

Clayfield Swimming

Competitive Swimming Program

Welcome to Clayfield Swimming

Clayfield Swimming is a Clayfield College established and directed club program that offers children from the age of 8 and up the opportunity to compete in State and Nationally sanctioned competitions through affiliation with Swimming Queensland, Brisbane Swimming and Swimming Australia.

All day to day activities including but not limited to coaching programs, training schedules, competition opportunities, uniform sales, camps and travel opportunities, social events, etc are all directed by Clayfield Swimming and its staff. All Staff are employed by Clayfield College and the program is over seen by Head Coach, Alex Webb.

MEMBERSHIP

Membership with Clayfield Swimming is as a Competitor Swimmer. Membership commences on the 1st of July and expires on the 30th of June each year. **Memberships must be reapplied for on the 1st of July of each consecutive year and completed by the 14th of July of that year. Prorate rates are not offered when signing up in the middle or at the end of the season.**

Competitor Membership

Annual Membership fee includes registration and insurance with Swimming Queensland and the opportunity for competitor members to compete at State and District competitions and all Swimming Queensland and Brisbane Nominated meets. Required registration category for Development, Junior, Junior State, Target State, Senior State and Performance Squads.

Enrolling / Renewing your membership:

You must enrol / renew your child's membership as follows...

Membership enrolment is completed at [Swimming Australia](#) Click the **JOIN NOW** button and follow the prompts. On the drop down menus select the following...

- Brisbane Swimming
- Clayfield Swimming

All membership is due immediately prior to commencing full swim training. Once Membership is completed (plus direct debit form for training fees) and paid for, the Registrar will approve your registration and notify Coaches that you can commence.

Transfers (swimmers joining Clayfield Swimming from another club): Any existing member of another Club who is transferring to the Clayfield Swimming must notify the Registrar of Clayfield Swimming. *The new member transferring must provide their Swimmer ID and surname.* If currently registered at another Club, pre-payment of the transfer fee must be received prior to the Registrar applying for the transfer. Once the transfer has been processed, the Registrar will notify you. There may be a membership fee difference which is the responsibility of the new member transferring

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over. Once membership is financial (you have paid the transfer fee), the new member will be approved by Clayfield Swimming.

Please contact our club registrar at swimming@clayfield.qld.edu.au directly if you have any queries regarding the above.

Membership Fees – 12 months (1 st July – 30 th June)	
Competitor Swimmer	\$155

COACHING FEES

Coaching fees are payable directly to Clayfield Swimming via Direct Debit **only** using the IntegraPay system. Coaching fees or training fees are debited on the 1st week day of every month. Each squad has a different fee depending on the number of sessions for that squad. A direct debit activation email will be sent to you as part of the Clayfield Swimming registration process. Please return all forms associated with your registration directly to Clayfield Swimming either by:-

- Scanning and emailing the completed forms to swimming@clayfield.qld.edu.au or
- By handing it to your squad coach in a SEALED envelope marked “club registration – confidential” and to the attention of Clayfield Swimming Registrar.

Clayfield College Squads

Squad	Monthly Direct Debit
Performance Squad	\$175
Senior State Squad	\$150
Target State Squad	\$110
Junior State Squad	\$120
Junior Squad	\$95
Development Squad	\$80
Open Water Squad	\$90 for up to 3 sessions per week

This squad is specifically aimed at out of school swimmers 18yrs and over who would like to remain involved in club swimming but are unable to commit to a full training schedule due to University studies or work obligations.

Training schedule will be determined in consultation with Coach Alex Webb

*IntegraPay set up costs are paid by Clayfield Swimming

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*IntegraPay Transaction fees are not included in your monthly direct debit and will be added on by IntegraPay

*Members are also advised that a \$10 dishonour transaction fee will be added to your debit for any unsuccessful attempts on securing funds from your nominated account on the 1st week day of each month.

