



Bathurst City Amateur Swimming Club



Member Information

Bathurst City Amateur Swimming Club is a family-oriented, not-for-profit community club. It promotes and encourages a safe and welcoming environment for all to enjoy swimming participation at any level.

Introduction

The Bathurst City Amateur Swimming Club is a non-profit organisation whose aim is to provide an enjoyable, safe and healthy environment to develop swimming skills. We encourage support, fun and fitness while promoting an active lifestyle of swimming in Bathurst.

We are a “family club” that encourages all members of the family to be involved. We encourage excellence among swimmers, but recognise that all our swimmers swim for varying reasons, therefore we encourage participation above all else. We cater for swimmers coming out of learn-to-swim lessons up to those striving for state level and beyond.

Our vision

To provide a safe and supportive club in a friendly environment. Our swimmers are given proficient coaching to reach their full swimming potential in a social club. This is encouraged through fun, fitness and team support for all members.

Swimming Australia Code of Conduct

The Bathurst City Amateur Swimming Club supports the Swimming Australia Behavioural Guidelines. At every level of sport, the principles of fairness, respect, responsibility and safety should be maintained.

Fairness: Operating within the spirit of the rules, never taking an unfair advantage and making informed and honourable decisions at all times.

Respect: Recognising the contribution that people make to sport, treating them with dignity and consideration, as well as caring for the property and equipment they use.

Responsibility: Taking responsibility for one’s actions and being a positive role model at all times.

Safety: Encouraging healthy and safe procedures, preventing and reporting dangerous behaviour, while demonstrating concern for others.

General Competitor Behavioural Guidelines Encompass:

- Abide by the General Behavioural Guidelines.
- Follow the rules of Swimming Australia at all times.
- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute
- Control your temper. Verbal or physical abuse is not acceptable.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coaches, team mates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.

Parent/Guardian Behavioural Guidelines Encompass:

- Abide by the General Behavioural Guidelines.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.

Spectator Behavioural Guidelines encompass:

- Abide by the General Behavioural Guidelines.
- Remember that people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the outcome.
- Respect the decisions of officials, and teach others to do the same.
- Never ridicule or scold an athlete for making a mistake. Positive comments are motivational.
- Reject the use of violence in any form, whether it is by spectators, coaches, officials or competitors.
- Show respect for all athletes. Without them there would be no competition.
- Encourage competitors to follow the rules and the officials' decisions.
- Do not use foul language, sledge or harass other competitors, coaches or officials.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

Membership and Registration

Registration for membership opens mid September each year, and is valid for 12 months from the 1st of October. All registrations must be completed online via the Swim Central website under STORE "Memberships" tile.

We acknowledge the following Life Members:

- Rhonda Hausfeld
- Daphne North
- Jan Preddy
- Heather Rosconi

Committee and Meetings

The Committee consists of volunteers who are elected at the Annual General Meeting. As a community club, we are always looking for new members to take on a committee position. Ordinary meetings are held monthly and details are advertised through the club Facebook page (Bathurst Swim Club). Members 14 years and older are eligible to vote while all members are welcome to attend and be involved.

Contact details are:

- President: president@bathurstswimmingclub.com.au
- Secretary: secretary@bathurstswimmingclub.com.au
- Treasurer: treasurer@bathurstswimmingclub.com.au
- Race Secretary: racesec@bathurstswimmingclub.com.au
- Registrar: registrar@bathurstswimmingclub.com.au
- Publicity Officer: publicity@bathurstswimmingclub.com.au

Squads

Squads are training groups graded in levels of proficiency.

Head Coach

Belgravia Leisure (Manning Aquatic Centre Bathurst) is the current nominated Head Coach of BCASC.

Belgravia offers many options for learn-to-swim and squad training.

