



## **Northbridge Amateur Swimming Club**

### **2019-20 Season Program**

### **Saturday mornings at Northbridge Baths**

**Races start at 8.00am**

(concluding around 10.00am)



## President's Message

### Welcome to the 94<sup>th</sup> season of the Northbridge Swimming Club

As a family friendly club we welcome members of all ages and swimming ability. We aim to help improve stroke technique, times and distance by having demonstrations, one on one lessons and general instruction. A great way for swimmers to practice for school carnivals or metro competitions. Speak to one of the committee if you would like some assistance with a lesson or training tips.

At the AGM this year it was passed by the committee that John O'Neill be made a Life Member in recognition of his many years of service to the club in various capacities. We thank John for his dedication and support of the club over many years and various roles.

Our handicap timing system means that each swimmer is racing based on their previous weeks results, racing against other swimmers of similar times regardless of age. This often results in close finishes and the point scores are hotly contested.

The winners are rewarded at the Junior Presentation held in May and the Senior Presentation Dinner in July. Trophies are presented for age groups, strokes and distance.

Last year Steven and Delia Harris took out the top awards at the Senior Presentation evening, a first for husband and wife I believe. Congratulations to you both.

Our website is updated each week with the swimmers times and points. Be sure to check the results tab each week. Lots of information such as previous week's times and last year's results are displayed for comparison.

The club registration form can be found on the Home tab or in the canteen. Payment for fees and club merchandise can be made by credit card, direct deposit, cash or cheque. We also now take credit card for canteen purchases.

Dates of competition, interclub challenges and championship dates can be found on the Home page too.

Each week event registration is done online and needs to be completed by 7.45am. This can be found under the race registration tab.

Communication is key to a successful club so please make sure your mobile number and email address is correct on the registration form.

If you have any questions, comments or feedback please speak to myself or one of the other committee members.

May the season ahead bring warm weather, clean water and lots of fun.

See you in the water on the 26<sup>th</sup> October.

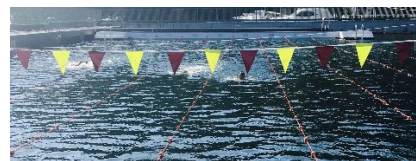
**Kym Stracey**  
**President**  
**Northbridge Amateur Swimming Club**  
[president@northbridgeswimming.com](mailto:president@northbridgeswimming.com)



# Northbridge Amateur Swimming Club

## Season Program 2019-20

Location: **Northbridge Baths**, Widgiewa Rd, Northbridge.  
 When: **Saturday morning, with races starting at 8.00am.**  
 Registration: Online (closing Saturday at 7.30am) or  
 Saturday morning (from 7.30-7.50am) at the Baths.  
 Website: [www.northbridgeswimming.com](http://www.northbridgeswimming.com)



