

---

# MEMBERS HANDBOOK



*...it's feeding time*



# Contents

---



- 1     [Welcome](#)
- 2     [Club Contacts](#)
- 3     [About Us](#)
- 4     [Squad Equipment](#)
- 5     [Training](#)
- 6     [Communication](#)
- 7     [Club Uniform](#)
- 8     [Membership](#)
- 9     [Parent Participation](#)
- 10    [Competing](#)
- 11    [Event By-Laws](#)
- 12    [Results](#)
- 13    [Member Welfare](#)
- 14    [Qualifying Times](#)
- 15    [Sponsors](#)

# Welcome



This booklet aims to provide information to swimmers and parents in relation to the Immanuel Piranhas Swim Club and its training squads.

On behalf of the Immanuel Piranhas Swim Club, I would like to extend a warm welcome to you and your family.

It is often quite daunting, especially for new Club members, to fully comprehend the club's activities and services. Hopefully, this booklet will provide all members with a better understanding of the club. Most importantly, if it does not answer your immediate queries, we hope that it at least serves to point you in the right direction towards getting the information you require. Please don't hesitate to talk to members of the Committee, Coaching Staff and other Club members if you have any questions.

Immanuel Piranhas Swim Club offers programmes which cater for all levels of swimming. Our aim is to provide every opportunity for swimmers to develop to their maximum potential. To do this we employ qualified professional coaching staff. Like all clubs, we require the assistance and support of volunteers. If you would like to get involved in any aspect of the Club, please do not hesitate to contact me or one of the Committee members who will be happy to advise you. Every suggestion for improvement, every offer of help, every dollar of sponsorship and fundraising and every smile of fun is welcome. Parents, please take on some jobs to ensure we can provide a great swimming environment for your children.

We hope that you have a long and enjoyable association with the Immanuel Piranhas Swim Club and that you find both the swimming and social activities rewarding and fulfilling. We hope that your involvement at Immanuel Piranhas is an enjoyable experience.

**Richard Washington**

**Club President**

# Club Contacts



## Coaching Team

Coaching Director	Carolyn Veldhuyzen	manager@iswim.sa.edu.au
Coaching Team	Rian Pate Grant Muller	squads@iswim.sa.edu.au

## Club Captains 2022/23

Euan Stenhouse  
Madeline Rawson

## Vice Captains 2022/23

Oscar Dingwall  
Claire Borgmeyer

## Committee

President	Richard Washington	president.ipiranhas@gmail.com
Vice President	Peter Muller	vicepresident.ipiranhas@gmail.com
Secretary	Tanya Borgmeyer	secretary.ipiranhas@gmail.com
Treasurer	Rian Pate	treasurer.ipiranhas@gmail.com
Membership	Kirily Dingwall Mel Beech	membership.ipiranhas@gmail.com
Publicity Officer	Heather Pronk	publicity.ipiranhas@gmail.com
General	Brian Clinch	
General	Mel Beech	
General	Kirily Dingwall	
General	Henry Lambert	

## Non-Committee Support Roles

Uniform Officer	Natalia Rudaya	uniforms.ipiranhas@gmail.com
Website Administrator	Greg Borgmeyer	na
Child Safe Officer	Jacqui Stenhouse	cso.ipiranhas@gmail.com
Member Protection Officer	Kirily Dingwall	memberprotection.ipiranhas@gmail.com

## Sub-Committees

Competitions  
People, Club Culture & Social  
Strategic Planning & Fundraising

[Return to Contents](#)

## Our History

The Immanuel Piranhas Swimming Club was formed in May 2007 through the renaming of the Sturt Flinders Piranhas Swimming Club to PBA Piranhas. It was created and inspired by triple Olympian, Glenn Beringen. Immanuel Piranhas encourages all swimmers to reach their full potential through a supportive environment with expert coaching that inspires excellence.

In 2017 the Club re-branded with a new name as the Immanuel Piranhas Swimming Club Inc.

The Immanuel Piranhas Swimming Club's association with the resident swim school, iSwim and its partnership with Immanuel College Novar Gardens - allows junior swimmers with interest in a club environment to become an active participant in our social and competitive events.

## Immanuel Piranhas Swim Club

Immanuel Piranhas squads are under the guidance of manager and coaching director Carolyn Veldhuyzen, who is supported by our professional coaching leadership team of Rian Pate – Gold and Blue Squad Coach and Grant Muller – Blue, Green and Red Squad Coach.

