



FRASER COAST SWIM CLUB

Information Booklet

2025 - 2026 SEASON





WELCOME

Fraser Coast Swim Club, is based out of KickSwim Hervey Bay, we are more than just a swim club - we're a family. We proudly welcome swimmers from across the region and are committed to creating a positive, inclusive, and supportive environment where every swimmer, no matter their age or ability, can grow, thrive, and achieve their personal best.

We understand that every swimmer's journey is unique, and we take pride in supporting personal goals, whether it's achieving that first dive, competing at the highest level, or simply enjoying being in the water. Through our partnership with KickSwim, we offer a seamless path from learn to swim to developing the skill of a confident athlete.

Fraser Coast Swim Club is not just about performance—it's about people. Our vision is to nurture resilient, respectful, and determined individuals who support one another, form lifelong friendships, and celebrate each other's achievements, big and small. We're proud of the community we've built—a place where swimmers lift each other up and where parents, coaches, and volunteers work together to make it all possible.

Our approach is holistic because we believe swimming is about so much more than just strokes and times. With access to nutritionists, physiotherapists, and guidance from Swimming Queensland, we aim to help every swimmer develop not just as an athlete, but as a confident, well-rounded individual. We focus on building skills like communication, leadership, and resilience that extend far beyond the pool.

At Fraser Coast Swim Club, our greatest joy is watching swimmers grow - seeing their confidence bloom, their determination strengthens, and their love for the sport deepen. Whether you're diving in for the first time or aiming for gold, we're here to support you every step of the way. Together, we'll celebrate the victories, learn from the challenges, and create memories that will last a lifetime.

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Passion for Swimming.
Strength in Community.



ABOUT FCSC



Fraser Coast Swim Club was established in 2002 by Marcus and Penny Elder. Fraser Coast Swimming has enjoyed more than two decades of success, striving for excellence in swimming, coaching and culture.

The club trains out of KickSwim Hervey Bay (Islander Road Pialba). Over its existence, Fraser Coast Swim Club has produced many swimmers who have qualified for regional, state and national teams. The club has activities for everyone, whether they want to swim for fun, fitness, or swim at the most competitive level.

Our learn to swim partner, KickSwim Hervey Bay, provides a pathway for learn-to-swim students to enter Fraser Coast Swim Club, and use the skills they learn at swimming lessons.

Our success in the swimming pool is directly attributable to the club's highly respected and successful coaches who pride themselves on hard work and instilling a passion for swimming through strong work ethic and mutual respect into their respective squads.

“ Our vision is to nurture **resilient, respectful, and determined individuals** who support one another, form **lifelong friendships**, and celebrate each other's **achievements**, big and small. ”



HEAD COACH

LIZ KOPACZ

Liz Kopacz brings a wealth of experience and passion to the aquatic industry. As a former national competitive swimmer and state-level water polo player, her love for the water is evident.

Qualifications

- Bachelor of Education
- Austswim Accredited Teacher (20 years)
- ASCTA Swim Coach (over 10 years)
- Level 1 ASCA Strength and Conditioning Coach
- Bronze Accredited Swim Coach.

Liz's dedication to swimming extends to all ages and skill levels. She has a particular interest in strength and conditioning for swimmers and has been recognized for her excellence in teaching, winning the 2015 Queensland Infant Teacher of the Year award. Liz has also coached athletes to State, National Age and Australian Trials level, successfully guiding swimmers into high-performance pathways.

Her cheerful, energetic, and motivated personality shines through in her coaching style. Liz is passionate about developing age group swimmers for performance and fostering a lifelong love for the water and the sport.

Achievements

- Development Coach Qld Team Tilly Cup 2022
- Development Coach Qld Team UK Tour 2022
- Coach Qld Team Tilly Cup 2023
- Coach Qld Team LA Dreaming 2024
- Swimming Australia W32 Project
- Qld Country Champions 2026



JUNIOR COACH

JO DELLER

Jo is a highly experienced and passionate coach with over three decades of involvement in swimming and athletics. Known as "The Stroke Queen" for her expertise in junior stroke development, she has dedicated her career to nurturing young athletes and promoting excellence in aquatic sports.

Since 2023, Jo has been a Junior Coach with the Fraser Coast Swim Club, supporting young swimmers in their development. From 2007 to 2017, Jo worked as a Learn-to-Swim Teacher and Junior Development Coach at Hervey Bay Aquatic Centre.

Beyond swimming, Jo has coached junior and senior A-Grade netball, junior basketball, and served as an aerobics instructor for water and land fitness.

