

CEYMS

**ST EDMUND'S
SWIMMING CLUB**



**INFORMATION
BOOKLET**

2019 - 2020



CLUB OFFICIALS – 2019 / 2020 SEASON

Patrons

Mr Diarmuid O’Riordan
Principal
St Edmund’s College

Fr. Stephen Bliss
Parish Priest
St Mary’s Parish

Website: www.cymsstedmunds.com.au

Management Committee

President	Allan Kleinhans	0408 012 736 president@cymsstedmunds.com.au
Vice President	Kerrin Meinhardt	0408 720 803 vicepresident@cymsstedmunds.com.au
Secretary	Shelley Verrenkamp	0419 708 099 secretary@cymsstedmunds.com.au
Treasurer	Julie Richardson	treasurer@cymsstedmunds.com.au
Registrar		
Recorder	Nicole Janson	0499 491 974 racerecorder@cymsstedmunds.com.au

Volunteer Committee Members

Race Secretary		
Ordinary Members	Sonya Humphries	
Club Legal Advisor	Kevin Steed	3201 1723
Club Coach & College Liaison Officer	Simon Smith	0421 600 812 ssmith@sec.qld.edu.au
Clothing Coordinator		
Canteen Coordinator		
Trophy Coordinator	Donna McNamara	
BSA Representatives	Shelley Verenkamp	0419 709 099 secretary@cymsstedmunds.com.au
Delegates for Brothers	Bridget Clark	

Junior Sports Star Awards

Auditor

Sheridan A. Bird

Club Colours:

Green, Gold, Blue & White

Club Mascot:

Frog

Executive Committee

If you have any questions, please do not hesitate to contact any committee member

The History of CYMS St Edmund's Swimming Club

The club was formed pre 1914 being part of the Catholic Young Members Society, which was a sport and cultural association. The association comprised many groups offering a range of sporting activities such as swimming, tennis, football and cycling.

Over the years, groups left the association and formed their own clubs, many adopting the "Brothers" name. Swimming retained the original name, which was shortened to CYMS. In 1995 the club aligned itself with one of Queensland's oldest schools, St Edmund's College, adopting the current name - CYMS St Edmund's Swimming Club. It is an incorporated association and is affiliated with Swimming Queensland.



Life Members

Kerri Bilyj	Awarded 2015-16
Pauline Devin	Awarded 2014-15
Leo Conway	Awarded 2014-15
Sharon Conway	Awarded 2014-15
David Wikner	Awarded 2008-09
Michelle Wikner	Awarded 2008-09
John Adams	Awarded 2008-09
Chris Adams	Awarded 2008-09
Pauline Holland	Awarded 2008-09
Adrian Creedy	Awarded 2008-09
Cathy North	Awarded 2001-02

Barbara Rohl
Brian Parker
Greg Duncalfe
Jim & Therese Mulkerin

Awarded 2000-01

SENIOR COACH'S WELCOME

MR SIMON SMITH

As a new season of swimming gets underway and I begin my journey with CYMS and St Edmunds College I hope we will have a great season of fun, participation, and, competition.

I aim to target an area of development within our club and its participants and the focal point will be being a TEAM. With the focus on Team we will be endeavouring to provide more group activities, more group competitions and more interaction across all squads and age groups.

We have already witnessed the potential of our team at the Brisbane Swimming Short Course Championships and I believe that across the coming season we have many meets that are about participation as a team and it is my belief that we will be able to deliver a strong representation at meets such as the Qld Relay Champs, BSA relay champs and other local meets.

I am endeavouring to undertake a training camp over the next year and have much more in planning that incorporate all-age groups training, social outings, competitions and further group education and swimming experiences.

In each of the competitions at Local, Brisbane and Queensland we will be targeting a stronger attendance and overall performance than the previous seasons success, which based on last season's great results is a big goal and ambition but I believe each and every member of the club is up for the challenge.

Our club is the first stepping stone in a long journey for a younger swimmer that we hopefully can nurture into great aspirations. But this cannot happen alone so don't be shy in becoming involved in club activities. It can only make our club better.