Immanuel Piranhas caters for a range of swimming disciplines including pool swimming, open water/surf lifesaving, triathletes, and juniors through to masters; bringing together swimmers and coaches that encourage and foster each other's individual strengths to strive to be the best they can be. Working together for the best outcome, engaging and supporting all swimmers - through developing a partnership between swimmer and coach/es.

Being part of a Swim Club like Immanuel Piranhas can open up a world of possibilities for swimmers of all abilities. Our core value is to create an environment that fosters positive, engaging and enjoyable experiences, for both our families and swimmers. Whether you're just starting out, training more seriously, or to swim competitively, combined with our fun and friendly environment allows swimmers to unlock their potential to take their swimming to the next level. We focus on the personal growth of each swimmer through both sport-specific and social skills.

We have a state-of-the-art, indoor, heated swimming pool 25 metre x 10 lane pool, boasting adjustable trackstart blocks. Swimmers have access to training sessions 6 days a week, morning and afternoon/evenings.

## Our Culture

We promote the following attributes within the Club through our culture as:

- Having supportive families and athletes;
- To be friendly and positive in marshalling, including your opponents, where we offer positive encouragement and comments only as we value sportsmanship highly;
- To be respectful of each other (parents/guardians and swimmers), if you can't say something nice, then don't say it at all philosophy; and
- Acting as 'One Team' at all times, this includes sitting together with coaches and team managers at a meet. Support and encourage everyone.

# Squad Equipment



## Development Squad

All swimmers should have the following equipment for training:

- 1 Swim Mesh/Net Bag (hold equipment)
- 1 Swimming Cap (preferably Club Swim Cap)
- 2 Pairs of Goggles
- 1 Pair of Fins
- 1 Kickboard
- 1 Water Bottle
- 1 Pull Buoy
- 1 Pair Hand Paddles

## State/National Squad

All swimmers should have the following equipment for training:

- 1 Swim Mesh/Net Bag (hold equipment)
- 1 Swimming Cap (preferably Club Swim Cap)
- 2 Pairs of Goggles
- 1 Pair of Fins
- 1 Kickboard
- 1 Water Bottle
- 1 Pull Buoy
- 1 Pair Hand Paddles
- 1 Swim Snorkel

## Storage

Limited storage is available on-site for those swimmers training 3 or more times per week.

If you have any questions regarding the above please ask the Coaching Team.



# Training

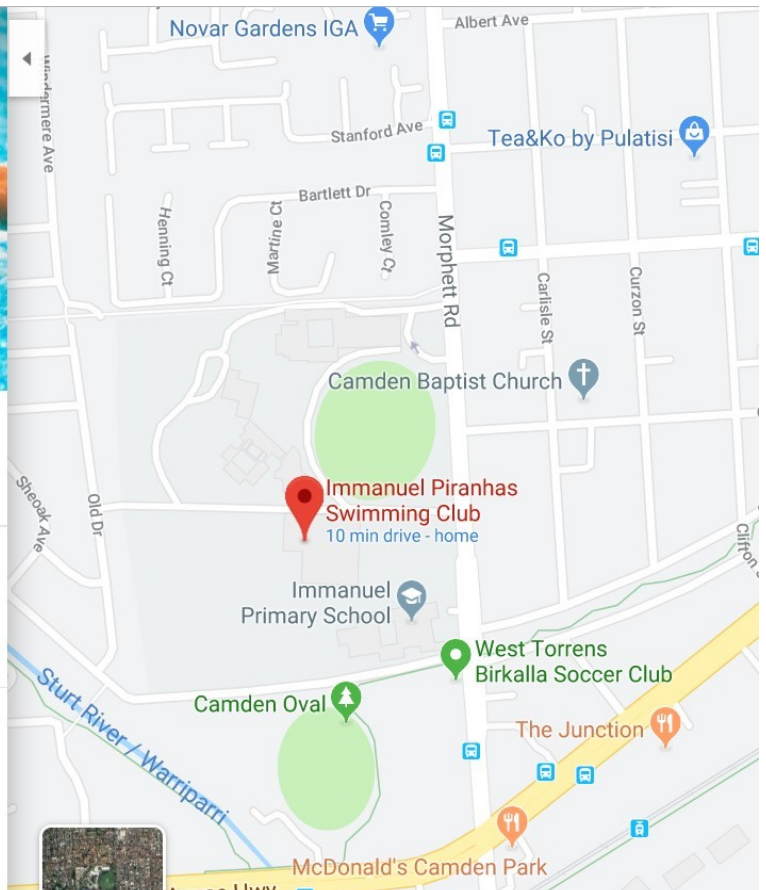


## Training Location

Immanuel College Sports Centre

Located in Immanuel College

32 Morphet Rd, Novar Gardens SA 5040



## Training Schedules

As training times change periodically, please refer to the Club's website ([click here](#)) for current training schedules.