Jo holds multiple Austswim certifications, including:

- Teacher of Swimming and Water Safety
- Teacher of Adults
- Teacher of Access and Inclusion
- Teacher of Towards Competitive Strokes
- Teacher Babies and Infants

Achievements

- Coached junior swimmers to Queensland State qualifiers
- Lifelong advocate for aquatic fitness and sports, with a passion for swimming, netball, basketball, and endurance activities

Jo's legacy as a mentor and coach is marked by her unwavering commitment to stroke development and her ability to inspire athletes to achieve their potential.





COACH MENTOR

BRANT BEST

Olympic Swim Coach

Coach Mentor and High Performance Coach

Coach and Club Development Swimming Queensland

Brant Best is a highly respected swimming coach with over 33 years of experience in Australia.

As a High-Performance Coach and Mentor, he has significantly influenced the swimming community both nationally and internationally. Brant led as Head Coach of the NSWIS High-Performance Centre for six years before joining Swimming Queensland in 2017 as a Coach, Athlete, and Club Development Officer, where he strengthened the state's dominance in Australian swimming.

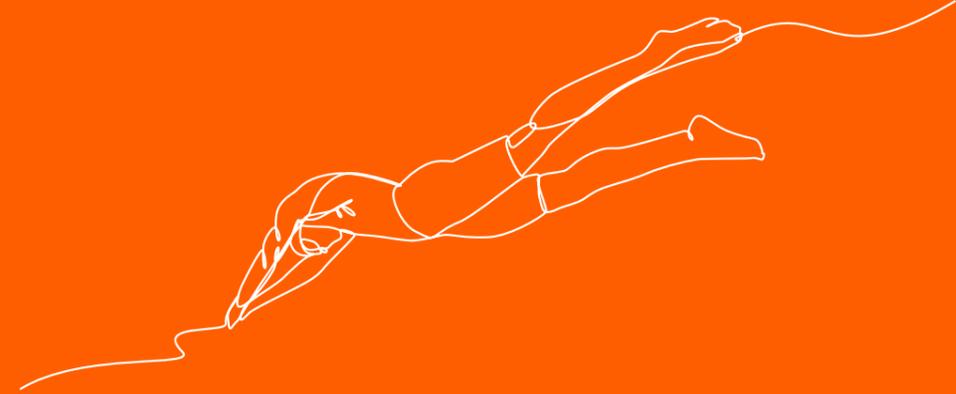
Achievements

- Coached James Magnussen, the world's fastest 100m swimmer from 2011–2014, earning 3 World Championship golds, an Olympic silver, and multiple Commonwealth golds.
- Placed 5 athletes in 8 individual events and relays on the 2012 Olympic team.
- Coached Australia's first woman to swim under 8:20 in the 800m freestyle, setting a national record.
- Guided athletes in every stroke and distance on the Australian National Team.
- Awarded Swimming Australia's Don Talbot Coach of the Year in 2011.

Brant remains a leading figure in the sport, known for his excellence in developing elite talent.



OUR SQUADS



Progression and Development in Competitive Swimming

Progression is a cornerstone of competitive swimming, and our squad system is thoughtfully designed to match swimmers with the training group that best supports their current skill level, commitment, and developmental goals.

The squads—Gold, Silver, and Bronze—offer a structured pathway for swimmers to grow both technically and mentally, ensuring all participants can achieve their potential in a supportive and challenging environment.

This tiered approach accommodates swimmers of all ages, abilities, and ambitions, providing a place for everyone within the program while allowing junior swimmers to advance through the squads at a measured and deliberate pace. Each step in the progression is intended to maximize overall development, improvement, and a love for the sport.

Movement between squads is based on a swimmer's ability, commitment, and attitude. These transitions are guided by our coaches' expertise and are made in consultation with both the swimmer and their current coach.

Changes to squad placement will almost always be initiated by the coaching team, ensuring decisions are informed and in the best interest of the swimmer's growth.



GOLD SQUAD

The Gold squad is the highest level of training in our program. Swimmers in this group are typically competing at a state or national level and demonstrate strong commitment, discipline, integrity and technical proficiency in the water.

Moving into Gold means that the swimmer is ready to embrace a more rigorous training schedule and is expected to be fully accountable to training processes and sessions to achieve their own self driven goals.

Training expectations

- 6 to 9 sessions per week

Equipment requirements

- Kickboard
- Pull Buoy
- DMC Elite Finz Flippers
- Snorkels
- Hand Paddles
- ONCORE

Squad training fees

- \$42.50 per week
- Billed monthly on the 1st of the month



SILVER SQUAD

The Silver squad caters to swimmers who have developed a strong foundation in their technique and are beginning to compete at a more regional and state level. These athletes are working to refine their skills and build endurance while pushing the boundaries of their physical and mental capabilities.

Moving into Silver indicates that a swimmer is ready to step up their commitment, attend more intense training sessions, and begin to target specific events for improvement.

