

Doncaster Templestowe Swim Club (DTSC) Parents Handbook

January 2020



Welcome to DTSC



- ▶ Established in 1972, the Doncaster Templestowe Swim Club is located at Aquarena Aquatic & Leisure Centre. During the years, we have supported junior to national athletes from the Manningham area and surrounds.
- ▶ We have year round access to both 25m (indoor) and 50m (outdoor) pools at the one facility, with guaranteed lane space.
- ▶ We strive to create a positive environment that caters for swimmers of all ages and abilities. We provide numerous squad training programs from our non-competitive fitness levels through to our competitive District, State, and National levels.
- ▶ All our coaches are members of the Australian Swim Coaches and Teachers Association. In addition, they have been professionally trained and certified by the most comprehensive certification program for youth coaches of any sport in Australia. They all aim to bring out the best in our swimmers, both in and out of the pool with an emphasis on personal development.

Squad Structures and Fees

Doncaster Templestowe Swim Club provides a long term sustainable competitive swimming program that is athlete focused, coach driven and administratively supported. We provide clear athlete development pathways from Junior to National level swimming, as well as providing programs for fitness and recreation.

There are 3 different Squad streams:

- Academy 2/Advancement - \$51.50 per fortnight
- Junior Squad - \$51.50 per fortnight
- Intermediate Squad - \$51.50 per fortnight
- State Development Squad - \$67.00 per fortnight
- State and National Squad - \$77.00 per fortnight

Transition to Squad

GOswim Academy Squad is designed to help children progress from the GOswim program into our development stream of the squad program. The program runs for 1 hour, once a week, and helps children gain endurance, while learning to "speak the language" of squads.

Children joining this group must be able to swim freestyle, backstroke and breaststroke with correct technique and timing.

Development Stream

The primary focus of the Academy 2, Junior and Intermediate squads is technique and skill development. Each school term these squads train to compete in club nights or encouragement meets.

This initiative has been set up to introduce swimming as a competitive sport in a friendly and encouraging environment.

Competitive Stream

The Competitive Stream has been designed to provide all year-round training and to help all members in State Development, State and National squads to achieve their competitive swimming goals.

It is a requirement for all members of the State Development, State and National squads to be signed up with Swimming Victoria. This membership will allow swimmers to compete at all qualifying meets as well as at state and national level competitions.





Swimming Australia Safe Sport Framework

▶ The Safe Sport Framework (SSF) confirms the shared responsibility we all have for keeping each other safe in swimming- children and adults alike.

The Safe Sport Framework:

- ▶ Specifically commits to keeping our Children and Young People safe within the sport
 - ▶ Clarifies and raises the standards of behaviour for dealing with Children and Young People through a new 'code of conduct' for dealing with Children and Young People
 - ▶ Combines previous role-specific Codes of Conduct into a single General Code of Conduct
 - ▶ Strengthens and clarifies processes and procedures when safe sport concerns or incidents arise
 - ▶ Requires more rigorous recruitment and screening procedures, as well as reporting by all organisations in swimming
 - ▶ Provides guidance, advice, tips, and tools to assist us in keeping each other and our sport safe for all people.
- ▶ The framework has been developed by a committee from a range of Swimming Australia Member Associations in consultation with the Australian Childhood Foundation and the Australian Sports Commission.
- ▶ You can access the Safe Sport Framework [here](#).



General Code of Conduct

Swimming Australia and Clubs expect that the following General Code of Conduct and the Code of Conduct for dealing with Children or Young People are followed at all times and by all people involved in any way with the Sport of swimming:



- ▶ (a) Respect the rights, dignity and worth of others – treat others as you would like
- ▶ to be treated yourself.
- ▶ (b) Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations.
- ▶ (c) Be professional in, and accept responsibility, for your actions.
- ▶ (d) Be aware of and follow - at all times - Swimming Australia's standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others. This includes the Code of Conduct for dealing with Children or Young People.
- ▶ (e) Operate within the rules and spirit of the Sport, including the national and international guidelines that govern Swimming Australia.



