

New Members Guide

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Welcome

Welcome to the Narrabeen Carlile Swimming Club. You are now part of a team that provides an enjoyable, safe and healthy environment to develop swimming skills and promote an active, healthy lifestyle. As a member of our registered swim club you have the opportunity to compete at local, state, national and international competitions, should you qualify.

At each Carlile training centre there are existing members who will help out with any questions you may have. Ask your Coach or the centre reception staff to direct you to these people.

When you joined Swimming NSW, you were asked to sign a number of disclaimers. One of these authorised Swimming NSW and Carlile Swimming to publish swimmers names, photographs and results in official programs, newsletters and websites. Occasionally you will see a volunteer parent and/or Coaches from Carlile taking photographs of your child at swimming Meets or club organised activities. These photographs will be displayed on the Carlile website and may also be used for marketing purposes.

In June 2016, the Carlile Swimming Club changed its name to the Narrabeen Carlile Swimming Club. We welcome you to the Narrabeen Carlile Swimming Club family and look forward to working together with you.

In September 2016, Carlile Swimming announced the launch of the Carlile Swimming Team for swimmers 13 years and over and is closely aligned with the Carlile Heritage clubs, Narrabeen Carlile, Cherrybrook Carlile and Ryde Carlile Swimming Clubs. The development of the Carlile Swimming Team allows the collective capacity and potential of the Carlile Swimming competitive programs to be united in support of our coaches and athletes.

Purpose of this Guide

There is a lot of information online about competitive swimming and the organisations involved. However, this information overload can be somewhat overwhelming so this guide was developed to help make the transition into competitive swimming simple and stress free for our members new to the world of competitive swimming.

Our comprehensive website (<http://carlileclub.org.au>) is the first point of reference for detailed information on everything such as latest club news, swim Meets, resources and links to all the related websites.

Communication is the key to successfully helping families become part of the excitement and success of the Narrabeen Carlile swimming Club and this is achieved through the website, email, coach and parent verbal communication and encouragement.

About Us

For over 60 years Carlile Swimming has been recognised in Australia and internationally as a leader in aquatic education. This worldwide reputation for quality and innovation continues today.

Carlile Swimming derives its name from a legend in international swimming – Forbes Carlile MBE MSc. Carlile Swimming's expertise and quest for excellence has seen the organisation produce more than fifty Australian team members, twenty-eight Olympians and six world record breakers. Narrabeen Carlile Swimming Club has two locations, Killarney (for Learn to Swim, Development Squads and Performance Transition Squads) and Narrabeen (for Open Performance, Age Performance, Junior Performance and Performance Transition squads). Squad timetables can be found on our website.

By building on its strong heritage and moving forward with the times, Narrabeen Carlile Swimming Club and the Carlile Swimming Team provide swimmers and their families the opportunity to embrace a club which is setting the standard for innovation and personal development.

Swimming Metro North East (SMNE)

Swimming Metro North East is the local arm of Swimming NSW and Swimming Australia, our sport's governing body.

SMNE membership consists of more than 20 clubs (which includes Narrabeen Carlisle Swimming Club and Carlisle Swimming Team) and over 1,000 competitive swimmers. They run carnivals and development programs, train officials, support coach development and coordinate activities for swimmers in the local area.

Metro North East Development Squads provide a number of opportunities to swimmers in the Area to further their skills and knowledge of swimming.

Please visit their website for more information <http://smne.org.au>

Swimming NSW

Swimming New South Wales' purpose is to operate as an administrative agency of swimming in NSW. Its mission is to foster, control and develop (ie. promote organised growth of) swimming in NSW (including the ACT).

Swimming NSW currently maintains a membership of over 37,000 members across 13 affiliated Areas and over 380 Clubs. The database contains information on all registered members, including Swimmers, Non-Swimmers, Technical Officials and Coaches. The Australian Capital Territory (ACT) forms part of Swimming NSW and is an affiliated Area within NSW.