## Other Training

At times the Club will arrange additional training sessions in an outdoor 50m pool to provide exposure to those swimmers in the Gold/Blue/Green squads to long course conditions in the lead up to National and State Long Course Championships in January/March/April.

[Return to Contents](#)

The committee will aim to communicate with members through a range of mediums.

Primarily, the club utilises email and it's closed Facebook page which is designed to send alerts when a new message is posted (available only to current financial members).

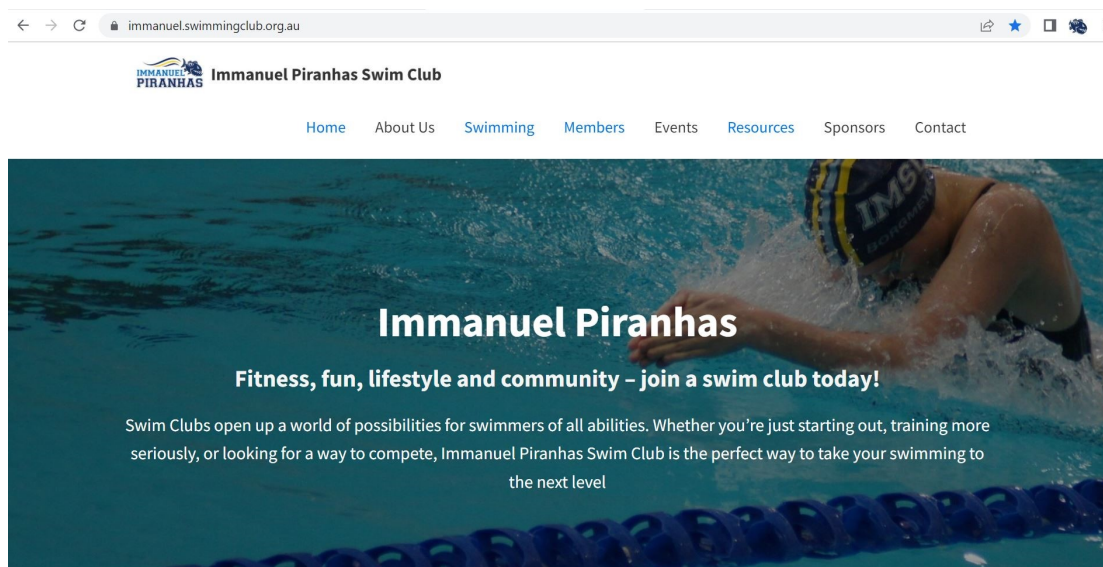
Our Facebook page - <https://www.facebook.com/groups/468830013275487/>:

- To join this closed group, use the link above
- Click on the "Join Group" and then you will be approved by a member of the committee.
- Joining the Facebook page gives you immediate access to the latest news and events that are happening within the Club.



Other forms of communication with all our members is:

- Emails as required for key information - sent as per email address listed on the new member form; and
- Website - [immanuel.swimmingclub.org.au](http://immanuel.swimmingclub.org.au) where updated information is published is regularly.



# Club Uniform



Club uniforms give swimmers a sense of identity. Uniforms also help spectators identify our swimmers in and out of the water. The uniform is available to order online from FullHammer at <https://imsc.orders.net.au/> (please allow for a 2 week turnaround).

For the Club Polo Shirt and Swim Caps (unnamed or named), please contact the [Uniform Officer](#) who can assist you.

