



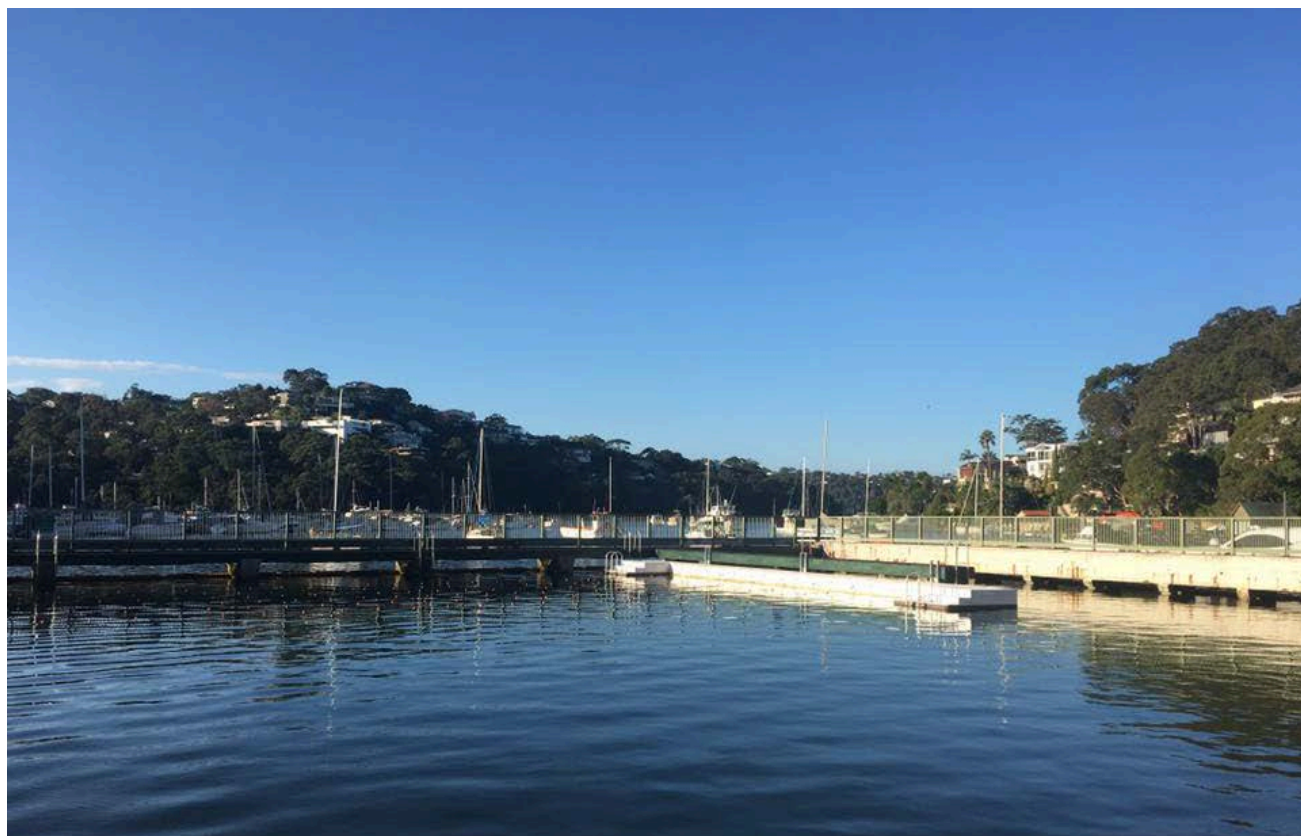
Northbridge Amateur Swimming Club

2017 / 18 Season Program

Saturday mornings from 7.30am

Race Entries close at 7.50am

Races start at 8am



President's Message

Welcome back to all our members as we approach our 93rd season at the Baths. The cold winter water is fading away with temperatures back above 16 degrees and I am hoping for 20 degrees by our first race day on 21st October 2017!

Our objective is to provide a safe and fun family atmosphere while advancing skills and confidence in swimming. I wish to thank the Committee for their enthusiasm last year. We have an excellent Committee for the coming season.