Clayfield Swimming Training Fee Policy

- Training fees are billed on a monthly basis via IntegraPay on the 5th of every month. Clayfield Swimming recommends that you provide your bank account details for Direct Debit Requests instead of your credit card as no additional fees apply to bank account transactions.
- **Full payment** for the month must be made prior to the swimmers being allowed to take part in training. If required a once off payment can be made in cash or by debit/credit card on the day, however all payments must be done via Direct Debit thereafter.
- GST is included in your fee as it is payable on coaching/training fees.
- The Training season runs all year round with a scheduled break over Christmas/New Year period and another short break in April/May.
- Your fees are billed based on 48 weeks of training each year and collected in 12 equal payments each month.
- The IntegraPay Set up fee is paid by Clayfield Swimming. Transaction fees are added to the monthly fee.
- New swimmers are billed once they have started training with Clayfield Swimming.
- Dishonoured Payments will be re-run within 3 - 7 days and will incur a \$10 admin fee.
- Any queries regarding fees must be directed to Alex Webb at swimming@clayfield.qld.edu.au
- If families are experiencing problems paying fees please feel free to contact Alex Webb at swimming@clayfield.qld.edu.au to find a solution if possible.

Clayfield Swimming Policy on Training Session

Clayfield Swimming schedules its training around the number of members it has in its squad ranks. These training costs are fixed and they do not reduce if a swimmer does not attend training.

Monthly fees are not refundable or transferable if you cease training after that months direct debit has been processed.

No credits will be given under any circumstances. This includes family holidays, school camps, illness, injury, sessions cancelled due to bad weather, etc.

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If you have any further questions relating to any of the above please email Alex Webb at swimming@clayfield.qld.edu.au

Other Fees:

There may be other incidental fees or costs associated with competitive swimming such as camps or special events costs and meet entry fees. These fees are generally payable directly to the organising entity and are in addition to the training fees.

Public Holidays:

There will be no training on any official Queensland public holidays.

If you have any further questions relating to any of the above, please email Coach Alex Webb at awebb@clayfield.qld.edu.au

SQUAD STRUCTURE / TRAINING INFORMATION

An assessment with a Clayfield Swimming squad coach will guide you to the correct squad for your swimmers ability. Most swimmers will come to the CS squad program after completing a swim lesson program and will fit into our Development or Junior squad program.

The entry level is **Development Squad** (requirements + skill development can be found on the Clayfield Swimming Club web site home page. Click on Squads)

Promotion to the **Junior Squad**

An assessment of the following will be made by the squad coach for promotion from **Development** to **Junior Squad**.

- Stroke technique
- Starts, turns & finishes
- Ability to read the whiteboard with coach instructions
- Use of the pace clock
- A time element will be made for promotion to **Junior Squad**.

Although there are requirements + skill development listed on the Clayfield Swimming web site, promotion is at coach discretion.

From here the swimmer can progress through to:

Junior State (12/U swimmers who have gained State Qualifying Times in an approved swim meet)

Target State (13/O swimmers. This is a senior squad for swimmers still working toward State Qualifying times in an approved swim meets)

Entry to the remaining squads **Senior State & Performance squad** is at coach discretion.

Training Gear: All swimmers are required to have their own gear bag with all their own training equipment. Details on what training equipment you need for each squad can be found on the next page.

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Swimmers are responsible for their own bags and equipment so please put your name on all equipment before bringing it to the pool (Please note: Other than kick boards and pull buoys equipment is not available to borrow). Please check each month that your name has not worn off your equipment and that all equipment is in working order.

Training Gear Required

All equipment, except DMC Fins can be purchased from our own Clayfield Swimming Shop at the pool at Clayfield College.

Development & Junior Squads (ages 12 and under)

1. Two pairs of Goggles



2. Team Swim Cap available from Clayfield Swimming Shop at our pool.

3. Kick Board – we recommend that all swimmers write a motivational saying on their kick board with a permanent marker



4. Pull Buoy



5. Short Fins



Clayfield Swimming Competitive Swimming Program

or DMC Training Fins

(Preferred)



Flouro Blade / Charcoal Heel

Click on **fin** to visit their website and order online



6. Finis or Speedo Snorkel – an absolute crucial tool for all swimmers to have!

Junior State, Target State, Senior State & Performance Squads

All of the above plus the following:

7. DMC Training fins are the preferred fins for our higher squad swimmers. To order these please follow the link. [DMC Training FINS](#)



8. Speedo Power Paddles or any other Medium to Large Paddles!



9. Agility Paddles



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10. FOR BREASTSTROKERS Only – Breaststroke FINS by Speedo



Breaststroke Fins – Buy online!

