

LAWSON
AMATEUR
SWIMMING CLUB



2023 – 2024

HANDBOOK

Welcome

Welcome to all new and returning members. It is hoped that your experience as a member of our club is a rewarding and memorable one. Please discuss any issues you have with your involvement with the club with a member of the committee. Any formal submissions to the committee should be made to lawsonswimmingclub@gmail.com

History

The Lawson Amateur Swimming Club was established in 1930, making it one of the oldest clubs in NSW. The Jack Ryan trophy is awarded annually in recognition of one of the founding members of the club. The club originally swam in a lake which was on the site of the current pool. The purpose of the lake was to provide water for the steam locomotives on their journey across the mountains. This area was known as Snake Gully or Frog Hollow by the locals at the time.

Objectives

The club aims to provide all members with the opportunity to develop their swimming skills in a supportive, friendly and safe environment.

Age Conditions

Entry to events and Carnivals is based on age. The following criteria apply to Carnivals, Championships and Club meets:

Record Attempts: Age as at the date of the attempt

Lawson Amateur Swimming Club Events: Age at 31st December 2023

Lawson Amateur Swimming Club Championships: Age at 31st December 2023

Qualifying times

It is the responsibility of the individual swimmer who swims at Carnivals to make sure they have recorded any qualifying times that may be necessary for them to compete at these carnivals, or particular events.

If the Friday night program does not allow for these events, the swimmer must advise the committee that he/she wishes to record a time for that event.

Distance Swims

Distance swims must be continuous and can be swum in any recognised swimming stroke. Swimming club members must be present to record laps during distance swims.

So how does Swimming Club work? What is this booklet for anyway?

The next two pages are here to answer these questions and more. If you have any questions that aren't answered here, please just ask a committee member on a Club night, or email your question to lawsonswimmingclub@gmail.com.

What's in this booklet?

Most of the information you might possibly need to know in order to participate in our Club. This includes how the Club is run, what happens "behind the scenes", what you need to do on Club nights and how to make sure you are getting the most from your membership and your Club.

How do I register?

To join a new member or renew an existing membership, visit our club website at <https://lawsonswimmingclub.com.au>, where you can click on the "Register" menu for instructions. If you have any difficulties, please enquire at our race entry desk and we'll help you get things sorted out.

What do I get when I join?

You get twelve months' membership of Swimming NSW, membership of Mountains and Plains Swimming, and membership of Lawson Amateur Swimming Club. The bulk of your membership fee goes to Swimming NSW, and this covers you for insurance as well as allowing you to switch Club membership if you move out of the area. Your membership of Lawson ASC also allows you to swim during at various carnivals held winter months, and also by invitation at other clubs during their winter season.

Each week, we also have a BBQ. If you'd like to eat some delicious barbecued goods, you'll need to bring a little money. These BBQs are held to raise funds for the Club and are run by volunteers. See the people at the BBQ if you'd like to help.

The club offers stroke correction sessions to its registered members. At this stage, we are hoping to offer these sessions to our members from 5pm Fridays before our swimming events commence, however this is dependent on our volunteer instructor's availability.

What do I have to do?

You are responsible for properly filling in Race Cards and getting them into the Race Secretary before the start of Club night on Fridays at 6pm. If you have any doubts about how to fill in a Race Card, please ask! We are happy to help. Detailed instructions are also in the "Club Files" section of our website (<https://lawsonswimmingclub.com.au/club-files>).

You then need to make sure that you are listening for when your event is called. You need to make your way promptly to the marshalling area and follow the Marshall's instructions. For more details see page 9.

What about prizes?

Lawson Amateur Swimming Club has a Presentation Night after the end of the season where certificates, ribbons, trophies and other prizes are awarded. There are prizes for Pointscore Championships, Club Championships and Age Championships. There are often other prizes too, such as Coach's Award, Quiet Achiever Award and Swim-a-thon prizes, at the discretion of the Committee.

How can I keep track of my progress?

Your timekeeper will give you a tear-off section from the bottom of your race entry card with your time written on it. Ask your timekeeper for it at the end of your race, remembering that they may need to be timing the next swim – please don't interrupt timekeepers at the beginning and ending of races. A weekly time recording sheet for the season has been distributed via email, however additional copies are available for download on our club website.

How does the whole pointscore thing work? I was told that I had to swim slow times at the beginning of season on purpose to maximise my points and have a better chance of winning the trophy! Is this true?

In previous seasons swimming with this kind of strategy would have helped maximise your points. We have changed the way the point system works now to make the system fairer and to allow swimmers to make their best efforts, be rewarded for consistency and improve naturally. This also means that you will not be penalised for the rest of the season if you swim your best time on your first swim of the season!

