



South Gippsland Bass Swimming Club Handbook Manual

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We hope this handbook provides valuable information about the South Gippsland Bass Swimming Club. Feel free to contact us for any further assistance or clarification. We look forward to seeing you at the pool!

South Gippsland Bass Swimming Club

About SGB

The SGB swim club offers a dynamic coaching program that caters for a wide range of swimming development, from an introduction to squad and competitive swimming, through to a State and National level program.

The club includes any swimmers residing in the South Gippsland and Bass Coast Councils.

The aim of the club is to provide an environment which enables each swimmer to develop to their maximum potential as a swimmer and grow as a person.

We believe the club can achieve this by coaches, parents, committee and swimmers, working together with the shared objective of encouragement, support and team comradery.

We also understand the benefits of swimming beyond fitness and sportsmanship, including the many life skills learnt from participating in any highly competitive program, such as dedication, commitment, self-discipline, time management, support and respect.

The club is run by a committee-comprised of dedicated parents who volunteer their time to ensure the clubs future success. We employ a team of qualified, and experienced coaches, and together we offer:

- Professional coaching staff and support staff
- Competition for novice through to elite level swimmers
- District, State and National level competition
- Awards and presentation ceremony
- Squad social activities
- Parent social activities

Despite the rapid growth of the club in recent years, we have maintained a family atmosphere throughout our club and strive to continue to build this culture. The club runs camps, clinics and intra club meets to improve our swimmers' performances and to build bonds and friendships between our swimmers and families that will help continue to propel the club forward and create an environment that everyone wants to be a part of.

History

The SGB swimming club was first incorporated in 1999. Starting from humble beginnings, the club was nurtured by previous Head Coach Ivan Moore, running 4 sessions a week at the Wonthaggi indoor pool.

Ivan, once head coach of Nunawading in the 1960's, produced many talented swimmers through this small program before retiring at the end of the 2011-12 season. Dylan Muir, former Assistant Coach to Ivan, took up the position of Head Coach and continues to build the club with the help of the ever-expanding coaching team.



The club now has over 220 registered swimmers and has expanded its program to operate out of Wonthaggi and Leongatha.

In recent years, the club has achieved success at Gippsland, Vic Country, State and National level. 2023 saw the club project itself into a top Country Victorian Club,consistenly finishing 2nd at the Gippsland Championships, 3rd at the Victorian Country Championships and top 20 at the Victorian LC Championships. The club won Club of the Year in 2018.

Our Coaches

Dylan Muir: Head Coach



Dylan has been Head Coach of SGB since the 2012-13 season, starting with a small group of 45 swimmers and helping to build the club up to its current membership base of over 220 swimmers. During his time as coach at SGB Dylan has been involved as a Coach with the Gippsland Sports Academy, Assistant Coach of Team Vic at the Australian State Team Competition, Coach of the Vic Country Program on multiple occasions and an Assistant Coach for the Australian Talent ID Program at the AIS.

Through his involvement with Gippsland Swimming and other performance programs, Dylan has built a strong network of coaches that he can bounce ideas off, compare notes, and work alongside to develop his coaching further. His mentors have included current Australian Head Coach Rowan Taylor, Former Australian Head Coach Leigh Nugent and his own coach as a swimmer, Ivan Moore, the founder of SGB and former Head Coach of Nunawading.

Caiden Gill: Assistant Head Coach



Caiden has had an array of experience as an athlete in the water. Starting his swimming career with Traralgon Swimming Club winning National Age medals from 13 years old each year to his last age appearance at 18 years winning gold in the 50m Free. Having been offered a scholarship, Caiden continued his training at the Australian Institute of Sport (AIS) representing Nunawading Swimming Club and Australia at the Oceania Championships and beyond.

Finishing his time in the water in 2019, Caiden moved his focus to studying the science that operates in competitive sport. - Particularly Swimming - gaining his qualifications in Personal Training, Sporting Biomechanics, Nutrition and Teacher of Competitive Strokes.

Caiden has been with SGB for over 1 year and is ready to pass on his knowledge and fast-track the performance of our swimmers. Caiden's mentors have included: Brian Ford, Dean Gooch, Ben Geard (TSC) John Fowlie, Tracie Menzies, Shannon Rollason (AIS) Scott Talbot (NUNA)



Samantha O'Keefe: Assistant Coach

Having been in the water from 3 months old and competing from when she was 3 years old, swimming has played a huge part in Sam's life. Sam's mother was a Swimming Teacher and her father the Head Coach and President of the club she swam for.