Season start

The season starts on 21st October at 8am. Andrew Ewington has drawn up the attached season program while Colin McCall has built more innovation into our timing system. Jane Parker is running the kiosk again with help from some terrific volunteers while a sub group has been formed to revamp the website. Kym Stracey will be organising the refereeing and technical advice. Chris Russell has joined the Committee this year.

Our public relations officer is Kelly Digby who will be building on our improved presence on social media. Our Facebook page is active and some local community sites will also carry our message. We also have plenty of Club cossies in stock, boys and girls, with a startling new jammers range available for the boys.

What happens next?

The registration form is in this pack and will be available at the kiosk. On-line race entry will be available in the prior week or arrive early to enter manually. Please make sure your email is recorded so that we can email news and updates during the season. The programme contains two weeks off around Christmas; the 23rd December and 30th December. Open Day will be 2nd December 2017 while Carnival day is 18th March 2018. The last race day is 24th March 2018.

Swimming squad

The 6 am squad is on again anchored by the usual hardy suspects. Visitors and more casual participants welcome. We will start sometime in October on Mondays, Wednesdays and Fridays. The atmosphere is always good even if the water is cold in the early weeks.

Volunteers

We always need help to run the Club. Set up, take down and the kiosk are rolls that require a team effort. Please assist if you can. The famous Club bacon and egg rolls will be available after racing as usual. Please spread the word about our amazing baths to your friends.

I look forward to seeing you at the Baths,

Chris Cahill
President
Northbridge Amateur Swimming Club
president@northbridgeswimming.com.au



This program contains most of the information you will need to know throughout the season, so please keep it handy.

On the back of this program is a copy of the registration form. The completed form should be sent to the Treasurer, Peter Candy either by email treasurer@northbridgeswimming.com or via the kiosk on the earliest possible Saturday morning of the season. If payment is not made online please include payment when returning your forms.

Key Dates

Date	Club Events
21 st Oct 2017	1 st day of the season
2 nd Dec 2017	Open Day and BBQ
Dec 2017 tba	Learn-to-swim and stroke improvement classes start
27 th January 2018	Australia Day Races and BBQ
Sunday 28 th Jan 2018	Mile Swim day
3 rd Feb 2018	Long Distance Championships Starts
Sunday 18 th March 2018	Championship Carnival
24 th March 2018	Point Score swims conclude
May 2018	Junior Trophies Presentation (at the Baths)
August 2018	Annual Dinner and Senior Trophy Presentations

Date	Inter-Club Events
Sunday 25 th February 2018	Tidal Pools Carnival
Sunday tba March 2018	Battle of the Bays Carnival

Long Distance Championships (Saturdays)

Day	Event
3 rd Feb 2018	200m Freestyle
10 th Feb 2018	200m Breaststroke
17 th Feb 2018	100m Butterfly
24 th Feb 2018	200m Backstroke
3 rd March 2018	400m Freestyle
10 th Mar 2018	200m Individual Medley
17 th Mar 2018	Wet weather backup day or 100m Backstroke
24 th Mar 2018	Wet weather backup day or 100m Breaststroke

Schedules may be altered in the event of broad changes to sporting body timetables or in the event of wet weather. The schedule allows two spare days to give a good chance of completing the championships, and to allow for the early finish to the season. Please note the regular 400m long distance freestyle will not be swum when the Long Distance Championships are raced.

Race Entries

Online race entries open on Thursday each week and close at 7.30am Saturday mornings

For online registration please go to: <http://www.northbridgeswimming.com/Registration/login.php>

Registration will also be open each Saturday at the Baths at 7.30am and close at 7.50 am sharp in order for races to start at 8.00am.

If you register on line and then cannot attend please either cancel the online registration **before 7.30am** on the morning of the races so that we can keep the lanes full and races progressing smoothly. Those swimmers who arrive late without registering may swim in spare lanes as a time trial (i.e. start off at "go" and as such receive 2 points). Participation will count towards the prescribed number of swims required to compete in the Championships.