General Code of Conduct con't



- ▶ f) Understand the possible consequences of breaching the Safe Sport Framework.
- ▶ (g) Report any breaches of the Swimming Australia Safe Sport Framework to the appropriate Person(s) in a Position of Authority, as appropriate.
- ▶ (h) Refrain from any form of Abuse, Harassment, Discrimination and Victimisation towards others.
- ▶ (i) Raise concerns regarding decisions or conduct of Persons in Positions of Authority through the appropriate channels and in a timely manner.
- ▶ (j) Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- ▶ (k) Show concern, empathy and caution toward others that may be sick or injured.
- ▶ (l) Be a positive role model to all – particularly to your team.
- ▶ (m) Respect and protect confidential information obtained through Swimming Australia activities or services – whether regarding individuals or organisational information.
- ▶ (n) Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to your role(s).
- ▶ (o) Ensure that any physical contact with others is appropriate to the situation, such as being necessary for the person's skill development.
- ▶ (p) Subject to lawful exceptions, refrain from intimate relations with persons over whom you have authority.



Joining DTSC

- ▶ All enquiries regarding joining DTSC are to be directed to Head Coach, Michal Skrodzki, mskrodzki@belgravialeisure.com.au. Michal will arrange for an assessment of a swimmer for placement into the appropriate squad.
- ▶ All DTSC members are also recorded as members of Aquarena.
- ▶ DTSC is a registered swimming club with Swimming Victoria, <https://vic.swimming.org.au/>, the governing body for swimming in Victoria.
- ▶ All members of DTSC, including coaches, officials and competitive swimmers are required to be registered members of Swimming Victoria. Annual memberships run from 1st July to 30th June each financial year and require the payment of an annual fee.



DTSC Membership

- ▶ All competitive swimmers and one parent/guardian must be registered with Swimming Victoria as a member of the DTSC by paying the appropriate membership fee. This membership fee payment is required annually and is to be paid on-line to Swimming Victoria. This annual fee is separate to the squad administered fee payable each fortnight to Aquarena which covers coaching and use of facilities.
- ▶ DTSC in conjunction with Swimming Victoria offers annual membership from 1 July - 30 June each year.
- ▶ The annual membership fee is made up of the following components.
 - Swimming Victoria registration fee (discount for swimmers aged 19rs and over)
 - Swimming Australia registration fee
 - Insurance fee
 - DTSC membership fee
- ▶ All competitive swimmers, parents/guardians, coaches, committee members and officials must reregister every year in order to have current membership coverage so as not to be placed at risk.

- ▶ The registration fee paid to Swimming Victoria includes club membership fees (forwarded to DTSC by Swimming Victoria), insurance cover for training, meets, club events and related travel, Swimming Victoria fees and levies payable to Australian Swimming Inc.
- ▶ JLT Sports is the insurance provider to Swimming Victoria members - www.jltsport.com.au/swimming. As a club we will work to minimise fee increases.
- ▶ The benefits of club membership include
 - Insurance coverage for any club-related swimming activities
 - 25% off full-price Funky Trunks and Funkita products
 - 20% off EVO Sportswear merchandise
 - Access to the best physiotherapists from PhysioHealth at championship events
 - Coach-supported swim meets
 - Club nights and championships
 - Subsidised social events
- ▶ Please contact our Club secretary, Helen Boussounis for any questions regarding club membership. Helen can be contacted at bousshelen@gmail.com.



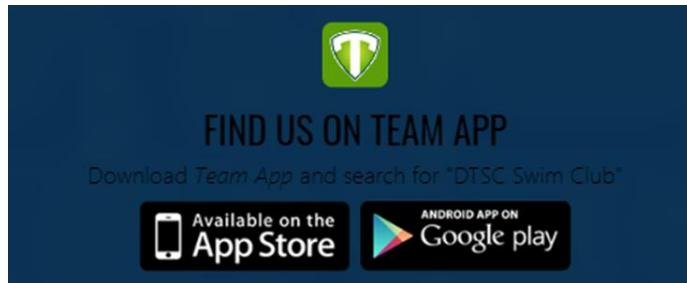


DTSC Communication



There are various modes of communicating with DTSC:

- ▶ The DTSC Swim Club TeamApp, allows communication between swimmers and parents and coach to be transparent.



