

**Everton Park State School**

**Amateur Swimming Club**

**EPSSASC**

# **SEASON PROGRAM & CLUB RULES HANDBOOK**



# **2025-2026**



## **Sharks**

[www.facebook.com/EPSSASC](https://www.facebook.com/EPSSASC)

<https://evertonparksharks.com>

## OFFICE BEARERS

CHAIRPERSON	Andrew Hancox
SECRETARY	Paul Maloney
TREASURER	Jacqui Hancox

## CLUB OFFICIALS

REFEREE	Lisa Coakley
STARTER	Lisa Coakley
ANNOUNCER	Andrew Hancox
CHIEF TIMEKEEPER	Swim Club Connect Meet Manager
CHIEF RECORDER	Andrew Hancox
MARKETING & SPONSORSHIPS	Kathryn Maloney and Paul Maloney
CHIEF MARSHALL	Kathryn Maloney
CANTEEN CONVENOR	Jacqui Hancox
GRILL MASTER	Matt Edwards
CLUB CAPTAINS	Caitlin Coakley & Emily Hicks

## CLUB CALENDAR

**Note:** The club calendar is correct at the time of publishing and may be subject to change. Please refer to our Club Facebook page for updates and changes.

Term 4 - 2025	Activity
Friday 10 <sup>th</sup> October 2025 Friday 17 <sup>th</sup> October 2025	<b>'Come &amp; Try' Nights</b> <ul style="list-style-type: none"><li>• Visitors welcome – please invite your friends and family.</li><li>• Free swim and warm up from 5:30pm</li><li>• Swim Club fixtures commence at 6:00pm</li></ul>
Friday 5 <sup>th</sup> December 2025	<b>Christmas Pool Party</b>
Term 1 - 2026	Activity
Friday 6 <sup>th</sup> February 2026	Swim Club fixtures resume at 6pm
Friday 13 <sup>th</sup> March 2026	<b>Club Championships</b> – all events
Friday 20 <sup>th</sup> March 2026	<b>Club Championship – reserve night</b> If the Club Championships run the previous week as scheduled, this night will be a normal club night with race points going towards Club Champions.
Friday 27 March 2026	<b>End of Season Break Up Party:</b> Trophy & Awards Presentation

## WELCOME TO THE EVERTON PARK SHARKS

*Welcome to all our new and returning swimming families!*

*Everton Park Sharks is a **friendly, family-focused amateur swim club** where children of all abilities are encouraged to enjoy swimming, build confidence, and improve their skills in a relaxed and supportive environment.*

*Our club is about:*

- *Having a go*
- *Doing your best*
- *Supporting each other*
- *Having fun in and around the pool*

*You don't need to be the fastest swimmer to belong here — we just want swimmers to jump in, try their best, and enjoy being part of the club.*

*The club is proudly run by volunteers. Parent and carer support is essential and helps create the welcoming community atmosphere that makes the Park Sharks special.*



## ABOUT THE CLUB

The Everton Park State School Amateur Swimming Club (EPSSASC), also known as **Everton Park Sharks**, operates as a sub-committee of the Everton Park State School P&C Association.

- The club is run on a **non-profit** basis
- All committee members and officials are volunteers
- Club activities operate under the EPSS P&C Constitution

A Special General Meeting is held at the end of each season to elect office bearers and officials.

## CLUB MEETINGS

Club management meetings are held when needed. Meeting details may be shared on the club website or Facebook page. All members of the school and club community are welcome to attend.

## CLUB ACTIVITIES

Our club activities include:

- Friday night swimming club fixtures
- Club Championships
- Social and presentation events

## MEMBERSHIP

Membership is open to all families who agree to follow the club rules and policies.

### Membership Details

- Membership covers the full season (**Term 4 and Term 1**)
- As part of their membership, each swimmer receives a Park Sharks swim cap
- Membership fees are due by Week 3 of each season
- All members have equal rights and privileges
- Members aged 18 and over may vote
- **Half-season memberships** are available for the second half of the season. Please note that swimmers on a half-season membership are **not eligible to compete in the Club Championships**

Membership applications are submitted using the club [Membership Form](#).