Sam has loved swimming for over 40 years and it has brought her so many beautiful memories of interstate, local and country competitions, fitness, discipline, team mates, successes, disappointments and now the pleasure of coaching.

Sam is currently coaching Juniors, Country and State swimmers with a Bronze Level qualification. Coaching has enabled her to follow her passion and love for the sport which is contagious in the way she coaches.



Lorri McKenzie: Assistant Coach

Lorri has been an Assistant Coach at SGB for 9 years. Lorri's passion for swimming began at a young age as a competitive swimmer. She has been swim teaching for over 11 years, which fuelled her passion to pursue a Coaching career.

Lorri has her Bronze Coaching qualification, has been involved as a coach for Gippsland District Junior Teams and taken part in Gippsland Academy sessions. Most of Lorri's time on pool deck is focused on developing our Development, Junior and Country Squad program. In more recent times she has taken charge of the SGB Multi Class

program, a new passion for her.



Sarah Wickham: Assistant Coach

Sarah started swim teaching for the YMCA in 2016 and 6 months later joined the SGB coaching team. Sarah added administrative duties to her role in 2020 and is enjoying the experience of seeing the behind the scenes of club life and helping it grow.

She has added her certificate 3&4 in fitness and her Development Coaching qualifications along the way.

Her time on pool deck is predominantly spent coaching the Development Squad groups at Leongatha.

Sarah enjoys building young swimmers' skills, their love for the water, and helping them advance groups. She loves to pop in to see the older swimmers on occasion when she can.



Tomei Dal Pozzo: Junior Coach

Tomei began swim teaching at the beginning of 2021 and absolutely fell in love with the kids. At the time she was studying a Bachelor of Arts at The University of Melbourne and was not enjoying it at all.

She has since started studying a Bachelor of Education at Monash University and it was around this time that Dylan approached her to see if she would be interested in Coaching at SGB. Her answer was YES!! And the rest is history.

South Gippsland Bass Swimming Club is Tomei's family. She has been a swimmer, club captain and now a coach. She is looking forward to getting to know everyone and if you haven't met Tomei yet, please don't be afraid to approach her and have a chat.



Trinity O'Keefe: Junior Coach

Trinity has been swimming at SGB since the age of 9 and has had the opportunity to represent SGB at three national championships, as well as swim at New Zealand nationals, which is now one of her favourite swimming memories. She has also had the honour to become club captain. She loves being in the water and training with everyone she calls her family.

Trin was offered to assistant coach the juniors and has loved getting to know all of the kids and getting an insight into the coaching job. She is currently studying while coaching and can't wait to see what the next few years bring her, and hopes that swimming and coaching will play a big part of it.

Club Contacts

Coaches

Dylan Muir: Head Coach Mobile: 0400 032 734 Email:
headcoach@sghswimclub.com.au

Caiden Gill: Assistant Head Coach Mobile: 0499 926 320 Email:
assistantheadcoach@sghswimclub.com.au

Lorri McKenzie: Assistant Coach Phone: 0409 007 704 Email:
coachlorri@sghswimclub.com.au

Sarah Wickham: Assistant Coach Phone: 0457 292 403 Email:
sgb@sghswimclub.com.au

Sam O'Keefe: Assistant Coach Mobile: 0427 422 987 Email:
coachsam@sghswimclub.com.au

COMMITTEE

Please see the current people in each role through this link to our webpage:
<https://sghswimclub.com.au/committee-2/>