Once again, welcome to a new season, enjoy being part of the team and get behind all things CYMS St Edmunds.

HEAD COACH
SIMON SMITH

2018-2019 SEASON WINNERS & Perpetual Trophy Winners

All 2018 – 2019 Winners can be found on our website by clicking [here](#);

GENERAL INFORMATION

AIMS OF THE CLUB

The aim of CYMS - St Edmund's Swimming Club is to provide the opportunity for each swimmer to develop to his/her potential, to participate in a friendly, caring environment and to form team spirit whilst enjoying the sport of swimming. As a member of Swimming Queensland, the club offers members the opportunity to participate in club, inter club, regional, state and national events.

POINTS TO REMEMBER

- Club nights require 20 to 25 people to function; timekeepers, starters, pool deck officials to marshal races, time recorders, nominations, clothing sales, newsletter production, canteen and BBQ. There are many hours of work to ensure that club nights run smoothly, so if YOU can help please do so. The club is YOU - the members, and its success is dependent on your support and involvement.
- It is your child's responsibility to ensure they are in the marshalling area when required.
- We aim to help parents gain a positive perspective of this sport.
- Swimming must be FUN for the kids.
- If you have any questions, please ask one of our committee members.
- You are welcome to attend swim club meetings, held monthly at St Edmunds College – check newsletter or club website for next meeting date.
- The club and its members will appreciate any assistance you can provide with fundraising events.
- But above all Enjoy your swimming season.

CLUB NIGHTS

A calendar of events will be available prior to the start of the season which is the first Tuesday night after the September school holidays.

Club nights are held at the St. Edmund's College Pool on Tuesday nights. Racing commences at 6:00pm sharp!

**CHILDREN MUST BE ACCOMPANIED
BY A PARENT OR NOMINATED GUARDIAN.
THE CLUB DOES NOT ACCEPT ANY RESPONSIBILITY
FOR ANY CHILDREN UNACCOMPANIED**

CLUB PHOTOGRAPHY AND ELECTRONIC MEDIA

Shelley Verrenkamp (Club Secretary) has volunteered to be the club photographer. Shelley will be taking photos of swimmers and occasionally parents throughout the season. Photos will be used on Club presentation night as a recap of the season. Pictures may also be placed on club newsletters or social media (where appropriate). If you do not wish for any photos of your child

or yourself to be made public please advise a member of the Executive Committee.

POOL ADMISSION FEE

(Club Night) Pool admission is calculated into your membership fees. The swimming club pays a fee to St Edmund's College for use of the facilities.

NOMINATIONS

- All races are computer generated from online nominations.
- Swimmers nominate online via www.swimcentral.swimming.org.au
- Nominations open the week prior to Club Night and close at midday the Monday prior to Club Night.
- If swimmers were unable to nominate online, the committee will endeavour to place them in a race on the night, but NO POINTS or times will be recorded for those swims. Please contact Swim Central direct if you are having any technical difficulties.

PLEASE NOTE: The pool is not available whilst training is in progress.

CYMS ST EDMUND'S SWIMMING CLUB MEMBERSHIP FEES

This year we have 3 types of membership available.

1. Competitive Swimmer – can swim at any BSA, SAL & QSA recognised events.
2. Parent Member – parent or guardian of a swimming member.
3. St Edmund's Students – School fees cover participation on club nights. Eligible for point score awards only. Eligible to swim at Club Championships but cannot win place medals or become age champion. Not Swimming Queensland affiliated.

FEES for 2016-17 Season (Age of Swimmer as at 1 July 2016)	Competitive Member	Parent Member	St Edmund's Students
7 and Under	\$54.95	Free	
8 year old swimmer	\$71.60	Free	
First member	\$143.78	Free	Free
Three members	15% Discount	Free	Free
Four or more members	30% Discount	Free	Free

ONE (1) parent/nominated guardian of each family is required to become a member of the club. Membership for parents is FREE.