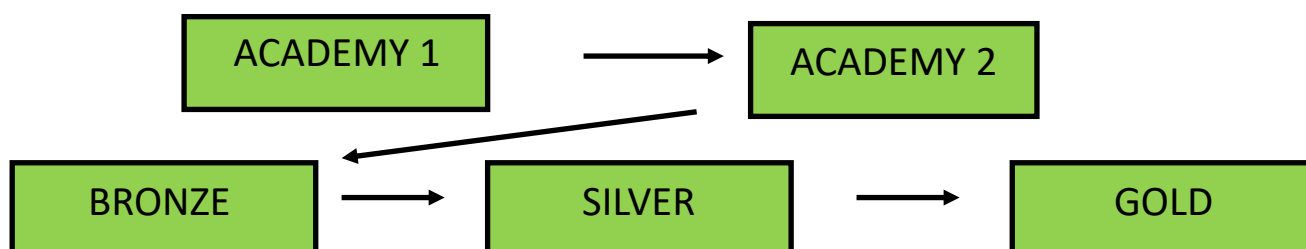
Please contact Belgravia directly if you would like to participate in these programs.

The decision about the appropriate squad for each swimmer is made by the coaches following an assessment of each swimmer's stroke techniques, swimming fitness and a trial.

Academy 1—is an entry level to squad swimming. They train twice a week, on Tuesday and Thursday's from 4.15pm to 5.00pm

Academy 2—is the second tier and they train three days per week on Monday, Wednesday and Friday's from 4.00pm to 5pm.

Gold, Silver and Bronze squads are the upper tiered squads with morning and afternoon training sessions set. Mornings are 6am to 7.30am and afternoons from 5.05pm to 6.45—7.15pm depending on the squad requirements.



Club Nights

Club Night provides an opportunity for club members to enter the point score program as well as providing additional race training. Club night is held every Friday night during school terms at the Manning Aquatic Centre commencing at 6.15pm.

If you are not a member and are interested in seeing what it is all about you can come and try two sessions for free.

The point score competitions which run on these nights are based on how much competitors improve their time in each stroke over the various distances. The programme offered includes races over 25, 50, 100 and 200 metres.

Swimmers are graded from 'A' grade to 'D' grade in each of the four strokes according to their ability and compete against the clock.

There will be opportunities for swimmers to improve their grades during the season.

At the end of the season, trophies are awarded to the swimmers who have gained the most points in each grade and stroke.

- Points are allocated to swimmers as follows:
- Participation – completing an entered event 1 point
- Swim slower than best time by more than 0.5 seconds 0 points
- Swim slower than best time by less than 0.5 seconds 1 point
- Between equal best time and 0.1 seconds faster 2 points
- Bettering best time by 0.1 to 0.25 seconds 3 points
- Bettering best time by 0.25 to 0.5 seconds 4 points
- Bettering best time by 0.5 to 0.75 seconds 5 points

Stroke	'D' Grade 25m	'D' Grade	'C' Grade	B' Grade	'A' Grade
Freestyle	>23 sec	>56 sec	56 > 41.01 sec	41 > 35.01 sec	< 35.01 sec
Backstroke	>33 sec	>66 sec	66 > 52.01 sec	52 > 42.01 sec	< 42.01 sec
Breaststroke	>35 sec	>68 sec	68 > 55.01 sec	55 > 45.01 sec	< 45.01 sec
Butterfly	>35 sec	>66 sec	66 > 50.01 sec	50 > 38.01 sec	< 38.01 sec
100 Ind. Medley	>135 sec	>135 sec	135 > 110.01 sec	110 > 85.01 sec	< 85.01 sec
200 Ind. Medley	N/A	> 300 sec	300 > 240.01 sec	240 > 180.01 sec	<180.01 sec

Carnival Swimming

Bathurst City Amateur Swimming Club (BASC) is affiliated with Mountains and Plains Swimming Association (MPS) which extends east from Bathurst to Glenbrook in the Blue Mountains, and west to Trundle and Tullamore. Swimmers from clubs in the MPS region compete in a number of different events over three district championship meets during the summer season, a sprint meet (50m) held in summer and a winter short course meet. Swimmers who record good results at the district summer meets may be asked to represent MPS at the James Brophy Inter-District Invitational Meet held in Canberra in March. Details about MPS, James Brophy and carnival information can be found on the MPS web site at:

<http://mountainsandplainsnsw.swimming.org.au>

Competitive Events

Competitive swimming has two seasons - long course and short course.