- ▶ Facebook Page
Follow us on [DTSCswimming](https://www.facebook.com/DTSCswimming)
- ▶ Monthly Newsletter
DTSC Newsletter is sent out via email addresses monthly and contains a variety of club related information, nutrition ideas, Swimming Victoria information and lists the targeted meets.
- ▶ DTSC website
<https://www.dtasc.org.au/>



DTSC Committee

- ▶ Ancel Greenwood – President, Metro North Delegate
- ▶ David McKenzie – Vice President
- ▶ Jim Pahos – Treasurer
- ▶ Helen Boussounis – Secretary
- ▶ Aya Badawi and Abira Mitra – Uniform
- ▶ Rita Simopoulos
- ▶ Chris Bodycoat
- ▶ Hussein Eman



DTSC Uniform



- ▶ DTSC has a variety of uniform options available for members, with a small number of items currently in stock. Members are offered the opportunity to select from a wide range of products, including polo tops, shorts, hoodie, cap, beanie and deck coats. We encourage all registered members to purchase a club polo which should be worn for club events and targeted meets (please note if you are already a state qualified swimmer, there is a “State Team” polo to select in TryBooking).
- ▶ <https://www.trybooking.com/526991>
- ▶ **Following are the uniform items for purchase (all prices include GST):**
 - Polo Top – \$46.50 (If you are a state qualified swimmer, please select a “State Team” polo top)
 - Shorts – \$25.50
 - Hoodie – \$69.50
 - Cap – \$14.50
 - Beanie – \$11.00 (These can be ordered directly from the club via email)



DTSC Coaches



Michal Skrodzki

- ▶ Michal has been coaching since 2011 around a variety of clubs in Melbourne as well as Poland. Michal has a Bachelor of Applied Sciences and is an accredited Silver (Advanced) Licenced coach.

Michal has coached multiple national age medallists, in the pool, open water and multi-class. Michal has been selected as Victorian state team coach twice, he has worked with the Victorian School's Team for 3 years, and also worked with several Victorian Development Squads.

In 2018 an opportunity arose for Michal to return to his native Poland and coach at a university program. In Poland, Michal helped coach two swimmers onto the Polish university team for the 2019 Universiade (World University Games).

Michal has experience with all ages abilities including multi-class, in 2016 Michal prepared an athlete for the 2016 Rio Paralympics. Michal's passion is seeing athletes achieve their maximum potential, not only in the pool but out of the pool too.

Kendra Jewell

- ▶ Kendra has been a competitive swimmer from the age of 12 years old which stemmed her passion for the sport and desire to motivate the next generation of swimmers by becoming a swim coach.

During her swimming career Kendra competed at state and national events as an open water swimmer where she represented both Doncaster Templestowe Swim Club and Victoria.

In her short time of coaching Kendra has coached all levels from Academy to Intermediate and acted as the interim coach for the State and National squad.

DTSC Coaches



Declan McKay

- ▶ Declan is a Bronze licensed coach with close to 5 years experience in the aquatics industry. Declan learnt to swim at Aquarena and represented Doncaster-Templestowe competitively from 2008-2016.

Declan's competitive swimming background and significant coaching experience gives him the skills to coach swimmers of all abilities, with a particular focus on entry-level squads and open water swimming.

Away from the pool, Declan studies Law/Science (Chemistry) at La Trobe University, and is looking to complete his Open Water Coaching qualification.