Training expectations

- 4 to 6 sessions per week

Equipment requirements

- Kickboard
- Pull Buoy
- DMC Elite Finz Flippers
- Snorkels
- Finger Paddles
- ONCORE

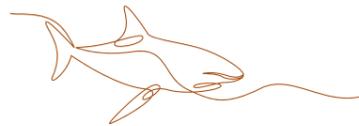
Squad training fees

- \$37.50 per week
- Billed monthly on the 1st of the month





BRONZE SQUAD



The Bronze squad is designed for swimmers who are at an intermediate stage in their development. These swimmers typically possess a solid understanding of the basic strokes and are transitioning from club to more competitive swimming.

The Bronze group focuses on technique, endurance, and building a competitive mindset. A forward shift into Silver would signify that the swimmer is ready to elevate their commitment and personal accountability to training and training processes.

Training Expectations

- 3 to 4 sessions per week

Equipment Requirements

- Kickboard
- Pull Buoy
- Flippers
- ONCORE

SQUAD TRAINING FEES

- \$30 per week billed monthly on the 1st of the month



SQUAD COMMUNICATION

COACH

For all communication with our Head Coach Liz, please use her email: liz@kickswim.com.au. Liz is available to respond to emails between 6:00 AM and 5:00 PM and typically replies within 48 hours, prioritizing responses during morning hours. If your enquiry is urgent, please leave a message with Allison at reception at KickSwim.

For questions for Liz or Jo, please use the communication book located at the front counter of Kick Swim. Messages recorded in the book are passed on to the coaches by reception.

Kindly note that the pool deck is dedicated to our coaches and swimmers during training sessions, as this is when Liz and Jo are at their busiest.

Thank you for your understanding and cooperation.

CLUB

We ensure all official club communications are sent to members via email. To create our distribution list, we rely on parent memberships, so it is essential that at least one parent per family is signed up as a member in Swim Central.

In addition to email communication, we also utilize our Fraser Coast Swim Club Communication Page on Facebook, which is exclusively for members. You will receive an invitation to join this page once your membership is confirmed.

Please note, this page is separate from our Fraser Coast Swim Club Social Page. The social page is open to family members and friends, and we encourage everyone to follow it to stay connected and celebrate our club's journey.



CLUB MEMBERSHIP

FRASER COAST SWIM CLUB MEMBERSHIP INFORMATION

The official membership season runs annually from 1ST JULY to 30TH JUNE.
Memberships must be renewed by 1ST OCTOBER each year to remain active.

Any membership not renewed by this date will become inactive, and members will lose access to swim meet entries.

MEMBERSHIP OVERVIEW

The annual membership fee covers the combined costs of joining:

- Swimming Australia
- Swimming Queensland
- Swimming Wide Bay
- Fraser Coast Swim Club

MEMBERSHIP TYPES AND FEES

We offer the following membership categories:

- JUNIOR SWIMMER (9 and under): \$107.12
- COMPETITIVE SWIMMER: \$155.16
- RECREATIONAL SWIMMER: \$102.75
- LATE SEASON SWIMMER: \$94.43

MEMBERSHIPS BENEFITS

By joining our swim club, you'll enjoy a range of exclusive benefits:

- Free silicone race cap upon registration.
- Eligibility to race at club nights.
- Complimentary pool entry during club nights.
- Eligibility for club awards and trophies (minimum of 10 club night attendances required).
- Access to compete in Swimming Australia (SAL) and Swimming Queensland-approved meets.
- Affiliation with SAL, Queensland Swimming, and Swimming Wide Bay.
- Comprehensive insurance cover through Swimming Queensland.
- Relay nominations for District and Regional Championships.
- High-quality club uniforms available at cost prices.
- Access to expertise from our club coaches, mentors, and associated physiotherapists.

How to Purchase Memberships via Swim Central

Swim Central is the online platform owned by Swimming Australia, used to manage memberships, enter competitions, access results, and more.

Getting Started

If you're new to swimming and don't have a Swim Central account:

1. Visit Swim Central and click "Don't have a login? Register for an account."
2. A parent/guardian must register using a unique email address.
3. Swimmers aged 17 & under are added to the family group as dependents.

For detailed assistance, refer to How To Register With Swim Central – Swimming Australia Online Support Portal.

Purchasing Memberships

Once your account is set up, follow these steps to purchase memberships:

1. Log in to Swim Central and navigate to "Store."
2. Select "Membership" and choose the correct "Assignee" (the swimmer for whom you're purchasing).
3. Enter your desired club's name in the search bar.
4. Select the appropriate membership type from the list.
5. Click "Add to Cart" and proceed to "Checkout" to finalize payment.

TIP: Always double-check the Assignee drop down to ensure the membership is assigned to the correct family member.



