



HANDBOOK



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Message from the President

Welcome everyone to the new swimming season.

Electric Eels Swim Club has been in existence since 1975 and our home is the Zillmere State School pool. In 2003 we became an incorporated association registered with the Queensland Office of Fair Trading.

We have a very proud history of providing fun and fitness through swimming for our children in our local community and this year is no different.

Through the hard work of our committee, generosity of our sponsors and our many partners & volunteers we have a calendar of events that will provide our members with substantial opportunity.

Our club is in very good shape, memberships continue to grow, our pool is both heated and painted and we have a new electronic semi-automatic timing system.

What sets us apart from other clubs is our friendly attitude in a relaxed atmosphere but most of all we get behind our kids.

My challenge to all our parent members is to increase the cheer for our kids – after all this is why we are here!

You will find everything you could almost ever need on our website www.electriceels.org.au it is the communication backbone for our club and usually a very reliable communication tool.

I trust you and your family enjoy the season ahead!

Your Committee

President Ken Eade 0477 742 852

Vice President Phil Bayliss 0419 780 856



Treasurer Sharon Burns 0411 644137

Secretary Lisa Furuya 0439 893 004

Race Secretary Kym Lucas 0413 867 712

Brad Lucas 0407 794 569

Carnival Manager Kate Vickers 0412 154 201

Fundraising Manager Kerry Jackson 0448 920 558

Louise Ferry 0413 485 781

Website Manager Jason Aquilina 0405 082 365

Canteen Manager Rebecca Davis 0419 672 290



Your Life Members

<i>Colin Noonan</i>	1984
<i>Keith McDowall</i>	1986
<i>Dawn McDowall</i>	1986
<i>Val McDonald</i>	1989
<i>Glenda Marshman</i>	1989
<i>Barbara Collyer</i>	1990
<i>Alan Menelaws</i>	1991
<i>Kay Menelaws</i>	1991
<i>Sean Brown</i>	1992
<i>Merv Smith</i>	1992
<i>Lucy Smith</i>	1995
<i>Alex McNaughton</i>	1995
<i>Norma McNaughton</i>	1995
<i>Heather Hawkes</i>	1999
<i>Greg Seaborn</i>	2001
<i>Carmel Stephens</i>	2004
<i>Leigh Watson</i>	2005
<i>Greg Gardiner</i>	2005
<i>Trevor Watson</i>	2006
<i>Neil McDonald</i>	2006
<i>Debbie McDowall</i>	2012
<i>Jackie Blackshaw</i>	2014

Thankyou for your continued support!



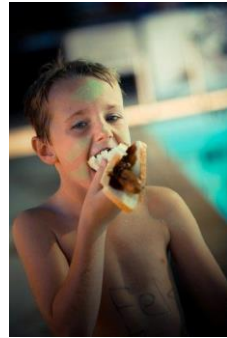
PAST COMMITTEES

Year	President	Vice President	Treasurer	Secretary	Race Secretary	Carnival Manager	Canteen Manager	Fundraising Manager	Website Manager	Male Club Captains	Female Club Captains
2015	Ken Eade	Phil Bayliss	Sharon Burns	Lisa Finlay	Paul Lewis	Kate Vickers	Rebecca Davis	Norma Egan Julie Gray	Jason Aquilina	TBA	TBA
2014	Ken Eade	Phil Bayliss	Lesley Kavanagh	Baden Powell	Tony Coddle	Leslie McKenzie Leslie McKenzie	Jackie Blackshaw	Kerry Jackson	Jason Aquilina	Rhy Hoage Liam Young Fraser Nichols	Paige Bayliss Paige Egan Chelsea Ryan Madeline Rickett
2013	Ken Eade	Trudy Young	Yann Lissillour	Gwyneth Evans	Tony Coddle	Kate Vickers	Jackie Blackshaw	Trudi Young	Chris Joseph		Ashley McDowell
2012	Gavin Nicholls	Andrew Ball	Yann Lissillour	Trudy Young	Gerd Althison	Debbie McDowell	Jackie Blackshaw	Steve Moss	Chris Joseph		
2011	Gavin Nicholls		Jo Harris	Geoff Clarke	Ian Flockhart	Debbie McDowell	Jackie Blackshaw	Steve Moss	Chris Joseph		
2010	Gavin Nicholls		Jo Harris	Geoff Clarke		Debbie McDowell	Jackie Blackshaw	Liz Divine	Chris Joseph		
2009	Paul Askew	Gavin Nicholls	Jo Harris	Geoff Clarke			Tracey Askew	Liz Divine	Chris Joseph		
2008	Paul Askew			Geoff Clarke					N/A		
2007	Paul Askew								N/A		
2006	Neil McDonald	Paul Askew	Trevor Watson	Gavin Nicholls	Tony Woodbridge	Peter Smith	Lee Watson	TBC	N/A	TBC	TBC
2005	Neil McDonald		Gabriel Laecu			Trinity Jones			N/A		
2004	Neil McDonald								N/A		
2003	Greg Seaborn								N/A		



What's on offer

Our Club functions to provide opportunities for our kids of all abilities. It does not matter what your goals are we have something for you;



Club Nights

The main event – we meet every Friday night in the school terms 4 and 1 to compete against yourself.