1. Long course is held in 50m pools and is run over terms 4 and 1
2. Short course is held in 25 meter pools and is run over terms 2 and 3.

As a member of BCASC, you are eligible to compete in carnivals held all over the State. BCASC is part of the Mountains and Plains area. Swimmers are eligible to compete at NSW Country, State and National carnivals if they meet the times as set by Swimming NSW and Swimming Australia at a registered Qualifying Carnival.

BCASC have "Targeted Meets" in which all members are encouraged to attend. A Coach is in attendance at these meets to help guide the swimmers to achieve their personal best.

There are usually 2-4 Targeted meets per season.

To enter Competitive Events ?

- Log on to Swim Central
- Click on Events Calendar
- Find the meet
- Click on Nominate
- Unlock the parental control
- Click on the Family Member
- Enter Races for the selected swimmer
- Process Payment to finalise

If you have any questions regarding competition entry, please don't hesitate to ask the coaches or registrar for assistance.

What do parents do at swim meets?

All parents are encouraged to volunteer at swim meets, especially club run events. Every person who is running the meet is a volunteer. Most parents find it much more interesting to time keep while watching the meet, rather than sitting in the stands.

Competitive Results

Meet Mobile/Results Central Our club (and many others) uses the "Meet Mobile" App for carnivals. Throughout the carnival Meet Mobile is updated after every event, so you have times at hand almost immediately. Visit the app store to download Meet mobile. You will be asked to subscribe to use this app. Once in the app, search "Bathurst" to find us.

To find historical times these are also available under Swim Central under the "Results" Icon and displays performance over Time in an info Graph format.

Fees

As a swimmer of the Bathurst Amateur Swimming Club there are 2 different fees that you are required to pay.

1. An age based fee to become a registered swimmer with Swimming NSW and
2. Each swimmer under 18 must also have a parent or guardian registered as a Non Swimmer Member. This registration is a single fee per family irrespective of the number of swimmers in the family.

Annual Swimming NSW Registration Fees:

- Junior Swimmer (8/under) \$93.40
- Swimmer (9 & over) \$105.56
- Non Swimmer \$25.00

Please note there is a 30% Family Discount for families with 3 or more swimmers in the club.

After completing the 2 week free trial, swimmers must become registered members with Swimming NSW before they can join Bathurst City Amateur Swimming Club. These membership fees cover Club registration, Swimming NSW registration, affiliation to District, State and National associations and, most importantly, insurance cover for swimmers, club coaches, officials and volunteers.

These membership fees are due by all members at the commencement of each new swimming year or are payable immediately when joining the club as a new member.

For New Members:

The family will need to do this themselves by registering a new account via Swim Central. The guardian should enter themselves first as the principal member.

The principal member will be sent an email verification they must confirm before proceeding. They must then agree to the terms and conditions and once signed in will be asked to submit further profile details.

Guidelines for registering with Swim Central are below.

HOW TO SET A PRIMARY MEMBERSHIP

Within Swim Central, each participant can purchase a membership from any number of clubs. **However, each participant MUST select which is their primary membership for competition purposes.**