11. Foam Roller (very important for all swimmers in the above squads. Memorise the below exercises and complete them daily for best results.



CLAYFIELD SWIMMING

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myofascial release

BLACKROLL

success = workout + rollout



preparation & regeneration

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UNIFORMS

All uniform items can be purchased from the Clayfield Swimming Shop as you enter the Pool Gate, on your right.

All squad swimmers must wear their Clayfield Swimming Caps at all training sessions.

SWIM MEETS

There are a number of different types of meets that swimmers can enter.

1. Internal meets: These meets are run by Clayfield Swimming. They could be anything from a time trial meet during a training program or Club Championships. Our own Club meets are compulsory for all members.
2. Development meets: These meets are for the inexperienced swimmers to gain confidence in racing in a low-key environment. All swimmers in the Development and Junior Squads are encouraged to enter. (The flyer for the swim meet will give you the information you need for entry.)
3. Proposed Qualifying meets: These meets will be approved by Swimming QLD and/or Swimming Australia. If a Qualifying Time is gained from these meets, it can be used to enter State and National championship meets. All swimmers from **Junior through to Performance Squad** should regularly attend these meets as per the Clayfield Swimming website competition calendar.
4. Optus Junior Dolphins Meet: **For Swimmers aged 8 – 12yrs. This is a compulsory meet** where the swimmers compete in each of the competitive strokes.

STATE QUALIFYING TIMES

There are 3 major State competitions throughout the swimming season.

1. Short Course Age/Open State Championships (swum in a 25m pool)
The qualifying time sheet can be found on the Swimming QLD website.
(Home page, under the Swimming QLD logo (7th option running across the page), click on **Events**, from menu - scroll down and click on **Swimming QLD events** then look down the list for upcoming events and click on details for more information.)
2. Age State/Open Championships (swum in a 50m pool)
(Home page, under the Swimming QLD logo (7th option running across the page), click on **Events**, from menu - scroll down and click on **Swimming QLD events** then look down the list for upcoming events and click on details for more information.)
3. Sprint Championships (swum in a 50m pool)
The qualifying time sheet can be found on the Swimming QLD website.

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(Home page, under the Swimming QLD logo (7th option running across the page), click on **Events**, from menu - scroll down and click on **Swimming QLD events** then look down the list for upcoming events and click on details for more information.)

All the above competitions are race meets in which all swimmers strive to compete, but it is a long way off for the swimmers who are just starting out in the Development squad program. We can make the ultimate goal (a state qualifying time swum at an approved swim meet for promotion into one of the CS state squads) a little easier to achieve by chasing the qualifying times of the JX Program (Junior Excellence Award Scheme).

JX AWARDS Junior Excellence

This is an age based award scheme. Age range between 9-16 years old. Each age group has 4-tiers, green, bronze, silver & gold.

9 & 10yrs with 50m times in 4 strokes & 200m IM and can be achieved at both SC & LC Swimming Queensland approved meets

11yrs with freestyle 50m & 100m times in 4 strokes & 200m IM. Times can only be achieved in a LC Swimming Queensland approved meet.

12yrs freestyle 50m-800m, backstroke, breaststroke & butterfly, 50m-200m with 200m IM. Times can be only achieved at LC Swimming Queensland approved meets

For further information and to check out the older age group distances and times, please visit the Swimming Queensland website.

(Home page, under the Swimming Queensland logo click on **Athletes**, from the menu – scroll down and click on **Development**, from the next menu – scroll down and click on **Aust JX Program**, scroll down the page and click on **Overview** where you will find the qualifying times.)

LOGBOOKS

Logbooks can be used for a number of reasons. Below are just a few ideas.

1. Keep a log of your progress.
2. Recording your favourite swim sets from your training squads
3. Goal setting: both short term or long term

The “YourSwimBook” is a great option if you would like to get a readymade book. Follow this link to purchase.

<http://www.yourswimlog.com/ysb/>

SWIM APPS TO HAVE

Meet Mobile – will have your swim meets, events and best times all in one place. Download from your relevant mobile App Store

MEDICAL INFORMATION

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As part of your registration process, please indicate any medical information that you feel the coaching staff need to know. This can be added during the online registration process through our website or by completing the attached medical form.