## The available items are:

### Mandatory Items

- |  |           |
|--|-----------|
| • Club Polo Shirt  | \$55      |
| • Unnamed Swim Cap (new members receive 1 free on sign-up)<br>or | \$20      |
| • Named Cap (ad-hoc orders)                                      | \$45/pair |

### Other Items

- |                                      |                    |
|--------------------------------------|--------------------|
| • Baseball Cap / Bucket Hat / Beanie | \$25               |
| • Hoodie - Zip                       | \$60               |
| • Hoodie Jumper                      | \$50               |
| • Shorts / Tracksuit Pants           | \$40 / \$45 / \$50 |
| • Navy / White Adult Polo            | \$45               |
| • Adults Puffer Jackets              | \$65               |

Please contact the Uniform Officer for further information (refer to [Contacts](#) page).



**Club Polo Shirt**



**Hoodie**

# Membership

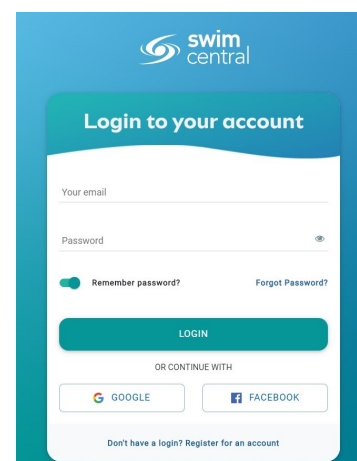


At Immanuel Piranhas we offer up to two weeks free trial to ensure that our Club is the right fit and suits your family's needs. Once this is completed, we encourage all families to complete Membership Forms as soon as possible.

Once your Annual Membership (1st October to 30th September) is paid, swimmers receive a free Club swimming cap and are eligible for discounted training fees. Membership to any swimming club in SA includes a set fee for Swimming SA and Swimming Australia registration. It is a requirement to be financial with Swimming SA before swimmers can participate in any competitions.

The Club offers several different categories of membership with fees structured to reflect the type of membership, the time of joining as well as discounts for additional family members. The types of membership categories are:

- Swimmer (8 years and under)
- Introductory Swimmer (9-12 years) - First Year Only
- Swimmer
- Parent/Non-Swimmer
- Second Parent
- Official (2 qualifications)
- Life Member
- Affiliate Member



## Joining Immanuel Piranhas

### **New membership**

- It is important that you create the Parent membership first, then each child/swimmer.
- Follow the process via the link below:  
[https://sa.swimming.org.au/sites/default/files/assets/documents/How\\_to\\_%20Register%20Purchase\\_Membership.pdf](https://sa.swimming.org.au/sites/default/files/assets/documents/How_to_%20Register%20Purchase_Membership.pdf)

### **Renewing your membership**

- To renew your current membership simply follow the process via the link below:  
[https://sa.swimming.org.au/sites/default/files/assets/documents/How\\_to\\_%20Purchase\\_Membership.pdf](https://sa.swimming.org.au/sites/default/files/assets/documents/How_to_%20Purchase_Membership.pdf)

### **Transferring your membership**

- To transfer your membership to Immanuel Piranhas follow the process via the link below:  
[https://sa.swimming.org.au/sites/default/files/assets/documents/How\\_do\\_members\\_transfer\\_clubs\\_in\\_Swim\\_Central.pdf](https://sa.swimming.org.au/sites/default/files/assets/documents/How_do_members_transfer_clubs_in_Swim_Central.pdf)

## Dual Membership

If you hold a dual membership (that is, hold membership at 2 different swimming clubs), if the majority of your training is undertaken at Immanuel Piranhas (IMSC), it is our expectation that if you choose to compete that you declare your Primary Membership as IMSC in Swim Central.

[Return to Contents](#)

# Parent Participation



Immanuel Piranhas Swim Club prides itself on being a club which can bring the whole family together to participate in a healthy sport. Club Committee members are parents of swimmers from the club and carry out the operations of the swimming club on a voluntary basis.

All parents are expected to help, particularly if we hold our own Club carnival, as well as other carnivals as required. It is in this area that parents can make a very worthwhile contribution: by giving encouragement, showing an active interest and keeping an up to date knowledge of club activities e.g. reading the handbook and newsletter, volunteering as timekeepers etc. It will not only be appreciated by the Club Committee, but by the children whose enthusiasm receives a tremendous boost through seeing mum or dad as part of the 'team' supporting them in their sport.