SET YOUR OWN PRIMARY MEMBERSHIP

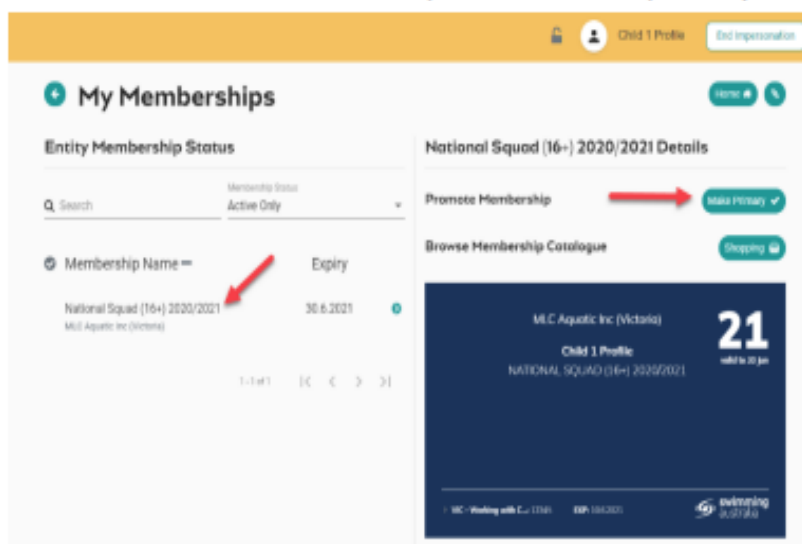
From your Swim Central homepage, select **My Memberships** from the left-hand navigation panel of your dashboard.

Select the Membership from your list to view more information on the right. To set the selected membership as 'Primary' click on **Make Primary** above the membership details on the right to make the membership your primary membership. You will see a green tick appear to indicate you have designated this membership as your primary membership.

SET PRIMARY MEMBERSHIP FOR CHILDREN

Upon login, enter your family administration PIN to unlock your family. From your Swim Central homepage, select **Profile** from the left-hand navigation panel of your dashboard. Click on the child for which you would like to set the primary membership. You will land on that child's dashboard. From the menu options, select **My Memberships**.

Select a Membership from the list on the left to view more information. To set the selected membership as 'Primary' click on **Make Primary**. You will see a green tick indicating you have selected that membership as that child's primary membership.



The screenshot displays the 'My Memberships' page. On the left, under 'Entity Membership Status', there is a table with columns for 'Membership Name' and 'Expiry'. The first row is 'National Squad (16+) 2020/2021' with an expiry of '30.6.2021'. A red arrow points to this row. On the right, under 'National Squad (16+) 2020/2021 Details', there is a 'Promote Membership' button with a red arrow pointing to it and a green checkmark next to the text 'Make Primary'. Below this is a 'Browse Membership Catalogue' button with a green checkmark. At the top right, there is an 'End Impersonation' button. The bottom right shows a preview of the child's profile for 'Child 1 Profile' with the number '21' and the text 'NATIONAL SQUAD (16+) 2020/2021'.

Select **End Impersonation** to go back to **Profiles** and select any other member needing a primary membership established. Repeat this process as required until you and all children have a primary membership designated.

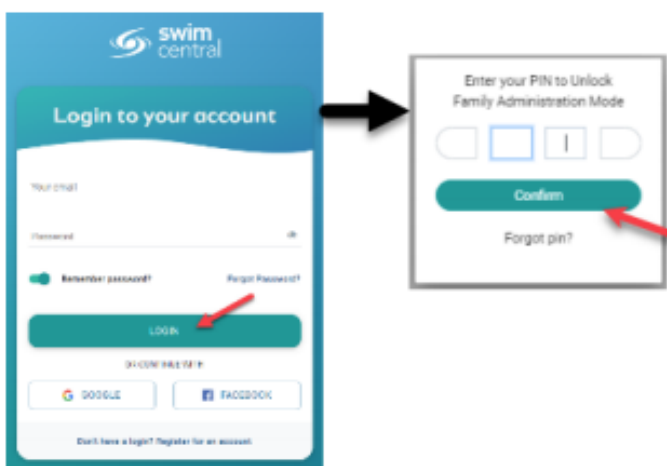
HOW TO PURCHASE A MEMBERSHIP IN SWIM CENTRAL

Revised 30/06/2020

To become a member of a club/organisation, participants will need to purchase a membership product with that club/organisation in Swim Central. Please see instructions below.

