

2023/24



**MEMBERSHIP
HANDBOOK**

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On behalf of the Southern Performance Swimming Club, I would like to extend a warm welcome (or welcome back) to you and your family.

It is often quite daunting, especially for new Club members, to fully comprehend the club's activities and services. This booklet aims to provide information to swimmers and parents in relation to the Southern Performance Swimming Club and its training squads. Our hope is that it will provide you with a comprehensive understanding of our club. If it doesn't address your immediate queries, rest assured, it will at least guide you in the right direction to access the information you seek.

Please don't hesitate to talk to members of the Committee, Coaching Staff and other Club members if you have any questions.

We seek to help you reach your swimming goals, no matter what they are.

Southern Performance Swimming Club offers programmes which cater for all levels of swimming. Our core objectives are clear:

- To promote the sport of competitive swimming within our community.
- To create a nurturing environment where swimmers can enhance their skills, boost their confidence, and build their self-esteem.
- To foster a culture of respect and honesty among all our members.
- To inspire swimmers to set ambitious goals and provide unwavering support as they strive to achieve them.
- To ensure every swimmer has the opportunity to reach their full potential, achieved through partnerships with qualified professional coaching staff.

Like any thriving club, we rely on the generous assistance and support of volunteers. If you're interested in contributing to any aspect of our Club, please don't hesitate to reach out to me or any Committee member for guidance. We welcome every suggestion for improvement, offer of help, sponsorship, fundraising initiative, and, of course, the sense of fun that fills our club. Parents, we kindly invite you to take on roles that help us create an exceptional swimming environment for your children.

As you embark on this journey with us, we sincerely hope it marks the beginning of a long and enjoyable association with the Southern Performance Swimming Club. We trust that you will find both the swimming and social activities we offer to be not only rewarding but also fulfilling. Your engagement with Southern Performance is an experience we aim to make enjoyable, enriching, and memorable.

David Busby

Club President



Coaching Team

Head Coach	Scott Beringen	scottberingen@icloud.com
Coaching Team	Kerri Fletcher	Craig Nicoll
	Declan Gillard-Martin	

Club Captains

Currently Vacant

Vice Captains

Currently Vacant

Committee

President	David Busby	president@spswimclub.org.au
Vice President	Kristen Mason	vicepresident@spswimclub.org.au
Secretary/ Public Officer	Rachael Schubert	secretary@spswimclub.org.au
Treasurer	Claire Amai	treasurer@spswimclub.org.au
General Committee		committee@spswimclub.org.au
	Samantha Atkinson	
	Jasmine Cowen	
	Karina Furhmann	

Non-Committee Support Roles

Registrar (Membership)	Mel Romanowski	registrar@spswimclub.org.au
Nominations Officer	Mel Romanowski	nominations@spswimclub.org.au
Uniform Officer	Currently Vacant	committee@spswimclub.org.au
Website Administrator	Nathan Kuchel	
Child Safe Officer	Jasmine Cowen	
Member Protection Officer	Currently Vacant	

Our History

Southern Performance Swimming Club (SPSC) was formed on 11th July 2017 from the amalgamation of Fleurieu Swimming Club and South Coast Swimming Club, formerly Reynella Amateur Swimming Club (EST 1973).

Southern Performance Swim Club

Southern Performance squads are under the guidance of Head Coach Scott Beringen.

The Club is based at the Noarlunga Aquatic Centre and offers a structure which encourages involvement of its members at many different levels. The Club aims to provide an atmosphere in which fun, discipline and training combine to produce the best outcome for all. SPSC promotes a positive atmosphere where new members and their families are welcome.

Our Aspirations

Character Matters - Competence opens doors, but character keeps them open. We champion integrity, respect, and sportsmanship in all we do. Our members understand that their behaviour and actions are a reflection of themselves and the club, and they uphold the highest ethical standards both in competition and in everyday interactions.

Celebrate Differences, Unite in Strength - We embrace diverse perspectives, turning differences into advantages and forging a strong, inclusive team. All members should feel valued, heard, and empowered to contribute their strengths to the team's success.

Agility Powers Ambition: We thrive by daring to exceed expectations. Our agility propels us to triumph over challenges and achieve the extraordinary, giving us influence beyond our size.

Process Ignites Progress - Beyond results, we value the journey. With unwavering focus on growth and learning, we achieve excellence step by step. By valuing the incremental steps that lead to success, we cultivate a culture of continuous learning and development.