Typical Program

6.00	Arrival / Nominations
6.15	Nominations Close
6.30	12.5m Freestyle 25m Freestyle 50m Freestyle
7.50	12.5m Backstroke 25m Backstroke 50m Backstroke
7.10	12.5m Breaststroke 25m Breaststroke 50m Breaststroke
7.30	Break for BBQ dinner
7.50	12.5m Butterfly 25m Butterfly 50m Butterfly
8.10	100m Individual Medley (4 x 25m)
8.30	Finish

Our automatic timing system records your personal best times and once you swim fast enough you can challenge yourself at the longer distance.

Points System

Once a personal best (PB) time is recorded in each recognised stroke for each distance your improvement is measured in points by comparison with your PB time.

The points system rewards consistency and continuous improvement - Points are calculated as follows:

1 point	more than 2.5sec SLOWER than PB time
2 points	between 1.6 and 2.5 sec SLOWER than PB time
3 points	between 0.6 and 1.5sec SLOWER than PB time
4 points	0.5sec FASTER or SLOWER than PB time
5 points	0.6 (or more) FASTER than PB time

***To be able to participate in the events, the swimmers must nominate for them at the start of the night.**



Thankyou to our sponsors!

Club Championships

Eligibility;

1. Club members joining at the beginning of the season (prior to 12th October 2014) must swim 50% of all swims that they are eligible for. For example, if there is 20 available club nights then you must swim 10 or more swims in each stroke you wish to compete at during club championships.
2. Swimmers joining the club during the season (after 29 January 2015) must swim at least 50% of all swims that they are eligible for. To be eligible for club championships you must swim at least 6 swims in the strokes you wish to compete in. For example, if your first club night is week six of the season then you must swim at least 7 swims in each stroke you wish to compete at during club championships.
3. To be crowned age champion you must compete in all strokes at club championships.
4. Cancellations due to weather will not be counted as an available week.
5. Swimmers that notify the club that they are suffering from an injury, at the club committee's



discretion, those weeks may not be deemed to count as eligible weeks.

Age for club championships will be the swimmers age on the 1st night of the championships.

NOTE: MEDLEY WILL START AT 7 YEARS AND OVER.
OTHER DISTANCES WILL BE ANNOUNCED DURING THE SEASON.

If you do not understand the above eligibility rule please discuss it with the President or the Race Secretary.



Thankyou to our partners!

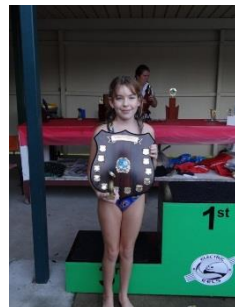
Trophy Day



A trophy presentation is conducted at the conclusion of the club championships. The presentation is designed to recognise all types of wonderful achievements by the kids throughout the season.

Life Members are invited to present their perpetual trophy to the new generation of swimmers from our club.

Whilst Age Champions are recognised and rewarded with a Gold, Silver or Bronze medal members also have an opportunity to win a number of other different trophies;



Last Years Winners....

NO	TROPHY NAME	DESCRIPTION	AGE RESTRICTION	AWARDED BY	2011/12	2012/13	2013/14
1	Points Score	Highest to lowest	All swimmers	Points System	VARIOUS	VARIOUS	VARIOUS
2	Blackhart Family Trophy	Highest Point Score & Club Champ	Nil - boy or girl	Points System	Iam Young	Iam Young	Maddy Mackay
3	Askew Family Trophy	Most PB's achiever thru season	Nil - boy or girl	Points System	Connor Eade, Darcy Ryan, Jaime Gill	Connor Eade, Darcy Ryan, Iam Young	Maddy Mackay
4	Rookie of the Year (no perpetual)	Swimmers who are in their 1st season with club and have progressed well	Nil - boy or girl	Committee	Max Trew Daise Trew	Verdy & Will Davis Paige Vickeries	Amber Futaya
5	Carnival Trophy (no perpetual)	Swimmers who show commitment to Carnivals	Nil - boy or girl	Committee	Natasha Cockle Mitch Youngs	Morgan Powell Grace Keyanagh	Moya Elen Nina Vickers
6	Keith McDowall - Young Achievers	Young swimmer who has reached swimming achievements	Under 10 - boy or girl	Committee	Callum Gill	Erin Aquilino	Abbey Vickers
7	North Aspley Trophy	Most freestyle points Sr Girls	10 and over - Girl	Points System	Chelsea Ryan	Amelia Reid	Erin Lucas
8	Ronald McDonald Trophy	Most improved Junior	Under 10 - boy or girl	Committee	Nina Vickers	Riley Elen	Keenan Davis
9	St Dymphna's Trophy	Most improved Senior Swimmer	10 and over - boy or girl	Committee	Cathiona Hollamby	Ben Dickson Maddie Mackay	Natasha Goncalves
10	Marshman/McDonald Trophy	Highest Point Scorer Junior	Under 10 - boy or girl	Points System	Darcy Ryan	Elo Vickers	Erin Aquilino
11	Watson Family Trophy	Most freestyle points Junior Girl	Under 10 - Girl	Points System	Abbey Vickers	Natalie Kroll	Erin Aquilino
12	President's Trophy	Swimmer who displays commitment to club rights, committee, welfare and shows leadership	Nil - boy or girl	Committee	Paige Boyles	Piper Elen	Erin Lucas
13	Neil McDonald Trophy	Most freestyle points Senior Boys	10 and over - boy	Points System	Iam Young	Iam Young	Brandon Guyatt
14	Local Member Trophy	Best attitude and constantly supports the club	Nil - boy or girl	Committee	Raser Nicholls	Sophio Forbes	Lauren & Natalie Kroll
15	John Marshman Trophy	Most freestyle Points Junior Boys	10 and under - boy	Points System	Connor Eade	Noah Eade	Finlay Street
16	Tabour Shield	Most Pool Records	Nil - boy or girl	Points System	Darcy Ryan Jaime Boyles	Raser Nicholls	Connor Eade
17	Electric Eels Swim Club IM Trophy	Most individual medley points	Senior boy or girl	Points System	n/a	n/a	Noah Eade
18	Bob Jane Strathpine Courtesy Trophy	Courtesy & Consideration Trophy	Nil - boy or girl	Committee	n/a	n/a	Kate Blackshaw
19	Bob Trophy donated by Blackshaw Family	Encouragement and support trophy	Nil - boy or girl	Committee	n/a	n/a	Charlette Ferry