To get a look at how the points work, please see pages 4, 5-6 and especially page 7 of this booklet. You will get as many points as possible if you swim at least 3 events every Club night, and if you do as well as or better than your own previous times, that is, if you swim consistently and/or with improvement in your times. You can also get extra points for participating in events such as club night relays and our Swim-a-thon (see page 7).

What's with all the different kinds of championships?

THE POINTSCORE CHAMPIONSHIP RUNS ALL SEASON. Swimmers are awarded points for participation in events and for consistency or improvements in their own times. Coming first in a particular event has no relevance to the Pointscore Championships – swimmers only compete against their own times.

During the last four weeks of the season, AGE CHAMPIONSHIPS and CLUB CHAMPIONSHIPS events are run in addition to regular Club swims. In these events, swimmers compete against each other in their own age category and points are awarded based on placings within those events. When you swim in Age and Club Championship events you are also getting points that contribute towards the Pointscore Championships. AGE CHAMPIONSHIPS are specific to your age group. CLUB CHAMPIONSHIPS are in two categories – Junior and Senior. See pages 5-6 for more information about the Championships.

What about if I want to get some qualifications?

If you are interested in becoming qualified for any technical official positions such as Timekeeper, Starter, Referee, Coach and so on, please approach a committee member. We are keen to have members become qualified so we will consider your requests seriously and may even pay your qualification costs if your request has been approved by the Committee.

How do I know what the records are? How do I break them?

A list of current club records is available on our club website. If you swim a faster time than one of these, following the stipulations on page 5, you will be the new record holder and will receive an award acknowledging this at our presentation night.

LAWSON AMATEUR SWIMMING CLUB RULES

1. Points

- Swimmers are eligible for points once registration is completed and the required fee paid.
- Swimmers shall be awarded points for their best three (3) times of their events per night.
- Three (3) points will be awarded for participation in relay events.
- Three (3) points are awarded for the first swim in each stroke and distance.
- See page 7 for a detailed explanation of point allocation.

2. Fees

Annual fees are determined each year prior to the start of the season. The club only receives a small portion of the overall fee, with it also being distributed to Swimming Australia, Swimming NSW and the Mountains and Plains Swimming area.

3. Race Cards

Race cards should be completed correctly and submitted no later than 5:55pm on race night. Race cards can be lodged a week in advance. Race cards are available from the Race Desk at no charge.

4. Club Races

- Are held each Friday night from 6pm from 6 October 2023 to 5 April 2024. Swimmers can enter a maximum of three individual races each week. Relays can be entered in addition to this.
- All or part of a meet may be cancelled at the discretion of attending committee members due to unforeseen circumstances (such as bad weather, insufficient timekeepers etc.) Uncompleted events will not be re-run.
- Races will be graded according to the swimmer's ability and entry time on the race card. This will ensure that swimmers of similar ability are in each event.

5. Refereeing

The Club aims to provide opportunities for members to gain technical qualifications through Swimming NSW approved courses. The cost of attaining these qualifications will be met by the Club following prior approval.

The Club has developed the following policy regarding refereeing and disqualification of swimmers:

- a) Point Score Championships: No swimmer will be disqualified for breaches of rules during swims in the point score championships. Swimmers will be advised of any perceived faults at the conclusion of the event.**
- b) Records and Club Championships: These events should only be conducted under the scrutiny of a qualified referee. In the event of no member being suitably qualified, the club will request a referee from MPS or Swimming NSW. In the event of no qualified referee being available, two members of the management committee will be appointed to act as referees for the duration of the meet. The decisions made by the appointed referees will be final.**

- Swimmers may also be disqualified for offensive or negligent behaviour.
- Swimmers who are disqualified will be notified by the referee at the conclusion of the event.
- Events will be called twice; failure to marshal will result in forfeiture of entry into that event.
- Swimmers **must** remain in their lane in the water at the conclusion of their event, until instructed to leave by the **starter**. This signal is two blows on the whistle. **Swimmers must exit promptly by the nearest side of the pool.**

6. Progressive Times

a) Swimmers may progress from 25m to 50m events at any time, but must progress from 25m to 50m after twice reaching the following times:

- | | | | |
|----------------------|------------|--------------------|------------|
| • Freestyle | 28 seconds | • Backstroke | 30 seconds |
| • Breaststroke | 32 seconds | • Butterfly | 30 seconds |

b) Once the swimmer has achieved 25m at the time listed above, or swims two 50m races in that stroke, further 25m swims for that stroke will not be eligible for points (**Championships excluded**).

7. Club Uniform

- The club uniform is black, red and white and is available for purchase or order throughout the season.
- Swimmers wishing to participate at representative carnivals are encouraged to wear the club uniform.
- Swimmers are encouraged to wear the club uniform at all Club meets.