Giving Shapes Success - We understand success is a shared endeavour. We are committed to giving back to our community and the sport that has shaped us, creating a legacy that extends beyond ourselves. Whether through volunteer work, mentoring, or charitable initiatives, we actively contribute to the betterment of our surroundings, acknowledging that it takes a joint effort to create a positive impact.

United in Victory and Defeat - We're a family, united in every situation. Together, we rise to celebrate victories and support each other through setbacks.

The Future

SPSC is committed to promoting inclusivity through policies such as The Inclusive Swimming Framework (ISF). The future direction of the club is determined by the incumbent Committee, aligning with the evolving needs and aspirations of our membership. Recent years have seen concerted efforts to expand our membership base and enhance the number of competitive swimmers, yielding improved outcomes at State and National meets.

Long Term Goals for the Club

- Increasing participation in the sport of swimming.
- Fostering a larger contingent of swimmers competing at State and National Titles.
- Striving for SPSC to be recognised as a centre of excellence for competitive swimming.
- Aspiring to have representation at the Commonwealth and Olympic Games.
- Achieving improved results for our surf swimmers at both State and National levels.


Training Location


Noarlunga Aquatic Centre - Seaman Road, Noarlunga Centre SA 5168

Southern Performance Swimming Club
Swim club

[Directions](#)
[Save](#)
[Nearby](#)
[Send to phone](#)
[Share](#)

Noarlunga Aquatic Centre, Seaman Rd, Noarlunga Centre SA 5168
spswimclub.org.au





Training Sessions Times

Morning						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Development						8:30-9:30am
Performance	6:00-7:30am	6:00-7:30am	6:00-7:30am	6:00-7:30am	6:00-7:30am	7:00-8:30am
Afternoon						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Development	4:30-5:30pm	4:30-6:00pm	4:30-5:30pm	4:30-6:00pm	4:30-5:30pm	
Performance	5:30-7:30pm		5:30-7:30pm			

Southern Performance Swimming Club have some guidelines that need to be adhered to during training

- Please arrive **15 minutes** before the start of each training session on pool deck to start dry land warm ups and stretches. (Morning Squad swimmers should arrive wearing running shoes or sneakers)
- Parents must remain with their swimmer until the coach arrives – this is a safety concern
- Mesh bags are to be bought to all sessions containing – Cap, Goggles, Pull Buoy, Kick Board, Swim Fins (short) and drink bottle
- If you are dropping off your swimmer, please ensure you are back prior to the scheduled finish time collect them.

Hot Weather Policy

Evening sessions will be shortened when the day's temperature equals or exceeds 35 degrees.

Performance Squad sessions (Monday, Wednesday 5:30pm – 7:30pm) will be a maximum of 90 minutes.

Development Squad sessions (Tuesday & Thursday 4:30pm – 6:00pm) will be a maximum of 60 minutes.

All other sessions will remain unchanged

Communication will be sent out through Team App and Facebook regarding daily changes due to weather.

Training Equipment



All swimmers should have the following equipment for training:

- 1 Club Swimming Cap
- 2 Pairs of Goggles
- 1 Water Bottle
- 1 Pair of Fins
- 1 Kickboard
- 1 Pull Buoy
- 1 Pair Finger Paddles
- 1 Swim Mesh/Net Bag (to hold equipment)



All the above can be purchased through our Team App at a cheaper price than the recommend retail price.

Storage

Limited storage is available on-site for those swimmers training 4 or more times per week.

If you have any questions regarding the above please ask the Coaching Team

The Head Coach or Assistant Head Coach determines the progress of swimmers through the squads based on various factors including, skill, fitness and competitive level. Once speaking to our club coaches you will have an idea of which squad you will be swimming in. The coach will go through which session/s will be made available to your swimmer/s.

Development Squad

The Development Squad is designed as a stepping stone, bridging the gap between learn-to-swim lessons and competitive practice. This squad is tailored to nurture swimmers who are venturing into the world of competitive swimming within an educational framework. During these sessions, the primary focus is on honing skills in all four swimming strokes, perfecting turns and starts techniques in preparation for competitions, and introducing squad practice techniques alongside a gradual introduction to fitness development. New swimmers have the flexibility to choose the number of sessions that align with their comfort level.

As a general guideline, we recommend a minimum of three sessions per week, with the exact number depending on the swimmer's age and ability. We actively encourage swimmers to progressively increase their session participation in consultation with our Head Coach as their abilities and self-confidence grow.