EXPECTATIONS

EXPECTATIONS OF SWIMMERS

- Swimmers should be ready to commence each session on time with required equipment.
- Swimmers should bring a water bottle, spare cap, spare training togs and goggles to each session.
- Swimmers and parents are expected to show respect to all other swimmers, parents, coaches, officials, and KICKSWIM centre staff.

EXPECTATIONS OF PARENTS

Supporting Your Swimmer Through Transitions

As a parent, your support plays a vital role in helping your swimmer navigate their journey in the sport. Here are some key ways you can assist during transitions:

1. Support the Development Process

- A shift to a higher squad signifies growth and progress—a positive step forward in your swimmer’s development.
- Remember that each swimmer’s journey is unique. Some may advance quickly, while others take more time to reach the next level.
- Be patient and trust the ****coaches’ expertise**** and the process. The ultimate goal is to build confidence, resilience, and a lifelong love for the sport.

2. Encourage Healthy Habits

- As training intensifies in higher squads, your support at home becomes even more critical.
- Promote healthy habits** around:
 - Rest: Ensure they get adequate sleep to recover.
 - Nutrition: Provide balanced meals and snacks to fuel their training.
 - Recovery: Encourage stretching, hydration, and self-care routines.
- Help them maintain a balanced routine to manage the demands of training and competition effectively.

3. Manage Expectations

- Competitive swimming is an individual sport, but your emotional support can make a big difference.
- Encourage a focus on personal improvement rather than comparing to others.
- Remind them that progress happens at different rates, and success isn’t solely about podium finishes—it’s about their effort, perseverance, and commitment.

4. Foster a Growth Mindset

- Help your swimmer see success as a result of dedication and effort, not just outcomes.
- Normalize setbacks and plateaus as part of the journey.
- Emphasize that working through challenges is what helps athletes grow.
- Stay positive and encourage them to keep striving for improvement, even when the path feels difficult.

By staying supportive, patient, and engaged, you’ll help your swimmer thrive both in and out of the pool. Together, let’s focus on building not just great athletes, but well-rounded, resilient individuals.

UNIFORMS

CLUB POLOS



CLUB HOODIES



COMPETITION

CLUB NIGHTS

OCTOBER to APRIL (except School Holidays)

Club Nights are held every **Tuesday from October to April**. The evening kicks off at **5:30 PM**, with racing starting promptly at **6:00 PM** and wrapping up by **7:30 PM**.

BBQ FUNDRAISER

A BBQ runs each Club Night from **5:30 PM**, offering **sausages on bread, chicken kebabs, and hashbrowns** for purchase. Proceeds directly support the club.

NOMINATIONS

- Swimmers can nominate for up to **four events**.
- Nominations will close each Tuesday at **3pm**.
- Nominations are made by the SwimClub Connect App
- **If you are new simply download the app and sign into our club using the code 4655. The app is free to use for nominating each week and viewing results - all the information you've always had access to will now be in one convenient place.**

We encourage independence, so please support your swimmer in completing their nominations.

NOMINATION GUIDELINES by AGE GROUP

- **7 & Under:** 25m and 50m events for all strokes only
- **8-9 Years:** 25m and 50m events for all strokes, plus 100m Free and 100m IM (see Liz before entering 100m events)
- **10 Years:** 25m, 50m, and 100m events for all strokes, plus 200m Free & 200m IM
- **11 Years:** 25m, 50m, 100m, and 200m events for all strokes
- **12 & Over:** All events

NOTE: Bronze squad members and new swimmers must consult Liz before entering any 200m or longer events.

For any questions or assistance with nominations, feel free to reach out to a Club Member. Let's make this season fun and successful for all!

Aims of Club Nights

Club nights provide a valuable opportunity for swimmers and members to:

- Compete and improve personal best times.
- Practice racing under competition conditions.
- Build friendships and foster a strong team/club spirit.
- Attempt to break club records in a supportive environment.

What to Bring

- **SWIM GEAR:** Togs, goggles, and a swim cap.
- **TOWELS:** Bring at least one or two per swimmer.
- **WARM CLOTHING:** A deck coat or similar item to stay warm after swimming.

REMINDER: Club night is a fun and relaxed event designed to help swimmers practice race skills and prepare for competitive meets.

CLUB NIGHT VOLUNTEER ROLES

Club nights require volunteers for key roles, including Starter, Chief Marshall, Chief Timekeeper, BBQ Cook, Cashier, Server, Safety Officer, and 10 Timekeepers. A minimum of 17 volunteers is needed. Please consider signing up to help ensure the event runs smoothly.

Expectations and Guidelines

ATTENDANCE

Swimmers must attend with **at least one parent or guardian for supervision** and assistance.

PARENT INVOLVEMENT

Parents are encouraged to volunteer for timekeeping, marshalling, and BBQ duties. Your involvement makes the experience more rewarding!