8. Records

- Our club records are available on our club website www.lawsonswimmingclub.com.au. Record attempts can only be made with two timekeepers, who are independent of the swimmer. The slower of the two times is recorded. In the event of no qualified referee being available on that night, two members of the committee will be appointed to act as referee for any record attempts held. The decisions made by the appointed referee/s will be final. Only records achieved in the presence of a qualified referee will be recognised by Swimming NSW.
- **Notification of the attempt must be clearly recorded on the relevant Race Card and lodged at the beginning of the night** (that is, prior to 6:00pm).
- Official times from MPS and other NSW Swimming approved carnivals will be recognised, if swimming as a representative of LASC.
- Records can only be attempted in recognised FINA events. For example, a swimmer cannot attempt to set a 150m freestyle record. Please see the record pages in the back of the handbook for eligible events.

9. Carnivals

- For those swimmers who wish to represent our club, a number of carnivals are held throughout the Mountains and Plains region. In order to participate at these events, you require a “Carnival Swimmer” membership. If you’re registered with a “Club Swimmer” membership and wish to enter a carnival, contact our club registrar Dylan Chambers to discuss a membership upgrade. Second-claim members (who are primary members of a different swimming club) are not eligible to represent Lawson at carnivals.
- Please note that while most events are open to all swimmers, some may require that a qualifying time be achieved by the swimmer prior to the event.

10. Championships

The rules in this section apply for both Age Championships and Club Championships. See additional rules for these Championships following.

To be eligible for points to be awarded in any Championships event, swimmers must have recorded a time at a regular club night for that event prior to 23 February 2024. Times recorded at carnivals will not be considered as qualifying swims for Age Championships or Club Championships.

To enter the Championships, Race Cards are to be lodged in the usual manner, but must be in by 6:00pm. Swimmers/parents are encouraged to submit cards the week before in order to avoid delays or omission from events.

In the event that all or part of a Championships meet is cancelled due to unforeseen circumstances (such as bad weather), uncompleted events MAY be rescheduled at the discretion of the committee.

Swimmers must compete at the scheduled date and time of the event. Points are awarded according to the final placing in each event as follows:

- First:** 4 points
- Second:** 3 points
- Third:** 2 points
- All other entrants** receive one point.

Catch-up swims will be considered on receipt of a written request. Ideally, a medical certificate should be provided, however compassionate grounds will also be considered at the discretion of the committee. Requests should be made in writing prior to the commencement of the night's swimming, wherever possible.

a) Age Championships

- Age group is determined by swimmer's age at 31st December 2023.
 - Senior Swimmers: 17 to 30 years.
 - Veteran Swimmers: 31 to 39 years.
 - Masters: 40 years and over.
- i) To be eligible for awards in the Age Championships, swimmers must compete in at least 3 out of the 4 age championship events.
 - ii) Swimmers can only compete in their own age group or open events.
 - iii) All Age Championships events are swum as timed finals.
 - iv) Swimmers up to 7 years of age swim 25m, swimmers 9 years and over swim 50m events. Eight year old swimmers have the choice of swimming in the 25m or 50m Age Championships, **but not both**. Swimmers up to 7 years can elect to swim in **only** 50m championship events provided they're able qualify by having previously swum 50m times faster than 2 minutes in at least 3 of the 4 strokes.
 - v) The order of events for the Age Championships are:
 - Week 1 – Butterfly
 - Week 2 – Backstroke
 - Week 3 – Breaststroke
 - Week 4 – Freestyle

b) Club Championships

- The categories for Club Championships are Junior (under 13) and senior (13 and over).
- The full program of events for each week of the Championships will be available soon after the Christmas break.
- Events that are swum in the Club Championships are as follows:

Week	Senior Club Championships	Junior Club Championships
1	100m Backstroke	100m Backstroke
	200m Breaststroke	200m Breaststroke
2	100m Butterfly	100m Breaststroke
	200m Freestyle	200m Freestyle
3	100m Freestyle	100m Freestyle
	200m I.M.	200m I.M.
4	100m Breaststroke	400m Freestyle
	400m Freestyle	

11. Point Score Championships

- Points are accumulated over all club nights including the championship weeks at the end of the season. Swims during the last four weeks of the season (the Championships) count toward the Age/Club Championships and the Point Score Championships.
- All races in the Point Score Championships are conducted as timed races.
- Swimmers are awarded points according to their own previous times.
- Point score accumulation starts from the beginning of the season or when full membership has been paid. Times recorded during previous seasons are not considered for the new season.
- Points are allocated as follows:
 - 1 point** - 2.00 or more seconds slower than base time*
 - 2 points** - between 1.99 and .01 sec slower than base time*
 - 3 points** - equal to, or up to 2 seconds faster than, base time*
 - 4 points** - more than 2 seconds improvement, that is, 2.01 seconds faster than base time*

* **Base time** is the best time from the previous 3 attempts at that stroke & distance.