Date	Freestyle <i>open 100 / jnr 50/30/15 / snr 50</i>	Backstroke <i>jnr 50/30/15 / snr 50</i> <b>Breaststroke</b> <i>jnr 50/30/15 / snr 50</i> <b>Butterfly</b> <i>jnr 50/30/15 / snr 30/50</i>	Long Distance <i>open any stroke 200 / open freestyle 400</i>	Club Championship	Tide
<b>2019</b>					
26 October	<b>1<sup>st</sup> Day of Season</b>				
	Freestyle	Backstroke	Breaststroke	200 Any Stroke	n/a High @ 0728
2 November	Freestyle	Breaststroke	Butterfly	200 Any Stroke	n/a Low @ 0618
9 November	Freestyle	Butterfly	Backstroke	200 Any Stroke	n/a High @ 0709
16 November	Freestyle	Backstroke	Breaststroke	400 Freestyle	n/a High @ 1125
23 November	Freestyle	Breaststroke	Butterfly	200 Any Stroke	n/a High @ 0616
30 November	Freestyle	Butterfly	Backstroke	200 Any Stroke	n/a High @ 1136
7 December	Freestyle	Backstroke	Breaststroke	400 Freestyle	n/a Low @ 1149
14 December	Freestyle	Breaststroke	Butterfly	200 Any Stroke	n/a High @ 1025
21 December	Freestyle	Butterfly	Backstroke	200 Any Stroke	n/a Low @ 1102
28 December	No Swimming				
<b>2020</b>					
4 January	Freestyle	Backstroke	Breaststroke	400 Freestyle	n/a Low @ 0951
11 January	Freestyle	Breaststroke	Butterfly	200 Any Stroke	n/a High @ 0925
18 January	Freestyle	Butterfly	Backstroke	200 Any Stroke	n/a Low @ 0934
25 January	<b>Australia Day Races and BBQ</b>				
	Freestyle	Backstroke	Breaststroke	400 Freestyle	n/a High @ 0933
1 February	Freestyle	Breaststroke	Butterfly	200 Any Stroke	n/a Low @ 0758
2 February	<b>Bob Hayter Memorial Mile Swim (Sunday from 9am)</b>				
	1 mile (32 laps) or 1/2 mile (16 laps)				Low @ 0901
8 February	Freestyle	Butterfly	Backstroke	200 Any Stroke	n/a High @ 0819
15 February	<b>Long Distance Championships Starts</b>				
	Freestyle	Backstroke	Breaststroke	200 Any Stroke	200 Freestyle Low @ 0811
22 February	Freestyle	Breaststroke	Butterfly	200 Any Stroke	200 Backstroke High @ 0836
29 February	Freestyle	Butterfly	Backstroke	200 Any Stroke	200 Breaststroke Low @ 0636
1 March	<b>Tidal Pools Carnival (Sunday) at Northbridge Swimming Club</b>				
	to be advised				High @ 1323
7 March	Freestyle	Backstroke	Breaststroke	200 Any Stroke	100 Butterfly High @ 0707
14 March	Freestyle	Breaststroke	Butterfly	200 Any Stroke	400 Freestyle High @ 0657
21 March	Freestyle	Butterfly	Backstroke	200 Any Stroke	200 Indiv Medlay Low @ 0731
28 March	Freestyle	Backstroke	Breaststroke	200 Any Stroke	Backup day High @ 1138
<b>Point Score Swims Conclude</b>					
29 March	<b>Championship Carnival (Sunday afternoon)</b>				
	Full program				High @ 1217
5 April	Championship Carnival (Sunday) – Backup day				
					Low @ 1217
26 May	<b>Junior Trophy Presentation (at The Baths)</b>				
Late July / early August	<b>Annual Dinner and Senior Trophy Presentations (at Northbridge Golf Club)</b>				
August	<b>Annual General Meeting and Election of 2019-20 Office Bearers</b>				

Schedules may be altered in the event of broad changes to sporting body timetables or in the event of wet weather. The schedule allows spare days to give a good chance of completing the championships.



An open event is open to both Junior and Senior swimmers. There will be the opportunity to swim both freestyle and two 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.



## 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 online and then cannot attend please 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.

## 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](http://www.northbridgeswimming.com). Updates will be posted by 6.45am on Saturdays.



## Handicap Pointscore Competition

A Handicap Pointscore Competition is held on Saturday mornings at the Baths, with the season commencing on **Saturday 26<sup>th</sup> October 2019** and running through to **Saturday 28<sup>th</sup> March 2020**.

**All events are handicapped** based on previous times. For new members, and those that do not have a time registered, you will undertake a time trial (ie start off at "GO"), thus enabling your handicap to be determined.