FACILITY

We appreciate KickSwim Centre's support. Please clean up rubbish, empty bins, and leave the venue tidy.

SUPERVISION

Children must not enter the indoor pool area without supervision. Once KickSwim staff have finished, the pool doors will be locked. For bathroom access, see the Safety Officer.

ARRIVAL AND DEPARTURE

If arriving or leaving after KickSwim has closed, use the back gate for access.

COURTESY AND NOISE

Be mindful of our neighbours and keep noise levels low, particularly in the marshalling area during race starts.

Thank you for your cooperation and support in making club nights safe, enjoyable, and successful for everyone involved!

SWIM MEETS

Everything you need to know

SWIM MEETS

Participation

Throughout the year, the club will participate in various swim carnivals, with all competitive swimmers encouraged to join.

- The coach will share a list of targeted carnivals where she will attend to support the team.
- Swimmers can also independently attend other Wide Bay region events.
- Carnivals are a great opportunity to gain experience, improve performance, and represent the club.

How to Nominate for a Meet in Swim Central

1. Log in to Swim Central and select "Events" from the menu.
2. Use the calendar to find the meet date and click "View Event" for details or to start nominations.
3. Swim Central will show eligible events based on the swimmer's qualifications.
4. Select the correct family member from the "Nominee" drop-down menu.
5. Add desired events to your cart using the "+" button under the "Details" tab.
6. Click "Make Payment" to complete the nomination.

Note: Some events require qualifying times ("QT"), which must be verified before nominating.

Please see Coach Liz regarding these events.

Results

Results can be accessed through Swim Central by the 'Results' tab, which will become available after the competition when the results have been processed.

Live results can be accessed using 'Meet Mobile' which can be downloaded onto your phone from the App Store.

SWIM MEETS

Guidelines for swimmers

Arrive at least 1.5 hours before your first event unless your coach advises otherwise. Bring your food, water, and training bag, and wear your club t-shirt and any available uniform. Upon arrival, check in with your coaches and ensure you speak with them before and after each race. Show respect to all competitors, volunteers, officials, and parents throughout the competition.

1. PREPARATION

- Sleep Well: Get to bed early the night before to ensure you're well-rested.
- Pack Ahead: Prepare your swim bag the night before, including race suits, warm-up togs, 2 goggles, 2 caps, 2 towels, a water bottle, warm clothes, and sunscreen.
- Nutrition: Eat a balanced meal rich in protein, carbohydrates, and healthy fats.

2. EXTRAS TO BRING

- Chair, reading material (for downtime).
- A pen/highlighter/permanent marker for noting events.

3. WARM-UP

- **Be on time for warm-up** (check the program for warm-up times).
- Warm up as a **team** at the designated time under the coach's direction.
- After warming up, check in with the coach before leaving the pool deck for any individual instructions.

4. DURING THE MEET

- Marshalling: Listen for your event, check with your coach before and after, and confirm your event and lane.
- Focus: In marshalling, think about starts, turns, and finishes—not speed.
- Recovery: Warm down or stretch to stay loose.

5. NUTRITION AND HYDRATION

- Eat small, frequent snacks throughout the day, ideally home-prepared food.
- Save larger meals for gaps of 1-2 hours or more between races.
- Stay hydrated:
 - Drink water regularly throughout the day.
 - Use sports drinks in moderation (50/50 with water is recommended).

MOST IMPORTANTLY

Enjoy the day! Celebrate your efforts and cheer for your teammates.

SWIM MEETS

Role of parents

Competitive swimming is a family affair, and parents play an essential role in the development of their swimmers. Here are a few practical ways you can support your swimmer during this exciting time:

BE INVOLVED

Attend meets, support the club and get to know the other families and swimmers in the program. The sense of community within the swim team is one of the most valuable aspects of the sport and our club.

PROVIDE EMOTIONAL SUPPORT

Competitive swimming can be mentally and physically demanding. Be there to offer encouragement when your swimmer is feeling down or frustrated, and celebrate their successes, no matter how big or small.

BE PATIENT

Not every swimmer will progress at the same pace, and that's okay. Trust in the coaching staff and understand that swimmers may take time to reach their full potential. The forward shifts are designed to ensure swimmers are in the best group for their current abilities and that they are being appropriately challenged.

HELP WITH LOGISTICS

As your swimmer moves into more competitive levels, the schedule can become more demanding. Helping with transportation, managing schedules, and ensuring they are properly prepared for meets (with the right gear, meals, and mindset) will go a long way in ensuring they stay focused and stress-free.

By staying supportive, patient, and engaged, you'll help your swimmer thrive both in and out of the pool. Together, let's focus on building not just great athletes, but well-rounded, resilient individuals.

