

# MILL PARK SWIM CLUB

*THE ORCAS 2017/2018*

Eight Tons of Pure Power

## Frequently Asked Questions (FAQ)



## **Frequently Asked Questions (FAQ) for the MILL PARK SWIM CLUB**

A swim club can be a daunting place for a new swimmer and new parents. There are so many new words being used, such as Aggregate, Proficiencies and State Squad and so much going on during the week that it's difficult to get your head around it all. So we hope with this Frequently Asked Questions (FAQ) booklet we can simplify the process of joining the Mill Park Swim Club.

## **What does the Committee of the Mill Park Swim Club do?**

Maybe the question should be what does the committee not do? With the exception of actually swimming and coaching, the committee has the responsibility for organising all aspects of the Mill Park Swim Club to ensure it runs smoothly for the up and coming year. Some of the tasks include organising the lanes, coaches, club competitions (Aggregates and Club Champs), treasury functions, collating entries for competitions, fund raising, awards and trophies. The list at times seems endless.

## **As a parent how can I contribute to the running of the Swim Club?**

There are many things that parents can do to help with the running of the club, these include but are not limited to:

- Serving on the committee
- Time keeping at events
- Helping out at fund raising events such as BBQ's
- Set up and pack up at club events such as Aggregate
- Donating raffle prizes
- Ensuring that all your accounts are paid and up to date

### **What is the difference between Long Course and Short Course swimming?**

The difference between Long course and Short course swimming comes down to the length of the pool. Short course is in a 25m pool and Long course is in a 50m pool. The swimming calendar year varies but is generally considered to be split into 2 segments:

Short Course – SC (25m Pool) May to Mid-September  
Long Course – LC (50m pool) Mid-September to end of April

### **Should I or do I have to compete at swimming meets?**

The Mill Park Swim Club encourages its swimmers to compete in as many competitions they are comfortable doing. It is a great way to gauge a swimmers progress. Club Swimmers are expected to attend events hosted by the club such as our Encouragement meets, as you are representing the club as well as yourself. During Competitive meets those swimmers attending will usually sit together and encourage one another. A list of the upcoming events will be posted on the notice board at the pool and can also be found on Team App.

### **How long is the Swimming Year?**

Swimming is a year round sport and the Mill Park Swim Club (MPSC) year runs from the 1<sup>st</sup> of July to the 30th of June. This is in line with Swimming Victoria's year. The MPSC has 4 weeks off over Christmas, 1 week over Easter, 1 week in July/August and 1 week in September/October. There is also no swimming on public holidays.

### **What is covered by the Club membership and Club Squad fee?**

The club membership covers club training, club Aggregates, fun days and end of year activities.

### **What is covered by the Swimming Victoria Registration fee?**

The Swimming Victoria registration fee covers the swimmers insurance and no swimmer may swim without it. Mill Park Swim Club recommends all swimmers to register as Competitive swimmers so they are eligible to compete at ALL competitions.

## When and how do I pay the club membership fee?

Club membership fees are invoiced before the end of the current year and are payable at the start of the new swimming year in July. If a swimmer decides to join part way through the year, the club membership payment will be made pro-rata but the Swimming Victoria registration must be paid in full. A new Membership form must be completed by all swimmers at the start of the new swimming year.

## What is Club Squad fee & Training fee?

The Club squad fee is currently \$20.00 month payable monthly or in a lump sum. Club training is held on a Friday night all year round and Sunday afternoon from March to October at the Mill Park Leisure Centre. Sunday afternoon sessions are replaced by Saturday mornings from November to March and are held at the Whittlesea pool.