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Thank you to our sponsors!

Friendly Carnivals

We schedule 2- 4 friendly carnivals every season. We ask that all members compete in at least one friendly carnival each season.

There are a number of perpetual trophies that the club has been part of for many years. They are typically held on a Saturday Afternoon at 2.00pm and go for about 3 hours.

A rotation system exists amongst our friendly clubs – we generally take it in turns to host the carnival. This means we are sometimes guests at other venues.

Some examples of our traditional competition include;

Aspley, Geebung, Craigslea, Stafford, Virginia, Wavell Heights, and Woollowin.



Sanctioned Carnivals

A sanctioned carnival is regulated by Swimming Queensland. They typically are broken into 3 categories in the Brisbane Region;

- Introductory Meet
- Development Meet
- A Grade Meet

These are typically hosted by clubs that are affiliated with Swimming Queensland. Our club is affiliated and we regularly compete - they are typically scheduled on most Sundays and occasionally Saturdays throughout the season.

These will interest the competitive squad swimmers and provide an opportunity to compete in both Regional and State Championships.

Swimmers whom wish to compete in Regional and State Championships will need to register a qualifying time at a sanctioned carnival to be eligible.

Swimmers at these meets represent our club, accordingly we request that you wear your club competition cap and club shirt with pride at every meet.

Brisbane Swimming Association run a points competition to recognise and reward affiliated clubs of their achievements throughout the year.

Swimming Australia (with Swimming Queensland) run a JX and YPS program to recognise and reward individual achievements.

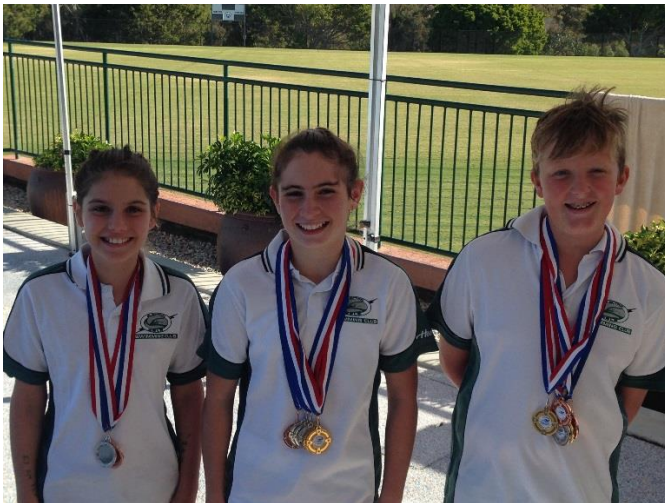
To learn more about the sanctioned carnivals visit the happening calendar at;

http://qld.swimming.org.au/article.php?group_id=1210&id=122

and;

<http://www.brisswim.org.au/#!2014-2015-approved-club-meets/c159c>

We typically send a copy of the program / flyer for each carnival as they are released by the host club – if you would like to see these emails make sure you tick the box on your membership form.





Club Calendar

30/31st August 2014	Qld State SC Championships
13 th September 2014	Sign On Day
14 th September	Development Meet (Australian Crawl)
10th October 2014	First Club Night
18/19 th October 2014	A Grade (East Brisbane, Lawnton or Redcliffe)
25 th October 2014	Friendly Carnival (tbc)
31/2nd November 2014	Brisbane Snr Champs
8/9 th November 2014	A Grade (Acacia, Carina, Bayside or River City Rapids)
15 th November 2014 (tbc)	Development Meet (EESC)
22/23 rd November 2104	A Grade (Chandler, Ferny Hills, St Peters West or Yeronga)
5th December 2014	Xmas Breakup
13-19th December 2014	Qld State LC Championships
24/25 th January 2015	A Grade (Commercial or Nudgee Brothers)
30th January 2015	Return Club Night

7 th February 2015	Friendly Carnival (option)
7/8th February 2015	Brisbane Sprint Champs
14/15 th February 2015	A Grade (Albany Creek, Logan or Rackley)
21/22nd February 2015	Qld State Sprint Championships
28/ 1 st March 2015	A Grade (Australian Crawl or Redlands)
7 th March 2015	Friendly Carnival (option)
7/8th March 2015	Brisbane Jnr Champs
14 th March 2015	Friendly Carnival (option)
21st March 2015	Brisbane Relay Champs
27th March 2015	Final Club Night
28 th March 2015	Club Champs & Presentation





Club Coaching and Learn to Swim



In partnership the electric eels swim club, Healthstream provide a full program of coaching and learn to swim at our heated club swimming pool.