- The first swim of the season in each stroke and distance is considered a PB (personal best) and accordingly **3 points** are awarded.
- One of the great incentives of structuring the points in this way is that it rewards consistency, even if you're not beating your times.
- Relay swimmers are awarded **3 points** each.
- Participation in, and payment of Swim-a-thon donations are worth **9 points**.

12. Race Details

- Races will start at 6:00pm sharp. The schedule of events can be found on our club website.
- Only two calls will be made for swimmers to move to the marshalling area.
- Approved flotation devices are permitted in any 25m event. This includes assisted swimming.

13. Second-Claim Memberships

Swimmers who belong to another club may apply to the Lawson ASC committee be considered for "second-claim" membership with our club. Second-claim membership is a social membership only. Second-claim members are **not** eligible to set club records, represent Lawson at carnivals, participate in our championships, and will not receive trophies or awards. Participation in the club committee is not available to second-claim families.

14. Disputes

Disputes can be taken up with our club's Member Protection Information Officer (MPIO) Jillian Pateman, or the Mountains and Plains Area MPIO Matt Neale (Matthew@maccom.com.au). Any disputes directed to the committee are to be submitted in writing to the Club Secretary (lawsonswimmingclub@gmail.com) within 14 days.

15. National Integrity Framework

Swimming Australia and its Member Organisations remain fully committed to the protection of children, young people and our members in our sport, and our club encourages all members to familiarise themselves with the policies in the recently adopted National Integrity Framework, and to raise the issue of child safety to everyone involved in swimming clubs.

Our members are required, at all times, to comply with the rules in the Framework documents. The current versions of each of these documents can be accessed at

<https://www.swimming.org.au/resources/swimming-national-integrity-framework>

In particular, members must comply with Sports Integrity Australia's **Standards and Prohibited Conduct** guide, which is available at <https://www.sportintegrity.gov.au/sites/default/files/SIA112-0123 STANDARDS & PROHIB CONDUCT FACT SHEET ACCESSIBLE 1.pdf>

The Race Procedure

- Race Cards should be lodged at the race desk no later than 5:55pm on race night.
- Swimmers will be graded into heats according to ability and entry time listed on the race card.
- There will be only two calls for swimmers to marshal for each event.
- Swimmers are asked to move promptly to the marshalling area.
- 50m+ gather behind the seats, 25m gather at the shallow end of the pool.
- Swimmers will be arranged into heats and instructed to stand in heat order behind their allocated lane by the marshal.
- Swimmers are required to stay in the marshalling area in heat order until they are instructed to move to the blocks.
- Swimmers who break (start before the starter's signal) may be disqualified at the conclusion of the event.
- At the start of each event, the starter will blow a whistle, and then swimmers may take their blocks or enter the water.
- All 25m swims start in the water at the shallow end of the pool, unless the swimmer indicates on their race card to have a deep end start.
- The starter will then call "take your marks", pause, and then press the buzzer or blow the whistle to start the race.
- At the conclusion of each event swimmers must remain in the water in their lane, at the finish line, until instructed to exit by the starter – usually by two blows on the whistle – then exit promptly by the nearest side of the pool.

Time Keeping Instructions

Remember to check your watch is cleared before each race.

- Listen for the starter to call "time keepers" then raise one hand to indicate you are ready.
- The starter will blow a whistle and the swimmers will step up on blocks.
- Then the starter will call "take your marks" and when all swimmers are steady, will press the starting button. Press the start button on the watch when you see the light on the starter's buzzer – not on the sound. This is because light travels faster than sound.
- In the event of a whistle start occurring, timekeepers must use the sound of the whistle as a prompt.
- Stop the watch when the swimmer touches the wall correctly (that is, 1 hand for freestyle or backstroke, 2-hand simultaneous touch for breaststroke and butterfly) or touches the 25m rope.
- Record the time on the Race Card where indicated, in both the top section and in the tear-off section.



**LAWSON AMATEUR SWIMMING CLUB
OFFICE BEARERS
2023-24 SEASON**



Patron

Lawson Bowling Club

Life Members

A. Walker, B. Walker, D. McDermott, R. Gawthorne, T. Davies, J. Herman

Club Captains

Matilda Kenner and Finnian McCann

President

Jeni Herman

Vice President

Unfilled

Secretary

David Tobin

Treasurer

Annaliese Thompson

Race Secretary

Dylan Chambers

Registrar

Dylan Chambers

Publicity Officer

Unfilled

Fundraising

Lynne Aldous

General Committee Members

Emma Gray, Jacqui Kenner, Trace Shipton, Jasmin Tailford

Public Officer

Annaliese Thompson

Club Coach

Jillian Pateman

Affiliated with:

Swimming NSW, Swimming Australia, Mountains and Plains Swimming Association (MPS)