



DSC Newsletter November 2019

Dear members,

Dickson Aquatic Centre is now open and it's time once again to dust off your swim gear, dig out your fins and goggles and head down to the pool for another Dickson Swimming Club season. We're looking forward to another summer at the pool and hope your families are too!

Our season kicked off on Sunday 27 October.

As we head into the season, a few key messages from the DSC:

- **Membership registrations are now open!** Please check out the information and instructions on page 3 and register as soon as possible.
- A heartfelt thanks to our retiring coaches and outgoing committee members and coordinators. Without their contributions, our club would not function and we are very grateful for all your tireless contribution.
- A note or two from our coaching team – led this year by Mark French – who are keen to ensure that the kids are well prepared each week.
 - Please ensure that your child has their **goggles**. And for those endowed with a decent head of hair, make sure that they have a hair-tie or wear a **swim cap**.
 - Also, whilst the pool has some fins available for use there are limited

numbers and sizes. Please invest in some **fins** that fit your child and bring them each week.



- A group of dedicated members got together pre-season to screen print more Dickson Swim Club t-shirts and hoodies in a range of different colours and sizes. Check them out hanging in the BBQ area each week at the end of the pool.
- And finally, Dickson Aquatic Centre and Triathlon ACT are working together to bring the first ever **Community Splash & Dash Aquathlon** to Canberra on Sunday 24 November 2019. We encourage swim club members to join in instead of the regular Sunday session, and support our major sponsor. Details on the Dickson Aquatic Centre website and Facebook page.

See you at the pool!

Sean Hosie
President



Club Activities

The format is similar to previous years, with PBs (Personal bests) on **Friday nights**, followed by a sausage sizzle; and training sessions on **Sunday mornings**, followed by pancakes. We've got our priorities right!

We split our Lane 1 classes into two time slots to ensure safety is maintained and to give our coaches the best opportunity to teach the kids in reasonably sized groups and will continue this approach in the new season. If you are a returning member please bring your child to the same group/timeslot. If you are a new member, or simply *can't* remember, no problem as we'll be putting kids into the appropriate groups in the first week

The Sunday squads are designed to supplement your child's swimming, not as a replacement for lessons. It is really important that children - especially our younger kids who are still developing their swimming strokes and technique - are also receiving lessons through swimming school. The Dickson Aquatic Centre runs a swim school throughout the season.

Junior Lap Legends

Those kids who are interested in seeing how many laps they can do in a season can register for the Junior Lap Legends at the pool. Just get a card from the Lap Legends folder near the pool entry, add your name and start counting.

Dickson Swimming Club Season is now on!

Friday Night Club Nights (Personal Bests), followed by a sausage sizzle every Friday 6.00–6.45pm, timed 50 metre swims.

PBs (Personal Bests) give the kids a fun way to track their progress through the season. We encourage members to participate in as many events as possible each Friday night. **Parent help is needed with timekeeping** – a great way to meet people.

Sunday Training Sessions, followed by pancakes (began 27/10/19!)

These are designed to be relaxed and enjoyable, while improving strength, technique and endurance.

Beginners, Middle pool (children new to swimming)
9.30–10.00am (arrive 9.25am)

Intermediate, Lane 1, *shallow* end of the 50m pool (children learning and improving their strokes)

Group 1: 9:15am–9.45am (arrive 9:10am)
Group 2: 9.50am-10.20am (arrive 9:45am)

Development, Lane 1, *deep* end of the 50m pool (children getting ready for squads)

Group 1: 9:15am–9.45am (arrive 9:10am)
Group 2: 9.50am-10.30am (arrive 9:45am)

Junior and Senior Squads, separated into Lanes 2 and 3 in the 50m pool depending on age/ability

9.30-10.30am (arrive 9:15am for warm up)



We need your help!

Our Club runs entirely on the good will of volunteers from our local community and in 2019/20 we have a number of coaching vacancies waiting for a new generation to fill.