President Email: president@sghswimclub.com.au

Vice President: Email: vicepresident@sghswimclub.com.au

Secretary: Email: secretary@sghswimclub.com.au

Treasurer: : Email: treasurer@sghswimclub.com.au

Child Safe & Grievance Officer: Email: Childsafetyofficer@sghswimclub.com.au

Administration: Email: sgb@sghswimclub.com.au

Club Communication and Useful Apps

- iClasspro Customer Portal <https://app.iclasspro.com/portal/sqbswimmingclub> - for purchasing uniforms, paying fees, bookings and other information about the club.
All families are required to sign up to an iClasspro account and accept the club policies. iClasspro is used for billing, communication, attendance tracking, purchasing club uniforms and tickets for club specific events.
- Follow the club on Facebook by joining the <https://www.facebook.com/groups/sqbmembersonly> 'members only' Facebook page which helps keep members up to date with events and buy second-hand equipment, bathers and uniform.
- <https://www.facebook.com/southgippslandbassswimmingclub> is the general club page.
- TeamApp: download from the App Store and search for 'South Gippsland Bass Swimming Club' for general day to day communications from the club such as times to be at a meet, changes to training, upcoming events. You will be added to the groups relating to your swimmers.
- Website: sqbswimclub.com.au
- Gippsland Swimming website- <https://gippslandswimming.org.au/> For information about event dates for Gippsland Events, official results, fixtures, meet programs.
- Meet Mobile App - for accessing results at events - placings and times, shows entry times and compares them to results on the day. It can also give event information such as lanes and heats.
- Swim Central- <https://swimcentral.swimming.org.au/home> for paying state membership and for entering events for all events
- Swimming Victoria- <https://vic.swimming.org.au/> for the calendar of events and details of upcoming meets

Squad Fees

Once a customer portal on iClasspro has been created, billing information can be added to the portal. This can be either a card or bank account. Fees are paid via the portal and are due on the 1st day of each quarter: 1st July, 1st October, 1st January, 1st March. If you are having trouble paying fees by the due date, please reach out to the club to organise a payment arrangement. treasurer@sghswimclub.com.au

For current fees for each squad, please check the website via this link:

<https://sghswimclub.com.au/training-fees-sv-membership/>

Swimming Victoria Membership & Insurance

Memberships are due at the start of the financial year.

Purchasing a Swimming Victoria Membership allows swimmers to compete for the club and ensures that they are insured for competitions and training activities conducted by SGB.

The membership categories are: parent (dry member) membership, 8 and under membership or 9 and over membership.

The following squad groups are required to be registered with Swimming Victoria as a competitive swimmer. Junior Squad District Squad Country Squad State Development Squad State Squad National Squad Senior Squad Membership must be paid once a swimmer has joined the squad.

The following squads are not required to hold a Swimming Victoria membership and are 'non-competitive' squads. Development Squad Fitness Squad non-competitive Multi class

Swimming Victoria Parent/Guardian Membership

As of the 1st July 2019, the Swimming Victoria Board made it a mandatory requirement for all Swimming Victoria members under the age 18 to have a dry member registered as well. All parents who have a swimmer with a Swim Vic membership MUST have a dry land membership.

The reason for this is to ensure SV have the correct contact details as they can no longer talk to minors directly. By having the guardian members registered it also increases the cyber security they offer and protects the junior member in the online environment. In addition to this, it also enables the family to have a vote at their clubs AGM's and provides insurance for the guardian should they volunteer at the club.

How to Purchase a Swimming Victoria Membership

- Visit Swim Central and create an account: Swim Central
- Go to: Store > Membership > 1. Find a club: South Gippsland Bass > 2. Who are you purchasing for?
- Purchase the Parent/Guardian Membership & required membership for your child/children. If you are unsure which membership is appropriate for you, please email sgb@sgbswimclub.com.au

Training fee due dates: 1st July, 1st October, 1st January, 1st April

Current SV Membership & Insurance: N/A for development, fitness squad and non competitive Masters and Multi class swimmers. All others need to have Swimming Victoria insurance. Runs in line with the financial year. For current fees for each squad, please check the website via this link:

<https://sgbswimclub.com.au/training-fees-sv-membership/>

Swimming Victoria Parent/Guardian Membership: for development, masters, fitness squad and non competitive Masters and Multi class swimmers. All others need to have Swimming Victoria.

Parent Membership: N/A*

***Note:** Competitions are optional for our MC swimmers. If you wish to compete you will need to sign up for the SV Membership & Insurance and Parent membership.

Training Squads

All swimmers must have their own training equipment which they must bring to every session.

Development Squad

Description:

The Development Squad is a 'non-competitive' program and a stepping stone from learn-to-swim to a squad style program..

Sessions are aimed at building on the skills already learnt in swimming lessons and beginning to add race skills and aerobic based training.

Age: 7-9 years

Training Equipment: O Mesh swimming bag O Fins (short) O Kickboard O Drink Bottle O Goggles

Training Structure: 1 x 45 min session per week. Swimmers are locked into the session time & day that they choose.

