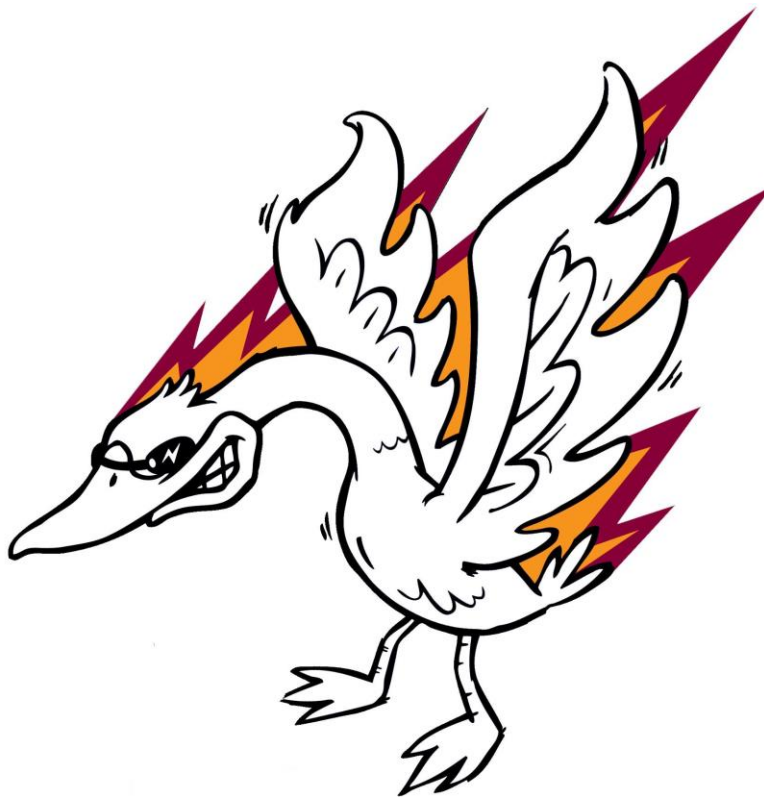


Information Book
Season 2023-2024



NORTHAM SWIMMING
CLUB INC.

About Us

The Northam Swimming Club is a local club run by volunteers and parents to promote and encourage the joy of swimming for both children and adults. Swimmers can choose to swim competitively, for fitness or to better their swimming technique. The club holds regular time trials and competitions in Northam and surrounding areas throughout the season. The ultimate annual swimming meet is Country Pennants which is held over the March long weekend and is being held in Kalgoorlie for 2024.

Swimming- It's a great way to keep fit and cool.



Our Training

Swimming training is held for the duration of the pool opening season (generally October-March)

We take swimmers with basic swimming skills and build strength, improve stroke proficiency, and develop race skills. This is to enable our swimmers to swim and compete to the best of their abilities.

Swimmers are placed in training squads based on their abilities.

Coaching Squad

Head Coach Alana Hartley leads our Coaching Squad consisting of: Joanne Stephen, Steven Douglas, Alana Hartley and Chadd Hunt.

Training Squads—Proposed Times

Squids— *beginners & swimmers able to swim a few lengths of the pool.*

4pm Monday, Wednesday

Dolphins— *swimmers who are refining their technical skills in all 4 strokes.*

4pm Monday, Wednesday, Friday

Sharks— *completion swimmers who are building speed, stamina and refining all 4 strokes.*

5pm Monday, Tuesday, Wednesday, Friday

*Swimmers need to be able to confident to enter the water and swim 25m

Training Etiquette is to keep on the left-hand side of the Lane so that other swimmers can pass safely and easily.



Club Expectations

All members of the club, including volunteers, parents, spectators, committee members and swimmers are expected to read, understand, and abide by the Northam Swimming Club's Code of Conduct.

Committee

All Northam Swimming Club Committee members are volunteers and are here to help you where possible. It is important you understand who the committee are and the roles they undertake so that you can direct your query to the right person. The committee are invested in the growth and development of your swimmers and expect the following commitments from the swimmers and parents.

Swimmers

All Swimmers are of the understanding that the coaches are here to assist in their journey of becoming a better swimmer. Please treat the coaching team with respect and courtesy and if you need to leave the pool for whatever reason you discuss this with the Coach first. The Coaches are not here to chase you up if you leave the lane.

Parents

It is the expectation of the Northam Swimming Club that all swimmers under the age of 10 have a parent or guardian present. If you have any concerns regarding your swimmer, please arrange a time to discuss with the coach outside of training times. Swimmers will not be followed up by the coaching team if they are at the pool but have chosen not to attend training. It is the responsibility of the parents to ensure that their swimmer attends.