Membership fees are made up of:

- Swimming Queensland affiliation fees - \$71.50
- Club running cost
 - Pool entry and use. Use of Schofield Centre for functions. (The swimming club pays a fee to St Edmund's College for use of the facilities.)
 - Club affiliation costs - \$165.00 per annum
 - Administration expenses – mailbox, postage, banking & internet fees.

Membership fees must be paid within TWO (2) weeks of joining the club.

No Points are awarded until full membership is paid.

Financial members of CYMS St Edmund's Swimming Club entitles members to:

- Attend all general meetings and take an active role in the running of the club
- Vote at the AGM
- Compete in intra and inter club swims
- Compete for the various trophies available in the club
- Be eligible for regional and state development squads

St Edmund's Students - School fees cover participation on club nights. They will be eligible to swim at Club Championships but cannot win place medals or become age champion unless they become financial members of Swimming Queensland through full club membership – refer to table on previous page.

Participation at club nights will enable students to gain valuable race experience, build team spirit and enjoy the social aspect of a family orientated club.

WEEKLY PROGRAMS

One novelty event (Kickboard or Noodle) will be held.

12.5 metre, 25 metre, 50 metre for three strokes with selected longer distanced events. The calendar of events and online nomination forms will provide details as to which long distance event(s) will be swum.

MEDLEY

In the Medley events the order of strokes is Butterfly, Backstroke, Breaststroke and Freestyle.

ORDER OF WEEKLY EVENTS

Each week races the order of races will be displayed on the whiteboard near the time-keeper's box. Please see one of our committee members if you need assistance in locating this.

RACE PROCEDURES

To assist with the smooth running of the night all swimmers should:

- REPORT to the Check Starter following the announcement for their event
- LISTEN for their name as they are only called ONCE.
- MOVE directly to their swimming lane once directed to by the Check Starter
- When the Starter blows the first "READY" whistle swimmers are to stand ON OR BESIDE their block (or enter water for Backstroke)
- Starter will announce "TAKE YOUR MARK" swimmers will assume their ready positions.
- Swimmers will start the race at the sound of a loud beep/whistle or allotted handicap. The ONE START RULE will apply. (See below for details on the ONE START RULE)
- During the race the swimmer may use the ropes or the bottom of the pool for support and/or rest, but must stay in a stationary position. If any assistance is used by pulling on the ropes or walking or pushing off the pool bottom the swimmer will be disqualified.
- The swimmer's race is finished only when he/she TOUCHES THE END OF THE POOL.

- In the case of BREASTROKE AND BUTTERFLY, BOTH HANDS MUST BE USED SIMULTANEOUSLY.
- In the case of BACKSTROKE, the swimmer MUST STILL BE ON HIS/HER BACK WHEN THE HAND TOUCHES THE WALL.
- ALL swimmers stay in the water until the end of the event when the referee's whistle will signal the swimmers to leave the water by the side steps - (NOT OVER THE END OF THE POOL BESIDE THE BLOCKS).
- Leave the pool immediately on the instructions of the officials.

ONE START RULE

This club will be using the ONE START RULE. This rule is used at all external carnivals and it is important that the swimmers learn this procedure at club level.

The procedure for this starting rule is as follows:

- ONE START RULE means that any swimmer who enters the water or moves before the starting signal will be disqualified.
- The FIRST START IS THE START of the race. The race may not be recalled if somebody false starts.
- The swimmer who breaks will be disqualified at the end of the race.
- At the start swimmers must take up their start positions and remain stationary until the starting signal. Any movement may be deemed as a false start.

CLUB GRADES, POINTS AND TROPHIES

Grades

For most swimmers, the grade they swim will be based on age. Age is taken as at 1 January during the current season.

Grade	Age
SWD (Multiclass)	Open
Junior	9 years and under
Intermediate	10 -13 years
Senior	14 - 18 years
Adult	Over 18 years

Points

- Awarded when membership is fully paid and on each PROGRAM club night,
- Allotted on times. Points are accumulated on every club night on which the calendar shows a PROGRAM Number. (e.g. PROGRAM No. 2)
- Only awarded for ONE (1) swim per stroke per program night.
- Times for trophy swims and club championships ARE NOT counted towards points for trophies.
- Please note that if a swimmer chooses to swim an event for a distance less than what they qualify for, points will not be awarded.

