

CANNONVALE CANNONS **SWIMMING CLUB INC.**

Mission Statement: The purpose of the Cannonvale Cannons Swimming Club Inc. is to provide opportunities for all members of any ability to be involved in swimming in this area. The Club encourages athletes to achieve their best, make friends and have fun.

Club Motto: NO LIMITS, NO BOUNDARIES

The club's goals include:

- to build self-esteem and confidence
- to provide opportunities for members to be involved in swimming activities
- to encourage members to participate or be involved in aquatic activities
- to respect other people and their property
- to build healthy competitive relationships
- to help one another achieve their goals
- to build good team work
- to educate all members in all elements of swimming - strokes, fitness, safety, technical, ASADA etc.

Cannonvale Cannons will provide swimmers with a healthy learning environment. This will be achieved by placing swimmers in their relevant squads according to their ability. Squads will be designed to give each individual swimmer the best possible chance to achieve their goals.

PLEASE NOTE:

Squad training is arranged through Cannonvale Swim Centre. Cannonvale Swim Centre is a privately-owned business and not part of Cannonvale Cannons Swimming Club.

Cannonvale Cannons Swimming Club has appointed Cannonvale Swim Centre's owner, Mark Erickson, as the Club's Head Coach, Kenny Crittenden as Assistant Coach. Squad training and Club are completely separate.

Presidents Message

Can I start by welcoming swimmers and families to the Cannonvale Cannons Swimming Club for the year of 2021/2022.

Since 1997 we have been teaching our members the value of developing fitness, teamwork, respect and fun for swimming. Our clubs aim is to provide a safe facility, where swimmers of all levels can learn and excel through our successful coaching programs.

The “Cannons” relies heavily on volunteers to assist with positions within the club to ensure that our club nights and competitions run efficiently and smoothly. Our members and family’s involvement in the club has enabled us over the years to form long and lasting relationships within our community. We welcome you to help where you can within the club whether it is for competitions, club nights or fundraising.

I would like to thank and congratulate our outgoing executives and committee members for not only an extremely successful year but also for the management of the nightmare that was and is COVID19. The amount of extra work involved in the organizing and running of our training days, club nights, competitions and travelling to comps with the professionalism that we did is nothing short of amazing.

To our fantastic coaching team lead by Mark, Kenny and Giselle. Your team and their genuine love of teaching our children to swim is the reason why we still have the highest numbers for membership in North Queensland.

To our parents. The constant sacrifice of travel, volunteering and of course the waiting..... always waiting!!!

And finally, to the reason why we do this, our swimmers. From the first day at this club I have always been amazed at the level of excellence that every swimmer in this club aspires to. And it’s not just about the accolades of our swimmer’s success but the way in which they conduct themselves to achieve this.

As we approach this year it is important that we realize that we are not out of the woods as far as COVID 19 is concerned. We will be assisted this year with additional positions within the club to help with the important task of organizing and coaching parents to volunteer and help with the running of the club.

I would like to wish all our swimmers the best for the year ahead and hope that you enjoy yourselves.

Thank you

Shannon Doherty

Executive Committee 2021-2022

Position	Name	Phone No.	Email
President	Shannon Doherty	0429 429 940	president@cannonvalecannons.com
Vice-President	Danny Delac	0404808448	vicepresident@cannonvalecannons.com
Secretary	Giselle Burton	0418 196 846	secretary@cannonvalecannons.com
Treasurer	Ben Malady	0409 181 027	treasurer@cannonvalecannons.com
Executive Officer	Yvonne Gascoyne	0407 679 890	executiveofficer@cannonvalecannons.com

Additional Club Positions 2019-2020

Position	Name	Phone No.	Email
Registrar	Giselle Burton	0418 196 846	secretary@cannonvalecannons.com
Club Night Noms Race Secretary	Theresa Manning	0402 776 299	cannonsnominations1@gmail.com
Club Recorder	Raylene Rasmussen	0417605078	swimboy62@hotmail.com
Publicity Officer Social Media	Emma Bond Hayley Doherty	0439 751 499 0406 725 877	
Fundraising	Natasha Daniels Renee Clayworth	0410572608 0403652686	
NQ Delegate (1)	Andrew Bell	0407 568 778	giselle.andrew@bigpond.com
NQ Delegate (2)	Jane Delac	0416 061 375	djdelac1@gmail.com
Carnival Director	Theresa Manning	0402 776 299	cannonsnominations1@gmail.com

LIFE MEMBERS

Mrs. Lola Mudie
Mr. Mel Mudie
Mr. Mark Erickson
Mr. Hank (Donald) Hankins
Mrs. Theresa Manning

Cannonvale Cannons Swimming Club Facility:

Cannonvale Cannons Swimming Club is situated at the back of Cannonvale State School. Entry is via Park (Coral Esplanade). The Club's pool is a 25m outdoor pool with six lanes.

CARS ARE NOT PERMITTED ON SCHOOL GROUNDS PLEASE PARK ON THE CORAL ESPLANADE. ACCESS VIA THE PARK OR PARKING IS AVAILABLE AT SHOPPING CENTRE CAR PARKS.

ACCREDITED OFFICIALS

We will be looking at filling these positions during the season.

Positions - Timekeepers, Marshall, Starter, Check Starter, Judge of strokes, Touch & Turn Judge, Referee.

Meetings:

Executive Meetings - will be held every month on a date to suit Executive Members.