Please visit their website for more information <http://nsw.swimming.org.au>

Swimming Australia

Swimming Australia is the national sporting organisation, which is responsible for the promotion and development of swimming in Australia at all levels. Home of the Australian Swim Team, Swimming Australia is recognised as one of the leaders in Australian sport and has almost 100,000 members and just over 1100 swimming clubs nationwide.

Please visit their website for more information <http://www.swimming.org.au>

Development Pathways

Swimming Australia recognises that emerging athletes are the source of our future international level senior athletes and providing support to athletes progressing along the athlete pathway now will help secure better results in the future. In partnership with Swimming NSW, a number of development programs and squad pathways are available and selection into these squads is based on selection criteria.

In 2016, the structure of the development programs changed to allow Swimming Australia and Swimming NSW to recognise more children and encourage more swimmers to keep continuing with the sport, while the more elite swimmers are recognised through the Talent Identification programs.

The Australian Junior Excellence Program (JX) rewards and encourages junior swimmers (aged 9-16) who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence.

The JX Program forms the initial pathway and rewards swimmers for achieving particular time standards set by Swimming Australia.

Please visit the Swimming Australia and Swimming NSW websites for detailed information about the Development Pathways for swimmers.

What club gear do I need to purchase?

Narrabeen Carlile club members are expected to compete in the orange Carlile Swimming Club swimming cap. Swimmers are also expected to wear the Carlile Swimming Team polo shirt and shorts at all swim Meets, especially when receiving medals on the podium. These can be purchased online via the Narrabeen Carlile Swimming Club website and payments are via direct electronic transfers. Other club gear is also available to purchase, details on the website.

What Carnivals should I enter?

Narrabeen Carlile Swimming Club Coaches plan a year in advance which carnivals are appropriate for all levels, from first time competitors to national athletes. These are the targeted Meets where Coaches will be in attendance. You will receive information by email of up coming targeted Meets. Carnival notices are also placed on the noticeboard at both Killarney and Narrabeen pools so please keep checking these boards for updates. There are long course (50m pool) events in the Summer Season and short course (25m pool) events in the Winter Season. If you have any questions regarding whether you are eligible for a particular Meet or what events you should enter, please consult with your coach prior to entering.

Some carnivals are ideal for first time competitors and may or may not require a minimum qualifying time to be eligible to compete. Some of these include, but are not limited to:

- Narrabeen Carlile Club Championships - 3 in each summer season held at Narrabeen Pool
- Ryde-Carlile Club Challenge Cup
- Forbes and Ursula Carlile JX Qualifying Meet
- Carlile Speedo Cup Qualifying Meet
- SMNE Winter and Summer Championships
- SMNE Summer Sprint Meet
- Other short and long course qualifying Meets

If you have the required qualifying times you may be eligible to enter the following championships in the Winter and Summer Seasons:

- NSW Metropolitan Championships - Junior and Senior
- NSW State Championships - Junior and Senior

From the age of 13 (girls) or 14 (boys) onwards, you may be eligible to compete in Age and/or Open National competitions.

The qualifying times for each event will be listed on each Meet Program for both males and females. There is no maximum number of events you can enter but **you should consult with your coaches to ensure your goals and abilities are catered to.** To begin with 2 to 4 events per Meet is a good starting point.

How do I enter a Meet?

The entry process for each Meet may vary slightly between the different competitions but most of them will require you to enter online using your Swimming NSW username and password that you set up when you registered to become a member of Narrabeen Carlile Swimming Club. There may also be a manual entry option for some meets. All manual entry forms can be found on the www.carlileclub.org.au website under Resources. The entry process for each Meet is detailed on each Meet program. Please note some LC Meets will only accept LC qualifying times.

Full competition entry procedures can be found in the Member Information section on the Swimming NSW site <http://nsw.swimming.org.au>

How do I pay for entry?

Online Entries

Credit card payments can be made at the time of your online entry process.

Manual Entries

Rarely, some Meets may allow Manual Entries with EFT payments (payable to Carlile Swimming Club Inc) however, the majority of Meets require Online Entries.

