

Welcome to the Norman Park Dolphins 2017-18 swim season!



This is our fact sheet summarising most of the information you need to know for the upcoming season. Further details are available in our club handbook.

About Us: *The Norman Park Dolphins is a volunteer run swimming club for kids. We value personal achievement and sportsmanship in our children and take pride in maintaining a family friendly environment. Children compete from October to March in swimming races with an emphasis on personal improvement.*

How Do I Join?

Please fill in the registration form (find it on the school website/ at sign on day/ first night). Once filled in you can pay the participation fee via cash, cheque or EFT to **BSB: 064 136 Account Number: 009 00487**. Please ensure sure you note your surname as a reference with the payment.

Participation:

The Dolphins' Participation Pack costs \$125 for a season / \$85 for juniors (13m swimmers) plus a \$50 per family refundable BBQ bond. A half season Participation Pack is also available for \$85. Each swimmer gets togs, cap, a range of goodies, plus insurance, the end of season awards event and of course lots of swimming! You also a weekly e-newsletter with all their swim times.

When Do We Meet?

We meet on **Friday nights** from **5:30pm for a 6pm start** and are usually done between 7.30 - 8pm. Families with younger kids can often go home early. The swim season runs from the start of term 4 to the end of term 1 the following year but breaks for the Christmas School holidays.

How far do I swim?

The kids swim in **25 or 50 metre races** depending on their age and ability. Each club night also has one longer race, a 'special', that is double the distance your child usually swims (a 50 or 100 metre race). We also have two closely supervised 13 metre races each night for the little kids.

What strokes and races?

Kids swim Freestyle, Breaststroke, Butterfly and Backstroke but only if they are willing and able. We use an electronic database and your child is listed as competing in nominated strokes (on the first night we will ask you which strokes). Any additions or deletions to these strokes must then be done before the next swim club night. **If you can't make it email the club (npsdsc@gmail.com), by 1pm Friday afternoon.** This 'opt-out' system helps the night run smoothly for everyone.

Competing:

Your kids will race against other kids with similar times but not necessarily from the same age group. They all score points based on how much they improve over their own personal best (PB) time for that race. The child with the highest points at the end of the year, the club champion, isn't necessarily the fastest swimmer- just the most consistently improved. Kids can be very competitive so it helps to instil the concept that racing is mostly about **beating their own PB**.

What should I bring?

Togs & swim cap (compulsory), goggles, a couple of towels per swimmer (just one can get very wet by the end of the night), and maybe something warm to wear if it's chilly. Money for the BBQ and, if you want to get your kids times, a mobile phone with data -see *Electronic Timing*. It also helps to bring a pitch in attitude, and a tolerance of a sometimes noisy environment!

Dinner?

We run a **BBQ** each club night from 5:40 to 7-ish. There's a variety of BBQ food for sale plus drinks, and snacks. This is the club's main fundraiser, so volunteers are very much appreciated. See the front desk to get your name on the roster. If you help on the BBQ for 3 nights during the season you get a \$50 refund of your BBQ bond. It's also a great bonding experience!

What can I expect?

Your participation fee includes togs, cap, and other goodies. You will get the club handbook– it has some useful information not covered here. A typical club night runs as follows: you arrive, BBQ is running, free swim till 5:50ish, then the 13m races, the usual races for each stroke with another 13m race thrown in. The first few weeks is busy then we settle into a routine.

What do we need from you?

Swimming clubs are labour intensive so it would really help if you could chip in now and again with **timekeeping** and the **BBQ roster**. Please email the club (npssdsc@gmail.com) by 1pm Friday afternoon if you can't make it to a club night – this really helps.

Children are **not to be dropped** at the pool and picked up later. Please **keep an eye on your children** and rein them in if necessary –pool safety is essential but also skylarking around the pool is dangerous. Some kids need reminding to go to marshalling for each race. Please also pick up and **bin your rubbish**.

Information systems:

The club uses a **Wireless Digital Timing** system: all the stopwatches start at the same time and when the timekeepers press 'stop' times are automatically uploaded making our race-times more accurate and accessible. You can download your children's scores after each race by loading the *Meet Mobile* app onto your phone (there is a \$12/year cost associated with *Meet Mobile*).

Other Events:

The Dolphins participate in several **carnivals** versus other clubs during the season – Dolphins swimmers of all ages and ability are encouraged to attend these. Carnivals are a great way to hone the skills learned on club nights and to qualify for our own club championships.

At the end of the season we run a **club championship event** where the kids, who have attended at least 50% of club nights and swum in two carnivals, race competitively versus each other to vie for the title of age champion.

We also run a very popular **family relay night** in the second half of the season where kids and parents can compete as a team versus other families.

Bad weather:

We do swim in the rain but if it is really bucketing down or an electrical storm we may cancel the night (**cancellation via email by 5pm**).

Questions?

Please don't hesitate to talk to any of the committee members. The staff at the entry desk are a good start if you aren't sure who is who, or just ask someone with older kids and they will help or point you in the right direction. You can also email npssdsc@gmail.com .

Contact Information:

Club email: npssdsc@gmail.com

Website: [See NPSS website](#)