## PARENT/CARER HELP & VOLUNTEERING

Everton Park Sharks is a volunteer-run club. Club nights **cannot run** without **parent/carer help**.

### How Families Can Help

Parents and carers are expected to assist at club nights by volunteering to time keep throughout the season. Each club night requires six time keepers. Occasionally we will require volunteers for other tasks, for example, assisting in the Shark Shack, or BBQ. These will be communicated through the Swim Club Connect app and our club Facebook page.

Volunteers register through the **Swim Club Connect** app.

- Club nights will not start until all six timekeeper roles are filled
- Volunteers must be a parent/carer or hold a current Blue Card
- Children must be supervised by an adult for the entire night

Helping out is a great way to meet other families and support the swimmers.

## CLUB CAPTAINS

Two Club Captains are selected from a self-nomination process each season.

Their role is to:

- Encourage and support other swimmers
- Help as spotters for the 12.5m events and with marshalling swimmers before races
- Assist at club nights

## WHAT TO WEAR

Club colours are **black, green** and **gold**.

- All swimmers must wear a swim cap at club nights
- Goggles are optional
- Club T-Shirts can be purchased from the Shark Shack Canteen

## FRIDAY NIGHT CLUB FIXTURES

Club fixtures are held on **Friday nights during Term 4 and Term 1**.

- Gates open at **5:30pm**
- Racing starts at **6:00pm**
- Swimmers must be financial members (except Come & Try nights)

Swimmers race against **their own times**, not against each other. This helps everyone focus on improvement and effort.

A **BBQ** and the **Shark Shack** canteen operate each club night.

## NOMINATIONS (IMPORTANT)



The club uses the **Swim Club Connect Meet Manager** app.

How to Nominate

1. Download the app ([iOS](#) or [Android](#))
2. **Create an account**, select **Everton Park Sharks Amateur Swim Club** as your Club, enter the **password 4053**, and **create a swimmer** for each registered family member.
3. Select the relevant meet from the Meets tab at the bottom of the app.
4. Nominate swimmers in each race before **5:30pm** on club night

Parents and swimmers should check nominations carefully. Any last-minute changes must be discussed with the Announcer before racing begins.

## EVENTS & DISTANCES

Each club night usually includes:

- 12.5m, 25m and 50m races for three of the four strokes (alternating each week)
- Two 100m events (alternating each week)
- Special events such as relays, Top Gun relays (where Parents can enter) or “Race the Parents” (on selected nights)

Boys and girls swim together in heats based on their individual times. Heats then run in order from fast to fastest swimmers.

## SWIMMING DISTANCES & PROGRESSION

Our progression system helps swimmers move up distances safely and confidently.

### Starting Distances

- Swimmers aged **10 and under** start at **12.5m or 25m**
- Swimmers aged **11 and over** may start at **50m if confident**
- A swimmer’s first swim in each stroke is considered a **time trial**

## Moving Up Distances

Swimmers may move to a longer distance when:

1. They swim the qualifying time, and
2. Their stroke technique is safe and correct

Once a swimmer moves up:

- They stay at that distance for the season
- Swimmers do not move back to shorter distances (with the exception of 100m events where swimmers can also swim 50m of the same stroke)

## Qualifying Times

Stroke	12.5m → 25m	25m → 50m
Freestyle	15 sec	23 sec
Breaststroke	20 sec	30 sec
Backstroke	18 sec	27 sec
Butterfly	16 sec	25 sec

## Swimming 100m Events

To swim 100m events, swimmers must meet the following set 50m times and skill requirements to ensure safety and confidence.