Coaches and Assistants

Our coaches are crucial to the survival of the club. Without them we cannot function. Our Club tries to maintain a high percentage of trained and certified coaches and we are seeking volunteers to join our coaching ranks this season. The Club will subsidise the cost of training in order for coaches to achieve their Austswim accreditation. You may even bask in the glory of training a future champion... maybe.



Additionally, we are always seeking volunteer assistants to help our coaches herd the cats, keeping the groups under control and working effectively.

Fees and Registration

***** Registrations for 2019/20 are now open online *****

Swimming NSW has recently changed their website and membership system.

Members from previous years will already have a Swim Central account with family members linked based on your previously provided email address and membership. On the [SwimCentral Sign In](#) page click SIGN IN, and using your email address (as per the Dickson Swim club mailing list) for the Swim ID, click FORGOT PASSWORD box to reset your password.

NOTE: If you are a new member OR have changed your email address you will need to re-register. Please use the Swimming NSW [help resources](#) to help you through the process.

To purchase Dickson Swim Club membership products

1. Select the family member you wish to purchase the membership for (called "impersonating"). This will open their home page.
2. Select SHOPPING icon
3. In the search field, type Dickson, then select the appropriate membership product/s and add to trolley.
REMEMBER to select the appropriate family member before you go shopping and add the product to the trolley.
 - **2019-20 Club Official** (FOR COACHES AND COMMITTEE MEMBERS ONLY)
 - **2019-20 Junior Swimmer 8 years and under** (as at 1 Oct 2019)
 - **2019-20 Swimmer 9 years and over** (as at 1 Oct 2019)
 - **2019-20 Second Claim Swimmer** (ONLY FOR SWIMMERS WHO ARE ALREADY MEMBERS OF ANOTHER SWIMMING NSW AFFILIATED CLUB)



Membership fees for 2019/20

M'ship Type	Description	Cost
2019-20 Junior Swimmer	Aged 8 & under from 1/10/2019	\$88.33
2019-20 Swimmer	Aged 9 & over from 1/10/2019	\$105.57
Second Claim Swimmer	Only for Swimmers <i>already members of another SNSW club</i>	\$25.00
Club Official – non swimmer	for officials/coaches only	\$22.84

If your child is already affiliated with Swimming NSW through their competition swim club, you only need to pay the club fee via the Second Claim Swimmer membership.

Unfortunately, the Junior Dolphin sponsorship between Optus and with Swimming NSW has now ended and our Junior Swimmer fees have increased to cover the relevant swimming association and insurance costs.

For those families with 4 or more paying members please contact our registrar/secretary to discuss the registration process through dicksonswimclub@gmail.com.

PLEASE NOTE: Normal admission fees for the Dickson Aquatic Centre apply when attending club activities.

Club Merch!

High quality silicon caps are for sale at the sausage/pancake table. T-shirts and hoodies too!



Reminders!

Flippers

Please try to bring flippers along to Sunday training. Flippers help the kids gain confidence and develop good body position in the water, plus they are fun.



Water Bottles

Fluids need replacing even when swimming so bringing water bottles (clearly labeled) to the pool deck is the best way to ensure the kids can have regular drinks during the session.



Club Officials

President	Sean Hosie
Vice President	Mark French
Secretary	Sabrina Sonntag
Treasurer	Jo Fisher
Registrar	Emily Regan and Adam Friederich
Member Protection Information Officer	Jane Wilson
Head Coach	Mark French
Head Timekeeper	Kate Angel
Sausage Sizzle Coordinator	Robert Clark
Pancake Coordinator	Leonie Collis

More information?

If you have any questions at all please don't hesitate to talk to us on a Friday evening or Sunday morning.

Alternately:

Please visit our

website dickson.swimming.org.au

Or contact us

through dicksonswimclub@gmail.com

Sponsors

The Club proudly acknowledges its sponsor:

