieve better results together. One thing that swimmers and parents must first understand is that the success of the club requires the combined hard work of the swimmers, the parents and the coach. Without one the others cannot produce the goods. With regard to junior swimming, our club aims to nurture junior members to encourage young people to take swimming up as a sport.

With membership of Moonee Valley Aquatic comes responsibility. You may not realise it but when you wear the club uniform you advertise the club and you also represent me, the principal coach. I expect a lot from my swimmers and set high standards, both in and out of the pool. Swimming with Moonee Valley Aquatic means being responsible for yourself and for your team. This includes taking some responsibility for your training, committing yourself to attending your sessions regularly and giving 100% at training. It also means effective time management with both your school life and social life. Time management and preparation include getting your homework done when you can, not when you have to at the last minute. It means going to bed at a reasonable time to allow you to train effectively.

It also means you should organise and bring your own equipment. DO NOT BLAME YOUR PARENTS FOR NOT BRINGING YOUR GEAR!!

Finally, communicate with your coach regularly – this is very important! Coaches are not mind readers, you cannot expect them to know what you are thinking, and from my point of view, communication with swimmers is very important in planning programmes, problem solving and the general welfare of all squad members.

See you on the pool deck!

Chris Stathis

FROM COACH TO PARENTS

Our club has come a long way in a short period of time. Such good results are the result of the work of many people. It is this point I would like to highlight to all parents. A good team or club is the culmination of the work of the swimmers, the coach and the parents. First, I would like to focus on the basic relationship of the individual swimmer, their parents and the coach - "the team within the team". It is important that communication is open and honest between all three parties and it is up to the parents and the coach to encourage this. I do not mind criticism from either parents or swimmers, providing they can stand back and say that they have given 100% towards achieving the swimmer's goal. A parent's job is the most frustrating of all. You must be a solid foundation for the swimmer, and yet you cannot become too involved in their swimming. Ideally, a parent is just in the background offering objective advice if the swimmer asks for it.

Second, the parents must become part of the team in the administration and operation of the club. We all hear the modern saying in the AFL that to be successful, "clubs must get it right both on and off the field". Well, it is no different to any other sport in the modern era. For the team success, the coach needs the parents in the background helping with the "off field" jobs. The help of parents in running the club is something that is not often appreciated by many of the newer parents. Please assist the existing committee and the coach, as the club relies on voluntary work, to ensure the smooth and continuous operation of the club. As the club gets bigger, so to do the administrative jobs and the need for help. Please help by getting involved somehow and producing a top club for swimmers in the North West. Ask around the club about helping out. For example, offer assistance with the club racing program or the carnivals that are run or organize a bus trip to a carnival for the juniors.

Swimming is a sport of "reward" for effort and it is fairly time consuming learning all the skills necessary for any rewards. Unfortunately, this is not so fashionable these days as there is no instant gratification and quick results in swimming. The challenge for swimmers is to set goals and then apply themselves in achieving them. In doing this, it is important for parents to make sure that the swimmer's expectation does not exceed their application and commitment to training. This will be more relevant the stronger the team gets and the harder it is for swimmers to get into relay teams. The time will come when a swimmer cannot make a Moonee Valley Aquatic relay team and yet could probably make any

other local club team. At this point the solid rational reassurance of the parent is required and the appreciation that perseverance will be worth it when the swimmer finally makes it into the team, a team that will be stronger both in ability and in character.

As a coach, my aim is to train any person who has a dream to be a champion swimmer. There are many rewards for the swimmers who aspire to being their best. I do not have "favorites", however if a swimmer applies themselves more to their training, they will get more of my time, concern and effort. If you must approach me with complaints on this subject, please be sure you are justified because I do not take such criticism lightly.

Additionally, I have a further responsibility to developing my assistant coaches and maintain some continuity in the coaching team. The coaches are there to help the swimmers and because I cannot physically coach everybody. The swimmers must respect all the coaching staff because in my absence they do extra to help out with my squads. These coaches do have a lot to contribute.

Finally, I have a vision. I spend much of my time training and developing my coaching technique and knowledge and working to provide an environment conducive to realizing that vision. It is my job to encourage swimmers to share in that dream, for I am sure the rewards are worth the effort, whatever level we achieve.

See you around the pool deck too!!

Chris Stathis.

