

CRYSTAL BROOK AMATEUR SWIMMING CLUB INC.

2021/2022 SEASON



The Crystal Brook Amateur Swimming Club is a great competitive club open to all members of the Crystal Brook and surrounding communities. We are a family friendly and inclusive club which is part of the Upper North Interclub Association.

Over the years our club has enjoyed success at Club, SAPSASA, SSSSA and Country Championship level. CBASC Inc. is committed to providing an environment which encourages swimmers of all levels to continue to enjoy their swimming, whilst forming friendships and having fun in a relaxed atmosphere. We aim for great sportsmanship both in and out of the water.

Our coaching team is striving to help swimmers improve their times, perfect their skills in diving, tumble turns, race starts, relay changes and stroke technique. We expect all swimmers to listen to coaching instructions in a timely and courteous manner and thank them after each training.

We expect all parents and spectators to be supportive of our committee and coaching volunteers.

We expect all parents/caregivers to volunteer their time to help with functions including:

- Upper North Interclub Friday Night Carnivals
- Swimming SA Open Carnival
- Working Bees

All members must read and where applicable sign the CBASC Inc. Code of Conduct and Picking up and Dropping off procedure which are available on our website <https://crystalbrook.swimming.org.au>

All club members are to obey the Belgravia Leisure Pool Rules as instructed. This includes all Children under the age of 13 MUST have a parent or guardian with them always, this includes swimmers and spectators.

MEET THE COMMITTEE

Anita Hook	Chairperson/Belgravia Leisure Representative
Kirsty Nicolson	Vice Chairperson/Nominations Officer
Debbie Smart	Secretary/Treasurer/Registrar/Team Selector
Carla Hook	General Committee
Megan Hombsch	General Committee
Damon Walsh	General Committee
Jacqui Merkel	General Committee
Charmaine Richards	General Committee/Carnival Director
Lynton Smart	General Committee

SEASON 2021-2022 TRAINING AND COVID-19 REQUIREMENTS

To ensure our club meets the COVID-19 requirements, we need to ensure all swimmers and parents/guardians:

- maintain social distancing at all times (including in the pool when not swimming);
- complete and sign Health Questionnaire at the beginning of the season, and upon return from being sick, interstate or overseas travel;
- answer the verbal health questions asked by COVID Marshals weekly;
- QR code or manually sign in; the club will keep contact tracing records of all swimming activities;
- use only your allocated equipment; all training equipment such as flippers, kickboards and hand paddles are provided by the club;
- minimise unnecessary gatherings – encourage parents/guardians to drop off swimmers and leave (other than parents of swimmers/guardians under the age of 13 that must stay);
- encourage swimmers to minimise time in the public facility (such as encouraging showering at home before and after training/meets);
- use sanitisation products such as handwash upon entry and exit of the facility; and
- to help with cross over between groups, arrive on time and ready to warm up.

Swimmers are to bring water bottle, towel, cap and goggles and ensure these items are not shared.

SEASON 2021-2022 COMPETITION

Friday Night Interclub Carnivals begin at 7:00pm with warm up Racing starts at 7:30pm

****PROGRAM TO BE ADVISED****

What to bring: Bathers, Goggles, Swim Cap, Water Bottle, Towels x 3, Thongs, Chairs, Rug/Coat, Change of warm clothes, Highlighter, Permanent Marker, Sunscreen

Canteen facilities are available at each venue providing hot food, drinks, a range of snacks and a BBQ

Entry to each venue is free to swimmers and \$2 per spectator

Crystal Brook Open Carnival is held at Crystal Brook Swimming Pool and run by our club. Swimmers can enter from all over the state and come for the full day of competition racing. Swimming SA provide qualified officials for the day, who volunteer their time and travel

All CBASC members and their families are required to assist on the day to help it run smoothly; this is a great fundraiser for the club through canteen facilities and entry fees.

All club swimmers are encouraged to enter and participate in events on the day.