The head coach will provide free assessments to advise the best squad or class for each individual. As a guide;

Senior Squad

These members are typically 10 years and older with a goals and ambitions to be selected in the Metropolitan North regional team or the Qld state team in the schools competition.

In addition, these members will have goals to represent the club and qualify for both the Brisbane and QLD championships.

Senior squad members are encouraged to swim a minimum of 5 times per week to a maximum of 11 times per week.

They are also encouraged to represent the club in a minimum of 3 sanctioned carnivals (A Grade Meets) and one friendly carnival.

Junior Squad

These members are typically 8 years and older with goals and ambitions to be selected in the Bramble Bay district team in the schools competition.

Junior squad members are encouraged to swim a minimum of 3 times per week to a maximum of 6 times per week.

They are also encouraged to represent the club in a minimum of 2 sanctioned carnivals (Development Meets) and two friendly carnival.

Learn to Swim

LTS is a four level program;

Level 1 – Safe pool entry and exit, Unaided kick with board, both front (10m) and back (5m), Unaided streamlined kicking on front (rocket) for 5m, Assisted freestyle demonstrating ‘big arms over’, Assisted kicking on back (arms by side) for 5m, Front and back float for 10 seconds, Unassisted deep water entry and return to pool side, Assisted duck-dive to retrieve a submerged object from the shallow end (with and without goggles).


Level 2 - Unaided kick with board, both front and back for 20m, Strong streamlined kicking on front (rocket) for 10m, Kicking on back (arms by side) for 10m, Freestyle with good technique and stable body position for at least 12.5m, Demonstrate side breathing consistently every third stroke, Backstroke for 10m, Front and back float for 10 seconds, Deep water jump and return to pool side unaided, Tread water unassisted for 10 seconds, Assisted duck-dive to retrieve a submerged object from the shallow end (with and without goggles)

Level 3 - Freestyle & side breathing every 3 strokes for 25m, Backstroke with strong kick and straight arm recovery for 25m, Perform correct breaststroke kick for 15m – heels in, toes out, streamlined recovery & strong glide, Demonstrate correct breaststroke pull as an isolated skill, Demonstrate butterfly kick for 10m, Tread water for 30 seconds, Deep water jump and return to pool side unaided, Unassisted duck-dive to retrieve a submerged object from shallow end (with and without goggles), Perform a kneeling dive at the deep end of the pool

Level 4 - Demonstrate streamlined starts and finishes, Swim 50m freestyle – side breathing every 3 strokes, maintaining correct body position, Demonstrate a freestyle tumble-turn, Swim 25m backstroke – strong kick and straight arm recovery, maintaining correct body position and timing, Perform 25m breaststroke – correct kick, maintaining correct body position and timing, Demonstrate 10m butterfly – Straight arm recovery,



correct head and body position and correct rhythm, Tread water for 60 seconds and return to pool side unaided, Retrieve a submerged object from the deep end of the pool, Perform a standing dive at the deep end of the pool, Demonstrate sculling on back for 10m, Demonstrate swimming 2 survival strokes.

		Typical Week - Coaching Program							Cost		
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	\$/ Term (10 weeks)	\$/ week	\$/ session
5.30 - 7.00am	Senior Squad								\$320	\$40	\$10
7.00 - 8.00am	Junior Squad								\$300	\$35	\$8
7.30 - 9.00am	Squad								inc	inc	\$10
9.00 - 9.30am	LTS								inc	inc	\$10
9.30 - 10.00am	LTS								inc	inc	\$10
10.00 - 10.30am	LTS								inc	inc	\$10
10.30 - 11.00am	LTS								inc	inc	\$10
11.00 - 11.30am	LTS								inc	inc	\$10
11.30 - 12.00pm	LTS								inc	inc	\$10
3.30 - 4.00pm	LTS								\$150	\$20	\$10
4.00 - 4.30pm	LTS								\$150	\$20	\$10
4.30 - 5.30pm	Junior Squad								\$300	\$35	\$8
5.30 - 7.00pm	Senior Squad								\$320	\$40	\$10
	Senior Squad										
	Junior Squad										
	Learn to Swim										
	Squad										

These members are typically 3 years and older with goals and ambitions to be just like their older brother or sister or neighbour in the Junior or Senior squads.

Learn to Swim members are encouraged to swim a minimum of 2 times per week to a maximum of 3 times per week.

They are also encouraged to participate in club nights in any stroke they feel comfortable with as well as a friendly carnival or two.

Learn to swim in Level 4 (7 years and older) are encouraged to participate in a sanctioned (Introductory) meet to learn how to race.