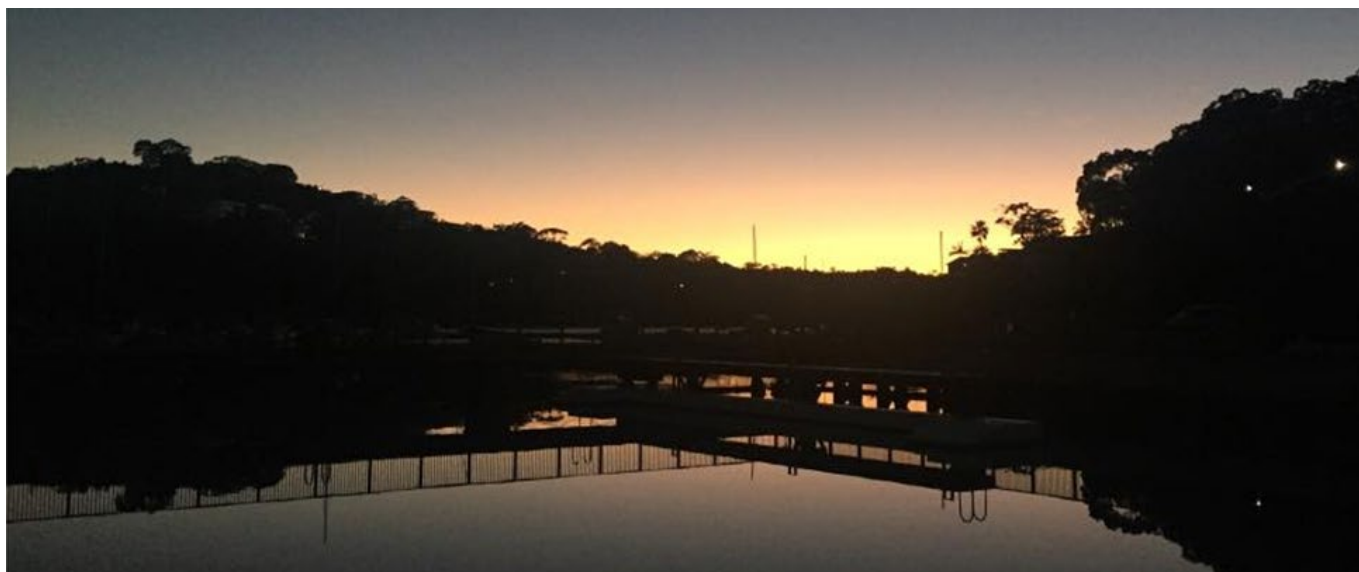
Handicap points will be awarded on the following basis:

Number of swimmers in race	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
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 are awarded 2 points

## Bob Hayter Memorial Mile and Half Mile Swims

The 1 mile and ½ mile swim will commence at **9.00am on Sunday 2nd February 2020**. Bring BBQ goodies and stay for a post swim late breakfast. We had a fantastic turnout last year, and this year is looking at being another success, as we honour our good mate Bobby Hayter.



## End of Season Championship

The End of Season Championship occurs on the last Sunday of the season, and this season's Championship Carnival is being held on **Sunday 29<sup>th</sup> March 2020**.

Qualification for the Championship Carnival is open to all **financial members** who have swum on at least seven occasions for the Club (irrespective of when you join the Club). Qualification swims are obtained by swimming on Saturday mornings, but may also be by swimming in any of the following: Metro North East Carnivals, the Tidal Pools Carnival, Speedo Sprint Heats Carnival and the Bob Hayter Memorial Mile and Half 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.

**All events are scratch races** in numerous age categories.



Last season the following club records were set at the 2018-19 Championship Carnival:

Championship Category	New Record Holder	New Time
Championship Freestyle 30m Junior	Lachlan Digby	25:85
Championship Backstroke 50m Female 8 Years & under	Elka Mortimer	49:33
Championship Butterfly 30m Female 8 Years & under	Elka Mortimer	25:84
Championship Breaststroke 100m Male Junior Open	Max Christie	1:34:43
Championship Butterfly 50m Male Senior	Angus Parker	27:64
Championship Backstroke 50m Male Senior Senior	Charles McCurich	34:91

## Tidal Pools Carnival

This is a fun afternoon carnival where Sydney's Tidal Pool Clubs, including Northbridge, The Spit, Gymea and Balmain, have competed against each other. In the past Northbridge and The Spit have battled it out for overall honours.

This year the carnival will be hosted by our club on the afternoon of **Sunday 1<sup>st</sup> March 2020** at Northbridge Baths. This is a great day for the Club to show our member strength, and with winning all trophies last year, we would love to be able to retain them for another year. Further details will be announced and we will need help prior to and on the day.

Category	Trophy	2018 Holder
Junior Pointscore		Northbridge
Senior Pointscore	City of Willoughby Shield	Northbridge
Overall Pointscore	Balmoral Swim Club Challenge Shield	Northbridge
Interclub relay (16 x 50 metres)	Sakaguchi Cup	Northbridge