Training Sessions:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:30-9:30am
4:30-5:30pm	4:30-6:00pm*	4:30-5:30pm	4:30-6:00pm*	4:30-5:30pm	

**These sessions are ONLY available to swimmers only after consultation with our Coaching Team.*

Performance Squad

The Performance Squad is tailored to swimmers who exhibit the potential for competitive swimming and/or have qualified for State Titles. Swimmers in this squad share a deep commitment to elevating their involvement in both training and the competitive aspects of the sport. This program focuses on comprehensive stroke technique refinement, physical fitness enhancement, and race skills development to prepare swimmers for competitive events.

To maximise improvement, we suggest a minimum of four to five weekly sessions at this level. Swimmers are encouraged to gradually increase their session commitment as they gain confidence in their abilities.

Training Sessions:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:30am	6:00-7:30am	6:00-7:30am	6:00-7:30am	6:00-7:30am	7:00-8:30am
5:30-7:30pm		5:30-7:30pm			

Squads Continued...



Performance Squad (National Age/State)

Reserved for dedicated, self-disciplined, and self-motivated competitive swimmers, the Performance Squad (National Age/State) represents the pinnacle of our training programs. Swimmers in this elite squad engage in rigorous morning and evening training sessions, with attendance ranging from 6 to 9 sessions weekly, depending on age and ability.

Entry into this squad is by invitation from our Head Coach, and it signifies a significant level of commitment and determination in the pursuit of excellence.

Training Times:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:30am	6:00-7:30am		6:00-7:30am	6:00-7:30am	7:00-8:30am
5:30-7:30pm		5:30-7:30pm			



Southern Performance Swimming Club use a number of different platforms to communicate information with our members. All registered/financial members are entitled to access of both our Team App and Closed Facebook group. Once registered please apply to access either or both platforms. Club information is sent out through both of these. All communication is closed, meaning each member has to request and be accepted to use these social areas. Only financial members will be granted access.

Team App

This is an app that can be downloaded to your device and the Club use this to communication about training, competitions, fees, fundraising, events and this also has our Club shop where our members can purchase club uniform, training equipment and other club gear.

- Download Stack Team App from the [App Store](#) or [Google Play](#) and install it on your smartphone.
- Create an account the 'Find your team'
- Click on the "Southern Performance SC" and then you will be approved by a member of the committee.
- Joining Southern Performance SC on Team App gives you immediate access to the latest news and events that are happening within the Club.

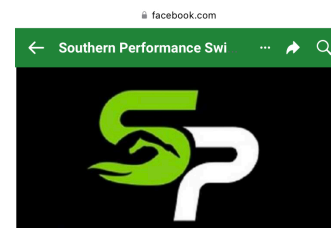


Stack Team App (4+)
 Sports Team or Club Management
 Team Mates
 #42 in Sports
 ★★★★★ 4.1 • 14.1K Ratings
 Free - Offers In-App Purchases

Facebook

Our Private Facebook group - <https://www.facebook.com/groups/1544689615583886>

- To join this closed group, use the link above
- Click on the "Join Group" and then you will be approved by a member of the committee.
- Joining the Facebook page gives you immediate access to the latest news and events that are happening within the Club.



Southern Performance Swimming Club
 Private group

Email

Emails will be sent as required for key information, the email put on the membership form will be the one that is used please make sure this is kept up to date with the club.

Public Website: <http://www.spswimclub.org.au>

Public Facebook page: <https://www.facebook.com/spswimclub>

Club Uniform



Club uniforms give swimmers a sense of identity. Uniforms also help spectators identify our swimmers in and out of the water.

All members are required to wear Club uniform minimum of the **club polo shirt and club cap** when representing the Club. The Club's swimming cap **must** be worn by **all swimmers at training sessions and competitions**. Exception to this rule is specially designed elite racing caps.

The Club uniform is available to order via the Stack Team App in the Club Store, as well as supporter gear and other items. All available items are kept on site in Southern Performance's storage area at Noarlunga Aquatic Centre. At the time of purchase please make note of the training session you would like to collect items at and one of the committee members will get the items to you.

The available items are:

Club Uniform starter kit - 1x Cap 1x Club Polo Shirt	\$57 <i>(limited to 1 per New Member only)</i>
Club Swim Cap (one size fits all)	\$14
Club Polo Shirt	\$57
Club Hoodie	\$70
Club Rugby Jumper	\$100
Club Baseball Cap	\$20
Club Beanie	\$22
Supporter T-shirts	\$35
Club Towel	\$26
Club Hoodie Towel (Sizes Sm, M, L)	From \$65



Named Club Caps - A special order is made towards the end of the year ready for LC States/ Nationals, purchases will be able to be made via the TeamApp store when orders are open.