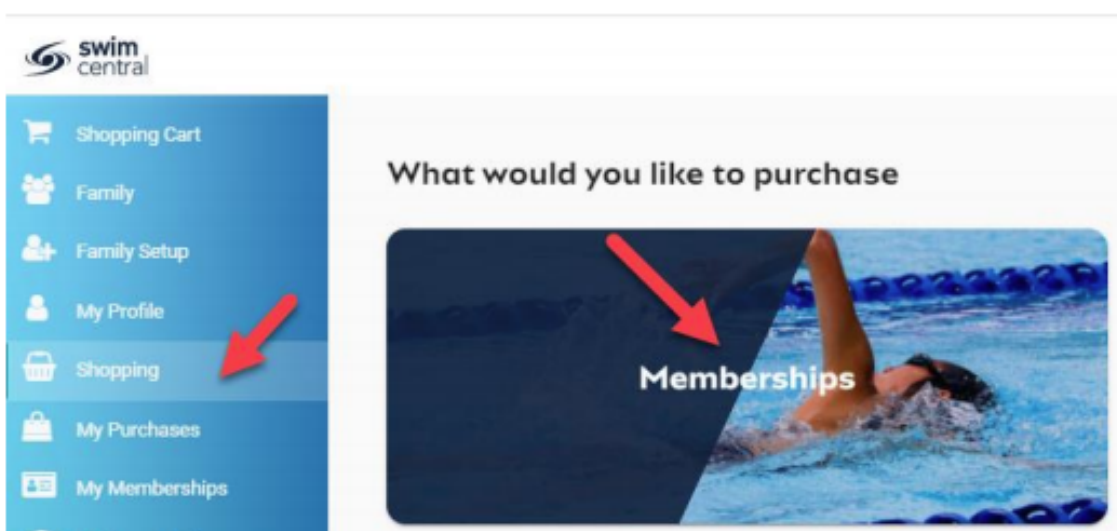
If you are not attached to a family group buying a membership for yourself, Login to Swim Central and go directly to **Shopping** from your personal dashboard.

If you are the Head of a family group buying a membership for yourself and a child/dependant, Login to Swim Central and **Unlock** your family group by entering your family administration PIN.