Club (Age) Records

SC Meters-Girls

4 & U	25 Free	1:07.86	23-Mar-13	EELS	R. Vickers
5 & U	25 Free	25.70	23-Mar-99		A.Watson
	25 Back	31.90	24-Feb-06		M.Flockhart
	25 Breast	41.78	27-Mar-99		A.Watson
	25 Fly	35.63	27-Mar-99		A.Watson
6 & U	25 Free	20.81	8-Apr-00		A.Watson
	50 Free	48.26	18-Feb-00		A.Watson
	25 Back	25.50	15-Dec-00		E.Ferraro
	25 Breast	31.25	8-Apr-00		A.Watson
	25 Fly	27.87	8-Apr-00		A.Watson
	100 IM	2:07.85	8-Apr-00		A.Watson
7 & U	25 Free	19.84	21-Dec-96		C.Devine
	50 Free	48.30	16-Nov-79		C.Williams
	25 Back	23.81	15-Dec-00		A.Watson
	50 Back	1:00.40	19-Oct-79		C.Williams
	25 Breast	26.66	18-Dec-93		K.Rafter
	50 Breast	58.50	22-Feb-80		C.Williams
	25 Fly	21.20	21-Dec-96		C.Devine
	50 Fly	49.74	20-Dec-96		C.Devine
	100 IM	2:02.61	23-Mar-96		C.Morabito
	8 & U	25 Free	18.13	24-Mar-12	
50 Free		39.91	22-Mar-97		C.Morabito
100 Free		1:36.00	27-Feb-81		J.Woodbridge
25 Back		22.10	14-Mar-97		C.Morabito
50 Back		50.70	20-Jan-84		N.Whitlock
25 Breast		24.24	31-Mar-95		K.Rafter
50 Breast		53.20	23-Jan-81		C.Williams
100 Breast		1:53.40	6-Feb-81		C.Williams
25 Fly		20.37	15-Mar-97		C.Morabito
50 Fly		50.80	25-Feb-77		L.Green
100 IM	1:44.70	20-Feb-81		C.Williams	



9-9	25 Free	17.28	27-Mar-10		M.Flockhart	
	50 Free	37.66	18-Mar-05		E.Smith	
	100 Free	1:26.65	18-Feb-05		E.Smith	
	200 Free	3:10.35	25-Feb-05		E.Smith	
	25 Back	20.34	2-Mar-05		E.Smith	
	50 Back	43.33	11-Mar-05		E.Smith	
	100 Back	1:34.87	21-Feb-05		E.Smith	
	25 Breast	23.10	30-Mar-96		K.Rafter	
	50 Breast	47.40	3-Dec-82		J.Woodridge	
	100 Breast	1:50.70	13-Nov-81		C.Williams	
	25 Fly	19.09	16-Dec-95		L.Brittain	
	50 Fly	44.38	16-Dec-95		L.Brittain	
	100 Fly	1:58.40	15-Mar-85		N.Whitlock	
	100 IM	1:38.33	18-Mar-05		E.Smith	
	200 IM	3:32.85	4-Mar-05		E.Smith	
	10-10	25 Free	15.91	21-Dec-96		L.Brittain
		50 Free	34.99	21-Dec-96		L.Brittain
100 Free		1:23.67	27-Jan-06		E.Smith	
10-10	200 Free	2:56.93	11-Mar-06		E.Smith	
	400 Free	7:26.84	30-Nov-13	ELECT	Ella Vickers	
	25 Back	18.88	21-Dec-96		L.Brittain	
	50 Back	41.21	25-Mar-06		E.Smith	
	100 Back	1:33.77	18-Nov-05		E.Smith	
	25 Breast	21.10	21-Dec-96		L.Brittain	
	50 Breast	47.23	29-Mar-02		L.Hanson	
	100 Breast	1:43.81	19-Mar-11		M.Flockhart	
	25 Fly	16.72	21-Dec-96		L.Brittain	
	50 Fly	39.34	21-Dec-96		L.Brittain	
	100 Fly	1:48.60	6-Mar-81		S.King	
	200 Fly	3:43.02	21-Mar-14	ELECT	Ella Vickers	
	100 IM	1:33.08	12-Apr-02		L.Hanson	
200 IM	3:32.27	25-Mar-06		E.Smith		
11-11	25 Free	14.96	21-Mar-14	ELECT	Emily Lucas	
	50 Free	32.73	29-Mar-14		Emily Lucas	
	100 Free	1:15.60	29-Mar-14		Emily Lucas	
	200 Free	2:42.07	9-Mar-07		E.Smith	
	25 Back	17.37	2-Mar-05		J.Tones	
	50 Back	38.77	3-Apr-04		L.Hanson	
	100 Back	1:25.38	3-Dec-04		J.Tones	
	25 Breast	20.19	25-Feb-05		A.Knight	
	50 Breast	44.59	2-Apr-04		L.Hanson	
	100 Breast	1:39.48	4-Mar-05		A.Knight	
	25 Fly	17.44	18-Feb-05		C.Smith	
	50 Fly	37.50	22-Mar-85		K.Ezzy	
	100 Fly	1:26.70	15-Mar-85		K.Ezzy	
	100 IM	1:25.87	3-Apr-04		L.Hanson	
	200 IM	3:11.18	3-Mar-05		J.Tones	