Competition Requirements: N/A Swimmers are not insured to compete in GSI or SGSA competitions. The club runs intra club nights throughout the season at Leongatha and Wonthaggi and we encourage swimmers to get involved.

Fitness Squad

Description:

The Fitness Squad is a 'non-competitive' program that allows swimmers aged 10 years+ to continue in a squad style program without competing.

This squad will have a heavy focus on building aerobic fitness, while continuing to develop skills and technique.

Age: 10 years+

Training Equipment: O Mesh swimming bag O Pull Buoy O Fins (Short) O Kickboard O Drink Bottle O Goggles x 2 .

Training Structure: 1 x 45min session per week. Swimmers are locked into the session time & day that they choose.

Competition Requirements: N/A

Swimmers are not insured to compete in GSI or SGSA competitions. The club runs intra club nights throughout the season at Leongatha and Wonthaggi and we encourage swimmers to get involved.

Multi Class Squad

Description:

The MC Squad runs independently from other squad groups once per week on Monday afternoon. This 45-minute session is run in a small group environment with Coach Lorri. The small group allows Lorri to work closer with each swimmer to help meet their needs. Swimmers in the MC Squad also have the opportunity to utilize the mainstream program at no extra cost. The squad group for each swimmer would be determined by Lorri and would depend on the student's swimming capabilities.

Training Equipment: • Mesh swimming bag • Pull Buoy • Fins (Short) • Kickboard • Drink Bottle • Goggles x 2

Training Structure:

Dedicated 1 x 45min MC Squad session per week. Opportunity to train with the mainstream program. Please speak to Lorri if you are interested.

Competition Requirements: Optional. If you are interested in competitions, please speak to Lorri for direction on what competitions are best.

Junior Squad

Description: The Junior Squad program continues to build on the fundamentals of learn-to-swim in a fun group environment. In this group, swimmers will begin to build their base fitness level and develop the skills and technique demanded of a squad program, while learning how to race.

Training Equipment: • Mesh swimming bag • Pull Buoy • Fins (Short) • Kickboard • Drink Bottle • Goggles x 2

Training Requirements: Minimum 2 sessions per week

Competition Requirements: • 3 GSI meets & Gippsland Championships and/or • 4 SGSA meets

District Squad

Description: Swimmers progress from the Junior Squad to either the Country Squad or District Squad depending on their desired training and competition commitment. District Squad swimmers can train 1-2 times per week and can either compete solely at SGSA level or compete in both SGSA competitions and GSI competitions.

Training Equipment: • Mesh swimming bag • Pull Buoy • Fins (Short) • Kickboard • Drink Bottle • Goggles x 2

Training Requirements: Minimum 2 sessions per week

Competition Requirements: • 3 GSI meets & Gippsland Championships and/or • 4 SGSA meets

Country Squad

Description: Country Squad swimmers are familiar with racing at a Gippsland level and are now aiming to qualify and attend Victorian Country Long Course & Short Course Championship meets. Swimmers will continue to develop their skills and technique as more volume is slowly added to the program.

Training Equipment: • Mesh swimming bag • Pull Buoy • Fins (Short) • Kickboard • Paddles • Snorkel • Drink Bottle • Goggles x 2

Training Requirements: Minimum 3 sessions per week

Competition Requirements: • 3 GSI meets & Gippsland Championships
• VIC Country Short Course Championships • VIC Country Long Course Championships

The following information is for State Development, State and National squads:

Competition Requirements: • 3 GSI meets & Gippsland Championships

• VIC Country Short Course Championships • VIC Country Long Course Championships

• Victorian Sprint Championships

• Victorian Age Short Course Championships

• Victorian Age Long Course Championships

The Nationals squad also has National Age Championships

Training Equipment: • Mesh swimming bag • Pull Buoy • Fins (Short) • Kickboard

• Paddles • Snorkel • Drink Bottle • Goggles x 2

State Development Squad

Description: Swimmers entering the State Development Squad set out on a 12-24 month journey to achieve Victorian Qualifying Times and compete at Victorian Championship meets. Swimmers work towards these goals by showing commitment to their training with a minimum of 4 sessions per week and swimming up to 4.5km per session

Training Requirements: Minimum 4 sessions per week

State Squad

Description: State Squad swimmers have spent time working their way through the squad groups and building a fitness base that allows them to swim 4.5km-6km per session. They are committed to their training, attending a minimum of 5 sessions per week. Swimmers are qualified or aiming to qualify and attend the Victorian Age SC & LC Champs and VIC Sprint Champs.