COMPETITION

Competition is a very important component of a swimmers development and can be quite a stressful and daunting prospect. This is particularly the case for swimmers who are new to swimming or swimmers swimming at a high level (e.g. state & national). The only way to counter the stresses associated with competition is to experience more competitive swimming. It also helps to communicate with your coach prior to an important race. Often coaches have been involved in similar experiences before and can use this experience to reduce the stress involved in racing. Competitions provide the best environment for learning about swimming fast.

The best way is to introduce swimmers to competition at club level and then take them to other club invitational carnivals before proceeding through district, State and National levels. It may be wise to talk to your child's coach about the suitability of competitions for your child.

When you are representing Moonee Valley Aquatic, please behave appropriately and follow protocol when protesting to an official. Inappropriate behavior by parents and swimmers tarnishes our club's reputation.

COMPETITION ENTRY

Most Carnivals require entries to be placed on a Green Entry Card. Only one card is usually required per swimmer per carnival. A sample card is provided on the next page, and these are available at the Strathmore pool office.

Often, carnivals where a green entry card is used require entry fees per event. Please check the carnival programme for the relevant fees.

Most club carnivals do not require an entry card. It is simply a matter of turning up to the meet and paying your entry money.

Please note the following prior to submitting entries:

1/ Check that the entry time is applicable to the event entered. E.g. if it is a 200 medley event, do not enter a 200m Freestyle time.

2/ Double-check the event no., stroke and distance against the programme.

3/ Ensure you are under the qualifying time in each event- (where required.)

4/ For Metro West District events, entries must be submitted (with **cash** payment) either to Debbie Boyd / Chris Stathis at the Strathmore Office. For other swim meets the entry cards needs to be sent directly to the Club or the body identified on the programme sheet.

Note: If entry cards are incorrectly filled out, the competition director may reject the entry or place the swimmer in the slowest heat.

Swimming Victoria " Green" Entry Card Example is on the next page.

- **Please ensure details on reverse of card are read and signed.**

**Please Note: The Swimmers "REGISTRATION NUMBER" is made up of the following – First three letters of their Surname, First two letters of their Christian/First name and their date of Birth in DDMMYY format
E.g. Craig Penberthy Reg'n No [PENCR031055]**

SWIMMING VICTORIA ENTRY CARD

Ensure all details on both sides of card are completed in block letters

Swim Meet: _____ Date of Meet: _____

Last Name: _____ First Name: _____ Middle Initial: _____

Club: _____ Reg'n No: _____

Date of Birth: _____ Age as at 1st day of meet: _____

Male / Female M / F Australian Citizen: Yes / No

Event No.	Entry Time	Stroke	Distance	Details of where entry time was achieved . . .		
				Date	Meet Name	Venue

Note – please ensure the correct entry number and time is provided.

NOTES

- Where qualifying times apply the entry time must have been achieved since 1st January of the year prior to the first day of the meet, and at:
 - An Australian Swimming Inc. Meet
 - A Swimming Victoria Inc. Meet
 - A meet of another State Association
 - An Approved Meet (details published in Swim News)
- Where the Meet you are entering will be swum in a pool of a different length from that in which your entry time was achieved the entry time must be converted. Conversion details are published in the Year Book.
- Failure to complete all details on the entry card accurately can result in the entry being rejected or relegation to the slowest heat.

DECLARATION

1. All details on the card have been completed and are correct.
2. All details relating to the entry time, including the time, are factual or have been converted according to the SV Year Book. I understand that if I do not meet the qualifying time for any event, and my entry time was not achieved at an approved meet, I will be fined.
3. The entry time has been converted where necessary.
4. I am currently a registered member of the Club shown on the card (registration runs from 1 May to 30 April)
5. I have read and understood the above notes.

Signature: _____ Day Contact Number: _____

Swimmer Address: _____ Postcode: _____

CLUB UNIFORMS

Moonee Valley Aquatic swimmers are expected to wear the club uniform, (at least a club polo shirt) when representing Moonee Valley Aquatic. We do have a limited stock of club attire.

To order your uniform, please fill out an order form - available at the pool office.

CLUB COMPETITIONS

Moonee Valley Aquatic runs club invitation meets throughout the season and Club Championships.

At Club Championships, swimmers compete against other swimmers in their own age groupings and are awarded points with regard to their overall performance in their age group.