Suggestions or complaints are to be in writing and submitted to a committee member three days before meeting so it can be tabled at the next meeting. If more correspondence/discussion is required there will be a meeting arranged at a later date - for all parties concerned.

General Meetings - will be held throughout the season 3 times. Special Meetings may need to be arranged from time to time to give out important information.

If there is anything you wish to bring up at the meeting it should be tabled with an executive member at least 5 days prior to the meeting. This will help us run meetings that are productive and effective. Please email: secretary@cannonvalecannons.com

The agenda for General Meetings will be displayed sent out via newsletter before the meeting.

We look forward to your involvement and input at these meetings.

Membership Fees:

Membership Fees cover Affiliation with SNQ, SQ, SA and Insurance Cover whilst on pool deck. These are all necessary to be a member of a registered Swimming Club.

Note: If a swimming member is under 18 years a parent/guardian **must** join the club. Adults are encouraged to have a blue card. Please see Giselle for details in obtaining your volunteer Blue Card.

Blue Card Link

<https://www.qld.gov.au/law/laws-regulated-industries-and-accountability/queensland-laws-and-regulations/regulated-industries-and-licensing/blue-card-services>

2021-2022 FEE STRUCTURE

Competitive swimmer 9+ years	\$187
Competitive swimmer 8 yrs + under	\$123

Parents are Free

Please note: There are **discounts** for families with more than 2 swimmers. It will automatically be taken off when you purchase in the one shopping trolley in Swim Central.

All clubs find it necessary to have adults join the club to facilitate various meets or club nights (as Timekeepers, Recorders, Referees, Marshalls, Supporters, Caterers, etc.) and to encourage their participation with decision making at General Meetings. A junior club cannot run without adult involvement (see SQ & SNQ Guidelines).

Non- Club Members are not entitled to any club incentives (trophies, certificates and ribbons, etc.)

New members and their families are extended a warm welcome and we look forward to seeing you at club nights and on the pool deck. If you have any questions at all please seek out one of our friendly committee members listed on the earlier pages of this handbook, otherwise we also have our general meetings where we all get together and this is also a great way to meet everyone.

Uniform:

Club Shirt	\$45.00 (Mandatory)
Club Swim Cap	\$15.00
Club Shorts	RED
Club Hats	\$25.00

Fundraising:

2021/2022 we welcome a fundraising committee headed by Natasha Daniels and Renee Clayworth. The Club will advertise the up and coming fundraising activities via our Cannons Club News Newsletter and Facebook posts.

Club Communications:

The main means of communication is the club Facebook page <https://www.facebook.com/CannonvaleCannons/> and via Cannons website: <https://cannonvalecannons.swimming.org.au/> and also our Newsletter.

The Cannons have a “club noticeboard,” which is on the amenities wall at the Cannonvale pool, this displays all meet flyers and other important notices. It is important for parents and swimmers to get into a daily habit of checking our Facebook page, website and noticeboard for the latest information on training schedules, meet announcements, newsletters, awards, and so on.

Swim Meet Tips & Tricks:

What to do at your first swimming competition...

On arrival, look for the red/blue club shirts. Club members aim to sit together and support each other by cheering on Cannon swimmers and helping each other with marshalling for swims.

Swimmers must check in with their coach for warm up instructions immediately on arrival. Swimmers also check in with coaches before their event is marshalled and immediately after every race they've completed.

Just like club nights, swim meets rely on volunteer parents/supporters to share the timekeeping duties. It's a chance to see the swimmers close-up on pool deck and get splashed in the Butterfly events! The job is easy with electronic timing, no writing - just press the red button when swimmers touch the wall.

Swimmers need to take responsibility for their own swims and check the marshalling board regularly. **New swim parents** and swimmers should keep an eye out on the marshalling board for marshalling. If you are unsure of the marshalling process please ask a coach or another parent and they will happily explain to you how to marshal for an event.

Ask someone to point out where the board is and make sure swimmers don't run off to the toilets, or head off without letting you know where they're going. Please supervise young children at all times. *Don't forget a highlighter and a black sharpie pen*

Tip: Avoid parent coaching on technique or race tactics

A parent's role is to support and encourage.



JX Program

Bio Island Australian Junior Excellence 2021-22 Criteria and Qualifying Times The 2021-22 Bio Island Australian Junior Excellence (JX) program will recognise performances from 1 May 2021 to 30 April 2022. Within the JX program, Swimming Australia recognise swimmers aged 9-13 years with a gold, silver, bronze or blue standard, based on their best swimming performance/s correlating to the times set by Swimming Australia.

More information on the JX Program go to this website: <https://bit.ly/3glhKeO>
https://www.swimming.org.au/sites/default/files/styles/medium/public/assets/images/JX%20RESULTS%20%283%29.png?itok=7ZXHdL_-

Junior Development Program

This program has been designed to align with SQ's Long Term Athlete Development philosophy as well as the Australian Sports Commission and Swimming Australia's FTEM (Foundation – Talent – Elite – Mastery) framework.

The SQ Development Squad selection criteria are based on International or National performance standards and include able body, open water and swimmers with disability. Eligible Swimmers (and coaches) will be invited to attend the various Qld team events, development camps, workshops or clinics that provide the appropriate level of development and educational support required to progress along the performance pathway.

For Qualifying times and levels for the above programs please go to Cannonvale Cannons Website; <https://cannonvalecannons.swimming.org.au/>

Click on the 'Get Swimming' tab, 'Useful Swim Links' and click on 'Qualifying Times', this link will direct you to all the information on these programs.