Club Contact Details

Title	Name
President	Chris Cahill
Vice Presidents	Simon Thwaites and Kym Stracey
Treasurer and Public Officer	Peter Candy
Secretary	Richard Wright
Registrar and Handicapper	Colin McCall
Race Secretary	Andrew Ewington
Race Starters	Michael Gortley, Andrew Ewington and Chris Russell
Race Marshalls	Chris Russell, Patrick Gortley and Ben Mortimer (pending acceptance)
Race Judges	Kym Stracey, Damian Strode and Kathy Chiha
Referees	Kym Stracey
Head Time Keeper	Andy Coutts (pending acceptance) and Brett Batchelor
Stroke Improvement	tbc
SMNE Delegate	Brett Batchelor and Kym Stracey
Junior Carnival Coordinator	Kelly Digby and Andrew Coutts
Kiosk Coordinator	Jane Parker, Bronwyn Baker and Nicola Lewis
PR Officer	Kelly Digby

Contact email addresses:

- president@northbridgeswimming.com
- secretary@northbridgeswimming.com
- treasurer@northbridgeswimming.com
- enquiries@northbridgeswimming.com
- kiosk@northbridgeswimming.com



Membership Fees

Membership fees are as shown below.

Membership	Members	Club Fees	Capitation Fees	Total Fees Payable
Individual	1	\$30.00	\$67	\$97
Individual	2	\$60.00	\$134	\$194
Family	3	\$70.00	\$201	\$271
Family	4	\$70.00	\$268	\$338
Family	5	\$70.00	\$335	\$405
Family	6	\$70.00	\$402	\$472
Non swimming		Nil	\$21.50	\$21.50
Life Member		Nil	n/a	Nil

The Club is keen for non swimming members to pay the capitation fee to ensure full insurance coverage, particularly those who help with timekeeping etc.

Existing members renewing will have until 30th November to become "financial", new members have the opportunity to experience one full cycle of the club program (3 weeks) before paying their subscription. *NB: if you are not a financial member after this time you will be ineligible to swim.*

Points Score Competition

A point score competition is held throughout the season. All events are handicapped based on previous best times and points will be awarded on the following basis:

Competitors	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
8	5	4	3	2	2	2	2	2
7	5	4	3	2	2	2	2	
6	5	4	3	2	2	2		
5	4	3	2	2	2			
4	3	2	2	2				
3	3	2	2					
2	2	2						
1	2							

Note: Swimmers doing a time trial in any stroke are awarded 2 points



Order of Weekly Race Events

Meeting Dates		
21 October 2017 *	28 October	4 November
11 November	18 November	25 November
2 December *	9 December	16 December
6 January 2018	13 January	20 January
27 January	3 February	10 February
17 February *	24 February	3 March
10 March *	17 March	24 March
Freestyle	Freestyle	Freestyle
Open 100m or Jnr/Snr. 50m	Open 100m or Jnr/Snr. 50m	Open 100m or Jnr/Snr. 50m
Junior 30m	Junior 30m	Junior 30m
Junior 15m	Junior 15m	Junior 15m
Backstroke	Breaststroke	Butterfly
Junior 50m	Junior 50m	Junior 50m
Senior 50m	Senior 50m	Senior 50m
Junior 30m	Junior 30m	Junior & Senior 30m
Junior 15m	Junior 15m	Junior 15m
Breaststroke	Butterfly	Backstroke
Junior 50m	Junior 50m	Junior 50m
Senior 50m	Senior 50m	Senior 50m
Junior 30m	Junior & Senior 30m	Junior 30m
Junior 15m	Junior 15m	Junior 15m
Long Distance	Long Distance	Long Distance
Freestyle 400m	Open Strokes 200m	Open Strokes 200m
200m Relay Fun Race	200m Relay Fun Race	200m Relay Fun Race
Open Strokes 200m	Open Strokes 200m	Open Strokes 200m

An open event is open to both Junior and Senior swimmers. There will be the opportunity to swim both freestyle and 2 other form strokes each week as well as a long distance swim. Swimmers CANNOT enter BOTH the open 100 metre and a Junior or Senior 50 metre freestyle event on any one day. Points earned by participants in open events will transfer, as relevant, to the Junior or Senior cumulative point score tally in the style that is swum e.g. A Junior scoring 5 points in the open 100 metre freestyle will have those points allocated to the cumulative 50/100 metre junior freestyle point score tally.

On dates marked with an asterix 200m Open Strokes will be held instead of a 400m event.