Parent assistance at all events including time trials is expected and needed to run the events and support your kids.



Both NSC and Swimming WA Fees apply

NSC Club Fees

Full Season_____ \$120.00

Half Season (Jan to March)_____ \$75.00

Swimming WA Fees

Seasonal Membership_____ \$113.60

Annual Membership_____ \$144.60

Participation Membership_____ \$88.60

Junior Dolphins (5-8yrs)_____ \$30.00

Swimmers must be registered and financial with Swimming WA.
All Meets have an entry fee to enter the individual events.

**Northam Swimming Club Inc.
Committee Members 2022-2023**

Club Email: northamswimmingclub@gmail.com

Position	Name
President	Erica Leeson
Vice President	Kym Edwards
Treasurer	Kezia Metcalf
Secretary	Louise Hagboom
Registrar	Erin Nielsen
Competition Coordinator	Steven Douglas
Fundraising Coordinator	Alana Hartley
Member Welfare Officer	Kerrie Cook
Head Coach	Alana Hartley
Public Relations Officer	Shared Role by various committee members
Volunteer Coordinator	Liv Wood



Fundraising Activity

Throughout the year the club will be running several fundraising activities. It is a great help to the running of our club and keeps cost associated with Country Pennants down. All help in running, organising, and attending these events is greatly appreciated.

Northam Swimming Club Bingo runs on a Saturday Night and is very beneficial in the fundraising throughout the year. The club needs to provide baked goods for sale at Bingo for the purpose of paying the caller to attend on the eventing. **All families will be expected to bake on their allocated week and provide to Bingo on the Saturday.** A roster for this will be on display in the Club room window from the second week of the season. If you cannot do your week, please arrange a swap with another family.

Northam Swimming Club participates in the containers for change initiative. If you are interested in donating your containers, you can take these to any receival point and use the Northam Swimming Club Code:

C10271071



Competitions & Time Trials

Swimmers are not required to compete in competitions to be a part of the swimming club, although the club aims to take the best team available to Country Pennants in March.

Country Pennants

Country Pennants is the premier team competition for WA country swimmers, with the Northam Swimming Club being involved since it's inception in 1959.

Country Pennants 2024 is being held in Kalgoorlie over the March long weekend. We are looking to take a team of approximately 30 swimmers.

*****Country Pennants Team is by selection conducted by the selection committee. The predominant consideration of the selection committee is to select the best available team.*****

SWA Meets

There are many Swimming WA swim meets held throughout the year including the Northam Championships where teams from throughout the state attend the Northam Swimming Pool to compete.

A list of meets are set out on the SWA website

<http://wa.swimming.org.au>

Time Trials

Time trials are held fortnightly, please check the calendar for days. The night-time trials on occasion are followed by a BBQ. This is a fantastic opportunity to socialise and be a part of the Northam Swimming Club family.

All Time trials and Northam Swimming Club Targeted Meets are eligible for points that will accumulate over the year and will assist in the determining recipients of trophy/awards.

*****Parent assistance at all events including time trials is expected and needed to run the events and support your kids.*****

Key Dates

Date	Meet	Location and Transport
09/12/2023	Region 3 Meet	Dowerin—Bus may be an option depending on interest (fee applicable)
27/01/2024	Northam Open	Northam Aquatic Facility
05/01/2024 – 07/01/2024	Country Championship	HBF Stadium
03/02/2024	Moora Open	Moora—Bus may be an option depending on interest (fee applicable)
25/02/2024	York Open	York
01/03/2024 – 04/03/2024	Country Pennants	Kalgoorlie - Bus and accommodation will be arranged and advised to selected team (fee applicable)
27/03/2024	NSC Club Championships	Northam Aquatic Facility
19/04/2024	NSC Club Windup	TBC
08/03/2024	NSC Lap-a-thon fundraiser	Northam Aquatic Facility
Fri 03/11/2023 Thurs 16/11/2023 Thurs 30/11/2023 Thurs 14/12/2023 Sat 13/01/2024 Thurs 01/02/2024 Fri 16/02/2024 Thurs 14/02/2024	Time Trials	Northam Aquatic Facility—Parent Help is required if your child is participating



Uniforms

For information on uniforms please contact our Uniform Officer:

Erin Spooner



Additional Information

Additional information regarding the Northam Swimming Club including a Club Calendar and instructions for entries into Time Trails can be located on our Web site

[Home | NSC - Northam Swimming Club](#)

[Home](#) [About](#) [Join Us](#) [Development](#) [Contact Us](#)



Welcome

Welcome to Northam Swimming Club

You can also keep up to date with information on our Face Book Page.



Team Photo—Northam Country Pennants
Epic Team Efforts