CLUB CHAMPIONSHIPS

Club Championships will be run over three nights. Details will be posted on the Club notice board and included in the Club newsletter. Details are as follows:

Round 1

Sunday 21/8/05
4.00pm

50m Freestyle
50m Backstroke
50m Butterfly
50m Breaststroke
200m Individual Medley

Round 2

Sunday 23/10/05
(Club Carnival) 12.30pm

100m Freestyle
100m Backstroke
100m Butterfly
100m Breaststroke
200m Freestyle

Round 3

Sunday 11/12/05
4.00pm

100m Individual Medley
400m Free – 10/U
800m Free – 11-14yrs
1500m Free – 15/Over

- Points are awarded to the first 4 place getters as follows: 5 points, 3 points, 2 points and 1 point. Points will be doubled for the 400m, 800m and 1500m Freestyle events.
- Presented to the first and second place in each age group
- Age as at 1/7/2005

Rules

1. All club members are eligible to compete
2. All events will be conducted as time trials.
3. Each lane requires three timekeepers.
4. Times taken will be those of the middle time of 3 **or** the slowest time of two timekeepers – no correspondence will be entered into.
5. Age groups are: 7/under, 8yo, 9yo, 10yo, 11yo, 12yo, 13yo, 14yo, 15yo, & 16 and over

METRO WEST

Metro West is the district comprising the 20 clubs in the north-west area of Melbourne. Metro West runs various carnivals. The main club carnival we compete in, as a team is the "A" Grade event, which is based on team relay events for all ages. This year Metro West have chosen to not run this event but next year it should be back with a different format.

Metro West also runs other carnivals for individual swimmers that any Moonee Valley Aquatic member can compete in. These are Spring Sprints and Summer Championships, All Juniors and 7-10 Encouragement (these carnivals are listed in the season programme), and are generally run out of the **Sunshine or Werribee pool**. Keep your eyes posted in the newsletter and the notice board for further details of this.

CLUB TRIPS

From time to time the club may organise a bus trip to a swimming carnival for which it subsidises part of the cost of the bus. These are always great trips for kids to attend and we encourage all swimmers to make an effort to be with the team when these are run.

ELIGIBILITY FOR STATE TEAM CAPS

- I. Any swimmer who has achieved a State Qualifying time, or is selected to represent the club in a State Relay Team, will be eligible to receive a State Team Cap provided he/she **actually** swims in either the Victorian State Short Course Championships (Aug/Sept), Victorian State Long Course Championships (Jan) or Victorian State Sprints Championships (Feb) in that current season as a Moonee Valley Aquatic Club member.
- II. The Committee reserves the right to use their discretionary powers to award a State Member Cap to any swimmer under special circumstances.
- III. Swimmers must submit in writing and forward to the Committee their reasons for a special circumstances hearing before eligibility to receive a State Member Cap will be considered.
- IV. Each request will be heard on its merits. The Committees decision will be final and no other correspondence will be entered into.

STATE AND DISTRICT RELAY SELECTION

The Club is duty bound at all times to select the best possible team available to represent the Club at State and District level competition. Current form and fitness will always be considered at the time of selection.

The selection criteria and process for swimmers to gain the opportunity to represent the Club in a relay team is as follows:

1. During the year the club will hold a number of time trials in the form of Club Championship events or organized Club time trials for swimmers to compete against each other. Times registered from these trials will be officially recorded and passed on to the Coaches. All swimmers are expected to attend these trials where possible.
2. A swimmer's fastest official time recorded from any registered Swimming Victoria swim meet will be considered provided it was achieved in the current season.
3. Where there is a number of swimmers whose times are equal a series of swim offs may be necessary to determine who will gain that position. These may be in the form of time trials organized by coaches at training or be decided by the fastest time achieved by a swimmer in an individual event at the same State or District Championship.

The Club will support the Coaches decision, however, any swimmer who feels that he/she should be included in a relay team can submit in writing a request to the Committee for a review.

FURTHER INFORMATION

If you wish to be better informed on all things going on in Swimming Victoria, it is probably wise to download Swim News from the Swimming Victoria website (www.swimmingvictoria.org.au), a small but informative monthly magazine produced by Swimming Victoria. Additionally, the Swimming Victoria Yearbook is a handy booklet (approx. \$10), which has information relative to Swimming Victoria competitions and programmes.

Ring Swimming Victoria – 9686 5222 for information.

Thank you for joining Moonee Valley Aquatic Swimming Club