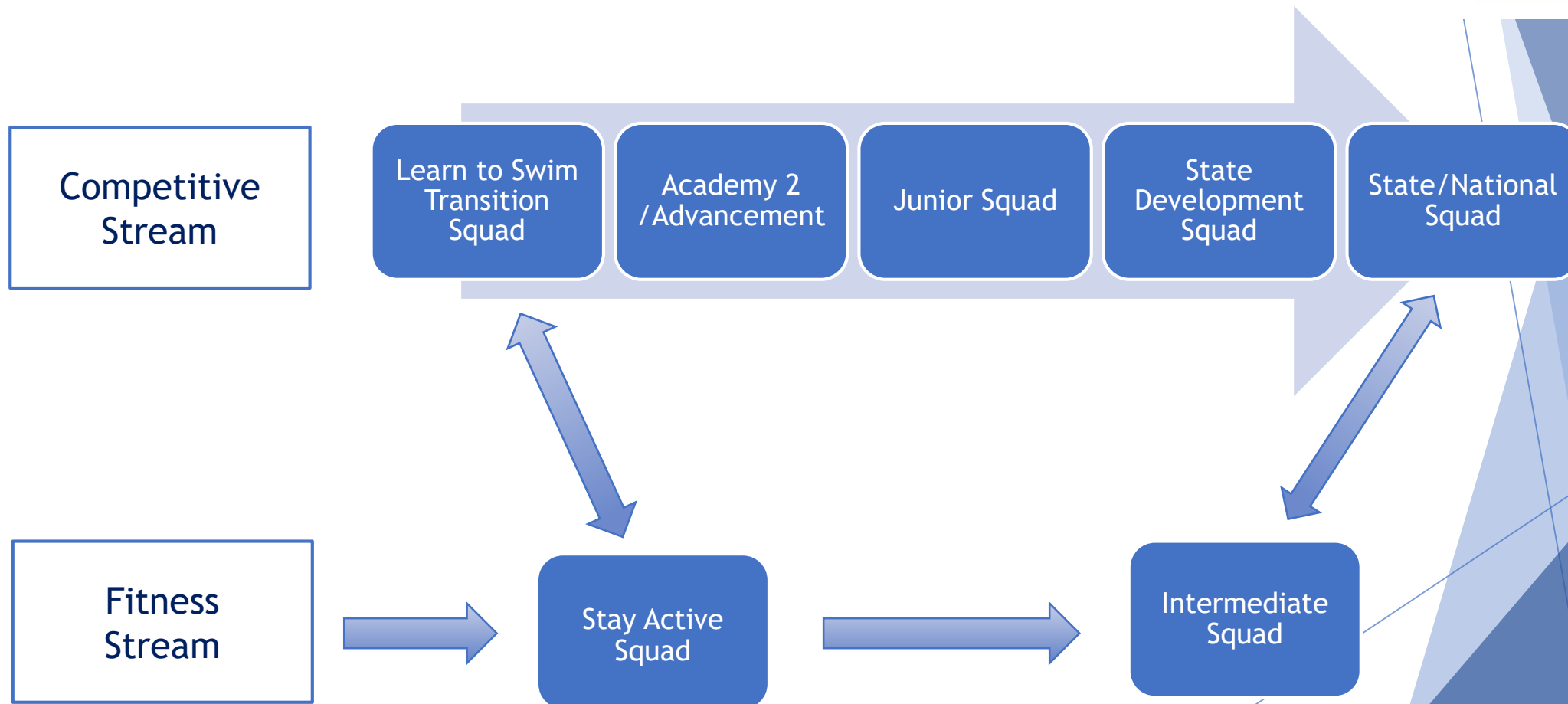
Yi-Long Chen

- ▶ Yi-long is a swim teacher and a new coach working at Aquarena. He has been swim teaching for one year at two centres, and has worked with infants to adults, and everything in between.

Yi-long is an ex-competitive swimmer between the years of 2008 to 2014. He started swimming with DTASC before moving to CA Tritons, and still holds records at both clubs. His favourite stroke is breaststroke, where he consistently made state finals.

Yi-long currently studies Commerce at Melbourne University, but still has a strong passion for swimming, training in his own time and participating in open water swims.

