



PO Box 273, Matamata
www.swimmatamata.org.nz

Information Booklet 2009 - 2010

MISSION STATEMENT:

To provide our community with the opportunity to take part in both the sport of swimming and the development of strong water safety skills.

INTRODUCTION:

If at any time you need assistance please contact any of the committee listed in this booklet. Matamata Swimming Club wishes all swimmers a happy and successful season.

COMMITTEE:

President:	Lynette Smith	8885589
Secretary	Ruth Stanley	8885254
Treasurer	Sheryl Dimmock	8819225
Club Recorder	Linda McCullough	8884423
Carnival Secretary	Linda McCullough	8884423
Coach	Graeme Laing	0276680097
Kitchen	Liz Atherton	8886128
Funding	Ruth Stanley	8885254
Committee	Tim Rogers	8885595
Officials Convenor	Tim Rogers	8885595
L.T.S.Co-ordinator	Liz Atherton	8886128
Clothing Sales	Glenyss Johnston	8886682
Newsletter Editor	Lynette Smith	8885589
Website Coordinator	Sheryl Dimmock	8819225

COACH:

We are one of the few regional clubs in the Waikato to provide a professional coach for our swimmers. It is imperative that squad fees are kept up to date as this is our only form of income to pay Graeme's salary.

COACH'S PROFILE:

Graeme Laing is the Club Coach. Graeme is a former National Age Group Champion (F/S & Fly), NZ Nationals (F/S), NZ H2O team, NZ Surf Life Saving Representative (1980 - 1982) and NZ Water Polo Representative (1982).

Graeme has represented Otago in Rugby and has coached several rugby teams in Otago. He is a Life Member of the Dunedin Rugby Club.

Graeme has coached and taught swimming in Dunedin for 20 years with the Duncan Laing Swim School. In 2003 he moved to Tauranga and worked for H2O Harliqins Swim Squad.

TRAINING:

Gear: Squad members are encouraged to have their own flippers, kick-board, pull-bouys and paddles. All the correct gear is available from Matamata Sports World at reasonable prices.

FEES:

Affiliation fees are set at our AGM:

Squad 1-3	\$100.00 (Competitive Swimmer)	\$75.00 (portion paid to Swim NZ/Swim Waikato)
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Squad 4 -5	\$ 37.00 (Competitive Swimmer)	\$25.00 (portion paid to Swim NZ/Swim Waikato)
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Squad Fees:

		per month
Squad 1	8 sessions per week	\$ 90.00
Squad 2	6 sessions per week	\$ 70.00
Squad 3	4 sessions per week	\$ 50.00
Squad 4	2 sessions per week	\$ 30.00
		per term
Squad 5	2 sessions per week	\$100.00

To ensure our club continues to provide you with a professional coach, you will need to pay this fee regardless of the number of training sessions attended, and it is not an option to stop just for Xmas Holidays - we still need to pay the coach!

Payment can be made either by cheque, telephone banking or automatic payments.

Our bank account number is: 03-0363-0323722-00.

They can be posted to Sheryl Dimmock,

PO Box 273, Matamata.

You will be sent an invoice. If you wish to receive these via email please forward your details to sheryl.dimmock@stanleygroup.co.nz

Fees are payable every month for squads 1, 2, 3 & 4, and every term for squad 5.

SEASON

The summer season is from 1 October till 31 March and the winter from 1 April till 30 September. Swimming is now considered a year long sport and with a new heat pump installed we have the use of the outdoor pool for all of terms 1 and 4. If you think your child needs to take a break - the start of term 2 is usually the best time.

POOL ENTRY:

The council have set the pool entry fee after negotiations with our committee. There are 6 month (\$70.00) and 12 month (\$100.00) options available and this includes all swims, not just training swimming. This is payable to the Matamata Sports Centre, not the club.

NOTICEBOARD:

The club has noticeboards at the end of the pool in winter and in the clubrooms during summer. It contains all carnival/meet information, as well as qualifying times, meet results and other interesting club news. Take some time to look at it, as it will keep you up to date.