PLEASE NOTE:

Squad training is personally arranged through Cannonvale Swim Centre. Cannonvale Swim Centre is a privately-owned business and not part of Cannonvale Cannons Swimming Club. Cannonvale Cannons Swimming Club has appointed Cannonvale Swim Centre's owner, Mark Erickson, as the Club's Head Coach & Kenny Crittenden as Assistant Coach. Squad training and Club are completely separate.

Cannonvale Swim Centre: ph 0420 237 759

Email: swimboy62@hotmail.com

LOCATION: Cannonvale Swim Centre provide swim training at the Cannonvale State School pool. Access to the pool is via Coral Esplanade. Parking is available on Coral Esplanade.

COACHING TEAM: All of the swim teachers and coaches have current Swim Australia qualifications and many years of experience. The coaching team is headed by Mark Erickson who has been coaching for over 30 years. Ken Crittenden and Mark Erickson are Advanced Coaches (previously silver license). Raylene Rasmussen has a Development Coach qualification (previous bronze license). , Sofia Fortunato, Shay Wilmot, Jarrod Keys and Giselle Burton have several Swim Australia teaching qualifications. Mark and Raylene also have current ASCTA lifesaving qualifications.

Please Note: that coaches are only responsible for swimmers during their designated training times.

Parents are encouraged to supervise children before and after training sessions.

SQUAD TRAINING CRITERIA: The swim coaching is provided by the Cannonvale Swim Centre. All swimmers will need to be assessed before training, so coaches can place them in a suitable squad or group. To be able to train in a squad, athletes must be able to swim 4 x 25m on a minute cycle of 2 recognisable strokes.

CANNONVALE SWIM CENTRE TRAINING FEES: All training fees must be paid to the Cannonvale Swim Centre (and not the Cannonvale Cannons Swimming Club). All training fees must be paid upon entry to the pool. Learn to Swim fees are based on a school term. Squad training fees can be paid per session or per week (Monday to Saturday).

Training fees can be paid by cash, direct debit or credit card via PayPal at the kiosk.

Direct debit details are: **BSB:** 014 691 **ACC:** 181 174 519.

TRAINING LEVELS/GROUPS: There are seven squads and four levels of learn to swim/stroke correction groups. All swimmers are required to bring their own goggles, towels, caps and water bottles. All Lasers, Bullets, Torpedoes, Missiles, Cannons and Guns must bring their own flippers. Swimmers must have their name on all their swim gear. All new swimmers must be assessed before they train.

TRAINING TIMETABLE: effective from August 2021. The timetable can change especially for public holidays, school holidays and coach illness. There is a warm up session for Club Nights from 5pm on Wednesday afternoons.



Mini

Mon – Fri 3.15 – 3.45pm Cost: \$25 per week

Lasers

Mon – Fri 3.15 – 4pm Cost: \$25 per week

Bullets

Mon – Fri from 3.15pm Cost: \$32 per week

4pm Minis Lasers & Bullets Monday ,Tuesday, Thursday, Friday (For kids travelling from Proserpine/Bowen)

4pm Minis and Lasers 30 minute session only on Wednesdays during Club Night Season

Torpedoes

Mon, Tues, Thur & Fri afternoons 4 – 5.15pm Cost: \$32 per week or \$12 per session
Tues, Wed & Fri mornings 5.15 – 7am

Missiles, Cannons & Guns

Mon, Tues & Thurs from 4.30 - 6/6.15pm(Land training from 4.15pm)
Fri afternoons 4.15 - 5.30pm
Tues, Wed & Fri mornings 5.15 – 7am
Cost: \$40 per week or \$15 per session

More information about swim training is available from the Cannonvale Swim Centre’s website or Facebook page or from the swim centre’s kiosk.

Alternatively, contact Mark Erickson on ph 0420 237 759 or email: swimboy62@hotmail.com or contact Raylene Rasmussen on ph 0417 605 078.



CLUB NIGHTS – fees & nomination procedures

Club Nights are usually held EVERY Wednesday night of the month (depending on the carnival schedule - Only two (2) club nights in December and one (3) in January). Club Nights will generally start in August and finish in March. Swimmers are permitted to enter a **MAXIMUM of FOUR** events (1 only of each stroke) per night.

NOMINATION AND ENTRANCE **\$7 per family**
(This fee goes to the Club towards - Pool Hire, Paper, Electricity, Administration, etc.)

WARM-UPS start at 5.00 pm followed by Club President & Coach address to swimmers and members. **RACING** commences **PROMPTLY** at 6.00 pm.

Nominations for Club Night close 8.00 pm on the MONDAY before Club Night.
If you miss nomination cut off we will still offer an opportunity for our club members to swim in either a 12.5m or 25m event. However, no time will be recorded for these events.

Time Trials: Time trials can be arranged for those needing qualifying times to nominate for certain meets. Please ensure the meet you are wanting to nominate in, will accept a time trial. Prior notice must be given to the Club so that 3 accredited time keepers are available to conduct the timing.

Late nominations: *If there is lane space the swimmer will be entitled to swim but no time will be recorded for that swim.*

It is vital that we start Club Night at 6.00pm to ensure we finish by 8.00pm.
We will start calling swimmers for the first events straight after the Presidents & Coaches address (Approx 5.55pm)
It is also critical we have volunteers for timekeeping. If we do not have enough timekeepers club night will not go ahead.