- A swimmer swimming 200 metres must be a 50 metre qualifier and a 400 metre swimmer must be a 100 metre qualifier.
- On reaching qualifying times (listed below) swimmers will be encouraged to advance in distance. Please refer to the table below for qualifying times for advancement. A Swimmer may be asked to stay back in a shorter distance until the stroke becomes more efficient. This will be at the coach's discretion.

Points are awarded for each subsequent swim after the time trial, as follows:-

1	Point	2.50 sec or more slower than nominated time
2	Points	2.49-2.00 sec slower than nominated time
3	Points	1.99-1.50 sec slower than nominated time
4	Points	1.49-0.60 sec slower than nominated time
5	Points	0.59 sec slower to 0.01 faster than nominated time
6	Points	0.02-0.59 sec faster than nominated time
7	Points	0.60-1.49 sec faster than nominated time
8	Points	1.50-1.99 sec faster than nominated time
9	Points	2.00-2.50 sec faster than nominated time
10	Points	2.51 or more sec faster than nominated time

QUALIFYING TIMES				
Distance	Freestyle	Breaststroke	Backstroke	Butterfly
25m - 50m	25 sec	35 sec	30 sec	35 sec
50m - 100m	45 sec	55 sec	50 sec	50 sec

SPECIAL CLUB EVENTS

The club may hold substitute events during the usual club night. These events are fun activities and allows young kids to swim against more experienced swimmers. Members will be informed weeks in advance of these dates.

CLUB CHAMPIONSHIPS

Championships are for FINANCIAL members of CYMS and Swimming Queensland and based on Swimming Queensland rules.

Qualifying age is the age on or before the first official CHAMPIONSHIP DAY.

Swimmers MUST HAVE swum in at least FIVE (5) club night swims (if joined before Christmas) or THREE (3) (if joined after Christmas). Where a medical condition prevented a swimmer from attaining the qualifying standard, the swimmer may apply with medical evidence to the Executive (committee) for exemption.

****Please note:** To be eligible to compete in the 25 metre club championship event (8yrs & under) The swimmer must have swum at least 1 (one) 25 metre on a club night in that stroke.

Championship medals are presented for 1st (gold), 2nd (silver) and 3rd (bronze) in final events only. An Age Champion trophy for the highest scorer in each age group is presented at the end of the season. Points for club championships are based on the following points system.

1st place	6 points	2nd place	4 points	3rd place	2 points
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- Electronic Nominations will be made available up to 4 weeks before the first date of competition and nominations close up to 2 weeks before the event.
- Electronic Nominations will be sent directly to the club's Race Recorder.
- Nomination for each event will incur a fee of \$2.00.

Club Championships will be Timed Finals, points are awarded on overall placing in an event NOT ON placing within the heat.

Distance (metres) per Age Schedule

Age	Freestyle	Backstroke	Breaststroke	Butterfly	Distance Combined Age Group
6 & U	25	25	25	25	
7	25	25	25	25	
8	25	25	25	25	
9	50	50	50	50	
10	50	50	50	50	100 Ind. Med.
11	50	50	50	50	10 & Under
12	50	50	50	50	OR
13	50	50	50	50	200 Ind. Med
14	50	50	50	50	12 & Under
15	50	50	50	50	OR
16	50	50	50	50	200 Ind.
Senior	50	50	50	50	Med. 13 & Over 200m Freestyle **

Note: Swimmers 12 years and under may nominate to swim only ONE medley event.

***Distance events (greater than 50m) subject to final review by committee.*

DISTANCE CHAMPIONSHIP EVENTS.

Throughout the season, swimmers are given the option to swim 100m & 200m events. These events are run on club nights throughout the season, so that there are not a multitude of long races on day of club champs. They will receive points for these swims which will be calculated in the same way as the rest of the points, but totalled separately. At the end of the season, a trophy will be awarded to the swimmers with the most points.