Some of the positions or volunteering jobs parents might be expected to do include:

- Team Manager - Organising the children for their events at carnivals/competitions
- Timekeeper - Timing races with a stopwatch
- Official at Carnivals - Examples; Starter, Check Starter, Judge of Stroke, Marshal, or Inspector of Turns
- General Assistance - offer any assistance as required at any time
- Fundraising - assist the club with raising money (e.g. Community Lottery)

It is a SwimmingSA requirement that all parents complete the following (including certificates to be uploaded in your Swim Central profile in 'Documents') as:

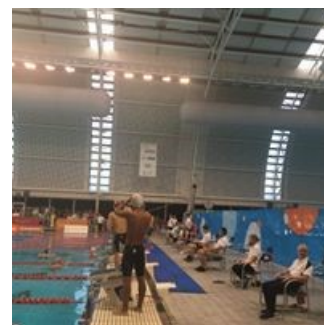
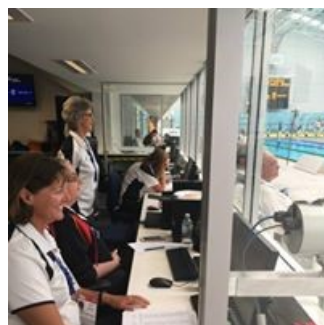
- **Working With Children Check (WWCC)**
  - If you don't have a current WWCC, then this can be requested through SwimmingSA for FREE at <https://form.jotform.co/swimmingsaevents/wwc-application-form>
- **Sport Integrity Australia - Child Safeguarding**
  - From 1st January 2023, any parent who officiates, whether qualified or not, will need to have undertaken the online course to be able to nominate to officiate. To access this course, please click on the link below: [https://elearning.sportintegrity.gov.au/blocks/androgogic\\_catalogue/index.php?c1=Courses](https://elearning.sportintegrity.gov.au/blocks/androgogic_catalogue/index.php?c1=Courses)

The Club's expectation is that all parents, if rostered to officiate/team manage at a meet, nominate via SwimCentral by the stated closing date. From 1st January 2023, if a member fails to comply with requests to officiate/team manage a fine will be imposed by the club. The first fine will cost \$50, subsequent non-compliance will attract a \$100 fine per instance. If the fine is not paid within 30 days, membership will be suspended until paid in full.

**NOTE:** Members are free to organise mutually agreeable swaps with other club members if unable to fulfill their duty. Please communicate all agreed swaps to the membership officer at [membership.ipiranhas@gmail.com](mailto:membership.ipiranhas@gmail.com)

## Officiating and Timekeeping

- Each Club attending a carnival can be allocated a number of timekeeping or officiating positions according to the number of swimmers entered in each carnival. If you are rostered as a timekeeper or official it is important to complete your allocated time slot. Every effort will be made to align allocations with swimmers events.
- Technical Officials may also be required to be provided by participating Clubs. Swimming SA conducts theory courses online, with practical training occurring on pool deck at open carnivals and Swimming SA meets. Contact a Club committee member to discuss.



## Team Manager

Team Managers are allocated at each carnival where we have swimmers attending. The role responsibilities include:

- The team manager is the liaison between swimmers, coaches and event officials. They need to be at the meet from the start of warm up until the finish, and to attend team manager briefings.
- The role of the team manager is to facilitate communication between swimmers, coaches and event officials as necessary.
- The team manager DOES NOT replace the role of the parent in supervising their swimmer.
- The team manager is responsible for liaising with and lodging paperwork with meet officials however it is the swimmer or their parent who is responsible for advising the team manager of the required information, e.g. if the swimmer is withdrawing (or not) from a final at a championship event.
- Must attend Team Manager briefing which is held 60 minutes prior to the start of the meet.
- To communicate any specific instructions from the briefing to the coaches and/or swimmers as required.
- To respond to club/swimmer queries from the event organisers/officials
- To address any basic first aid needs of swimmers and seek further trained assistance where needed.
- They represent and support the swimmers (within the context of the behaviour and child protection policies of Swimming SA) and the club should any issues arise and until such time as a parent is available and/or the concern is resolved.

## Swimming Carnivals

Throughout the year there are two seasons for swimmers to compete in; short course and long course events. These include Swimming SA carnivals, Club carnivals, SA State Championships and SA Open Water Championship. Competing is purely a personal choice but we encourage all swimmers as they are a lot of fun that help build a great sense of personal achievement and team spirit.

Dates for meets the Club will be targeting will be available at the beginning of each season. For information on other events please utilise the Swimming SA Handbook or visit the Swimming SA web page at [www.sa.swimming.org.au](http://www.sa.swimming.org.au).