Nominations are an online process as per the below steps:

You will need to go onto the Swim Central website swimcentral.swimming.org.au to do club nominations.

Log into Swim Central <https://swimcentral.swimming.org.au/> unlock with your PIN, select Events. From the calendar select the dates/swim meet you wish to enter to access Race Nominations.

Please ensure that the Nominee in the drop down is the family member you wish to nominate. Select the Details tab to view more detailed event information.

Please Note: to only nominate for races you have been upgraded to for Club Nights Swim Central automatically calculates a swimmer's eligibility for events at away swim meets, and will display these events automatically. Add events to the Shopping Cart using the "+" button and choose the "Make Payment" button to finalise the nomination. You will receive an email with conformation of your nominations.

CLUB NIGHT INFORMATION

Club Night is a great opportunity for swimmers to test themselves in a fun, low stress environment. It operates like a real swimming meet to allow swimmers to become familiar with the meet environment. It allows swimmers to see how all that training is benefiting them with improved personal bests (PBs).

On Club Nights parents and friends are required to act as officials. We require timekeepers, judges, starters, etc. before we can commence racing (no qualifications necessary) - so please volunteer your services so we can commence on time and with correct officials in place we can record the swimmers' achievements with upgrade certificates and club records.

As a good swim meet practice, swimmers should be in the Marshalling area before the event and remain in the marshalling area until their race. Any swimmers who miss their heat will not be permitted to swim in another heat of that event.

Complete silence must be observed prior to the starting of every event.

Dinner duties: Families will be expected to take part in some way through the season. Please talk with Yvonne Gascoyne, Jane Delac, or Giselle Burton and pick a date or dates where you will be able to help. We thank you in advance for your assistance.

Parent Supervision: Drop and go is NOT permitted. We must adhere to Water Safety Guidelines and it is therefore imperative that each child is under the supervision of an adult. If you are unable to accompany your child to swim club you must appoint an adult to supervise your child in your absence. Whilst everyone involved in swim club with endeavour to ensure the safety of every child, **it is ultimately your responsibility.** This is not a paid supervised event.

CLUB NIGHT RULES :

- Club Night will commence at 6pm sharp! Warm up from 5pm
- All swimmers in the first event of the night will be expected to be at the marshalling area located at the deep end of the pool nearest lane 1
- Swimmers who swim 12.5 metre races will swim to a rope across the pool.
- 12.5m, 25m, 50m, 100m & 200m events will be offered every week
- There should be quiet after the whistle (the start of a race)
- Cheering while swimmers are racing is encouraged!!!
- The usual pool rules apply – no running, etc.
- Show respect for all members especially to parents helping with club night.
- Please listen to what they have to say.
- We are here for fun and to encourage all swimmers to perform well
- No small children are allowed around officials & pool surrounding concrete.
- Please ensure your area is tidy before you leave for at the end of the night.

UPGRADE TIMES FOR CLUB NIGHT

- Swim Races. 4 - 9 yrs. 12.5m swims. Once a swimmer has achieved a time of **14sec.** or less for Freestyle and **16sec.** or less for other strokes then in consultation with the coach they may swim up to 25m (for that stroke) after they receive their upgrade certificates.
- No Qualifying times (8+years) for 25m swims in consultation with the coach.
- Once a swimmer has achieved a time of **25sec.** or less for Freestyle and **28sec.** or less for other strokes then they may swim up to 50m (for that stroke) after they receive their upgrade certificates.
- To enter 100m events a swimmer must swim **45 sec.** or less for Freestyle, **50sec.** or less for Backstroke & Fly, & **53sec.** or less for Breaststroke over 50m.
- To enter 200m events a swimmer must swim **1.30** or less for Freestyle and others in less than **1.40** including 100m IM.
- To enter 400m events swimmers must swim 200m in **3min** or less for Freestyle
- To enter 400m IM must have swum **3.30** for 200m IM.
- To enter 800m events swimmers must achieve a time of **6min** or less over 400m.
- To enter 1500m events swimmers must achieve a time of **12min** or less over 800m.

Swimmers should refer to their Upgrade Certificates when nominating for an event.

- ❖ Swimmers 12 years and over - 25m amended standard times are not recognised for club awards except for club records.
- ❖ Upgrade certificates will be issued to swimmers in recognition of achieving these times.
- ❖ At the coach's discretion all of the above.

Note: Once a swimmer achieves the upgrade time for each distance and is awarded an upgrade certificate the following club night that doesn't mean that they have to swim that distance eg. If you are awarded an upgrade certificate for 200m Freestyle that doesn't mean you have to swim 200m Freestyle at the next club night, you can choose to swim 50m Freestyle if you want. A swimmer can choose whatever event they want as long as they qualify for that stroke/event. Some swimmers may prefer to stay at a certain distance even though they may have qualified for a longer distance because their development is not as efficient to warrant doing the longer distance.

The purpose of the Upgrade Certificate is to acknowledge and award the swimmer for achieving the time for each distance.

CLUB RECORDS

Pool Records can only be obtained on club nights, our carnival at Cannonvale Pool and Club Championships.

During the season the Club will be having distance club nights. These will be held in both halves of the season.