- **100m Freestyle:** Must be able to swim **50m Freestyle** in **45 secs or less**
- **100m Backstroke:** Must be able to swim **50m Backstroke** in **53 secs or less**
- **100m Breaststroke:** Must be able to swim **50m Breaststroke** in **58 secs or less**
- **100m Butterfly:** Must be able to swim **50m Butterfly** in **50 secs or less**
- **100m IM:** Must be able to swim **50m Freestyle** in **45 secs or less** + **25m of all other strokes.**

## POINTS SYSTEM

The points system encourages:

- Effort
- Attendance
- Personal improvement

It is **not about winning races.**

## How the Points System Works

Points are earned for each race a swimmer completes on Friday Club nights.

- Each race earns points based on how the swimmer goes compared to their **own personal best**, not finishing place.
- Swimmers earn points based on how they perform compared to their own PB.
- Points from all races are **added together** across the season
- Points **do not reset** each week

At the end of the season, points trophies are awarded based on total points for the season, if attendance requirements are met (explained later in the handbook).

Individual Race Result vs Personal Best (PB)	Points
More than 2.5 secs faster than PB	7pts
Between 1.5 – 2.5 secs faster than PB	6pts
Between 0.5 – 1.5 secs faster than PB	5pts
Between 0.5 secs slower or faster than PB	4pts
Between 0.5 – 1.5 secs slower than PB	3pts
Between 1.5 – 2.5 secs slower than PB	2pts
More than 2.5 secs slower than PB	1pt
First time an event distance is swum	4pts

### Example

If a swimmer races **four times** in one night and earns **5, 6, 4 and 7 points**, they receive **22 points** for that night. Those points are added to their season total.

## CLUB CHAMPIONSHIPS

Club Championships are held near the end of the swimming season and provide swimmers with the opportunity to compete for medals in their age group and celebrate their progress across the season.

### When are Club Championships Held

- Club Championship races are held in **March or April**
- Championships may be conducted over one or two Friday nights
- The number of nights is decided by the **Club Committee**, based on the number of swimmers nominated

## Eligibility to Compete

To be eligible to swim in Club Championship events, swimmers must:

- Be a **financial member** of the club, and
- Have attended **at least 60% of all available Friday night club fixtures** during the season

Swimmers must only compete in the **distance they have qualified for** under the club's graduation and progression rules. Swimmers who have qualified, and nominate, for the 100m events and can also swim in the 50m event of the same stroke.

## Age Groups

A swimmer's age group is determined by the **age they turn during the calendar year** in which the Championships are held.

Championship events are conducted separately for **boys and girls** in the following age groups:

- 6 years and under
- 7 years
- 8 years
- 9 years
- 10 years
- 11 years
- 12 years
- 13 years
- 14 years
- 15–17 years
- Open (18 years and over)

**Please note:** Races may consist of mixed age and/or genders dependent on numbers of swimmers. However, places/medals will be awarded to each age group for boys and girls, based on finishing times.

## Events & Distances

Club Championship races are held for:

- **All four strokes** (Freestyle, Backstroke, Breaststroke, Butterfly)
- **25m and 50m distances** (based on qualification)
- **100m Freestyle**
- **100m Individual Medley**

Swimmers may only enter events for which they are **qualified and eligible**.

## Medals & Results

- **Gold, Silver and Bronze medals** are awarded to swimmers placing 1st, 2nd and 3rd in each event and age group
- Championship races are judged by appointed officials
- **Judges determine finishing places**, and their decisions are final
- Placings are determined by **finish order in the swimmers age group**

## Nominations

- Championship nominations are made through the **Swim Club Connect app**
- Nominations usually open **approximately two weeks** prior to the Championships

## A Final Word on Championships

Club Championships are intended to be:

- A celebration of the swimming season
- A positive and supportive experience for all swimmers
- An opportunity for swimmers to challenge themselves and enjoy racing in their age group

Families are encouraged to cheer for all swimmers, not just their own, and help make Club Championship nights a fun and memorable end to the season.