Please contact the Uniform Officer for further information (refer to Contacts page).



Membership



At Southern Performance we offer a free 'come n try' with the Head Coach, this will allow the coach to see at which stage your swimmer is at and a time to ask the coach some questions. This will also help you get a feel for if our Club is the right fit and suits your family's needs.

Once the coach has invited you or your swimmer to join the squad you will receive a squad offer and membership form to be completed, sign and returned to the club, before registering with Swim Central to process annual membership fees.

All annual club membership and Swimming SA membership fees are to be processed through Swim Central and are valid from the 1st October to 30th September each year.

Membership to any swimming club in SA includes a set fee for Swimming SA and Swimming Australia registration. It is a requirement to be financial members with Swimming SA before swimmers can participate in any training and competitions. Failure to register will result in your swimmer not being permitted to swim/train or compete.

The Club offers several different categories of membership with fees structured to reflect the type of membership, the time of joining as well as discounts for additional family members. It is a mandatory Swimming SA requirement that all swimmers under 18 years have a financial parent member registered

Membership Fee Schedule 2023-24 Swim Year

	Parent/Non-Swimmer	Introductory Swimmer	Junior Swimmer (9 and Under)	Additional Junior Swimmer (9 and Under)	Swimmer (10 & Over)	Additional Swimmer (10 & Over)
Swimming SA Fee	\$24	\$45	\$96	\$96	\$133	\$133
SPSC Fee	\$6	\$60	\$67	\$52	\$105	\$70
Total Fee	\$30	\$105	\$163	\$148	\$238	\$203
	For parents, club volunteers & supporters	Ideal for those who want to experience club training and training nights.	Discounted membership - perfect for swimmers under 9 eligible to compete at inter-club & relevant state-run events		Essential for club swimmers who wish to compete at meets statewide and nationally.	
	Not in the pool	Home Club Training & Events ONLY	Club Training & Club events		Club training, Club events, State/National Championship eligibility	
Insurance Cover	✓	✓	✓	✓	✓	✓
Swim Central Access	✓	✓	✓	✓	✓	✓
Have a Say at Club	✓	✓	✓	✓	✓	✓
Squad training		✓	✓	✓	✓	✓
Access to Club Nights and events		✓	✓	✓	✓	✓
Compete at Interclub events			✓	✓	✓	✓
Compete at State and National Champs					✓	✓

***PLEASE NOTE: SWIM CENTRAL TRANSACTION FEES WILL ALSO APPLY ***

Joining Southern Performance via Swim Central

New membership

It is important that you create the Parent membership first, then each child/swimmer. Swimming SA require a member under 18 years of age to have a Parent/Caregiver register as an associate member

Follow the process via the link below:

<https://support.swimming.org.au/hc/en-us/articles/360002102915-How-To-Purchase-A-Membership>

SA Sports Voucher

The Sports Vouchers program provides a discount of up to \$100 on swim fees for children living in South Australia in Reception to Year 9, each calendar year. Sports Vouchers can be used for your swimming membership but MUST be applied in checkout. These will be available to add in Swim Central from 1st October. Please ensure you only use vouchers for 1 sport once per year. 2023 Eligibility is reception to year 9 (Birth year 2008 - 2018).

To use a SA Sport Voucher to pay for a portion of a membership simply have your swimmers medicare number on hand follow the process via the link below:

<https://support.swimming.org.au/hc/en-us/articles/360002108995-How-to-Purchase-a-Membership-using-a-Government-Voucher>

Renewing your membership

To renew your current membership simply follow the process via the link below:

<https://support.swimming.org.au/hc/en-us/articles/360002102915-How-To-Purchase-A-Membership>

Dual Membership

If you hold a dual membership (that is, hold membership at 2 different swimming clubs), if the majority of your training is undertaken at Southern Performance (SOPE), it is our expectation that if you choose to compete that you declare your Primary Membership as SOPE in Swim Central.

Transfers and Obligations

Should a swimmer wish to transfer to another Club, the following processes and obligations must be met:

- All outstanding fees and other money owed to the Club must be paid in full
- Monthly coaching fees and late fees will accrue until written notification is received by the committee.
- If the swimmer has swum from the 1st of October of any current swim year, they are responsible to pay the SPSC Membership in full for the current swim year. NO REFUNDS WILL BE GIVEN.
- The Committee reserves the right to call on the swimmer and/or the parents/caregivers and any other persons to attend a meeting to discuss any issues pending prior departure.