Timekeeping and Trailer Transport

All participating clubs are required to provide timekeepers during the meet. A roster with one-hour slots will be available on the day—please step up and help! Timekeeping is a great way to support our swimmers and ensure the meet runs smoothly.

We also need families to assist with transporting our club trailer to and from the meet. The trailer contains our tents, weights, and dress-up gear, which are essential for the day. Regular updates will be posted on our Facebook communication page. If you can help, please let us know.

CODE OF CONDUCT

The Management Committee of Fraser Coast Swimming Club Inc (FCSC) intends this Code of Conduct to be used in relation to all activities organized and facilitated by the Fraser Coast Swimming Club.

As a FCSC volunteer, swimmer, parent or spectator you should meet the following standard of conduct:

- Respect the rights, dignity and worth of others.
- Be fair, considerate and honest in all dealings with others.
- Be professional in, and accept responsibility for, your actions.
- Make a commitment to providing quality service.
- Be aware of, and maintain an uncompromising adherence to, FCSC policies, procedures and code of conduct.

Fraser Coast Swimming Club expects all Management Committee members, volunteers, swimmers, parents and spectators to abide by this Code of Conduct, which upholds the philosophy and values of the organisation.



CODE OF CONDUCT

Fraser Coast Swimming Club has adopted the Swimming Australia Code of Conduct and Discipline Policy as our code of behaviour. The purpose of the code is to ensure all club members have a clear understanding of expected behaviour and that breaches of the code will result in disciplinary action.

Specifically, they should:

- Treat everyone involved in swimming in a considerate, objective and courteous manner with proper regard for their rights, dignity and worth.
- Be ethical, considerate, fair, courteous and honest.
- Be professional in, and accept responsibility for, your actions. Avoid any real or perceived conflicts of interest.
- Give all people equal opportunity to participate.
- Follow and encourage others to follow Swimming Australia's standards, rules, policies and procedures at all times.
- Operate within the rules and spirit of swimming, including the national and international guidelines that govern Swimming Australia.
- Report any concerns or breaches of this Code of Conduct & Discipline Policy or the National Integrity Framework through the appropriate channels and in a timely manner.
- Provide a safe environment for the conduct of activities in accordance with Swimming Australia's policy.
- Show concern, empathy and caution toward others.
- Be a positive role model to all and do not shame, humiliate, oppress, belittle, harass or degrade any person.
- Respect and protect confidential information at all times – particularly personal information of any member or child or young person or other sensitive issues or matters, whether regarding individuals or organisations.
- Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to your role(s).
- Ensure that any physical contact with others is appropriate to the situation, such as being necessary for the person's skill development.
- Ensure your actions or inaction do not bring or are not reasonably likely to bring the sport of swimming into disrepute.
- Provide a safe, welcoming and inclusive environment that places the health, welfare and wellbeing of participants above all else.
- Conduct yourself appropriately when using social networking.
- Adopt and maintain a responsible attitude towards the consumption of tobacco products and alcohol.

CODE OF CONDUCT

MANAGEMENT COMMITTEE

- Provide all young people equal opportunities to participate.
- Identify swimmers with additional needs and inform coaches.
- Ensure all swimmers are treated fairly and equally.
- Implement FCSC policies and procedures.
- Make the Code of Conduct accessible to all members.
- Lead by example with positive and supportive behavior and comments.
- Clearly communicate that abuse of any kind is unacceptable and will result in disciplinary action.

COACHES/SERVICE PROVIDERS

- Adhere to the code of conduct.
- Implement programs in line with FCSC policies and procedures.
- Maintain duty of care and accountability during all activities.
- Ensure physical contact is appropriate and necessary for skill development.
- Provide a safe and supportive environment.
- Commit to delivering quality service.

SWIMMERS

- Participate for your OWN enjoyment and benefit, not just to please parents or coaches.
- Co-operate with your coach and other technical officials.
- Treat all participants, as you would like to be treated. DO NOT bully or intimidate anyone else.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Always display appropriate behaviour whether during training, competing or social functions.

PARENTS

- Remember children participate in sport for their enjoyment, not yours.
- Encourage, don't force, participation.
- Supervise your child or nominate an adult to do so.
- Acknowledge and encourage your child's efforts.
- Use appropriate communication—verbal and non-verbal—at all times.
- Never yell, humiliate, or swear at your child or another child.
- Never ridicule your child for making a mistake.
- Encourage participation according to the rules and resolving conflicts peacefully.
- Respect fellow members and teach your child to do the same.
- Respect the rights, dignity, and worth of every young person, regardless of gender, ability, cultural background, or religion.

CODE OF CONDUCT

VOLUNTEERS

- Encourage participation and acknowledge efforts.
- Use appropriate verbal and non-verbal communication at all times.
- Avoid inappropriate communication, such as yelling, humiliating, or swearing.
- Understand and follow FCSC policies and procedures.