The following age groups can receive records for the following events only:

AGE	EVENTS
5,6,7yrs	4 x 25m, 4 x 50m, 100m IM
8, 9years	4 x 25m, 4 x 50m, 100/200m IM
10 yrs & over	4 x 25m, 4 x 50m, 5 x 100, 5 x 200m, 2 x 400m (FR & IM), 800m FR, 1500m FR

Club Records will start at standard SNQ A Grade Times and the Coach has made equivalent times for the 25m events and the 100m IM for this Club. Certificates will be awarded.

CLUB CHAMPIONSHIPS

The Club Championships - date to be finalised. (at the discretion of the Executive)
The Closing Date for Nominations - date to be finalised.

AGE	EVENTS
5 - 8 years	4 x 25m, 100m IM
9 years	4 x 50m, 100m IM
10, 11 & 12	4 x 50m, 200m IM
13,14,15,16,17 years & over	4 x 100m, 200m IM

These will be individual age groups. To be eligible to compete at Club Championships swimmers must be a registered member for at least 2 months prior to the Championships and have competed at a minimum of 5 club nights or swim 20 events, swimmers that have not attended a club night are entitled to compete as a non-competitor. There will be no Qualifying Times for Club Championships - it is strictly ages only.

There will be ribbons for placegetters - 1st, 2nd, and 3rd.

There will be awards for Age Champions. (Age Champions will be decided by points allocated for place getters).

CANNONVALE CANNONS CLUB AWARDS CRITERIA

Trophies and Certificates are awarded to members in this club who reach certain standards in our pool. **Times must be achieved in the Cannonvale Cannons Swimming Pool.**

There are 3 Levels of Trophies and a Club Medal that can be obtained. One award will be awarded to represent your highest level of achievement. Please see the following tables;

The Club Medal – swimmers need to obtain 1,2,3 or 4 of the below times level 1 times.

Level 1 Trophy - swimmers need to obtain five (5) of the below times.

LEVEL 1 TROPHY

FEMALE

	7yrs & Under	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs & Over
25m Free	23	22	21	19	17				
50m Free		44.20	42.20	40.20	38.20	35.70	34.70	32.70	32.20
100m Free			1.35.40	1.32.40	1.22.40	1.17.40	1.14.40	1.13.40	1.12.40
200m Free				2.56.80	2.55.80	2.47.80	2.39.80	2.35.80	2.34.80
400m Free					6.13.60	5.55.60	5.37.60	5.30.60	5.27.60
800m Free					12.39.20	12.02.20	11.26.20	11.12.20	11.05.20
1500m Free					24.12.00	23.02.00	21.55.00	21.28.00	21.15.00
25m Back	27	26	25	23	22				
50m Back		55.40	51.40	49.40	47.40	43.90	42.90	40.40	39.90
100m Back			1.49.80	1.43.80	1.35.80	1.30.80	1.26.80	1.24.80	1.23.80
200m Back					3.23.60	3.14.60	3.05.60	3.01.60	2.59.60
25m Breast	27	26	25	23	22				
50m Breast		59.00	56.00	54.00	52.00	49.00	47.00	45.50	43.50
100m Breast			2.04.00	1.56.00	1.50.00	1.43.00	1.38.00	1.36.00	1.35.00
200m Breast					3.51.00	3.41.00	3.30.00	3.26.00	3.24.00
25m Fly	27	26	25	23	22				
50m Fly		54.30	50.30	47.30	43.80	41.30	37.30	36.80	35.80
100m Fly			1.51.60	1.47.60	1.41.60	1.28.60	1.24.60	1.22.60	1.21.60
200m Fly					3.24.20	3.15.20	3.05.20	3.01.20	2.59.20
100m IM	2.00	1.50	1.58.00	1.48.00	1.44.00	1.39.00	1.34.00	1.33.00	1.32.00
200m IM			3.46.80	3.36.80	3.28.80	3.18.80	3.08.80	3.05.80	3.04.80
400m IM					7.25.60	7.04.60	6.43.60	6.35.60	6.31.60

MALE

	7yrs & Under	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs & Over
25m Free	23	22	21	19	17				
50m Free		44.20	42.20	40.20	38.20	35.70	32.70	31.70	30.70
100m Free			1.35.40	1.32.40	1.22.40	1.15.40	1.11.40	1.09.40	1.07.40
200m Free				2.56.80	2.50.80	2.42.80	2.32.80	2.29.80	2.23.80
400m Free					6.04.60	5.47.60	5.27.60	5.20.60	5.07.60
800m Free					12.21.20	11.45.20	11.18.20	11.04.20	10.38.20
1500m Free					23.41.00	22.32.00	21.27.00	21.05.00	20.14.00
25m Back	27	26	25	23	22				
50m Back		55.40	51.40	49.40	47.40	43.90	41.90	39.40	36.40
100m Back			1.49.80	1.43.80	1.35.80	1.30.80	1.25.80	1.22.80	1.19.80
200m Back					3.24.60	3.15.60	3.04.60	2.56.60	2.51.60
25m Breast	27	26	25	23	22				
50m Breast		59.00	56.00	54.00	52.00	49.00	45.50	43.00	40.00
100m Breast			2.04.00	1.56.00	1.50.00	1.40.00	1.35.00	1.30.00	1.28.00
200m Breast					3.43.00	3.33.00	3.21.00	3.12.00	3.06.00
25m Fly	27	26	25	23	22				
50m Fly		54.30	50.30	47.30	43.80	41.30	37.30	35.80	32.80
100m Fly			1.51.60	1.47.60	1.41.60	1.26.60	1.22.60	1.18.60	1.16.60
200m Fly					3.22.20	3.12.20	3.02.20	2.54.20	2.49.20
100m IM			1.58.00	1.48.00	1.43.00	1.38.00	1.33.00	1.29.00	1.26.00
200m IM			3.46.80	3.36.80	3.26.80	3.16.80	3.05.80	2.57.80	2.52.80
400m IM					7.22.60	7.01.60	6.39.60	6.21.60	6.09.60

Level 2 Trophy - swimmers need to obtain three (3) of the below times.