Membership Continued...



Transferring your membership

To transfer your membership to Southern Performance follow the process via the link below:

<https://support.swimming.org.au/hc/en-us/articles/360002102935-How-Do-I-Transfer-Clubs>

Please contact the Club Memberships person (Registrar) for further information (refer to Contacts page).

In addition to your annual club membership fee, the following types of fees will apply:

- Noarlunga Aquatic Centre Entry Fees (Pool Fees)
- Coaching Fees

Noarlunga Aquatic Centre Entry Charges

Club members are responsible for their own entry costs to Noarlunga Aquatic Centre (NAC) and must present their memberships passes at the counter every time they enter or pay entry to NAC at each training session they attend.

NAC have a 10 session entry pass which is the most cost affective for training 1 or 2 sessions per week. If you are training 3 or more sessions a week, SPSC have a discounted membership product available through NAC. This discounted rate is exclusively available to financial members of the Southern Performance Swimming Club. You can sign up for the weekly pool membership by clicking [Here](#) and select the Southern Performance Swim Club Membership and follow the prompts to set up your Pool access membership. Alternatively, you can contact Noarlunga Aquatic Centre directly for further assistance.

Coaching Fees

Coaching fees are set and paid directly to the Head Coach. All swimmers must be registered members of the Club and Swimming SA, and all fees must be paid before being allowed to train in the Club lanes or compete at any meet.

Payment of Coaching Fees

All swimmers will pay coaching fees directly to the coach via EFT. Payments are due by 15th of each month. Depending on how many sessions or swimmers you have depends on cost. Please refer to schedule of Monthly Coaching fees. Coaching fees apply after first come n try session.

Timely payment of your Coaching Fees is of utmost importance, and we kindly request that you fully grasp the following guidelines:

- Coaching Fees are payable in advance every month.
- Payments must be received no later than the 15th day of the month in which the fees are due. Failure to comply without prior approval may result in the suspension of swimmers, accompanied by a \$10 late payment fee per family for fees received after the 15th.
- In the event that a family faces challenges in paying their fees in full, we encourage open communication with the Head Coach to explore possible solutions. Failure to do so may lead to the suspension of your child from club activities.
- No payment – no swim. Any missed payments must be paid up to date, prior to the member being allowed to re-attend. Nominations for events and carnivals will not be accepted unless all fees are paid in full.
- Swimmers who train less than 2 full weeks of the month due to illness are eligible for a 50% discount from their next monthly squad fees. Please discuss this with the Head Coach if you believe you are eligible for this discount.

Training Fees Continued...



- Please ensure that any fees that fall due during your holidays or any other absence are paid in advance of the absence.
- If for any reason you are having difficulties paying your fees, please discuss options with the Head Coach.

Method of payment of fees

- Online Direct Deposit or in person at bank branch
- ANZ – Account Name: Scott Beringen

BSB: 015 045

Account Number: 465276664

Please provide Family Name as a reference

Schedule of Monthly Coaching Fees

	1st Swimmer	2nd Swimmer
5 + sessions per week (National & State Target Squads)	\$100	\$80
3 – 4 sessions per week	\$85	\$70
1 – 2 sessions per week	\$70	\$60
10 session pass	\$90	n/a

Families with 2 swimmers pay squad fees for the 1st swimmer training at the highest level plus squad fees for the 2nd swimmer at the discounted rate. A further 20% discount applies for each additional swimmer in the same family. If unsure please see Head Coach.

Southern Performance Swimming Club takes immense pride in its ability to unite families through participation in a healthy and engaging sport. The heart of our club lies in the dedication of its Committee members, who are parents of our talented swimmers and who generously volunteer their time to oversee the club's operations.

We uphold the expectation that all parents contribute to the club, especially during events like our Club carnival and carnivals as required. It is in this realm that parents can make a truly meaningful impact: by providing unwavering encouragement, actively demonstrating interest, and staying informed about club activities, including keeping up-to-date through resources like the handbook, TeamApp, or Facebook posts. Volunteering as timekeepers and in various capacities further enhances the sense of community within our club.

Your involvement is not only deeply valued by the Club Committee but also by our young athletes whose enthusiasm receives an incredible boost when they witness their parents or guardians as integral members of the 'team' that supports them in their sporting pursuits. This shared commitment fosters a sense of togetherness that extends far beyond the pool, enriching the overall experience for both parents and children alike.