NATIONAL INTEGRITY FRAMEWORK

As an affiliated club, the Club operates under Swimming Australia's National Integrity Framework which consist of the following 5 five policies:

- Child Safeguarding Policy Member Protection Policy
- Complaints, Disputes & Discipline Policy Competition Manipulation & Sport Wagering Policy Improper Use of Drugs and Medicine Policy

Further information on the Framework and the policies can be found on Swimming Australia's web page. Fraser Coast Swim Club members are required to comply with child safety policies, procedures and codes of conduct of the club.

SOCIAL NETWORKING CODE OF CONDUCT

All participants must act responsibly when using social networking platforms, including private messaging apps and social media (e.g., WhatsApp, Twitter, Instagram, Facebook).

When sharing swimming-related content, follow these guidelines:

1. Content Restrictions

- Do not share material that is offensive, aggressive, defamatory, threatening, or discriminatory.
- Avoid posting obscene, profane, harassing, embarrassing, intimidating, or bullying content.
- Do not share sexually explicit, hateful, racist, sexist, or inappropriate material.
- Ensure content is not inaccurate, misleading, or fraudulent.

2. Compliance with Policies and Law

- Do not breach the National Integrity Framework.
- Avoid violating laws, court orders, contracts, or confidentiality agreements.

3. Respect and Representation

- Protect the privacy and confidentiality of others.
- Avoid damaging the reputation of Swimming Australia, Fraser Coast Swim Club, or its members.
- Ensure content does not harm the image, reputation, or goodwill of swimming organizations, clubs, or members.

By following this code, we maintain a respectful, safe, and positive environment for all in our swimming community.

CHILD PROTECTION POLICY STATEMENT

Our organization is dedicated to ensuring the safety and well-being of all children and young people who engage with our services.

- We expect all volunteers to treat children and young people with respect, understanding, and care at all times.
- To maintain a safe and supportive environment, our club strictly adheres to a code of conduct designed to protect children from harm.
- By prioritizing child safety, we foster a positive and nurturing environment for all participants.

PHOTOGRAPHY POLICY

Our Club values privacy and safety while recognizing the role of photography in promoting achievements and enhancing coaching.

1. General Photography Guidelines

- Photography (still and video) is allowed during events and activities.
- If you do not want your child photographed, inform the management committee.
- Photography is prohibited in or near change rooms to protect privacy.

2. Photography for Coaching Purpose

- Coaches may use photos or videos to assist with coaching and skill development.

3. Photography for Club Promotion

- The Club uses photos to celebrate and promote member achievements.
- Images may be shared on the Club's website or social media accounts.

4. Vigilance and Reporting

- Parents and guardians should report any concerns about inappropriate photography or misuse of images to the committee.

5. Consent

- Parents/guardians who do not consent to their child being photographed or having images shared must notify the coach or committee.

By working together, we ensure a safe, respectful, and positive environment for all members.



FUNDRAISING

To support our swimmers and the Club, members are required to assist with Fundraising activities throughout the season, particularly during activities hosted by the Club.

WHY FUNDRAISING MATTERS

Funds raised directly benefit our swimmers by helping to provide:

- Essential equipment for training and competition
- Event-specific uniforms, such as State Championship shirts/uniforms.
- Development camps specific to our program and squad needs
- Financial assistance for swimmers competing at representative levels.
- Coach expenses - Fees, Fuel, Accommodation

MEMBER EXPECTATIONS

- All members are expected to participate in fundraising activities during the season.
- With more hands helping, the workload is lighter for everyone, ensuring smooth and successful events.

REMEMBER

The efforts and contributions of our members directly support our swimmers, helping them achieve their goals and fostering a stronger Club community.

COMMITTEE

MANAGEMENT COMMITTEE MEETINGS

Management Committee meets during the first week of each month to coordinate the effective running of the Club. These meetings aim to:

- Ensure smooth operations of the Club.
- Discuss and evaluate opportunities or information relevant to the Club.
- Share updates and decisions with members when deemed beneficial or necessary.

COMMUNICATION AND UPDATES

- A quarterly newsletter from the Committee, coach, and KickSwim provides members with updates on key decisions and ongoing matters.
- The Management Committee values open communication and encourages members to reach out with any questions, suggestions, or concerns.

OPEN-DOOR POLICY

The Committee maintains an open-door policy—feel free to contact any Committee member at any time for support or clarification.

ANNUAL GENERAL MEETING

The Annual General Meeting (AGM) is important to communicate to all the members the success of the Club and provides the opportunity for new members to be elected to the management Committee. All members of the Committee must retire from office, but are eligible, on nomination, for re-election.

The following business must be conducted at each AGM.