LEVEL 2 TROPHY

FEMALE

	7yrs & Under	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs & Over
25m Free	21	19									
50m Free		44.20	42.20	40.20	33.66	31.22	30.29	29.85	29.41	29.12	28.83
100m Free			1.35.40	1.32.40	1.12.97	1.07.03	1.05.06	1.03.77	1.03.14	1.02.51	1.01.89
200m Free				2.56.80	2.41.42	2.25.59	2.21.30	2.18.51	2.17.13	2.15.77	2.13.11
400m Free					5.42.28	5.08.22	4.54.69	4.47.43	4.44.58	4.43.17	4.36.33
800m Free						10.27.93	9.57.25	9.45.58	9.31.16	9.22.68	9.12.86
1500m Free							19.01.60	18.41.11	18.13.50	17.57.26	17.42.05
25m Back	25	23									
50m Back		55.40	51.40	49.40	41.82	37.50	35.70	34.97	34.62	34.27	33.94
100m Back			1.49.80	1.43.80	1.23.64	1.19.57	1.15.70	1.14.21	1.13.47	1.12.75	1.12.02
200m Back							2.43.86	2.40.63	2.39.04	2.37.46	2.35.90
25m Breast	25	23									
50m Breast		59.00	56.00	54.00	47.43	41.97	39.78	38.97	38.59	38.21	37.82
100m Breast			2.04.00	1.56.00	1.36.90	1.29.74	1.25.37	1.23.69	1.22.86	1.22.04	1.21.22
200m Breast							3.05.36	3.01.70	2.59.90	2.58.11	2.56.35
25m Fly	25	23									
50m Fly		54.30	50.30	47.30	39.27	35.01	33.30	32.64	32.31	32.00	31.69
100m Fly			1.51.60	1.47.60	1.24.66	1.17.97	1.13.80	1.12.34	1.11.61	1.10.91	1.10.21
200m Fly							2.43.57	2.40.34	2.38.75	2.37.17	2.36.63
100m IM	1.58	1.48	1.58.00	1.48.00							
200m IM			3.46.80	3.36.80	3.05.94	2.55.03	2.44.04	2.40.80	2.39.21	2.37.63	2.35.27
400m IM						6.11.84	5.48.50	5.41.61	5.38.22	5.34.87	5.29.87

MALE

	7yrs & Under	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs & Over
25m Free	21	19									
50m Free		44.20	42.20	40.20	33.66	31.22	28.62	27.77	26.69	26.42	25.39
100m Free			1.35.40	1.32.40	1.12.97	1.07.03	1.02.83	1.00.98	58.88	58.02	55.74
200m Free				2.56.80	2.41.42	2.25.59	2.17.61	2.13.55	2.08.97	2.07.06	2.02.70
400m Free					5.42.28	5.08.22	4.54.72	4.40.38	4.29.41	4.26.74	4.17.35
800m Free						10.27.93	9.57.25	9.22.55	9.14.20	8.55.19	8.53.30
1500m Free							19.01.60	17.55.28	17.39.31	17.02.97	16.58.34
25m Back	25	23									
50m Back		55.40	51.40	49.40	41.82	37.50	34.95	33.24	32.26	31.62	30.40
100m Back			1.49.80	1.43.80	1.23.64	1.19.57	1.14.48	1.10.86	1.08.77	1.07.41	1.04.77
200m Back							2.43.97	2.35.99	2.31.39	2.28.40	2.22.60
25m Breast	25	23									
50m Breast		59.00	56.00	54.00	47.43	41.97	38.55	36.68	35.60	34.88	33.53
100m Breast			2.04.00	1.56.00	1.36.90	1.29.74	1.23.58	1.19.52	1.17.17	1.15.64	1.12.69
200m Breast							3.02.48	2.53.60	2.48.48	2.45.16	2.38.69
25m Fly	25	23									
50m Fly		54.30	50.30	47.30	39.27	35.01	32.86	31.27	30.35	29.74	28.59
100m Fly			1.51.60	1.47.60	1.24.66	1.17.97	1.12.38	1.08.86	1.06.83	1.05.50	1.02.94
200m Fly							2.42.35	2.34.45	2.29.90	2.26.94	2.21.19
100m IM	1.58	1.48	1.58.00	1.48.00							
200m IM			3.46.80	3.36.80	3.05.94	2.55.03	2.40.52	2.34.24	2.29.69	2.26.74	2.21.00
400m IM						6.11.84	5.47.07	5.33.49	5.23.66	5.17.27	5.04.86

Level 3 Trophy - swimmers need to obtain two (2) of the below times.