CLAYFIELD SWIMMING WEBSITE

1. The Squad Training Schedule is available on the drop-down menu under Squads.
2. The Team Calendar is available from the main menu on the home page.

All swimmers in their 1st season of racing are encouraged to enter Development, Encouragement & Novice meets. Most swimmers who are in the Junior squad should by now be entering the Proposed Qualifying meets.

FUNDRAISING – GRANTS – SPONSORSHIP

Clayfield Swimming always welcome any fundraising ideas, and Sponsorship is highly sought after. Please contact Coach Alex Webb if you have any ideas you would like to pass on or if you have a contact who may be interested in Sponsoring the club.

For any successful sponsorship contacts a family passes on to Alex, you will receive one month's free training from Clayfield Swimming.

CLUB RULES AND POLICIES

All Club rules and policies for Clayfield Swimming can be viewed on our website.

COMMUNICATION

Clayfield Swimming coaching staff communicate via Facebook, Instagram, newsletters and direct email with all members. Please be sure to read the information and pass it on to your children in the program as there will be swimmer specific information. If you are not receiving the above correspondence, or if you have any queries in regards to the above, please contact Coach Alex Webb at swimming@clayfield.qld.edu.au.

DROP OFF AND PICK UP TIMES

Coaches will always consider the importance of their duty of care of your child at training sessions, and particularly when it comes to pick up times.

Pick Up Times: We do, however, ask that parents collect their child/children within 10min of the conclusion of the session as staff may need to get home or to another appointment soon after their coaching session concludes.

Drop Off Times: When possible please drop your child off 10min early so that each session can start on time with the whole group. We do realise it is not always possible but appreciate your assistance and effort in this regard.

CONTACTS

Club contacts are available on the club website. For all general enquiries regarding joining the club and getting settled in, please use the following contacts.

Clayfield Swimming

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Email:

swimming@clayfield.qld.edu.au

Mobile: 0407 690 226

Checklist

Please follow the below in order to register with Clayfield Swimming...

	Yes	No
Complete Direct Debit Activation form as per coaching fees information		
Complete Athlete Details form and return to Clayfield Swimming Shop		
Complete Clayfield Swimming Registration payment via the Swimming Queensland website		
Complete Medical and Media Release forms and hand in with Athlete Details form		
Have your training equipment ready as per above information		
Purchase your Clayfield Swimming Cap for \$10 from Clayfield Swimming Shop for Training and Competitions		

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Clayfield Swimming Athlete Details Form

Athlete Details

First Name: _____

Last Name: _____

Date of Birth: _____

Age: _____

Swimming QLD Registration Number if applicable: _____

Address: _____

Parent Name: _____

Primary Email: _____

Secondary Email: _____

Parent Mobile Number: _____

Secondary Mobile Number: _____

Medical History

Allergies – Circle where applicable

- a. Insect allergies
- b. Food allergies/ intolerances
- c. Band-aids/ Elastoplast
- d. Medication

Anaphylaxis

Asthma

Controlled Drugs

Diabetes

Epilepsy

Eye/Vision Impairment

Hearing Impairment

Heart Condition

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Other

If yes to any of the above, please provide details and actions plans

Please note: students with a highly significant or life-threatening condition will need to provide an Action Plan, completed by their GP/ Specialist medical practitioner, to ensure that the College is aware of correct management procedures for their particular condition.

Media Consent

Clayfield Swimming and Clayfield College are proud of the achievements of all swimmers and promotes these internally and to the wider community in a variety of media sources. This may include our internal publications or external sources, including our website, in social media and in marketing brochures and materials.

Media Authorisation (please tick one box)

- We/I authorise Clayfield Swimming and Clayfield College to use my/my child's image for internal and external promotion and marketing purposes
- We/I authorise Clayfield Swimming and Clayfield College to use my/my child's image for internal publications only
- We/I do not authorise Clayfield Swimming and Clayfield College to use my/my child's image

In signing this document, you are acknowledging that you, the legal guardian/s are responsible for updating Clayfield Swimming Should your child's details or medical information change.

Name _____

Signature _____ Date _____

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