Saturday 4th December 2021

Event Nomination Fees: \$4.00 for Individual and \$6.00 for Relays

Pool Entry Fees: Swimmers have Free Entry, spectators as per Pool Management

Carnival Director: Charmaine Richards

****FURTHER INFORMATION WILL BE ADVISED AT A LATER DATE****

CLUB MEMBERSHIP

Membership year runs from 1st October – 30th September

All existing/new members are required to register with Swimming SA online via Swim Central before entering the water, and ensure they update any contact details using their Swim Central portal.

Club Fee: Club membership fees are set by the Committee each year. CBASC Inc. fees for 2021- 2022 have been set at \$5.00 per swimmer.

Belgravia Leisure Fees: The CBASC Inc. holds a hire agreement with Belgravia Leisure for the use of the Pool and Facilities for training and carnival purposes. As part of this agreement:

- o All members are required to hold a Crystal Brook Swimming Pool Belgravia Leisure Season ticket, and
- o Each training session attended, swimmers must QR code and sign in

The CBASC Inc. has appointed a Representative each year to work closely with Belgravia Leisure to ensure both parties have a successful year utilising the public facilities in Crystal Brook. Please ensure all communications between the club and the Belgravia Leisure goes through this representative always.

SWIMMING SA MEMBERSHIP

The CBASC Inc. is affiliated with Swimming SA, which is the peak body for competitive swimming in South Australia. As a member of CBASC Inc. you must also register online with Swimming SA.

All swimmers under the age of 18 must have a Parent/Swimming Parent registered also. One parent registration covers multiple swimmers in the same family. Registration must be completed before swimmer enters the water.

Swim Central is your personalised portal, allowing you to track results, enter meets online, update your contact details and renew your membership. Swim Central can be accessed from Swimming SA website <https://sa.swimming.org.au/> or <https://swimcentral.swimming.org.au/>

If you need assistance, please contact the clubs Registrar.

Swim Central Fees - 1.5% Transaction Fee

Swimmer 8yrs and under – \$58.00 Eligible to participate in club training and experience all levels of competition

Swimmer 9yrs and over - \$110.00 Eligible to participate in club training and experience all levels of competition

Parent/Non-Swimmer - \$23.00 Membership applies to the parent/guardian of swimmers under 18yrs or Club Committee Members. Membership ensures protection by insurance at any time when working or travelling to and from club activities.

Life Member (Club) - \$10.00 Swimming SA Clubs may appoint a Life Member based on the individual's contribution to the sport of Swimming or its related disciplines. Life Member (Club) fees are historically covered by the Club.

FREE Trial Membership (Up to 4 weeks) - Join at the beginning of the month to participate and access up to four-weeks of trainings, club nights and other competition endorsed by SwimmingSA. For more information visit Try Swimming FREE for 4 Weeks.

LIFE MEMBERS

Brenton Hombsch 2016-2017

Charlie Richards 2009-2010+

Phil Forgan 2004-2005

Yvonne Tobin 1995-1996

Rostyn Taylor 1992-1993

Glenda Scott 1992-1993+

PATRON

Yvonne Tobin 2018-



CLUB UNIFORM

All swimmers are expected to have the following items for training and competing:

- o Goggles
- o Swim Cap
- o Racing/Training Bathers
- o Towel

Items available for purchase through the club are:

- o Swim Caps
- o Club t-shirts
- o Club Jumpers
- o Club Track pants
- o Club Bucket/Straw Hats

Optional and recommended items are

- o Additional towels (usually three at each competition are required)
- o Boat Jacket (Available from eBay and are great for keeping warm between swims)

Uniform Order forms will be available at the start of each season both from the clubrooms and off our website.

Swimmers wishing to compete in Swimming SA Open Carnivals or the Swimming SA Country Championships are required to wear FINA approved swimwear. Further details on this are available on the Swimming SA Website.

BANK DETAILS

Crystal Brook Amateur Swimming Club
BSB: 633-000 Account Number: 164 439 952

****Please use Surname and/or invoice number as reference****

For more information on Swimming SA please visit their website

<https://sa.swimming.org.au/>

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