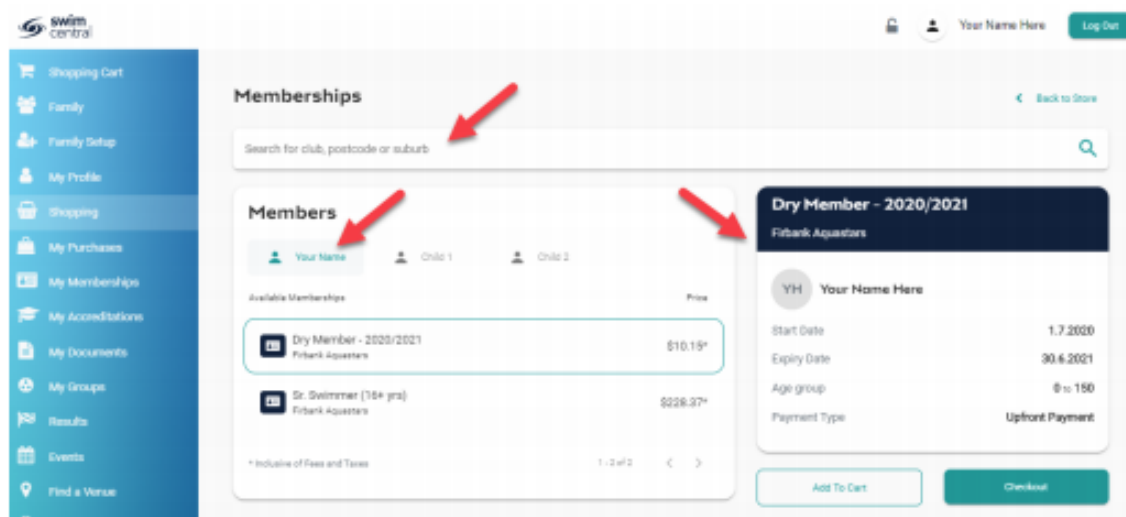


From the menu options on the left-hand navigation panel, select **Shopping**

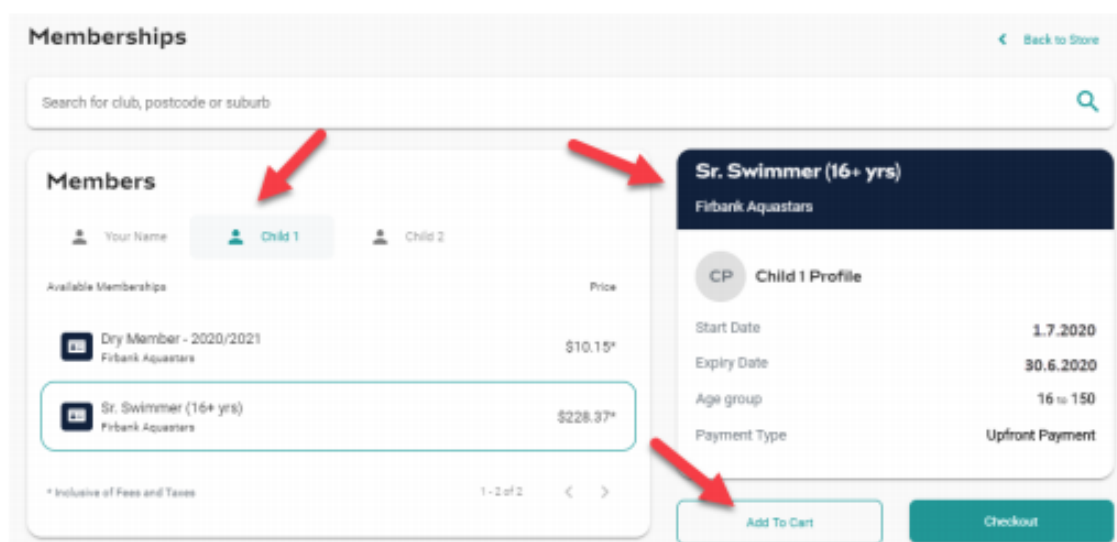
Please select **Memberships**

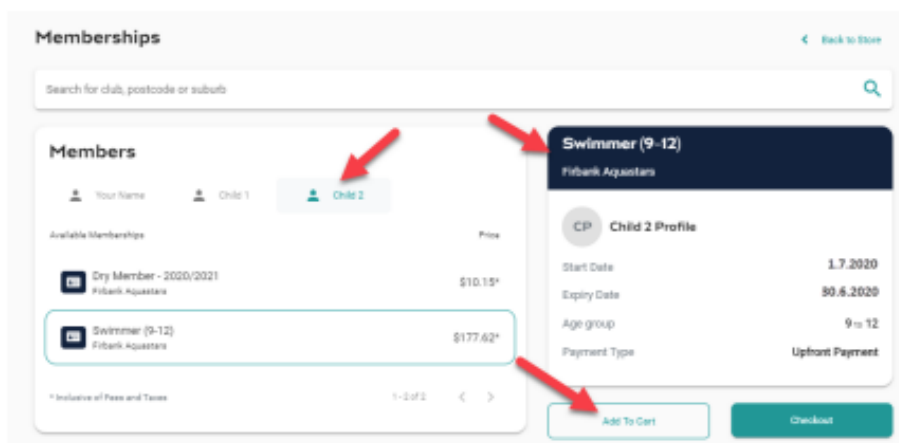


If you are shopping for yourself, you will see your name at the top of a tab with a list of available memberships for your current club for which you meet the criteria. If you are changing clubs or have never had a membership, you will use the search bar to search by club. Click through memberships to view details on the right. Once you have selected the correct membership selected, click **Add to Cart**.