## Club Contact Details

Title	Name
President	Kym Stracey
Vice President	Chris Cahill
Treasurer and Public Officer	Chris Cahill
Secretary	Daniel Hunt
Registrar and Handicapper	Colin McCall
Race Secretary	Andrew Ewington
Race Starters / Race Marshalls	Andrew Ewington, Simon Thwaites, Patrick Gortley
Race Judges	Kym Stracey, Damian Strode
Referees	Kym Stracey
Head Time Keeper	Andy Coutts, Kylie Boccanfuso, Anthony Boccanfuso
Stroke Improvement	Kelly Digby, Patrick Gortley, Charles McCurrich, Steve Harris
Member Protection Officer	Delia Harris
SMNE Delegate	Brett Batchelor
Junior Carnival Coordinator	Kelly Digby, Andrew Coutts
Kiosk Coordinator	Kathy Chiha
PR Officer	Kelly Digby
First Aid Officer	tbc

Contact email addresses:

[president@northbridgeswimming.com](mailto:president@northbridgeswimming.com)

[secretary@northbridgeswimming.com](mailto:secretary@northbridgeswimming.com)

[treasurer@northbridgeswimming.com](mailto:treasurer@northbridgeswimming.com)



## Member Protection Officer

The role of the **Member Protection Officer** is to provide information about the rights, responsibilities and options available to our members. **Delia Harris** is continuing in the role this year.

## First Aid Officer(s)

This year we would like to introduce some **First Aid Officers** to assist with any medical emergencies that may arise on race day. We are not expecting many issues, other than the odd oyster cut, but if you are interested in helping out the club, please see one of your committee members.

## Membership Fees

Membership fees have been simplified and are now as follows:

Membership Type	Members	Combined Club Fees
Individual	1	\$ 100
Individual	2	\$ 200
Family	3	\$ 270
Family	4 or more	\$ 320
Non-swimming	1	\$ 20
Life Member	1	nil



Existing members renewing will have until **30<sup>th</sup> November 2019** 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.*

**On the back of this program is a copy of the registration form.** The completed form should be sent to the Treasurer, either by email [treasurer@northbridgeswimming.com](mailto: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.

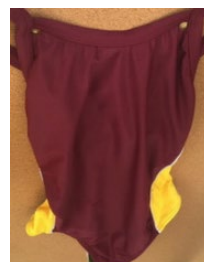


## Club Apparel

We have a variety of NASC swimming apparel available for sale, including one-piece costumes, 'speedo'-style swimmers, jammers, caps and rashies. These are **all sold at better than cost price**. Please show your support by wearing your Club colours on swim days.

Swimwear	Cost
One-piece costumes	\$ 40 (girls and ladies)
'speedo'-style swimmers	\$ 25 (boys and mens)
Jammers	\$ 40 (boys and mens)

Please contact the kiosk for further details (which now accepts eftpos payments).



## Kiosk

The kiosk is run by the Club and **operates on race day, from about 7:45am to 10:30am** (or until we run out of bacon and egg rolls). This year **Kathy Chiha** continues her role as our kiosk coordinator. As with previous years, a roster will be established, and any assistance will be greatly appreciated. Please see Kathy at the kiosk.