## Types of Carnivals

As mentioned above there are several types of carnivals which are detailed below:

- **Short Course:** the term short course (abbreviated SC) is used to identify a pool that is 25 metres in length. The term is also often included in meet names when conducted in a short course pool.
- **Long Course:** the term long course (abbreviated LC) is used to identify a pool that is 50 metres in length. The term is also often included in meet names when conducted in a long course pool.
- **Open Carnivals:** these are events that are open to competitive swimmers of any age or gender regardless of their time or non-time. There are generally referred to as a club carnival and Swimming SA run meets except Championships meets.
- **Championships (National or State):** these are events that require the swimmer to have met the [qualifying times](#) for their specific age group as set by Swimming SA for SC or LC event year.

## Entering a Carnival

- All nominations must be paid for at time of lodging are done online via Swim Central. Follow the process on how to enter a carnival via the link below:  
[https://sa.swimming.org.au/sites/default/files/assets/documents/How%20a%20swimmer%20enters%20a%20meet%20online\\_5.pdf](https://sa.swimming.org.au/sites/default/files/assets/documents/How%20a%20swimmer%20enters%20a%20meet%20online_5.pdf)

## Purchasing Tickets for Carnival Entry

- Entry to carnivals for parents, tickets must be purchased online through Swim Central. Follow the process on how to enter a carnival via the link below:  
[https://sa.swimming.org.au/sites/default/files/assets/documents/How%20a%20swimmer%20enters%20a%20meet%20online\\_5.pdf](https://sa.swimming.org.au/sites/default/files/assets/documents/How%20a%20swimmer%20enters%20a%20meet%20online_5.pdf)

## Swim Suit Guidelines - Swimming SA Event By-Laws:

### CBL 24-GENERAL SWIMWEAR POLICY

**CBL 24.1** All swimwear must be FINA approved.

**CBL 24.2** Subject to CBL 24.6 and 24.7, In pool and open water swimming competitions the swimmer must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit. For pool swimming competitions swimsuits for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, nor extend past the shoulder, nor below the knee. The swimsuits shall be made from textile materials.

**CBL 24.3** The swimwear (swimsuit, cap and goggles) of all swimmers shall be in good moral taste and suitable for the individual sports disciplines and are not to carry any symbol which may be considered offensive.

**CBL 24.4** All swimsuits shall be non-transparent. It is permissible to wear two caps.

**CBL 24.5** Modification of swimsuits to accommodate a swimmer's impairment is permitted as per WPS10.15.2. Proposed modified swimsuits shall be presented to the Technical Manager prior to the swimmers first event at the competition for approval.

**EBL 24.6** Unless otherwise directed by Swimming Australia, swimmers may wear swimsuits that do not bear a valid FINA approval label provided they satisfy the material requirements outlined in the current FINA requirements for swimwear approval and meet the following criteria:

- (i) Men's swimsuits are limited to one (1) suit that covers at most the body surface from hips to knee/s. Swimsuits may not extend above the waist or below the knees;
- (ii) Women's swimsuits are limited to one (1) suit in up to two (2) pieces that is of 'open back' and 'open shoulder' designs that may extend down to the knee; swimsuits must not extend below the knees;
- (iii) No zippers or other fastening devices are allowed except for a waist tie; and
- (iv) Swimsuits must be of textile material (i.e. permeable textile open mesh materials such as cotton, nylon, lycra and the like) with no application of surface treatment closing the open mesh structure.

**EBL 24.7** Not with standing any other clause in this by-law, swimsuits may be modified or alternative swimsuits may be worn to accommodate a swimmer's individual needs and preferences, including in respect of modesty, religious or cultural purposes, gender identity, physical disability or in connection with any other protected attribute under federal or state antidiscrimination legislation provided any modification or proposed alternative swimsuit:

- (a) complies with the [Swimming Australia Inclusive Swimwear Policy](#); and
- (b) is approved by the Technical Manager prior to the swimmer's first event at the relevant competition.

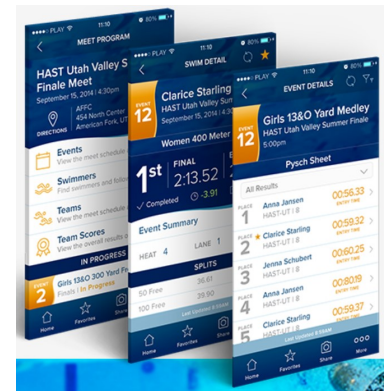
**EBL 28.8** The referee of a competition has the authority to exclude any swimmer whose swim suit or body symbols do not comply with this rule.