	Friday All Year	Saturday Nov to Mar	Sunday Apr to Oct
Junior	6.45 - 7.45pm	9.00 - 10.00am	3.00 - 4.00pm
Development	6.45 - 7.45pm	9.00 - 10.00am	3.00 - 4.00pm
Intermediate	6.45 - 7.45pm	9.00 - 10.00am	3.00 - 4.00pm
Senior	7.45 - 8.45pm	10.00 - 11.00am	4.00 - 5.00pm
Fitness	7.45 - 8.45pm	10.00 - 11.30am	4.00 - 5.30pm
State/State Dev	7.45 - 8.45pm	10.00 - 11.30am	4.00 - 5.30pm
Dryland			
Junior	6.10 - 6.35pm	Senior	6.45 - 7.30pm

## What is Swimming Victoria?

Swimming Victoria is the governing body that oversees all the competitive swimming in Victoria. On the Swimming Victoria (SV) website you will find a multitude of links and it's worth exploring. The most commonly used tab in the SV Menu is the [Competitions](#) tab. Under the competitions tab you will find the [Calendar](#) which will enable you to enter meets online with the events listed. SV also keep a record of all your performances. You can find all your performances in **MyLane** on the SV home page. Performances are only recorded for members that compete at qualifying meets. No results will be recorded by SV at Encouragement meets. With your performances recorded please refer to the swimming Victoria website to check for qualifying times to see if you have qualified to enter the Victorian Age Championships.

If you have any other enquiries regarding SV information you can contact them on: 9686 5222 or by visiting their website at [www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au).

## **What is Metro North?**

Metro North is the regional governing body or district that the Mill Park Swim Club belongs to. Some of the things Metro North is responsible for include running Proficiencies, the Metro North Aggregate, supply and train officials, organise meets against other regions and act as conduit between the clubs and Swimming Victoria. For further information you can visit their website at [www.metronorth.swimming.org.au](http://www.metronorth.swimming.org.au).

## **What is the Metro North Aggregate?**

The Metro North Aggregate is the second of the relay team competitions that Mill Park competes in. It is held over three nights, usually on a Sunday, spaced out over a few months, May – Aug. The Metro North Aggregate team consists of the best swimmers in their age groups. There is also a separate competition run at the same time for the 9 and under swimmers. Swimmers need to be registered with Swimming Victoria as competitive swimmer to participate.

## **Where can I purchase club swimming uniform, goggles and caps?**

The Mill Park Swim Club has a Uniform Coordinator. Goggles and MPSC Caps, Shirts & Hoodies can be purchased by contacting the coordinator via email at [uniformcoordinator@millparkswimclub.com](mailto:uniformcoordinator@millparkswimclub.com).

## **What is Squad Training?**

Squad Training is held during the week at the Mill Park Leisure Centre. Squad training is structured differently to Club training in that class sizes are limited so that each swimming can get more personalised training. Details of the various club and squad training sessions can be found on the notice board or under the [Squad Info](#) tab on the website or Team App.

## **How do I sign up and when can I swim Squads?**

You can sign up for Squads once you have joined the MPSC. Squads are based on ability and you are assessed by the head coach. There are 6 squads, Junior, Senior, Development, Fitness, Intermediate and State/State Development Squad. Each squad swims at different times. The amount of times a swimmer is able to swim and how much payment is required also differs for each squad. Squad session times must be selected to avoid overcrowding classes by contacting the squad coordinator at [squadcoordinator@millparkswimclub.com](mailto:squadcoordinator@millparkswimclub.com).

Coaches do not handle squad bookings or changes to squad sessions, this need to be done via the squad coordinator.

### **Do I need to pay to enter the Mill Park Leisure Centre and the Whittlesea Pool?**

All MPSC swimmers are required to complete a special MPSC membership form with the YMCA. The membership is paid on a fortnightly basis. No member can swim with the MPSC without it and the club will be notified if a swimmer has not paid. The membership allows the swimmer unlimited access to both the Mill Park Leisure Centre and the Whittlesea Pool. It also allows swimmers 13 and over access to the gym from 3.30-5.30pm on weekdays and anytime over the weekend.

### **Are our swim coaches paid?**

The swim coaches for the Mill Park Swim Club are professional coaches and are paid for their time teaching at the club. They are also working towards improving their coaching skills through professional development to achieve higher coaching qualifications. MPSC supports our coaches to achieve these goals. In addition to the time spent teaching, our coaches put in many unpaid hours to help support the club. The Mill Park Swim Coaches are more than happy to discuss the progress of swimmers but it needs to be limited to outside of coaching hours so that coaches can give the maximum amount of time to the swimmers.