If you are shopping for yourself and children in your family group, you will see your name at the top of a tab with tabs adjacent for all children in your family group. Select the tab for whomever you are shopping for to view available memberships for which they meet the membership criteria. ****Please note that membership filtering for age is based on the age of the member on the 1st October (first day of 2020-21 season).** Click through memberships to view details on the right. Once you have the correct membership selected for that member, click **Add to Cart**.

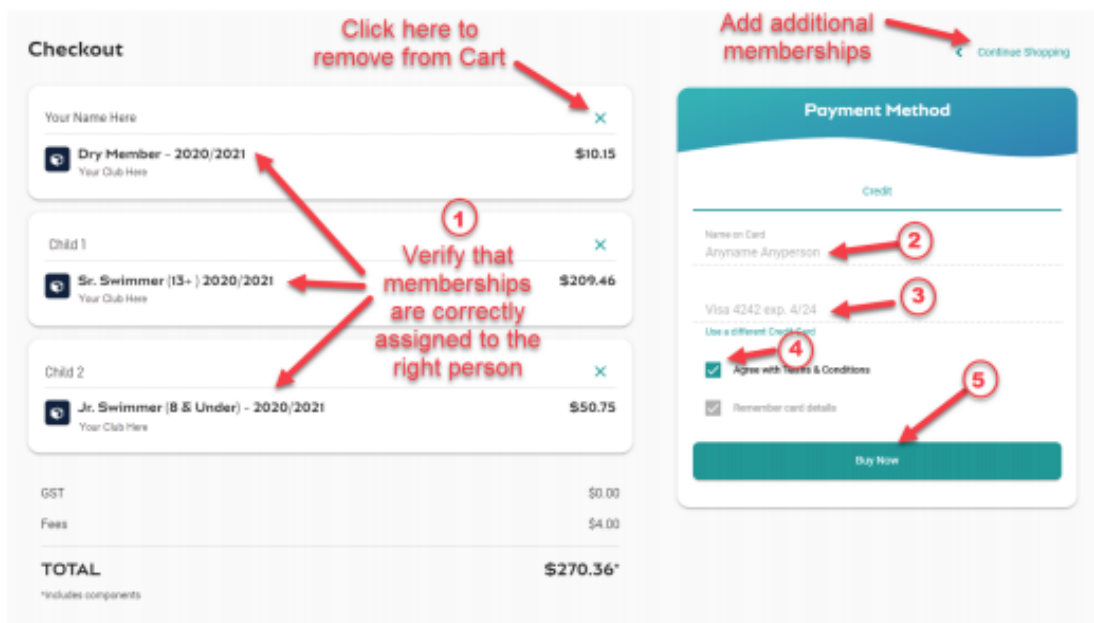




Once you have selected memberships for all children (and yourself) and added these to your cart, verify that the correct number of items is in Shopping Cart at the top left. Select **Checkout**