SQUAD MOVEMENT:

Swimmers are placed in squads according to their ability. As they improve, and in consultation between parents and the coach, they are likely to move to a higher squad and come to more sessions.

CLUB NIGHT:

These are held monthly in winter, on a Thursday evening and during the summer they are held every fortnight on a Thursday evening at 6.30pm. Each week the programme will vary. Swimmers are entered in 3 races. Points are given for each swim. 1 point for the swim, 2 points if within 1 sec of PB, 3 points for a PB. These points are then accumulated and go towards end of year trophies presented at our prizegiving. Help from parents at club night is essential.

CLUB CHAMPS:

Usually held in February/March. Swum in age-groups and over all strokes. Younger squad members usually swim 100's and 50's. Older swimmers have 200's included in programme.

PRIZEGIVING:

Held in May at a venue TBA.

NEWSLETTER:

A newsletter is sent monthly, preferably by email. Please contact a committee member if you do not receive your copy.

CARNIVALS:

These are swimming meets that swimmers can attend for fun and enjoyment or to assist in attaining PBs or qualifying times required for Regional or National meets. We advertise carnivals on the noticeboard and in the newsletter.

The coach targets meets that the club as a team will be attending and swimmers are encouraged to join us on these occasions. Parents are more than welcome to attend but swimmers can come with others from our club. Other meets can be entered by swimmers but the coach may not attend.

There will be an entry fee per race - currently about \$7-00 depending on the meet.

Entry forms, available on the noticeboard, are to be filled out with money / cheque attached. These are to be put in the locked box in the clubrooms before the closing date. A \$5.00 per swimmer, (\$10.00 family maximum) travelling fee, needs to be added for all carnivals entered. This is to cover the coach's accommodation at target meets. Ring the Carnival Secretary if you have any queries.

Swimmers will need healthy snacks and plenty of drinks, as indoor pools are very dehydrating. Warm up is usually an hour before the start of a meet.

OFFICIALS:

As with all sports, officials are needed to assist the swimmers compete. A simple practical test is required for a timekeepers badge and this can be completed locally. We are required to supply officials at all meets so as a club we need to make it compulsory that at least one parent is a qualified official. Following the timekeepers badge there are higher areas of officialdom such I.O.T, starters and referees that you can move into.

CLOTHING:

We encourage the wearing of club uniform to promote team spirit and club recognition.

We have new club T shirts available for \$40.00

Club jackets are available cash on order \$65.00.

Club caps are in stock now for \$5.00.

Contact Glenyss if you wish to purchase any uniform items or order online through the website.

FUNDRAISING:

As a club we run two carnivals each year. These are major fundraisers for us and your assistance is vital.

Depending on our requirements each season we may run raffles or something similar to raise funds.

STANLEY GROUP

SWIM SAFE:

This is held each summer season, for 10 weeks. It teaches the children safe swimming practices and basic swimming. You can help by cooking sausages, helping in the kitchen, marking attendance registers, becoming a swim safe instructor or just helping out. The club

will arrange your swim safe training, just contact one of the committee. Volunteers are required and are always needed.

GLOSSARY:

PB - Personal Best

IOT - Inspector of Turns

NAGS - National Age Group Champs

JUNIORS - National meet held for swimmers 12yrs & under

DIV 11 - National meet, slower qualifying times than NAGs

FLYER - A sheet advertising a swim meet

DUTY CLUB - Club responsible for helping run a Swim Waikato meet

SHORT COURSE - A 25m pool

LONG COURSE - A 50m pool

TEAM MANAGER - A parent, who attends to swimmers at a meet

OVER THE TOP STARTS - Swimmers dive over the top of the previous swimmer in races, except backstroke

DQ - Disqualification from a race

IM - Individual Medley, a race swum in this order - butterfly, backstroke, breaststroke, freestyle

IM Medley Relay - a relay swum in this order - backstroke, breaststroke, butterfly and freestyle

QUALIFYING TIMES - Times that must be met, to enable a swimmer to attend some meets eg *NAGS, JUNIORS, DIV11*

ONE START RULE - No false starts are allowed

TOUCH PADS - Electronic timing pads that swimmers touch when finishing a race