Training Requirements: Minimum 5 sessions per week

National Squad

Description: The National Squad is the highest squad level that SGB offers. To achieve an Australian Age Qualifying Time is a huge achievement and comes through years of hard work, dedication and commitment. At this level, swimming becomes a lifestyle. Swimmers will have the opportunity to experience different types of performance programs from the Gippsland Academy to State and National Performance Squads, they will aim for team selection in Swimming Victoria and Swimming Australia events and aim to compete at the Australian Age and/or Open Championships.

Training Requirements: Minimum 7 sessions per week

Senior Squad

Description: Senior Squad gives a pathway to swimmers aged 15 years and over to stay involved with the squad program without having to commit to the full number of sessions required by State or National level swimmers. Swimmers in this group have generally spent a number of years in the squad and have a fitness base required to keep up with State Development, State or National Squad.

Age: 15 years+

Training Equipment: • Mesh swimming bag • Pull Buoy • Fins (Short) • Kickboard • Paddles • Snorkel • Drink Bottle • Goggles x 2

Training Requirements: 1-3 sessions per week to be arranged with the Head Coach.

Competition Requirements: • 3 GSI meets & Gippsland Championships

Masters Squad

Description: Masters swimmers 18+ who are looking at competitions, triathlons or general fitness. We offer a number of different training options for Monday and Thursday sessions. This is a group for adults who can swim 25m of freestyle and we work through all strokes.

Training Equipment: • Mesh swimming bag • Pull Buoy • Fins (Short) • Kickboard • Paddles • Snorkel • Drink Bottle • Goggles x 2

Training Requirements: 1 or 2 sessions a week depending on commitment level

Competition Requirements: N/A

Club Uniform

Excluding intra club meets, swimmers are required to wear club uniform to all competitions and compete in an SGB club cap. Minimum uniform requirement:

- o SGB Rubber Swim Cap
- o SGB Purple Polo Shirt
- o SGB Grey Jacket or Hoodie

We also highly recommend swimmers wear either SGB Club black shorts and/or track pants to competitions.

New uniform items are purchased through the shop on the iclasspro customer webpage. These items are supplied through Totally Workwear Wonthaggi, who will either email or phone when the order is ready for pick up directly from the store.



For orders of caps, bags, towels & beanies an email or message will be sent from the club secretary to organise pick up/delivery.

Club bathers are ordered annually. The club will send out a message about ordering them, around August each year.

Competition Glossary

- Intraclub- just SGB swimmers attend the racing, usually at Leongatha.
- GSI - Gippsland Swimming Incorporated. They hold races held in Gippsland from October -Feb. Swimmers must swim at 3 events to be able to compete at the Gippsland championships. The GSI meets are single day events.
- Gippsland Championships- This is an all-weekend event held in Gippsland. Swimmers must have swum at 3 GSI events to compete. There are no qualifying times needed. Usually, families stay over for the weekend as it is a very busy weekend with individual events and relays.
- All Juniors- Age Championships. Held in February. Top 8 swimmers in each stroke, in each age group from each region get to compete about a month later at Melbourne Sports and Aquatic Centre (MSAC) They race on Saturday and if they finish in the top 10 they come back for finals on the Sunday.

For the following championships the Age groups start at 11 and under.

- Country Championships. Called 'countries'- swimmers must meet qualifying times to compete. Long Course Countries is in late January, Short Course is mid-winter August.
- Sprint Championships - held in mid January. 50m races. Swimmers must meet qualifying times.
- Country District Junior Championships. For swimmers 8-11 on meet day. 8 fastest swimmers in each stroke, from Gippsland, represent the region at MSAC as part of the District 21 team.
- Victorian Long Course Age Championships, held over 5 days, swimmers must meet qualifying times in 50m pools.
- Victorian Long Course Age Championships, held over a weekend, swimmers must meet qualifying times in 25m pools

Australian Age Championships - National Championships. Swimmers must be at least 13 years of age for girls and 14 for boys to be eligible to swim. Ages 13- 17 year olds. Held in a different state each year.

Victorian Open Championships - swimmers must qualify for events. All events are open events - no age requirement, only qualifying times.

- LC - Long Course - race is held in a 50m pool
- SC- Short Course- race is held in a 25m pool
- MSAC Melbourne Sports and Aquatic Centre in Albert Park