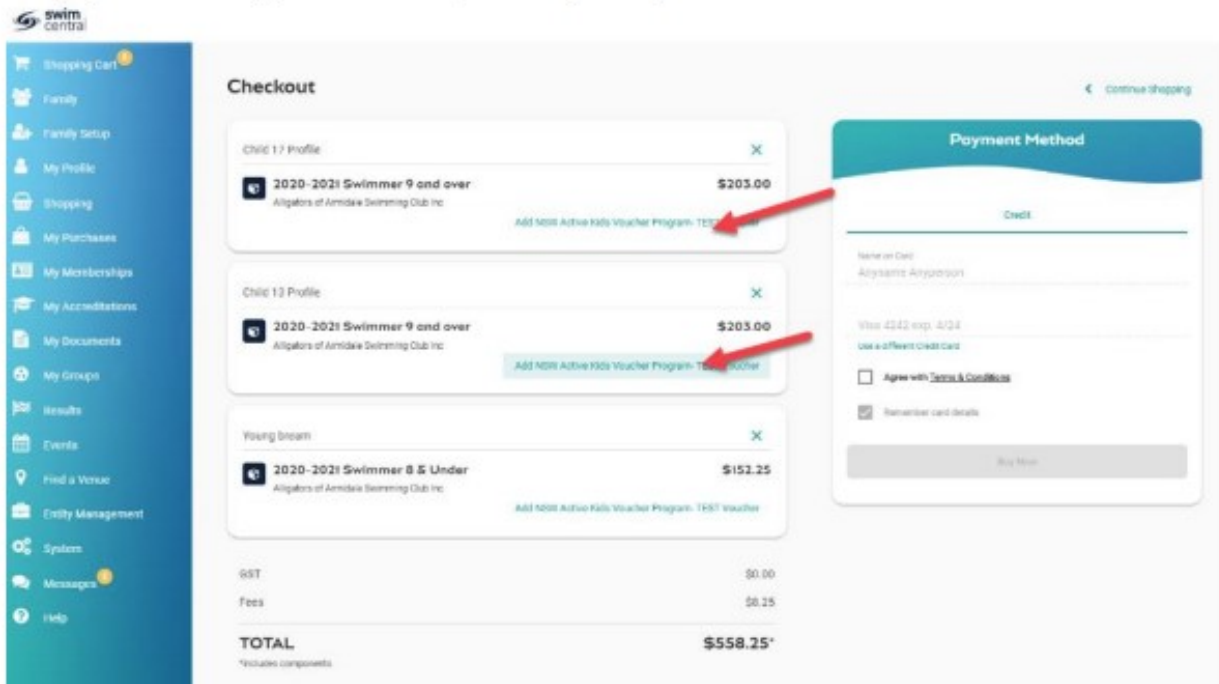
A summary of your memberships will be displayed. Each membership will have the membership name, club and member name to whom each membership is assigned. Follow steps 1-5 to complete the payment. ***If you will be using an Active Kids Voucher to pay for memberships, please see Appendix 1 at the end of this document.***



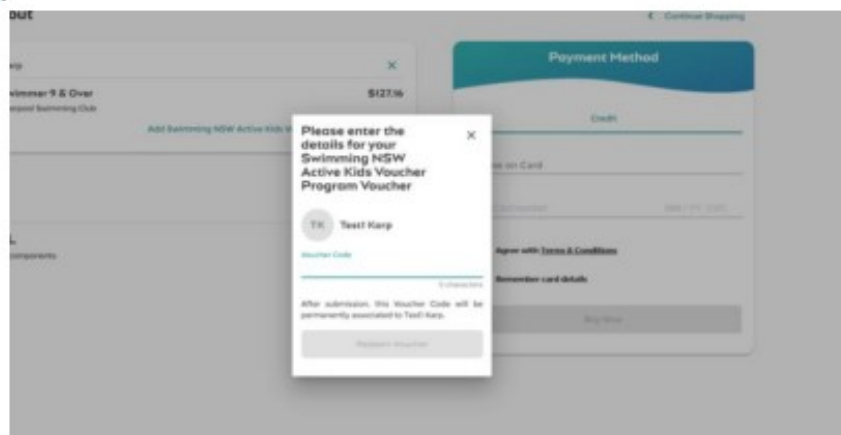
1. Ensure you check each individual membership and that these match to the correct member
2. Enter your payment details – name on card
3. Enter your payment details – card number and expiry date
4. Read and agree to the T&Cs,
5. Select **Buy Now** to complete your purchase

Appendix 1 – Active Kids Purchases

1. Ensure your club has linked their membership products to the Active Kids Program
2. If so, upon checkout, you will see a space to upload your Voucher number:



3. Click on these blue lines of text
4. A window will appear – enter your voucher number exactly as it appears in your Service NSW portal.



5. Hit 'Redeem Voucher'
If valid, your total cost owing will have \$100 deducted from it (or, if originally less than \$100, the cost will change to \$0 owing).



Website: <https://bathurst.swimming.org.au>



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