### **What are proficiencies?**

Proficiencies are held twice a year and run by Metro North. They are like the final exam for swimmers. A swimmer must nominate for an award and on the day must swim all the times to achieve the award. The times for the various awards can be found on the pool side Notice Board or at the Swimming Victoria website at, [www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au).

### **What is Winter Interclub (WIC)?**

Winter interclub is a competition held at MSAC (Melbourne Sports and Aquatic Centre) usually starting in July and runs for 3 weeks on Friday evening. It is a graded relay event with teams from all over Victoria competing. The swimmers represent Mill Park Swim club as a team and because the teams are graded competitors swim against other Clubs with similar abilities. Any swimmer who wants to compete will be placed in a team. Swimmers need to be registered with Swimming Victoria as a competitive swimmer to be eligible to participate.

### **What are the JX Awards?**

Also known as the Junior Excellence Program Awards, these are awarded to swimmers who achieve qualifying times at qualifying meets. Please see the poster on the notice board or visit the [Swimming Victoria website/ Junior Excellence program](http://www.swimmingvictoria.org.au) for more information.

### **What is a Qualifying Meet?**

A qualifying meet is different from an encouragement meet in that it attracts the more advanced swimmers. It is an opportunity for swimmers to swim a state qualifying time to qualify for the state championships and JX Awards. Unlike an encouragement meet a qualifying meet has a full complement of officials and time keepers. Swimmers who compete are expected to be fully proficient in the strokes and can be disqualified for any infractions.

### **What are State Squads?**

Every swimming club has a state squad; you join that squad by swimming a state qualifying time at a qualifying meet. The swimmer then qualifies to swim at the state champs in the event that the time was achieved in. A listing of the qualifying times for the various age groups and distances can be found on the notice board or under the [Links](#) tab on our website or on Team App.

### **What is the difference between squad levels?**

In order to facilitate more effective teaching, the swimmers at MPSC are divided into four groups, Development, Intermediate, Fitness and State/State Development. Development swimmers are typically our younger more inexperienced swimmers and the State/State Development swimmers are typically older and more experienced. Intermediate swimmers are in between. New swimmers usually start off in the Development squad where coaches work on getting their strokes correct, teaching butterfly, dives, tumble turns and general racing craft. The State/State Development squad mostly works on fitness, speed and endurance. It is up to the head coach to decide if a swimmer is ready to move up in a squad.

### **What are Club Aggregates?**

The Mill Park Swim Club holds a couple of internal competitions for swimmers during the year. One of these is the Club Aggregate and the other is the Club Championships. Club Aggregates are held 5 times a year on a Friday night in place of club training. The scoring of the club aggregate is measured by each swimmers improvement over the year. This makes them a great event for everyone as anyone can win. The trophies are awarded at our end of year event.

### **What are Club Championships?**

The Club Championships is the last event of the swimming year and is held on a Saturday or Sunday afternoon at the Leisure Centre. The competition involves swimmers competing in a maximum of 6 events with points awarded on a 1st, 2nd and 3rd basis. The awards are presented as part of the AGM night.

### **What is the difference between a Competitive and Non-Competitive swimmer?**

When a swimmers club membership is paid a decision needs to be made whether to register with Swimming Victoria as a competitive or non-competitive swimmer. Non Competitive swimmers are unable to swim at any Swimming Victoria events like qualifying meets, Winter Interclub, Metro North aggregate etc. Non-competitive swimmers may swim at encouragement meets and all Mill Park Swim Club events. The Mill Park Swim Club encourages all swimmers to register as a Competitive swimmer.

### **What is an Encouragement meet?**

An Encouragement meet is a competition usually put on by a club or other swimming body like Metro North. It is not run as a qualifying meet and there are restrictions on who is allowed to compete. Also no times swam may qualify as state times. They are great meets for inexperienced swimmers to attend as the officials are more lenient and tend to give advice rather than disqualify swimmers.

### **What is an Invitational meet?**

An Invitational meet is very similar to an Encouragement and Qualifying meet with the exception of the hosting club inviting only certain other clubs to compete. Whilst swimmers do compete for individual honours they usually also compete in relays and points are accrued by swimmers for an overall club tally and a trophy awarded to the best performing club. An example of an invitational meet is the Diamond Creek Invitational.