What do I do when I get to a Meet?

If available, check the program timeline (sometimes available a few days prior to the Meet) for your events and ensure you arrive at least 90 minutes prior to your first event in case the Meet is running early.

There is always a warm up period of 30 to 60 minutes prior to all Meets.

On arrival to the pool leave your unwanted gear with parents in the stands and report to the coach on pool deck wearing your orange Narrabeen Carlile Swimming cap for warm-up instructions. After warm-up, either sit where the other Carlile parents and swimmers are sitting in the stand (look for the Carlile banner) or report to marshalling if you are in an early event. If in doubt as to what you should be doing, always check with the coach, plus always check with your coach for pre and post race comments and advice.

Marshalling is not always announced at every Meet. To ensure you don't miss your race you should aim to present to the marshals 3 to 4 events prior to your race. Keep checking the results board so you know which heat and event is currently being run.

What do I do when I get to a Meet? *Continued*

At your first Meet, it is a good idea to let the marshals know that you are new so they can explain the 'chairs, rows and numbering system' used at marshalling for heats and events. It is also a good idea to try to buddy up with a more experienced member of your squad or club to make your first Meet as enjoyable as possible.

Please be aware that parents are not permitted on pool deck or marshalling areas unless they are volunteering as a technical official or timekeeper.

Enjoy your competition!

How do I check my results?

Official times are recorded electronically for every registered swimmer and may be found on the NSW Swimming website under 'Results'. Results for each Meet are usually online within 48 hours after the end of each Meet. Some results will be live on the *Meet Mobile* app for both android and iPhones.

Alternatively go directly to: <http://results.swimming.org.au>

Club Subsidies

The Narrabeen Carlile Swimming Club offers a swimmer subsidy to assist swimmers who travel to National Championships and for numerous Club Sponsored events and activities. The provision of assistance is subject to specific criteria and is reviewed on an annual basis. See the Carlile Club website for further details.

Parental Support

Volunteers are a vital part of our sport!

As is the case in most community organisations, families are expected to participate in the running of carnivals in which their children are swimming and in club fundraising activities. This not only shares the club responsibilities amongst everyone involved, but also helps to create an atmosphere of social interaction, which has been a cornerstone of the club's success over the years. Parental participation provides an excellent example of role modelling for children. Many people give up hours and hours of their time to help run swimming events so that swimmers can turn up and swim.

Officiating and Timekeeping

Timekeeping is one of the most common tasks you will be required to perform. Timekeeping time slots are determined by your swimmer's entries and by what other volunteer duties you may have performed in the previous 12 months (as either timekeeper or technical official). We all dream about getting away early from a swim Meet, however when you are rostered as a Timekeeper or reserve for the final session, it is vitally important to complete your commitment until the Meet finishes. Please respect our requests in these matters.

Swimmers' Meet entries are only accepted on the understanding that a parent/guardian agrees to timekeep, officiate or assist as requested for a least one session per day of the Meet and that refusal to assist as requested will result in the swimmer's withdrawal from that Meet. Our volunteering rosters are designed to share the workload amongst everyone on an annual basis.

Training Locations

Killarney Pool

14 Tralee Avenue
Killarney Heights
2087
Tel: 02 9451 3677



Narrabeen Pool

Sydney Academy of
Sport
Wakehurst Parkway
Narrabeen 2101
Tel: 02 9982 7201



Club Contacts

Club committee meetings are usually held bi-monthly. Please contact the president of the club for further details.

Postal Address: PO Box 378
Forestville 2087
Telephone: 0416 123 469
Email: info@carlileclub.org.au
President: president@carlileclub.org.au
Secretary: secretary@carlileclub.org.au
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Race Secretary: racesecretary@carlileclub.org.au

Links

Carlile Club	http://carlileclub.org.au/
SMNE	http://smne.org.au
Swimming NSW	http://nsw.swimming.org.au
Swimming Australia	http://swimming.org.au
Results	http://results.swimming.org.au