## END OF SEASON - TROPHIES & AWARDS

Trophies and awards are presented at the end of the swimming season to recognise swimmers for their **commitment, effort, improvement, and attendance** across Friday night club fixtures.

Awards are based on a **points system**, which rewards swimmers for swimming regularly and improving their own personal best times. The focus of awards is on participation and personal progress, rather than finishing position or speed.

### Points Trophies

Points Trophies are awarded to swimmers who:

- Have attended **60% or more** of all available Friday night club fixtures during the season, **and**
- Have accumulated the highest total number of points **within their age division**

For each age division:

- First, Second and Third Place Points Trophies are awarded

## Overall Club Champion Trophies

Overall Club Champion Trophies recognise swimmers who demonstrate consistent effort and commitment across the entire season.

Club Champion Trophies are awarded to:

- **Junior Boy and Junior Girl** (10 years and under)
- **Senior Boy and Senior Girl** (11 years and over)

These trophies are awarded to the swimmers in each category who:

- Achieve the **highest total number of points** across the season **whilst meeting, or exceeding, the 60% Club Night attendance** requirement.

## Attendance-Based Awards

The club also recognises attendance and commitment through the following awards:

### 100% Attendance Trophy

Awarded to swimmers who attend every Friday night club fixture during the season.

**Note:** Special consideration may be given for illness, injury, attendance at another swim carnival, or compulsory school swimming commitments. Requests must be submitted in writing via email [evertonparksharks@gmail.com](mailto:evertonparksharks@gmail.com) prior to the final club night.

### Club Awards

Awarded to swimmers who regularly attend available club nights throughout the season. There are two categories of awards.

- **60% & above** and **59% & below**

## A Note on Awards

All trophies and awards are intended to:

- Encourage swimmers to attend regularly and reward effort and improvement
- Celebrate participation and club spirit
- Families are encouraged to support and celebrate all swimmers, recognising that every swimmer's journey and achievement is different.

## CLUB NIGHT CANCELLATIONS - WEATHER

Swimming may be cancelled due to adverse weather conditions, including storms, at the discretion of the Executive Committee. This decision is final.

The club follows a clear **Storm and Lightning Safety Policy** to guide decisions in rain, thunder, and lightning, with the safety of swimmers, families, and volunteers as the priority. An overview of this policy is available on our website under [Storm & Lightning Safety Plan 2025-2026](#).

If a club night is cancelled **after 6:00pm on Friday**, the night will be recorded as **cancelled**, and **one point will be awarded for each event nominated**.

Any decision to cancel a club night will be communicated as soon as possible via the club's **Facebook page** (club's primary source of real-time updates) and the **Swim Club Connect app**.

## CLUB NIGHT RULES – HOW IT WORKS

These rules help ensure Friday night club fixtures run fairly, safely, and smoothly for all swimmers.

### Nominations & Missed Swims

- If a swimmer nominates for an event but does not swim, they will receive **-1 pt for that event**
- In **exceptional circumstances** (e.g. serious injury), the committee may approve an exemption

### School Swimming or Other Swimming Carnival Commitments

- If a swimmer misses a club night because they are **representing their school in swimming or participating at another swimming carnival**, they may receive:
  - **1 point per missed swim**, up to a maximum of **4 points**
  - An attendance acknowledgement for that club night
- Written notification and proof of school swimming commitments must be provided via email to [evertonparksharks@gmail.com](mailto:evertonparksharks@gmail.com) prior to the missed club night.
- Points are **not awarded** for non-swimming related activities

### Graduation & Time Trials

- When a swimmer moves up to a longer distance (12.5m → 25m or 25m → 50m):
  - All points already earned during the season are **retained**
  - The swimmer's **next swim at the new distance is treated as a time trial**

### Warm-Up Period

- Warm-up takes place **before racing begins**, between **5:30pm and 6:00pm**
- **Lanes 1 and 2 are for diving off the blocks only** during warm-up