## Northbridge Amateur Swimming Club Trophy Winners 2019-20

Event	Trophy	Winner
<b>Handicap Pointscore</b>		
Junior Girls 15 metres	Middleton Trophy (1962)	Jade Stewart
Junior Boys 15 metres	NASC Trophy (1967)	Caden Harris
Junior Girls 30 metres	Campbell Trophy (1988)	Belinda Masselos
Junior Boys 30 metres	Campbell Trophy (1988)	Will Gumbley
Junior Girls Long Distance	Northbridge VDC Assoc (1948)	Sally Parker
Junior Boys Long Distance	Kath Oakes Trophy (1958)	Braith Boccanfuso
Junior Girls Overall Handicap	Landahl Trophy (1961)	Jessica Hunt
Junior Boys Overall Handicap	Stephens Trophy (2004)	Braith Boccanfuso
Senior Ladies Long Distance	Leslie Trophy (1978)	Delia Harris
Senior Mens Long Distance	Laverick Trophy (1966)	Ian Pike
Senior Ladies Overall Handicap	Mrs & Miss Jenkins Trophy (1947)	Denise Anderson
Senior Mens Overall Handicap	Laverick Family Trophy (2004)	Steven Harris
Senior Overall Freestyle	Martin McCurrich Trophy	Ian Pike
Junior Girls 15 metres	Wakelin Trophy (1985)	(not awarded)
Junior Boys 15 metres	Wakelin Trophy (1985)	Caden Harris
Junior Girls 30 metres	McCurrich Trophy (1982)	(not awarded)
Junior Boys 30 metres	Antaw Trophy (1982)	Jensen Harris
Junior Girls 8 years	Entwistle Trophy (1969)	Elka Mortimer
Junior Boys 8 years	Greenwood Trophy (1969)	Lachlan Digby
Junior Girls 10 years	NLASC Trophy (1947)	Neve Mortimer
Junior Boys 10 years	NASC Trophy (1967)	Rupert Forrester
Junior Girls 12 years	NLASC Trophy (1945)	Ziva Mortimer
Junior Boys 12 years	Princeton Trophy (1962)	Flynn Digby
Junior Girls 14 years	Bert Oakes Trophy (1957)	Phoebe Forrester
Junior Boys 14 years	NASC Trophy (1967)	Max Christie
Junior Girls 16 years	NLASC Trophy (1945)	Zoe Parker
Junior Boys 16 years	Kevin Ryan Trophy (1960)	Oliver Parker
Junior Girls Long Distance	R.A. Holland Trophy (1962)	Zoe Parker
Junior Boys Long Distance	Ern Harrison Memorial Trophy (1963)	Max Christie
Senior Ladies (17-29 years)	NLASC Senior Cup (1945)	Megan Batchelor
Senior Mens (17-29 years)	W.A.L. Scott Memorial Trophy (1958)	Angus Parker
Senior Plate Ladies (30-44 years)	Rotary Club of Northbridge (1986)	Kelly Digby and Delia Harris
Senior Plate Mens (30-44 years)	Rotary Club of Northbridge (1987)	Steven Harris
Senior/Senior Ladies (45-59 years)	O'Neill Trophy (1997)	Denise Anderson
Senior/Senior Mens (45-59 years)	Gortley Trophy (1997)	Charles McCurrich
Classic Ladies (60-69 years)	O'Neill Trophy (1997)	Hillary Kramer
Classic Mens (60-69 years)	Gortley Trophy (1997)	John Stephens
Legends Ladies (70+ years)	O'Neill Trophy (2014)	(not awarded)
Legends Men (70+ years)	O'Neill Trophy (2013)	Brett Batchelor
Senior Ladies Long Distance	F.C. & C.C. Stubbing Trophy (1956)	Kelly Digby
Senior Men Long Distance	NASC Life Members Trophy (1966)	Steven Harris
Junior Encouragement	Bob Stephens Trophy (2001)	Caden Harris
30 metres Butterfly Most Improved	Bev Stracey Trophy (2011)	Kym Stracey
Fastest 50m Swim	Rupert McCurrich Memorial Trophy (1991)	Steven Harris
Meritorious Service	Eric Parle Trophy (1968)	Andrew Ewington
President's Tie	President's Tie Trophy (1998-99)	Club Team (2:15:50) Megan Batchelor Zoe Parker Steven Harris Andrew Ewington



## Northbridge Amateur Swimming Club Membership Registration 2019-20

Please **complete and return** this membership registration form to the NASC Treasurer either by email ([treasurer@northbridgeswimming.com](mailto:treasurer@northbridgeswimming.com)) or drop it in at the Bath's kiosk.



**Payment** can be made online directly into the NASC's bank account (BSB: 062215 and Account: 00900216) or on Saturday mornings at the Baths' kiosk (by eftpos, cash or cheque). Please state your surname in all payment details.

Membership Type	No. of Members	Total Fees	Membership Cost
Individual	1	\$ 100	
Individual	2	\$ 200	
Family	3	\$ 270	
Family	4 or more	\$ 320	
Non-swimmer	1	\$ 20	
Life Member	1	nil	

Swimwear	Cost	Qty	Swimwear Cost
One-piece	\$ 40		
Swimmers	\$ 25		
Jammers	\$ 40		
		Total	

Family Name	First Name	Male/ Female	Swimmer/ Non-swimmer	Date of Birth
Address				
Phone	H	W	M	
Email(s)				
Juniors only - School(s) attended				

Emergency Contact Details			
Name			
Address			
Phone	Relationship		

Payment Details							
Payment method	Direct Deposit		Cash		Cheque		Eftpos
Club Fees	\$	Receipt number					
Swimwear	\$						
Total paid	\$						
Signed					Date		

Additional Information (not compulsory)	
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