LEVEL 3 TROPHY

FEMALE

	13yrs & Under	14yrs	15yrs	16yrs	17yrs & Over
50m Freestyle	29.09	28.58	28.07	27.82	27
100m Freestyle	1.01.86	1.01.76	1.00.65	1.00.10	58
200m Freestyle	2.17.85	2.15.43	2.13.01	2.11.80	2.08
400m Freestyle	4.50.85	4.45.75	4.40.64	4.38.09	4.32
800m Freestyle	9.50.46	9.40.46	9.30.10	9.24.91	9.20
1500m Freestyle	18.51.62	18.31.77	18.11.92	18.01.99	17.52.00
100m Backstroke	1.10.42	1.09.21	1.08.00	1.07.39	1.06
200m Backstroke	2.33.83	2.31.18	2.28.52	2.27.10	2.26
100m Breaststroke	1.22.03	1.20.64	1.19.25	1.18.56	1.17.00
200m Breaststroke	2.58.60	2.55.58	2.52.55	2.51.04	2.50
100m Butterfly	1.08.86	1.07.67	1.06.48	1.05.89	1.04.00
200m Butterfly	2.34.08	2.31.43	2.28.77	2.27.44	2.26
200m Individual Medley	2.37.67	2.34.95	2.32.23	2.30.87	2.28
400m Individual Medley	5.35.74	5.29.95	5.24.16	5.21.27	5.18.00

MALE

	13yrs & Under	14yrs	15yrs	16yrs	17yrs & Over
50m Freestyle	27.5	26.58	25.90	25.22	24.76
100m Freestyle	1.00.5	58.32	56.83	55.33	54.34
200m Freestyle	2.10	2.07.88	2.04.60	2.01.32	1.59.14
400m Freestyle	4.40	4.32.82	4.25.83	4.18.83	4.14.17
800m Freestyle	9.44	9.24.84	9.10.36	8.55.87	8.46.22
1500m Freestyle	18.27	17.54.57	17.27.02	16.59.47	16.41.10
100m Backstroke	1.08	1.06.02	1.04.36	1.02.69	1.01.03
200m Backstroke	2.28	2.24.66	2.21.01	2.17.36	2.13.72
100m Breaststroke	1.17	1.14.40	1.12.56	1.10.71	1.08.87
200m Breaststroke	2.46	2.41.34	2.37.34	2.33.34	2.29.34
100m Butterfly	1.06	1.03.17	1.01.57	59.98	58.39
200m Butterfly	2.27	2.22.92	2.19.32	2.15.71	2.12.11
200m Individual Medley	2.30	2.26.16	2.22.47	2.18.79	2.15.10
400m Individual Medley	5.20	5.12.98	5.05.09	4.57.20	4.49.31

OTHER AWARDS will include:

BEST TRAINER - Male & Female / Junior & Senior. Chosen by Coaches.

SPORTSPERSON - Person who helps all team members chosen by Committee.

SWIM OF THE YEAR – Swimmer is selected by Head Coach.

CLUB HELPER - Chosen by Committee (not a trophy).

55's CLUB – 100m of any stroke in under 55 seconds – Sponsored by Mark Erickson
*Once you have obtained the 55 Club award for a particular stroke - you can't get it for the same stroke again. You will only receive it once in a lifetime.
(Maximum you can get is 5, one for each stroke).*

THE MINUTE CLUB - 100m of any stroke in under 60 sec.
*Once you have obtained the 60 Club award for a particular stroke - you can't get it for the same stroke again. You will only receive it once in a lifetime.
(Maximum you can get is 5, one for each stroke).*

MUDIE FAMILY 70 CLUB - 100m of any stroke in under 70 sec.
*Once you have obtained the 70 Club award for a particular stroke - you can't get it for the same stroke again. You will only receive it once in a lifetime.
(Maximum you can get is 5, one for each stroke).*

BK CONSTRUCTIONS PTY LTD MOST IMPROVED by PB'S AWARD - 2 Categories:
Male & Female 7 & under and Male & Female 8 & over.
Chosen by Committee.

G.J. GARDNER ENCOURAGEMENT AWARD - 3 Categories: Under 8, 8 - 12 and 13 & over. Chosen by Committee.

THE CLUB MEDAL – (previously the A Grade Medal) for swimmers who achieve or 4 times from the Level 1 times and does not achieve Level 1, 2 or 3 Trophies (or Awards) may be awarded The Club Medal.

Awards may be varied as per the executive.

CLUB UNIFORM

Club Uniform should be worn at Club Nights.

Club Uniform **MUST** be worn to any Meets/Carnivals. (see Agreement on Membership Form)

If swimmers are encouraged to wear the club swimming cap.

Club Colours - **LIGHT BLUE, ROYAL BLUE AND RED**

Uniform consists of - Polo Shirt Club Shirt with collar
Red Shorts
Club Hat

CARNIVAL NOMINATION

1. Please ensure you discuss your nominations with your Coach:
 - They can help you to decide on which swims to nominate in.
 - They need to know who's going.
 - If you cancel, even at late notice, please notify.

PROPOSED CARNIVALS

Make sure you are receiving the Club Newsletter all Meets and flyers will be available on the Club newsletter when they become available and this will keep you up to date with what happening with the Club. Also please like our Facebook Page to keep up to date with what happening, and maybe see a face or two that you know.

<https://cannonvalecannons.swimming.org.au/>



PROPOSED CLUB NIGHTS

Club Night

Wednesday Nights

23 August 2021
 30 August 2021
 5 September 2021
 13 September 2021
 20 September 2021
 27 September 2021
 5 October 2021
 11 October 2021
 18 October 2021
 25 October 2021
 31 October 2021
 8 November 2021
 15 November 2021
 29 November 2021
 8 December 2021

Distance Club Night

Christmas Club Night

Nominations Close

Monday 8:00pm before club night!