### Race Conduct & Marshalling

- Swimmers must listen for their events and report to marshalling when called
- **12.5m events** marshal at the **grass area near the canteen (shallow end)**
- **25m, 50m and 100m events** marshal near the **Announcer's Office (deep end)**
- Races will not be delayed for missing swimmers

## Quiet for Starts

- When the referee's whistle sounds, **everyone must be quiet**
- Silence is required until the starter's signal is given
- Quiet is also required during announcements to help swimmers and officials hear instructions

## Heats & Racing

- Events are made up of multiple heats
- Heats are created on the night based on nominations
- Swimmers race against **their own personal best times**, not against each other
- Points are awarded based on personal improvement

## Disqualifications

- Swimmers may be disqualified if their stroke or actions do not meet the required swimming rules. The reason for disqualification will be explained to the swimmer by the referee or assistant referee
- Disqualified swimmers still receive **1 point**

## Starts & False Starts

- A false start will be signalled by the referee or starter
- The decision of the referee or starter is final
- Under the one-start rule:
  - Swimmers starting before the signal may be disqualified
  - If the signal has already sounded, the race continues and disqualification is applied after the race
  - If disqualification is declared before the signal, the race is restarted

## Behaviour & Discipline

- Swimmers must always follow instructions from officials
- The decisions of club officials are final
- Unsafe behaviour, repeated disobedience, or poor conduct may result in suspension
- The Club Referee is responsible for procedures and discipline on Friday nights

## A Final Note on Club Night Rules

These rules are in place to:

- Keep swimmers safe
- Ensure fairness
- Help club nights run smoothly

All swimmers, parents, and volunteers are asked to respect officials and support one another to make club nights enjoyable for everyone.

## CLUB FIXTURES PROGRAM 2025-2026

		Event 1	Events 2-4	Events 5-7	Events 8-10	Events 11	Events 12
Date	Week	100m	12.5/25/50m	12.5/25/50m	12.5/25/50m	100m	Relays 4 x 25m
10th October	1	100m Freestyle	Freestyle	Backstroke	Breaststroke	100m Backstroke	4 x 25m Relay
17th October	2	100m IM	Freestyle	Backstroke	Butterfly	100m Breaststroke	Top Gun Relay
24th October	3	100m Freestyle	Freestyle	Backstroke	Breaststroke	100m Butterfly	4 x 25m Relay
31st October	4	100m IM	Freestyle	Backstroke	Butterfly	100m Backstroke	Top Gun Relay
7th November	5	100m Freestyle	Freestyle	Backstroke	Breaststroke	100m Butterfly	4 x 25m Relay
14th November	6	100m IM	Freestyle	Backstroke	Butterfly	100m Breaststroke	Top Gun Relay
21st November	7	100m Freestyle	Freestyle	Backstroke	Breaststroke	100m Backstroke	4 x 25m Relay
28th November	8	100m IM	Freestyle	Backstroke	Butterfly	100m Breaststroke	Top Gun Relay
12th December	9	<b>Christmas Break-Up Pool Party</b>					
6th February	10	100m Freestyle	Freestyle	Backstroke	Breaststroke	100m Backstroke	4 x 25m Relay
13th February	11	100m IM	Freestyle	Backstroke	Butterfly	100m Breaststroke	Top Gun Relay
20th February	12	100m Freestyle	Freestyle	Backstroke	Breaststroke	100m Butterfly	4 x 25m Relay
27th February	13	100m IM	Freestyle	Backstroke	Butterfly	100m Backstroke	Top Gun Relay
6th March	14	100m Freestyle	Freestyle	Backstroke	Breaststroke	100m Butterfly	4 x 25m Relay
13th March	15	<b>Club Championships – 25m and 50m (all strokes), 100m Free and 100m IM</b>					
20th March	16	100m Freestyle	Freestyle	Backstroke	Butterfly	100m Breaststroke	Top Gun Relay
27th March	17	<b>Presentation Night – Club Championship Medals, Club Trophies and Awards</b>					