The last event of the weekly program is the 200m Relay fun race. This is not a point score race, but there may be some winners along the way. Anyone can swim in a relay whether or not they have already swum as an individual in the long distance event. This fun event often sees families and friends competing against one another in terrific spirit.

Open Day

This season our open day will be held on **Saturday December 2nd 2017**. To encourage participation from the wider community we will be running the short distance race program only from 8am, intermingled with some fun relay events. At the conclusion of the program there will be some fun events and a BBQ. Please bring along your friends!

Note: Swimmers competing in any program race stroke are awarded 2 handicap points .

End of Season Championship

Qualification for championships can be achieved by swimming on at least seven Saturdays (irrespective of when you join the Club, subject to the discretion of the Committee).

Qualification swims may also be obtained by swimming in any of the following: Metro North East Carnivals, the Tidal Pools Carnival, Speedo Sprint Heats Carnival and the 1 mile and ½ mile swim.

In the event of adverse weather leading to the cancellation of race days, the Committee may revise the number of qualification swims needed.

Wet Weather

If there are heavy rains during the week leading to poor water quality, the program for Saturday may be cancelled. For information please refer to the NASC website www.northbridgeswimming.com. Updates will be posted by 6.45am on Saturdays.

Club Apparel

We have a great range of keenly priced clothing for swimmers, caps and rash shirts through to t-shirts and hoodies. Please contact the kiosk for details.

One Mile and Half Mile Swims

1 mile and ½ mile races will commence at **11am on Sunday 28th January 2018**. Bring BBQ goodies and stay for a post swim lunch and pleasant afternoon.

Tidal Pools Carnival

This is a fun afternoon carnival and in the past Northbridge and The Spit have battled it out for overall honours. This year we hope to also invite Gynea and Balmain Clubs. We will host this year's event at **12:30pm on Sunday 25th February 2018** at Northbridge Baths. This is a great day for the club – and as champions three years running we hope that we will be well represented this season to continue our winning ways. Further details will be announced and we will need help prior to and on the day.

Battle of the Bays Carnival

Another fun afternoon carnival hosted by Drummoyne Swimming Club, we are still awaiting exact date, but it will more than likely be one **Sunday in March 2018** (date to be advised). Further details will be announced and we will need help prior to and on the day.

Kiosk

The kiosk is run by the club and operates on race day, from about 7:45am to 10:30am (or until they run out of bacon and egg rolls). This year Jane Parker continues as our new kiosk coordinator, ably assisted by Bronwyn Baker and Nicola Lewis. As with previous years, a roster will be established, and any assistance will be greatly appreciated. Please see Jane, Bronwyn or Nicola or contact at kiosk@northbridgeswimming.com.



Metro North East Carnivals & Speedo Sprint Series

Details of these carnivals will be displayed on the noticeboard, together with qualifying times. Members wishing to represent the Club at these Carnivals should contact Kelly Digby or Andrew Coutts. To encourage participation, the Club will pay Swimming New South Wales membership fees and make a contribution towards race fees for swimmers who register and swim. Swimmers who register and then do not participate will be asked to pay for their registration.

SMNE Summer Championships
12/Under Fancy Dress Duel Meet
SNSW Speedo Sprint Series Heats

The success of these events is through the dedication of volunteers. We do ask that parents assist in any way possible in the planning of the events, and in particular on the day of the races.