12-12	25 Free	14.70	15-Mar-08	E.Smith	
	50 Free	32.10	15-Mar-08	E.Smith	
	100 Free	1:10.59	15-Mar-08	E.Smith	
	200 Free	2:36.60	30-Nov-07	E.Smith	
	25 Back	17.56	15-Mar-08	E.Smith	
	50 Back	36.99	19-Mar-05	L.Hanson	
	100 Back	1:23.94	26-Nov-04	L.Hanson	
	25 Breast	19.54	3-Dec-05	L.Hanson	
	50 Breast	43.14	24-Mar-95	J.Brown	
	100 Breast	1:33.86	10-Mar-95	J.Brown	
	25 Fly	16.46	7-Dec-07	E.Smith	
	50 Fly	35.87	19-Mar-05	L.Hanson	
	100 Fly	1:23.90	28-Feb-86	K.Ezzy	
	100 IM	1:22.14	19-Mar-05	L.Hanson	
	200 IM	3:06.83	25-Feb-05	L.Hanson	
	13-13	25 Free	14.50	6-Apr-90	L.Wakefield
		50 Free	31.60	3-Feb-84	S.King
100 Free		1:10.10	10-Feb-84	S.King	
200 Free		2:44.49	10-Apr-92	M.Spanevello	
25 Back		17.75	27-Mar-10	A.McDowall	
50 Back		37.50	14-Mar-92	E.Inman	
100 Back		1:24.25	20-Mar-92	E.Inman	
25 Breast		18.33	9-Dec-05	J.Seaborn	
50 Breast		40.76	10-Mar-06	J.Seaborn	
100 Breast		1:31.30	15-Nov-85	M.Bamkin	
13-13	25 Fly	15.96	10-Mar-06	J.Seaborn	
	50 Fly	34.10	20-Mar-87	K.Ezzy	
	100 Fly	1:18.80	9-Mar-84	S.King	
	100 IM	1:23.30	2-Feb-84	S.King	
	200 IM	3:09.48	10-Apr-92	E.Inman	
14-14	25 Free	14.06	22-Mar-91	L.Wakefield	
	50 Free	30.90	6-Mar-81	S.Noonan	
	100 Free	1:08.12	6-Dec-13	ELECT Amelia Burton	
	200 Free	2:25.87	6-Dec-13	ELECT Amelia Burton	
	25 Back	16.94	29-Mar-14	Amelia Burton	
	50 Back	35.47	3-Dec-10	A.McDowall	
	100 Back	1:15.47	6-Dec-13	ELECT Amelia Burton	
	200 Back	2:46.37	28-Mar-14	Amelia Burton	
	25 Breast	17.09	24-Nov-07	J.Seaborn	
	50 Breast	40.89	19-Mar-11	A.McDowall	
	100 Breast	1:29.43	22-Mar-91	M.Fraser	
	25 Fly	15.52	22-Mar-91	L.Wakefield	
	50 Fly	34.60	8-Mar-91	L.Wakefield	
	100 Fly	1:21.22	15-Feb-91	L.Wakefield	
	100 IM	1:17.25	29-Mar-14	Amelia Burton	
	200 IM	2:46.95	21-Mar-14	ELECT Amelia Burton	



15-15	25 Free	13.83	10-Apr-92	L.Wakefield
	50 Free	30.27	13-Mar-92	L.Wakefield
	100 Free	1:07.60	22-Jan-82	S.Noonan
	200 Free	2:32.24	6-Mar-92	L.Wakefield
	25 Back	17.22	19-Mar-05	C.Woodbridge
	50 Back	36.96	19-Mar-05	C.Knight
	100 Back	1:22.84	26-Nov-04	C.Woodbridge
	25 Breast	18.75	13-Dec-91	M.Fraser
	50 Breast	41.60	12-Feb-82	S.Noonan
	100 Breast	1:29.66	22-Mar-91	K.Young
	25 Fly	15.29	10-Apr-92	L.Wakefield
	50 Fly	33.60	14-Mar-92	L.Wakefield
	100 Fly	1:20.91	27-Mar-92	L.Wakefield
	100 IM	1:19.86	12-Dec-91	M.Fraser
	200 IM	2:52.42	13-Dec-91	M.Fraser

SC Meters-Boys

5 & U	25 Free	23.59	19-Feb-93	L.Kelly
	25 Back	30.92	19-Mar-93	L.Kelly
	25 Breast	31.57	12-Mar-94	L.Kelly
	25 Fly	27.89	12-Mar-93	L.Kelly
6 & U	25 Free	20.61	24-Mar-07	W.Reid
	50 Free	49.58	28-Mar-98	J.Atkinson
	25 Back	26.41	26-Mar-10	Jamie Bayliss
	25 Breast	28.40	11-Mar-94	L.Kelly
	25 Fly	26.71	18-Nov-05	A.Lascu
	100 IM	2:09.52	28-Mar-98	J.Atkinson
7 & U	25 Free	18.70	26-Mar-99	J.Atkinson
	50 Free	39.94	7-Dec-12	EELS N. Eade
	100 Free	1:36.00	12-Feb-99	J.Atkinson
	25 Back	23.39	24-Mar-12	N.Eade
	50 Back	51.89	7-Dec-12	EELS N. Eade
	100 Back	1:57.88	1-Feb-13	EELS Noah Eade
	25 Breast	25.49	31-Mar-95	B.Galloway
	50 Breast	56.70	11-Feb-83	R.Taylor
	25 Fly	21.72	27-Mar-99	J.Atkinson
	50 Fly	51.87	26-Feb-99	J.Atkinson
	100 IM	1:49.75	30-Nov-12	N. Eade
8-8	25 Free	17.23	15-Mar-08	L.Young
	50 Free	37.30	27-Oct-80	J.Morrison
	100 Free	1:25.90	28-Feb-86	D.Collins
	200 Free	3:12.65	6-Dec-13	ELECT Noah Eade
	400 Free	6:52.59	30-Nov-13	ELECT Noah Eade



