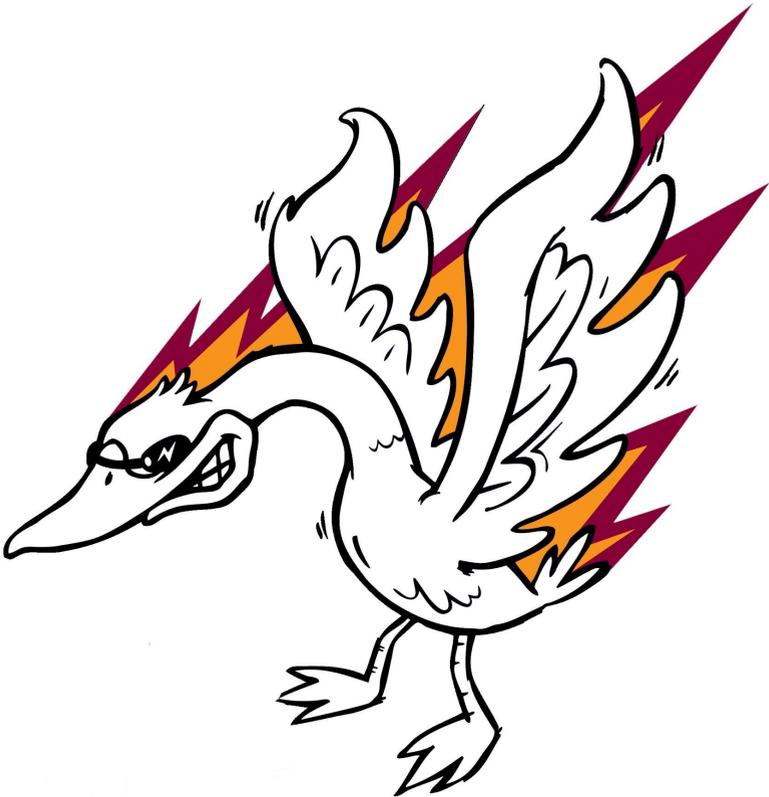


Information Book
Season 2022-2023



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 Northam in 2023.

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, Chadd Hunt
and Assistant Coach Emma Ryan.

Training Squads—Proposed Times

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

4pm Monday, Wednesday; 5pm Thursday

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

4pm Monday, Wednesday, Friday

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

5pm Monday, Tuesday, Wednesday, Friday

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



squids



dolphins



sharks

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.

Please note: Each swimmer will need their own goggles, swimming cap and water bottle.



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.....\$102.00
Social Membership.....\$70.00
Junior Dolphins (5-8yrs).....\$31.00

To join go to: <https://www.myswimresults.com.au/Club.aspx?ID=31>

Swimmers must be registered and financial with Swimming WA and processing fee apply.

Entries for Time Trials, Country Pennants, relays and Club Championships are included your fees but other Meets have fees to enter the individual events.

Pool Entry fees are not part of Club membership fee. Season passes are available—see Shire Website or pool entry staff for more details.

Northam Swimming Club Inc.

Committee Members 2022-2023

Club Email: northamswimmingclub@gmail.com

Position	Name
President	Erica Leeson
Vice President	Kym Edwards
Treasurer	Anja Walker
Secretary	Jocelyn Ryan/Kerrie Cook
Registrar	Erin Neilsen
Competition Coordinator	Steven Douglas
Fundraising Coordinator	Louise Hagboom
Member Welfare Officer	Felicity Retallack
Volunteer Coordinator	Melissa Ford
Head Coach	Alana Hartley

Club Officers include:

Uniform Coordinator—Nicky Creswell Social Coordinator—Fiona Brayshaw
 Public Relations—Terry Siva Meet Director CP23—Jo Stephen



Fundraising Activity

Throughout the year the club will be running a number of 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 pay for the Bingo Caller on the night. 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 can not 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 its inception in 1959.

Country Pennants 2023 is being held in Northam 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 other 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 on a Friday evening. It is greatly appreciated if parents volunteer themselves for timing duties on the night. The Friday night time trials 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.

Uniforms

For information on uniforms please contact our Uniform Officer: Nickiy Cresswell



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

<https://www.northamswimmingclub.org/>

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



Welcome

Welcome to Northam Swimming Club

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



Team Photo—Carnarvon Country Pennants

B Grade Winners