Squad Structure



Competition Information



- ▶ **Becoming a Victoria Swimming member**
<https://vic.swimming.org.au/get-swimming-0/swim-central-support-and-resources>
- ▶ **Renewing Victoria Swimming membership**
<https://vic.swimming.org.au/get-swimming-0/swim-central-support-and-resources>
- ▶ **Entering qualifying meets**
<https://vic.swimming.org.au/get-swimming-0/swim-central-support-and-resources>
- ▶ **Timekeeping** – as a club, our affiliation with Swimming Victoria requires us to supply timekeepers to various meets. Parents may also be required to time keep at other meets including our own.
- ▶ **Encouragement Meet**
DTSC holds an annual Encouragement, this meet is the clubs major fundraising functions. You will be asked to volunteer on the day as well as sell raffle tickets.
- ▶ **Club Nights**
Our club nights are held once a term. All club nights are held at Aquarena, with warm up commencing 30 minutes before racing commences. Club Nights provide younger swimmers with an excellent way of practicing racing skills in a friendly and secure environment.
- ▶ **Club Championships** are held annually and club and age champions are determined based on your results and events entered. Trophies are presented at the Club Champs Presentation Night.

Squad Profiles

National/State Squad

Coach - Michal Skrodzki

State & National Squad swimmers are generally aged 12 years and older train 6-8 sessions per week with multiple dry land sessions per week. Swimmers are expected to show commitment to the training and competition schedule as set by the head coach. Swimmers in this group are aiming to qualify for the Victorian Age Championships and Australian Age Championships. Swimming club membership is compulsory.

► **Equipment**

Swimmers are expected to have the following equipment - Short blade fins, snorkel, pull buoy, large paddles, kickboard, pull band, thera-band (small paddles are an optional extra).

Email: mskrodzki@belgravialeisure.com.au



State Development Squad

Coach - Michal Skrodzki & Kendra Jewell

State Development Squad swimmers are generally aged 10-13 years and are expected to train 4-5 sessions per week with multiple dry land sessions per week. Swimmers are encouraged to show commitment to the training and competition schedule as set by the coach. Swimmers in this group are aiming to qualify for the Metro Championships and Victorian Age Championships.

► **Equipment**

Swimmers are expected to have the following equipment - Short blade fins, snorkel, pull buoy, paddles, kickboard, pull band, thera-band

Email: mskrodzki@belgravialeisure.com.au

Squad Profiles

Junior Squad

Coach - Yi-Long Chen, Declan McKay & Kendra Jewell

Junior Squad swimmers are generally aged 9-12 years and are expected to train 3 sessions per week. Swimmers are encouraged to begin to show commitment to the training. Swimmers in this group are encouraged to participate in 1-2 encouragement meets a term as stipulated by the coach. Swimming club membership is encouraged but not compulsory.

- ▶ Equipment
Swimmers are expected to have the following equipment - Fins, pull buoy, kickboard

Email: mskrodzki@belgravialeisure.com.au

Academy 2 Squad

Coach - Yi-Long Chen, Declan McKay & Kendra Jewell

Academy 2 Squad swimmers are generally aged 8-11 years and are expected to train 2 sessions per week. Swimmers begin to increase their commitment at this entry level of squad. Swimmers in this group are encouraged to participate in 1-2 encouragement meets a term as stipulated by the coach. Swimming club membership is encouraged but not compulsory.

- ▶ Equipment
Swimmers are expected to have the following equipment - Fins, pull buoy, kickboard

Email: mskrodzki@belgravialeisure.com.au



Squad Profiles

Intermediate Squad

Coach Yi-Long Chen, Declan McKay & Kendra Jewell

Intermediate Squad swimmers are generally aged 13 years and older. Swimmers can choose the amount of sessions they attend, however are encouraged to train at least 2 times per week. Intermediate Squad do not have to compete but may choose so if they wish. Swimming club membership is encouraged but not compulsory.

- ▶ Equipment

Swimmers are expected to have the following equipment - Fins, pull buoy, kickboard

Email: mskrodzki@belgravialeisure.com.au





General Enquiries

If you have any questions please do not hesitate to contact the following:

- ▶ Head Coach - Michal Skrodzki – mskrodzki@belgravialeisure.com.au
- ▶ Secretary – Helen Boussounis – bousshelen@gmail.com





Thank you
to our
Sponsors!