- Confirmation of the minutes of the previous AGM
- Receipt of the Annual Report
- Receipt of the report on the financial affairs of the Club for the last financial year
- Election of members of the Committee
- Setting of membership fees for the following year

CONTACT

Email: frasercoastswimclub@gmail.com

FRASER COAST SWIM CLUB COMMUNICATION page on Facebook

COMMITTEE

2024 - 2025 COMMITTEE MANAGEMENT TEAM

PRESIDENT

Kyleigh Metcalfe

VICE PRESIDENT

Kevin Hancock

SECRETARY

Camilla Baker

TREASURER

Allison Harvey

REGISTRAR

Rachel Turpin

GRANTS OFFICER

Kellie Wegner

FUNDRAISING

Rheannon Kerlake

Elyse Bone

COMMITTEE MEMBERS

Carin du Plessis

Leah Falcke

Jacquie Hancock

2025 - 2026 OTHER CLUB POSITIONS

CLUB UNIFORMS

Kyleigh Metcalfe

MARKETING

Kyleigh Metcalfe

ARENA ORDERS

Rima Chauhan

JOLYN SWIMWEAR

Allison Harvey

PHOTOGRAPHERS

Jacquie Hancock

Carin du Plessis

Trent Baker

CLUB NIGHT COORDINATORS

Carin du Plessis

Rachel Turpin

CHIEF TIMEKEEPER CLUB NIGHT

Jacquie Hancock

STARTER CLUB NIGHT

David Price

CHIEF MARSHALL

Trish Collier

Jess Roberts

BBQ COORDINATIONS

Kyleigh Metcalfe

SAFETY OFFICER CLUB NIGHT

Jeanette Daddow

TIMEKEEPING ROSTER COORDINATOR

Jeanette Daddow

MAINTENANCE

Trailer Clean & Service

Tent Repairs & Service

Dress up costumes wash

Digital library organiser

Clean clubhouse

Mow club grounds

APPENDIX

CLUB EVENTS

Club events refer to events that only Fraser Coast Swim Club members can participate in such as club nights, presentation night and Fraser Coast Swim Club Championships.

DISTRICT EVENTS

Fraser Coast Swim Club belongs Swimming Wide Bay along with other clubs and competes in Swimming Wide Bay events.

QUEENSLAND STATE EVENTS

Queensland state events/ state championships are run by Swimming Queensland and swimmers must achieve qualifying times to be eligible to compete.

NATIONAL EVENTS / AUSTRALIAN AGE EVENTS

Australian National events / national championships are run by Swimming Australia. Swimmers must achieve national qualifying times before they can compete at these events.

QUALIFYING TIMES

Wide Bay, State and National Age and Open competitions have qualifying times, which determine eligibility to compete. These times are listed in the competition flyer and indicate whether the meet is a "proposed qualifying competition."

Most competitions do not require qualifying times, allowing swimmers to achieve official times for future competitions. However, not all events are official qualifying meets.

Qualifying times are published annually by Swimming Wide Bay (for Short and Long Course Championships) Swimming Queensland (for State Long Course and Short Course) and Swimming Australia (for National Age and Open competitions). Current qualifying times can be obtained from the relevant Swimming websites.

AUSTRALIAN JUNIOR EXCELLENCE AWARDS - JX

The JX program recognises rewards and encourages children ages from 9 to 13 years who accomplish times set by Swimming Australia. There are four levels of achievement: Gold, Silver, Bronze and Blue.

SQUADS

SWIMMING WIDE BAY DEVELOPMENT SQUADS

SELECTION CRITERIA

Swimmers are selected based on performance from 1st April to March 31st of 2024-2025 season.

- Age is at Sunday, 31st March 2025.
- 9 - 11 YRS Stingers Squad:
Attained a min. Swim Australia JX Blue time (24/25 season).
- 12 - 13 YRS Sharks Squad:
Attained a min. Swim Australia JX Bronze time (24/25 season).
- 14YRS and OVER Piranhas Squad:
Participated at QLD State Championships, in an individual event.
- Multi-Class (12YRS and OVER):
Participate in an individual event at Wide Bay Regional Championships.

Refer to attached documentation for details.

SWIMMING QUEENSLAND DEVELOPMENT SQUADS

As a member of Swimming Queensland, you have access to many exciting opportunities. Each year, eligible athletes and coaches are notified of their selection for various teams or as members of the Swimming Queensland McDonald's Development Squads.

These selections are based on performances and times achieved throughout the swimming calendar season (refer to attached documentation for details).

Once selected, squad and team members will have the chance to participate in a variety of developmental activities throughout the season. These include teams, camps, workshops, and clinics, all designed to provide the appropriate level of development and educational support needed to progress along the pathway.

Where relevant, members will be invited to attend these opportunities to further enhance their skills and experiences.



FRASER COAST SWIM CLUB

Information Booklet

2024 - 2025 SEASON

