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Bendigo East Swimming Club Newsletter **Summer 2014-15**

President Message

Since last newsletter, swimmers have continued to have success in the pool including Vic State Open, Vic State Sprints and record numbers (45) swimmers representing us at the State Vic Country Championships plus numerous local District meets. Congratulations to all swimmers and coaches for their continued success in the pool.

We have had a couple of behaviour issues occur in recent weeks. The individual issues are being managed however I remind swimmers and parents of the SV Behaviour Guidelines - more details in the Newsletter and on SV Website.

A big thank you to the continued work of committee members in running the club and pool. During the busy time of swim meets and summer, the extra time and effort is appreciated by all. Thanks also to the support of parents who continue to step up at local swim meets and help out on time keeping, officiating, pool set up etc. Many hands help make light work.

Our club rooms are available to use by swimmers and parents. Whether it's homework, keeping cool in summer or warm in winter, or simply making yourself a coffee or tea, please make yourself at home. The only thing we ask is that you treat it like home and leave it clean and tidy for the next member.

Congratulations

Well done to the following swimmers who have been selected to represent the District at the 2015 Country Interdistrict meet to be held at MSAC on 21st February: Matthew Baxter, Layla Day, Harry Downing, Alex Gibson, Bailey Harriden, Mackai Harriden, Emma Hindson, Torsten Lau, Zalli Lau, Ziggy Lau, Mitchell Sherlock, Jarrod Slot, Matthew Slot, Brad Verbeek, Kiara Verbeek, Britany Wassing, Ella Wassing and Imogen Wassing

2014/2015 Office Bearers

President: Mike Wassing
Vice President: Phil Downing
Secretary:
Treasurer:
Racing Director: Robyn Slot
Membership Registrar: Donna Morgan

Upcoming Meets

**Central District Championships - Sunday 1st March
- Bendigo East Pool
All Junior Semi-Finals and Finals - March 21/22 -
MSAC**

Social Events

Presentation Night - Coming Soon
Planning committee will be formed soon to organize this

For Sale

For Sale a pair of size 8-9 Arena Short blade Fins speak to Yvonne Dole if interested.

Welcome to these new Families

The Bendigo East Swimming club would like to welcome these families who have recently joined the club: Richards, Baxter, Alexander, Sterenberg, Kirby-Hamilton, Lenard, Deed, Nankervis

Birthdays over Summer

The following swimmers celebrate a birthday over the summer: Liam Dole, Xavier Dole, Harry Downing, Flynn Edwards, William Freeman, Torsten Lau, Anna Mittell, James Mittell, Allie Nicholas, Jed O'Keefe, James Alexander, Katrina Alexander, Nash Dignan, Courtney Morrisey, Xavier Morrisey, Lily Pidham, Elanor Rodda, Maddison Ashby, Thomas Hawke, Ziggy Lau, Gus Nankervis and Brittany Wassing

Happy Birthday to all of them from the Club

Summer Training Times

Training at Bendigo East Pool

Development Squad

Monday, Tuesday, Thursday & Friday 4-5pm

Coach: Val Campbell, Anne Sherman and Kate Jordan (assistant)

Junior Country Squad / Junior State Squad

Monday, Tuesday, Thursday and Friday 5:00-6:30pm

Coach: John Jordan and Anne Sherman

Youth Country Squad / Youth State Squad

Monday, Tuesday, Thursday and Friday 5:00-7pm

Coach:

Senior Country Squad / Senior State Squad / National Squad

Monday, Tuesday, Thursday and Friday 5:00-7pm

Coach: Tony Rodda

Engine Swimming Accessories

The club now has in stock a number of Engine items available from the kiosk including Goggles and backpacks. See the display case to see what is available. Club members pricing list is inside the clubrooms

Duties when Timekeeping at a swim meet

Reminder about what is involved when taking on a timekeeping role at a swim meeting

We appreciate that people volunteer to assist with timekeeping at swim meets, a few reminders about the duties of timekeeper needs to be highlighted.

When Club members volunteer to time keep, they are undertaking an Official Role in the Swim Meet, for the benefit of all Swimmers.

Timekeepers are not to use mobile phones for the duration of their timekeeping shift. Mobile phones should be switched to silent.

Timekeepers need to solely focus on the lane they are timekeeping – not cheering for swimmer in other lanes or watching nearby swimmers when the swimmer in their lane is still coming in to finish

If a timekeeper does not have a swimmer in their lane, they should still start their watch in case another timekeeper's watch fails, and they are called to fill in on another lane.

Timekeepers to watch for the light not go on the sound.

Australian Swimming Behaviour Guidelines

Swimming Australia 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 and Child Welfare policies. As a person involved in any way with the sport of swimming, the following standard of behaviour is expected.

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with other people and organisations.
- Be professional in, and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Be aware of Swimming Australia's standards, rules and policies.
- Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- Understand the possible consequences of breaching Swimming Australia Member Welfare and Child Welfare Policies.
- Immediately report any breaches of the Swimming Australia Member Welfare and Child Welfare Policies to the appropriate authority.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment toward others.
- Refrain from any form of discrimination toward others.
- Refrain from intimate relations with members whom they have a supervisory role or power over.
- Refrain from any form of victimisation toward others.
- Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- Show concern and caution toward others that may be sick or injured.
- Be a positive role model.

Competitor Behaviour Guidelines

- 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.

Parents role in swimming

We request that parents wishing to stay at the pool and observe their children training can do so as long as they remain away from the pool deck. It is important that parents avoid communicating with their children during training as this is a significant distraction and one that is best avoided. This includes walking up and down the pool during training ...Especially in junior levels.

Research shows that sideline coaching is bad for the learning process. It distracts the child, it demeans the coach and it discourages genuine interest.

Here are few tips:

RESPECT THE CLASSROOM. Parental observation must always be passive. No prompts, signals, gestures or stop watches.

LET SWIMMERS OWN THEIR SPORT. Taking their own water bottles out and adjusting their own goggles helps swimmers take charge and shine.

TRY NOT TO SCRUTINIZE. Kids are sensitive to being eyeballed.

DON'T AUDIT. Routine parental auditing of training details can overwhelm swimmers. Let any recounting be swimmer-initiated.

AVOID CONJECTURE about squad members' training performances. Sideline speculation is usually wide of the mark and may fall on sensitive ears.

GIVE THEM ROOM. Children are nourished by casual and occasional parental observation, but the novelty is lost with daily wall-to-wall surveillance. Peers can also give them a hard time.

We encourage parents to stay at the pool and enjoy the club and social atmosphere but please let the coach, coach.

Club Sponsors



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