	25	Back	21.68	8-Apr-00		J. Atkinson
	50	Back	45.66	31-Jan-14		Noah Eade
	100	Back	1:43.70	10-Oct-80		C. Jeavons
	200	Back	3:35.64	31-Jan-14	ELECT	Noah Eade
	25	Breast	23.34	30-Mar-96		B. Galloway
	50	Breast	49.30	24-Mar-00		J. Atkinson
	100	Breast	2:04.12	23-Mar-13	EELS	N. Eade
	200	Breast	4:03.19	31-Jan-14		Noah Eade
	25	Fly	19.17	24-Mar-12		J. Bayliss
	50	Fly	46.10	31-Jan-86		D. Collins
	100	Fly	2:06.02	6-Dec-13	ELECT	Noah Eade
	100	IM	1:42.55	18-Feb-00		J. Atkinson
	200	IM	3:35.90	25-Feb-00		J. Atkinson
9-9	25	Free	16.17	24-Mar-12		D. Ryan
	50	Free	35.15	23-Mar-13	EELS	J. Bayliss
	100	Free	1:21.20	25-Feb-83		A. Pearce
	200	Free	3:08.94	8-Feb-13	EELS	Connor Eade
	25	Back	19.30	23-Mar-13	EELS	J. Bayliss
	50	Back	41.53	29-Mar-14		Noah Eade
	100	Back	1:37.00	9-Oct-81		C. Jeavons
	25	Breast	21.75	5-Dec-08		L. Young
	50	Breast	48.83	28-Nov-08		L. Young
	100	Breast	1:50.00	19-Oct-79		J. Morrison
	25	Fly	17.90	5-Dec-08		L. Young
	50	Fly	40.40	16-Dec-95		R. Morabito
9-9	100	Fly	1:39.23	2-Feb-96		R. Morabito
	200	Fly	4:15.57	21-Mar-14	ELECT	Noah Eade
	100	IM	1:31.06	4-Apr-09		L. Young
	200	IM	3:23.89	28-Mar-14		Noah Eade
10-10	25	Free	15.09	21-Mar-14	ELECT	Jamie Bayliss
	50	Free	33.56	21-Mar-14	ELECT	Jamie Bayliss
	100	Free	1:15.44	6-Dec-13	ELECT	Connor Eade
	200	Free	2:46.62	20-Dec-96		R. Morabito
	400	Free	5:50.14	30-Nov-13	ELECT	Connor Eade
	25	Back	18.75	6-Dec-13	ELECT	Connor Eade
	50	Back	38.69	6-Dec-13	ELECT	Connor Eade
	100	Back	1:25.60	6-Dec-13	ELECT	Connor Eade
	200	Back	3:07.25	31-Jan-14	ELECT	Connor Eade
	25	Breast	20.07	31-Mar-95		T. Steel
	50	Breast	44.65	7-Feb-14		Connor Eade
	100	Breast	1:39.30	14-Mar-86		R. Tayler
	200	Breast	3:37.86	31-Jan-14		Connor Eade
	25	Fly	16.28	14-Mar-14	ELECT	Jamie Bayliss
	50	Fly	36.21	29-Mar-14		Jamie Bayliss



	100 Fly	1:32.69	29-Mar-14		Jamie Bayliss
	200 Fly	3:25.53	21-Mar-14	ELECT	Jamie Bayliss
	100 IM	1:26.66	6-Dec-13	ELECT	Connor Eade
	200 IM	3:06.21	29-Mar-14	ELECT	Jamie Bayliss
11-11	25 Free	14.32	3-Dec-10		L.Young
	50 Free	32.46	23-Oct-09		B.Flockhart
	100 Free	1:10.88	29-Mar-14		Connor Eade
	200 Free	2:31.85	28-Mar-14		Connor Eade
	25 Back	18.13	4-Dec-09		B.Flockhart
	50 Back	38.41	28-Mar-14		Connor Eade
	100 Back	1:24.73	23-Oct-09		B.Flockhart
	25 Breast	19.15	3-Dec-10		L.Young
	50 Breast	42.37	3-Dec-10		L.Young
	100 Breast	1:32.12	3-Dec-10		L.Young
	25 Fly	16.28	4-Dec-09		B.Flockhart
	50 Fly	37.19	29-Mar-14		Connor Eade
	100 Fly	1:30.46	4-Dec-92		T.Imman
	200 Fly	3:35.09	21-Mar-14	ELECT	Connor Eade
	100 IM	1:23.24	19-Mar-11		L.Young
	200 IM	3:06.21	29-Mar-14		Connor Eade
12-12	25 Free	13.62	24-Mar-12		L. Young
	50 Free	30.69	3-Dec-10	EELS	T.Hartley-Wright
	100 Free	1:09.17	19-Mar-11	EELS	Tyran Hartley-Wright
	200 Free	2:28.34	19-Mar-11	EELS	T.Hartley Wright
	25 Back	16.49	7-Dec-12	EELS	F. Nicholls
	50 Back	36.25	19-Mar-11	EELS	T.Hartlet Wright
	100 Back	1:22.54	22-Oct-10	EELS	Tyran Hartley-Wright
	25 Breast	16.97	3-Dec-10		T.Hartley-Wright
	50 Breast	37.31	3-Dec-10	EELS	T.Hartley-Wright
	100 Breast	1:21.69	26-Nov-10	EELS	T.Hartley-Wright
	25 Fly	14.92	7-Dec-12	EELS	F. Nicholls
	50 Fly	34.08	26-Nov-10	EELS	T.Hartley-Wright
	100 Fly	1:16.65	3-Dec-10		T.Hartley-Wright
	100 IM	1:16.07	26-Nov-10	EELS	T.Hartley-Whigh
	200 IM	2:39.74	19-Mar-11		T.Hartley Wright
13-13	25 Free	13.13	22-Mar-13	EELS	F. Nicholls
	50 Free	29.07	6-Dec-13	ELECT	Jacob Tuxworth
	100 Free	1:04.40	10-Mar-89		N.McDonald
	200 Free	2:24.50	6-Dec-13	ELECT	Nathaniel Nichols
	25 Back	16.15	23-Jan-93	EELS	F. Nicholls
	50 Back	34.58	15-Mar-13	EELS	L.Young
	100 Back	1:17.27	30-Nov-13		Nathaniel Nichols
	25 Breast	16.90	6-Dec-13	ELECT	Jacob Tuxworth
	50 Breast	38.27	23-Mar-13	EELS	L. Young
	100 Breast	1:22.70	17-Mar-89		N.McDonald
	200 Breast	3:13.61	23-Mar-13	EELS	L. Young