INTERCLUB EVENTS

This year we will be competing as a club in the Brisbane Swimming Association (BSA) Premiership Competition.

The BSA has introduced Divisional Meets, where clubs within a division compete at a swim meet, hosted by one of the clubs from that division.

Swimmers wishing to compete in interclub events, Swimming Queensland events should approach the Race Secretary for nomination forms and details. Look for information on these events on the SQ Happening Calendar www.qld.swimming.org.au events promoted by the swim school are advertised in the club newsletter and on the club website, click on this [link](#)

Swimmers must complete forms electronically (via the swim site of the club hosting the event) or via Swimming Queensland. You will be provided with a log in and password to events by the CYMS race secretary. It is the responsibility of the swimmer to ensure nominations are sent prior to the closing date nominated by the host of the event.

Swimmers who nominate for competition swims must be a financial member of this club and have had at least TWO (2) swims (in a stroke) with our club to enter the distance and stroke.

TROPHIES

Trophies are awarded on the basis of accumulated points, which have been based on time improvement. (See Points Table on previous page)

At the end of the season points are totalled for each stroke. Placing's are awarded for 1st, 2nd & 3rd for each stroke in each grade.

Where a swimmer obtains a placing in more than one stroke his/her points can be totalled and one aggregate trophy/award MAY BE presented.

EQUAL POINTS

There are NO TIE BREAKERS. Therefore, where swimmers are equal in points a tie is granted.

In the case of a tie being granted, the following rule will be applied.

The following place, equal to the number of swimmers in the tie, WILL NOT be awarded.

eg. 2 swimmers tie for 1st place then no 2nd place is awarded.

If 3 swimmers tie for 1st place then no 2nd or 3rd place will be awarded.

Club Calendar can be found on our website by clicking the below link;

[CYMS St Edmunds Swim Club Calendar 2019 / 2020 Season](#)

COACHES TROPHIES

Maximize Health Perpetual Trophy – Intermediate and Senior
Awarded to the most successful Swimmer nominated by the Coach.

PERPETUAL TROPHIES

Bernie Ryan Memorial Trophy	Awarded to the <i>Underdog</i> (i.e. someone who tries hard, but doesn't necessarily make it to the top)
Bracker Family Shields	Awarded to the <i>Most Improved Junior Boy and Girl.</i>
The North Family Perpetual Trophy	Awarded for the <i>Most Improved Intermediate Female Swimmer.</i>
The Matic Family Trophy	Awarded for the Most Improved Intermediate Male Swimmer
McNamara Memorial Shield	Awarded to the <i>Most Improved Senior Swimmer</i>
Duncalfe Family Memorial Trophy	Awarded to the <i>Club Champion</i> – Based on age and open championship events.
John & Chris Adams Club Spirit Award	Awarded to an individual or family

SEC Swim Centre

Learn to Swim

Our Learn to Swim lessons are conducted in our enclosed teaching pool that is kept at a constant 32 degrees.

We offer both Individual Lessons (20 Minutes) and small Group Lessons (30 minutes) max of 3 per class.

Lessons are held each weekday afternoon and Saturday mornings.

SEC Squads

The SEC Squad program caters for all swimmers from those just out of learn to swim to those wishing to compete at National Level.

Crocodiles

45 minutes 1-2 sessions per week

Junior

60 minutes 1-3 sessions per week

Pre-Senior

90 minutes 3-5 sessions per week

Senior

By arrangement with Head Coach

Students of St Edmund's College

College fees cover SEC Swim Centre participation.

All Squads require try-outs. Please contact Simon Smith or the St Edmund's College for the fee structure of each squad.

Contact details for SEC Swim Centre

SEC Reception
St Edmund's College
16 Mary Street
Woodend Ipswich QLD 4305

Phone reception: (07) 3810 4400

Head Coach: Simon Smith
Mobile: 0421 600 812
Email: ssmith@sec.qld.edu.au