2016-2017 Trophy Winners

EVENT	BOYS/MEN	HOLDER	GIRLS/LADIES	HOLDER
Handicap Pointscore				
15 metres	NASC Trophy (1967)	Jensen Harris	Middleton Trophy (1962)	Elka Mortimer
30 metres	Campbell Trophy (1988)	William Gumbley	Campbell Trophy (1988)	Gemma Dickinson
Junior Long Distance	Kath Oakes Trophy (1958)	Joe Cahill and William Wright	Northbridge VDC Assoc (1948)	Sally Parker
Junior	Stephens Trophy (2004)	Joe Cahill	Landahl Trophy (1961)	Sally Parker
Senior Long Distance	Laverick Cup (1966)	Andrew Coutts and Richard Wright	Leslie Trophy (1978)	Denise Anderson
Senior	Laverick Family Trophy (2004)	Richard Wright	Mrs & Miss Jenkins Trophy (1947)	Jane Parker
Overall Freestyle Pointscore	Martin McCurrich Trophy	Kym Tracey		
Championship				
15 metres	Wakelin Trophy (1985)	Jensen Harris	Wakelin Trophy (1985)	Elka Mortimer
30 metres	Antaw Trophy (1982)	Angus Baker	McCurrich Trophy (1982)	Neve Mortimer
8 years	Greenwood Trophy (1969)	Rupert Forrester	Entwistle Trophy (1969)	Aromaia Blafour
10 years	NASC Trophy (1967)	Joe Cahill	NLASC Trophy (1947)	Chloe Dickinson
12 years	Princeton Trophy (1962)	Marcus Littleproud	NLASC Trophy (1945)	Tui Balfour
14 years	NASC Trophy (1967)	Lewis Coutts	Bert Oakes Trophy (1957)	Zoe Parker
16 years	Kevin Ryan Trophy (1960)	Angus Parker	NLASC Trophy (1945)	not awarded
Senior (17 to 29 years)	W.A.L. Scott Memorial Trophy (1958)	not awarded	NLASC Senior Cup (1945)	Megan Batchelor
Senior Plate (30 to 44 years)	Rotary Club of Northbridge (1987)	Charles McCurrich	Rotary Club of Northbridge (1986)	Kelly Digby and Jessie Dickinson
Senior/Senior	Gortley Trophy (1997)	Peter Candy	O'Neill Trophy (1997)	Denise Anderson
Classic	Gortley Trophy (1997)	John O'Neill	O'Neill Trophy (1997)	Hilary Kramer
Legends	O'Neill Trophy (2013)	Brendon Hyde	O'Neill Trophy (2014)	Alison Holland
Junior Long Distance	Ern Harrison Trophy Memorial (1963)	Angus Parker	R.A. Holland Trophy (1962)	Tui Balfour
Senior Long Distance	NASC Life Members Trophy (1966)	Steven Harris	F.C. & C.C. Stubbing Trophy (1956)	Kelly Digby
Open Diving	W.H. Johnstone Trophy (1949)	not awarded		
Fastest 50m Swim	Rupert McCurrich Memorial (1991)	Charles McCurrich		
Meritorious Service	Eric Parle Trophy (1968)	Richard Wright		
Junior Encouragement	Bob Stephens Trophy (2001)	Miles O'Grady		
30m Butterfly Most Improved	Bev Tracey Trophy (2011)	Kathy Chiha		
Tidal Pools Trophies				
Junior Pointscore		not awarded		
Overall Pointscore	Balmoral Swim Club Challenge Shield	not awarded		
Interclub relay 16 x 50M	Sakaguchi Cup	not awarded		
Senior Pointscore	City Of Willoughby Shield	not awarded		
Presidents Tie	Winning Team - 2:26.34 Chris Cahill Tui Balfour Kelly Digby Ben Mortimer			

Northbridge Amateur Swimming Club Membership Registration

Please complete and return this membership form to Club Treasurer Peter Candy either via the kiosk or treasurer@northbridgeswimming.com. Payment can be made direct to the Club's bank account; BSB: 062215 Account: 00900216 (please state your surname in payment details) or to the kiosk which can accept cash and cheque payments on Saturdays.

Membership type	Members	Club fees	Capitation fees	Total Fees Payable
Individual	1	\$30.00	\$67	\$97
Individual	2	\$60.00	\$134	\$194
Family	3	\$70.00	\$201	\$271
Family	4	\$70.00	\$268	\$338
Family	5	\$70.00	\$335	\$405
Family	6	\$70.00	\$402	\$472
Non-swimming		Nil	\$21.50	\$21.50
Life Member		Nil	n/a	Nil

Last Name	First Name	M / F	Swimmer/ Non swimmer	Date of Birth

Address			
Phone	H	W	M
Email			
School/s attended (if junior)			

Emergency Contact Details

Name			
Address			
Phone		Relationship	

Payment method (please tick one box)	Direct Deposit		Cheque		Cash	
Club fees paid	\$		Receipt number: (office use)			
Capitation fees paid	\$					
Total paid	\$					
Signed					Date	

Do you have any medical and/or first aid training/qualifications ?	Yes / No
If so, are you willing to assist the Club in an emergency ?	Yes / No