	200	Breast	3:13.61	23-Mar-13	EELS	L. Young
	25	Fly	14.67	23-Mar-13	EELS	F. Nicholls
	50	Fly	33.94	23-Mar-13	EELS	F. Nicholls
	100	Fly	1:20.65	30-Nov-13	ELECT	Nathaniel Nichols
	100	IM	1:16.90	11-Mar-89		N.McDonald
	200	IM	2:49.27	23-Jan-92	EELS	L. Young
14-14	25	Free	12.28	28-Mar-14		Fraser Nicholls
	50	Free	27.70	9-Mar-90		N.McDonald
	100	Free	1:00.10	23-Feb-90		N.McDonald
	200	Free	2:21.00	9-Feb-90		N.McDonald
	25	Back	14.99	23-Mar-07		A.Rodgers
	50	Back	33.40	23-Mar-07		A.Rodgers
	100	Back	1:17.06	23-Mar-07		A.Rodgers
	25	Breast	17.22	2-Apr-93		S.Smith
	50	Breast	38.00	2-Apr-93		S.Smith
	100	Breast	1:23.43	19-Mar-93		S.Smith
	25	Fly	13.62	28-Mar-14		Fraser Nicholls
	50	Fly	31.02	28-Mar-14		Fraser Nicholls
	100	Fly	1:14.84	2-Apr-93		M.Monsour
	100	IM	1:15.26	12-Mar-93		S.Smith
	200	IM	2:45.05	12-Feb-93		S.Smith

Club Rules

The following rules are designed to allow the club to function effectively on club nights, training sessions and carnivals.

1. A parent or responsible person must accompany children to all club activities, eg. club nights, family days, BBQ's and club break ups.
2. Children must at all times obey the instructions of club officials
3. No misbehaviour to the discomfort of others will be allowed
4. No child with open cuts, sores, illness or bandages will be allowed in the pool
5. All members must wear bathing caps when swimming. Hair pins and ribbons are not to be worn whilst in the pool.
6. No running or playing games within the pool enclosure.
7. Valuable items are not to be left in the change rooms.
8. No jumping or diving into the pool, except by special permission.
9. In the event of storms cancelling the latter part of club night, all unattached children will be asked to leave the pool area and officials will not be held responsible for the safety of the children.
10. If your child is hurt and the club has to call an Ambulance/Doctor in your absence, the club will choose the doctor and your absence will be taken that you are agreeable to this action.
11. The swimmer must make nominations for club swims personally.



12. If a swimmer nominates for an event and doesn't swim it, he/she will lose one point for that event.
13. All swimmers are called twice prior to an event. They must be ready to move to the starting blocks on the referee's whistle or miss swimming in the event.
14. Swimmers must swim all strokes on the night before being eligible to swim medleys.
15. All swimmers on club night must be financial members of the club
16. Age eligibility for club championships will be the swimmers age on the first night of the championships.

Guidelines for Parents of Competitive Swimmers

DO's

1. Congratulate your children when they swim well.
2. Encourage your children when they don't swim well.
3. Provide them with the necessary transportation to train and compete.
4. Adjust meal times to suit the child's training schedule.
5. Show interest in your child's swimming, at least by maintaining knowledge of their race times.
6. Allow your child to make decisions regarding participation in competitive swimming.
7. Support your child's efforts through attending swim meets.
8. Provide your child with the necessary financial support required for training and competing.

9. Be aware of your child's feelings (eg. tiredness, nervousness, self-esteem levels) and show them, through your actions, that you are aware of these.

DONT'S

1. Judge your child by his/her achievements.
2. Put down the child's coach - if you cannot support the coach find one that you can.
3. Watch work outs/ training sessions.
4. Prevent your child developing other interests and attending activities outside swimming.
5. Show disappointment after your child has a poor swim.
6. Critique good or bad performances (the coach will do that)
7. Compare your child to other swimmers.
8. Push your child to train harder.
9. Put pressure on your child while he/she is getting ready to race.



Thankyou to our partners!

Good Times.....