The Club, in alignment with SwimmingSA's requirements, anticipates that all parents of members will have the following documents uploaded to their Swim Central profiles in the 'Documents' section:

Working With Children Check (WWCC)

- If you don't have a current WWCC, then can be requested through SwimmingSA for FREE at <https://form.jotform.co/swimmingsaevents/wwc-application-form>

Here are some of the roles or volunteering opportunities that parents may be asked to undertake:

- Team Manager - Organising the children for their events at carnivals/competitions
- Timekeeper - Timing races with a stopwatch
- Technical Official at Carnivals - Examples; Starter, Check Starter, Judge of Stroke, Marshal, or Inspector of Turns
- General Assistance - offer any assistance as required at any time
- Fundraising - assist the club with raising money (e.g. Community Lottery)

Officiating and Timekeeping

- Each Club attending a carnival can be allocated a number of timekeeping or officiating positions according to the number of swimmers entered in each carnival. Swimming SA can fine the Club up to \$500 per meet where we do not provide our quota of officials, so if you are rostered as a timekeeper or official it is important to complete your allocated time slot. Every effort will be made to align allocations with swimmers events.
- Throughout the year, we will maintain a record of members who contribute to officiating and timekeeping duties, ensuring that the responsibility is distributed evenly among our community.
- Technical Officials may also be required to be provided by participating Clubs. Swimming SA conducts theory courses online, with practical training occurring on pool deck at open carnivals and Swimming SA meets. Contact a Club committee member to discuss.

Team Manager

Team Managers are allocated at each carnival where we have swimmers attending.

The role responsibilities include:

- The team manager is the liaison between swimmers, coaches and event officials. They need to be at the meet from the start of warm up until the finish, and to attend team manager briefings.
- The role of the team manager is to facilitate communication between swimmers, coaches and event officials as necessary.
- The team manager DOES NOT replace the role of the parent in supervising their swimmer.
- The team manager is responsible for liaising with and lodging paperwork with meet officials however it is the swimmer or their parent who is responsible for advising the team manager of the required information, e.g. if the swimmer is withdrawing (or not) from a final at a championship event.
- Must attend Team Manager briefing which is held 60 minutes prior to the start of the meet.
- To communicate any specific instructions from the briefing to the coaches and/or swimmers as required.
- To respond to club/swimmer queries from the event organisers/officials
- To address any basic first aid needs of swimmers and seek further trained assistance where needed.
- They represent and support the swimmers (within the context of the behaviour and child protection policies of Swimming SA) and the club should any issues arise and until such time as a parent is available and/or the concern is resolved.

Committee

Southern Performance Swimming Club relies on a robust and committed committee to ensure its continued success. To genuinely represent the interests of all our members, we seek participation from individuals across all squads within the Club. If you're interested in getting involved and having a substantial impact on the Club's future, we invite you to contemplate joining the committee. Please don't hesitate to engage in conversations with a committee member if you have any questions or require further information about this opportunity. Your input is highly valued, and your involvement can help shape the Club's future trajectory.

Fundraising

The Club's financial commitments are met through fundraising efforts, which are vital for covering various expenses, including but not limited to ongoing administrative costs, social events, relay nominations, Club Records, and other operational expenses.

All members and their families are expected to actively participate in fundraising activities such as BBQs, raffles, and other requested contributions. Additionally, assistance at the SPSC Annual Swim Carnival is greatly appreciated. It's important to note that failure or refusal to fulfil assigned fundraising duties may result in disciplinary action, including but not limited to:

- (a) Ineligibility for registrations in the upcoming swimming year.
- (b) Exclusion from relay teams.
- (c) Forfeiture of subsidies or awards.

As an alternative, members have the option to pay an annual fundraising levy of \$100 to be exempt from participating in fundraising activities. This choice provides relief from such obligations while supporting the Club financially.

Membership at our club provides swimmers with the opportunity to practice competition at a range of levels. Competing is purely a personal choice but we encourage all swimmers as they are a lot of fun that help build a great sense of personal achievement and team spirit.

Club Nights

These events are held from time-to-time and provide a great opportunity for swimmers to practice competition swims.

A list of the program is set by the Head Coach and will be made readily available prior to the event, with entries available online prior to the event.

This is a low key fun family night that usually runs for a couple of hours.