25 August 2021
 1 September 2021
 8 September 2021
 15 September 2021
 22 September 2021
 29 September 2021
 6 October 2021
 13 October 2021
 20 October 2021
 27 October 2021
 3 November 2021
 10 November 2021
 17 November 2021
 1 December 2021
 7 December 2021

Christmas Holiday Break

12 January 2022
 19 January 2022
 26 January 2022
 2 February 2022
 9 February 2022
 16 February 2022
 23 February 2022
 2 March 2022
 9 March 2022
 16 March 2022
 23 March 2022
 30 March 2022
 Club Championships

Distance Club Night

Fun Relays

TBA

10 January 2022
 17 January 2022
 24 January 2022
 31 January 2022
 7 February 2022
 14 February 2022
 21 February 2022
 28 February 2022
 7 March 2022
 14 March 2022
 21 March 2022
 28 March 2022

CANNONVALE CANNONS SWIMMING CLUB

TEAM MEMBERS CODE OF BEHAVIOUR

AS A TEAM MEMBER (Swimmers and Adults)

ALWAYS

- compete by the competition conditions and rules
- control your temper; criticism by word or gesture will not be tolerated
- display good sportsmanship – **REMEMBER IT IS NOT ALWAYS IN THE RESULT BUT IN THE MANNER THE RESULT IS ACHIEVED**
- encourage and support your own team members
- work equally hard for yourself and your team.
- co-operate with coach and team mates
- show respect for your opponents and their skills
- be friendly to all participants
- be courteous
- respect the wishes and routine of your supervising adults
- be responsible - you are representing your family, your Region or your State

REMEMBER a THANK YOU goes a long way. Use it often!

Meets don't happen without manpower. All parents are encouraged to assist.

NEVER

- argue with the Judge's or Referee's decision
- use the club logo or name without permission on the management committee
- enter into fundraising or corporate sponsorship activities for individual swimmers without authorisation from the club
- take non-prescribed drugs as this is strictly forbidden
- Approve media releases without prior approval by the management committee

ASADA

ASADA is the Australian Sports Anti-Doping Authority is a government statutory authority tasked to protect Australia's sporting integrity through the elimination of doping. **Ignorance doesn't work when it comes to ASADA! Please visit <https://www.asada.gov.au/> to learn more about what are banned substances that your swimmer should not be using. You will be very surprised!**

Take the online course <https://www.asada.gov.au/anti-doping-programmes/education>

Have a wonderful swim season!

Up Grades tick each one you have upgraded for 2nd line Tick 3rd line put in date.

Child's Name _____

12.5m Free	25m Free	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free

12.5m Back	25m Back	50m Back	100m Back	200m Back

12.5m Fly	25m Fly	50m Fly	100m Fly	200m Fly

12.5m Breast	25m Breast	50m Breast	100m Breast	200m Breast

100m IM	200 IM	400 IM

Child's Name _____

12.5m Free	25m Free	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free

12.5m Back	25m Back	50m Back	100m Back	200m Back

12.5m Fly	25m Fly	50m Fly	100m Fly	200m Fly

12.5m Breast	25m Breast	50m Breast	100m Breast	200m Breast

100m IM	200 IM	400 IM

Up Grades tick each one you have upgraded for 2nd line Tick 3rd line put in date.

Child's Name

12.5m Free	25m Free	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free

12.5m Back	25m Back	50m Back	100m Back	200m Back

12.5m Fly	25m Fly	50m Fly	100m Fly	200m Fly

12.5m Breast	25m Breast	50m Breast	100m Breast	200m Breast

100m IM	200 IM	400 IM

Child's Name

12.5m Free	25m Free	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free

12.5m Back	25m Back	50m Back	100m Back	200m Back

12.5m Fly	25m Fly	50m Fly	100m Fly	200m Fly

12.5m Breast	25m Breast	50m Breast	100m Breast	200m Breast

100m IM	200 IM	400 IM

Up Grades tick each one you have upgraded for 2nd line Tick 3rd line put in date.

Child's Name

12.5m Free	25m Free	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free
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12.5m Back	25m Back	50m Back	100m Back	200m Back

12.5m Fly	25m Fly	50m Fly	100m Fly	200m Fly

12.5m Breast	25m Breast	50m Breast	100m Breast	200m Breast

100m IM	200 IM	400 IM

Child's Name

12.5m Free	25m Free	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free

12.5m Back	25m Back	50m Back	100m Back	200m Back

12.5m Fly	25m Fly	50m Fly	100m Fly	200m Fly

12.5m Breast	25m Breast	50m Breast	100m Breast	200m Breast

100m IM	200 IM	400 IM

Up Grades tick each one you have upgraded for 2nd line Tick 3rd line put in date.

Child's Name _____

12.5m Free	25m Free	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free

12.5m Back	25m Back	50m Back	100m Back	200m Back

12.5m Fly	25m Fly	50m Fly	100m Fly	200m Fly

12.5m Breast	25m Breast	50m Breast	100m Breast	200m Breast

100m IM	200 IM	400 IM

Child's Name _____

12.5m Free	25m Free	50m Free	100m Free	200m Free	400m Free	800m Free	1500m Free

12.5m Back	25m Back	50m Back	100m Back	200m Back

12.5m Fly	25m Fly	50m Fly	100m Fly	200m Fly

12.5m Breast	25m Breast	50m Breast	100m Breast	200m Breast

100m IM	200 IM	400 IM

NOTES