# Results



## MeetMobile

- Go to the App store on your phone and download the app 'MeetMobile'
- It is free to download, but to review results you will have to pay an annual subscription to the app for live competition results.



## Results Central

**Results Central**  
National Database

- Go to Swimming SA website or via link (<https://results.swimming.org.au/portal/>)
- You can search for any swimmer as shown in the image below:

swimming australia Results Central

Swimmer:  Distance:  All  All

Meet:  Stroke:  All  Age:  to

Dates:  dd/mm/yyyy to  dd/mm/yyyy Result Status  Gender:  All

## Own Results - Swim Central

- Log onto your Swim Central via <https://swimcentral.swimming.org.au>
- You can search for your child (swimmer) as shown in the image below:

swim central

Results

Find your Times

Parent 1 Parent 2 Swimmer 1 Swimmer 2

Course Type: Long Course Stroke Type: Freestyle Distance: 50 Metres Type: All Types

From Date: 01/01/2020 To Date: 08/11/2020 Year: 2020

Swimming Australia, supported by Immanuel Piranhas Swim Club, promotes the following behavioural guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. These behavioural guidelines highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare.

The Club has '[Behavioural Guidelines - Code of Conduct](#)' that are required to be read and signed in the acknowledgement section as part of the new membership pack (this has been sourced from the Swimming Australia Safe Sport Framework).

## **National Integrity Framework**

Immanuel Piranhas Swim Club fully supports the Swimming Australia National Integrity Framework (NIF). This consists of the six documents as:

- Complaints, Disputes and Discipline Policy;
- Competition Manipulation and Sport Wagering Policy;
- Member Protection Policy;
- Improper Use of Drugs and Medicine Policy;
- Swimming Australia National Integrity Framework; and
- Safeguarding Children and Young People Policy.

Full details and procedures can be found at <https://www.swimming.org.au/integrity-policies-rules/national-integrity-framework>.

The Member Protection Officer (MPO) is the first point of call in the club for any enquiries, concerns or complaints (internal or external) about harassment and abuse. The MPO provides confidential information and moral support to the person with the concern or who is alleging harassment, they provide impartial information about the options available but do not mediate or investigate complaints. The MPO is responsible to the Club's Committee.

Immanuel Piranhas MPO details can be located in the [Contacts](#) section of this handbook.

# Qualification Times\*



\*From 1 January 2021, minimum age for competing at State Championships be 11 years old (excluding Relays which minimum is 8 years old).

- **State Short Course Qualifying Times**

- ◇ [https://sa.swimming.org.au/sites/default/files/assets/documents/2022%20SC%20State%20Champs%20Qualifying%20Times\\_0.pdf](https://sa.swimming.org.au/sites/default/files/assets/documents/2022%20SC%20State%20Champs%20Qualifying%20Times_0.pdf)

- **State Long Course Qualifying Times**

- ◇ <https://sa.swimming.org.au/sites/default/files/assets/documents/2023%20State%20Long%20Course%20Qualifying%20Times.pdf>

- **National Qualifying Times**

- ◇ **OPEN WATER:** <https://www.swimming.org.au/events-results/events/ocean-swim-festival-and-australian-open-water-championships>
- ◇ **AGE:** <https://swimmingausprd.wpengine.com/wp-content/uploads/2023-Australian-Age-Championships-Qualifying-Times.pdf>
- ◇ **OPEN:** <https://www.swimming.org.au/events-results/events/2023-australian-swimming-championships>

# Sponsors



## Sponsorships

Immanuel Piranhas Swim Club are always seeking to develop mutually beneficial relationships to support the ongoing development and growth of our Club which will enable us to support our members to develop, grow and meet their personal goals in and out of the pool.

Your sponsorship will allow us to

- Purchase crucial training equipment
- Assist swimmers with travel and accommodation expenses
- Support professional development of our coaches and officials
- Provide rewards in the way of trophies and medals
- Build the profile of competitive swimming in our community
- Support social events for the swimmers and their families.

We have various sponsorship packages available. A brochure is available to download [here](#).

## Current Sponsorships

### Platinum Sponsors



### Gold Sponsors



### Silver Sponsors



### Bronze Sponsors