*****Club nights run particularly smoothly, when everyone helps out. We ask that one parent/caregiver of a swimmer competing, must attend and assist with timekeeping and other duties as needed*****

Swimming Carnivals

Throughout the year there are two seasons for swimmers to compete in; short course and long course events. These include Swimming SA carnivals, Club carnivals, SA State Championships and SA Open Water Championship.

Dates for meets the Club will be targeting will be available at the beginning of each season. For information on other events please utilise the Swimming SA Handbook or visit the Swimming SA web page at www.sa.swimming.org.au.

The Club strongly recommends consultation with our coaching team **prior** to registering for any carnival. This proactive approach is considered best practice and ensures that the selection of events for your athlete aligns appropriately with their capabilities and goals.

Types of Carnivals

As mentioned above, there are several types of carnivals which are detailed below:

- **Short Course:** the term short course (abbreviated SC) is used to identify a pool that is 25 metres in length. The term is also often included in meet names when conducted in a short course pool.
- **Long Course:** the term long course (abbreviated LC) is used to identify a pool that is 50 metres in length. The term is also often included in meet names when conducted in a long course pool.
- **Open Carnivals:** these are events that are open to competitive swimmers of any age or gender regardless of their time. There are generally referred to as a club carnival and Swimming SA run meets except Championships meets.
- **Championships (State or National):** these are events that require the swimmer to have met the qualifying times for their specific age group as set by Swimming SA (State) or Swimming Australia (National) for SC or LC event year.

Entering a Carnival

- All nominations must be paid for at time of lodging are done online via Swim Central. Follow the process on how to enter a carnival via the link below:
<https://support.swimming.org.au/hc/en-us/articles/360002105435-How-to-Enter-a-Meet>

Purchasing Tickets for Carnival Entry

- Entry to carnivals for parents, tickets must be purchased online through Swim Central prior to the carnival. Follow the process on how to enter a carnival via the link below:
https://sa.swimming.org.au/sites/default/files/assets/documents/How%20to%20Purchase%20Tickets_0.pdf

Travel and Funding Assistance

Each season the Committee determines the level of incentives and/or assistance to be awarded based on the funds available and the number of years each swimmer has competed for the Club. Sponsorship, incentives and assistance are financed by fundraising. (Please refer to our Funding Assistance policy which will be available on our website and Team App)

Southern Performance Club Records

Club records are determined by the age of the swimmer on the day of the event. Open records are determined by times achieved at any age.

MeetMobile

Get Swim Meet Results in Real-Time. Search swim meets from all over the world or in just your local area to follow the action live, as it unfolds. This is an app that can be downloaded to your device. It is free to download, but to review results you will have to pay an annual subscription through the app for live competition results.

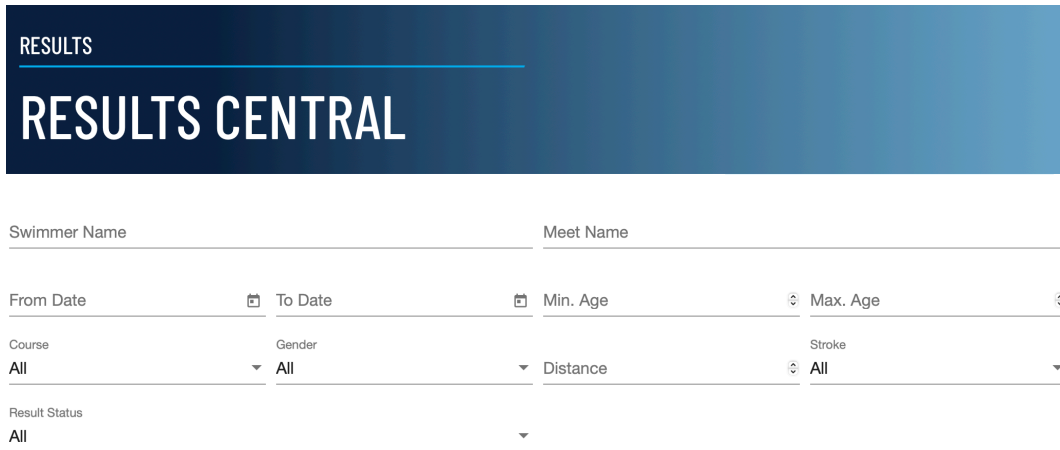
- Download Meet Mobile App from the [App Store](#) or [Google Play](#) and install it on your smartphone.
- Subscribe and gain full access to meet results



Meet Mobile: Swim 4.2
Active Network, LLC
#168 in Sports
★★★★★ 4.8 • 45.8K Ratings
Free · Offers In-App Purchases

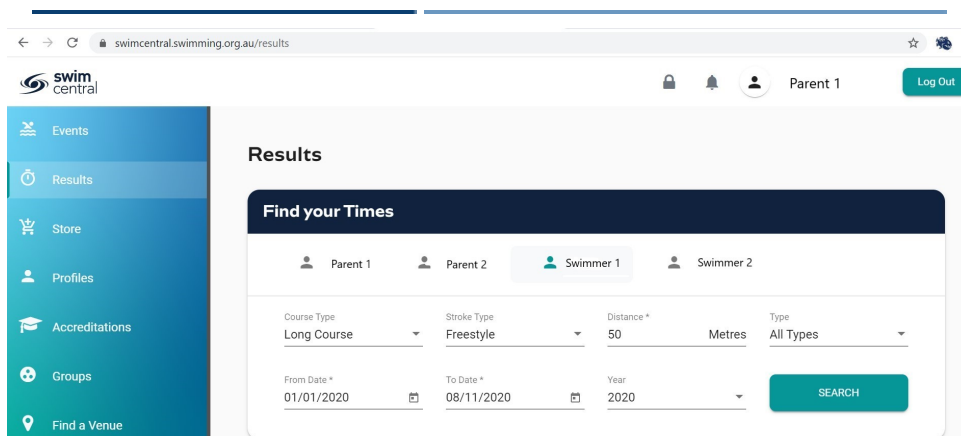
Results Central

- Go to Swimming SA website or via link (<https://results.swimming.org.au/portal/>)
- You can search for any swimmer as shown in the image below:



Own Results - Swim Central

- Log onto your Swim Central via <https://swimcentral.swimming.org.au>
- You can search for your child (swimmer) as shown in the image below:



Swimming Australia, supported by Southern Performance Swimming Club, promotes the following behavioural guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. These behavioural guidelines highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare.

As such, the Club adhere's to the following Codes of Conduct

Members Code

- Display honest, positive and co-operative attitudes to all Club members
- Conduct yourself in a manner that will not disrupt the spirit and purpose of the Club
- Respect all persons associated with the Club either directly or indirectly
- Respect the property, equipment and facilities at all venues

Swimmers Code – Being a good sport

- Swim/Play with respect, integrity and fairness
- Be modest in victory and gracious in defeat
- If you win, don't rub it in. If you lose, don't make excuses
- Control your temper
- Don't use bad language or make derogatory remarks
- Co-operate with your Coach, team-mates and swimmers from other Clubs
- Bullying in any form (including Social Media) will not be tolerated by the Club
- Respect other Swimmers
- Treat other swimmers the way you would like to be treated
- Thank other swimmers at the end of the race
- Respect Officials
- Accept and respect the officials decision
- Thank the official at the end of the swim meet/race

Parents Code

- Parents can help create a positive sporting environment and reduce sport rage by being good role models. To do this:
- Encourage fair play
- Cheer and acknowledge good swims by all
- Thank the officials, coaches and other Clubs after a swim meet (if possible)
- Respect official, coached and opponents
- Accept decisions by officials – they are humans and can make mistakes
- Deal with issues in a controlled and professional manner after the swim meet
- Keep your emotions in check
- Be enthusiastic, but don't scream instructions from the pool deck or stands
- Don't get into shouting matches with anyone
- Never use bad language or harass others
- Uphold your clubs code of conduct
- Understand, uphold and support your clubs code of conduct for members/parents/ caregivers

National Integrity Framework

Southern Performance Swimming Club fully supports the Swimming Australia National Integrity Framework (NIF). This consists of the six documents as:

- Complaints, Disputes and Discipline Policy;
- Competition Manipulation and Sport Wagering Policy;
- Member Protection Policy;
- Improper Use of Drugs and Medicine Policy;
- Swimming Australia National Integrity Framework; and
- Safeguarding Children and Young People Policy.

Full details and procedures can be found at <https://www.swimming.org.au/integrity-policies-rules/national-integrity-framework>

The Member Protection Information Officer (MPIO) is the first point of call in the club for any enquiries, concerns or complaints (internal or external) about harassment and abuse. The MPIO provides confidential information and moral support to the person with the concern or who is alleging harassment, they provide impartial information about the options available but do not mediate or investigate complaints. The MPIO is responsible to the Club's Committee.

MPIO details can be located in the [Contacts](#) section of this handbook.