

CA Tritons Inc.

**Formerly "Carey Aquatic Inc"
Established – 1995**



**"Creating an environment where
champions are inevitable"**

**Information Booklet
2009-2010**

**CA Tritons Incorporated 169 Bulleen Road,
Bulleen, Victoria 3105 - Phone 9852-0536**

Contents Page

▪ Mission Statement – Club	2
▪ Aims & Objectives – Athletes	2
▪ CA Tritons Inc History (Carey Aquatic Inc.)	3
▪ Total Aquatic Solutions Pty Ltd	5
▪ Squad Training Venues	5
▪ CA Tritons – 2009/10 Club Membership & Fees	6
▪ Swimming Victoria Memberships & Insurance coverage	6
▪ CA Tritons - Club Nights, Competitions, Functions	7
▪ Competitive Swimmers Pathway	8
▪ Club Uniform Policy	9
▪ CA Tritons Club Functions & Activities	9
▪ SVI/CA Tritons Registration No. Identification	10
▪ Swimmer and Coaches Welfare	11
▪ 12 Year old and Under Athletes & Parent Attendance	11
▪ CA Tritons Communications Officers, Squad Coach Assistants	12
▪ CA Tritons – Website and Email	13
▪ CA Tritons Family Obligation/Duty Program	13
▪ CA Tritons 2009-10 Office Bearers	14
▪ CA Tritons Inc– Member Policy “Code Of Conduct”	15
▪ CA Tritons Inc – Consent Forms	17
▪ New members Information Section	18
▪ CA Tritons – Results 2000-2009	22
▪ Club Office Bearers – History	24
▪ CA Tritons – Records	24
▪ CA Tritons – Life Members	24

Welcome to CA Tritons Inc.

We hope that your families association with us will be a happy and enjoyable experience.

This booklet has been compiled by the CA Tritons Committee to provide families with background information regarding the Club and its operations.

Outlined are CA Tritons policies and procedures, which can be a useful reference for both families and the club.

We hope the contents can explain the day-to-day proceedings for your family enabling your family and confidently settle in to the CA Tritons Swimming Club.

Mission Statement - Club

- To promote and encourage the sport of swimming.
- To promote and conduct swimming meets and other appropriate activities that can benefit our members.
- To work as a co-operative team to benefit CA Tritons Incorporated.
- To be one of Australia's leading swimming clubs.
- To have parental involvement in the club, so the club can service and accommodate its current and future members associated with CA Tritons Inc.

Aims & Objectives – Athletes

The CA Tritons program provides a wide range of swimming activities and experiences through which swimmers are encouraged to:

- Be self disciplined and respectful as a motivating force for others.
- Increase confidence and strive for excellence both personal and collective.
- Develop refined physical skills.
- Communicate with others.
- Develop good relationships with others.
- Contribute to the well being of others.

Carey Aquatic Inc – CA Tritons

Established - 1995

1st of May 1995, with 1 coach and 5 swimmers, Carey Aquatic Inc. was established and registered with Swimming Victoria.

31st July 1995 the first club newsletter "Taper" was published with approximately 80 members, including non-competitive members, some of which made up the committee.

Carey Aquatic Inc. evolved from a Carey Baptist Grammar Parents Support Group, initially set up to support swimming at the school following the opening of the Geoffrey Stevens 25 metre pool at the Carey Sports Complex in Bulleen.

Situated within the boundaries of Northern Melbourne Carey Aquatic became aligned with the Metro North District swimming program. Progressing on to compete at Swimming Victoria sanctioned meets; it was not long before swimmers progressed on to represent Carey Aquatic at both National Age & Open Championships.

Carey Aquatic held the 1st club championships on the 14th December 1996. In February of the following year, a club aggregate competition was introduced and the members raced to a set personal best times against themselves and each other. In 1997 the club night program evolved to 8 club nights for the year. Now it is held 12 times a year with fortnightly Club Nights (summer) and monthly (winter). Club night introduces junior swimmers to the introductory, positive and learning competitive environment and in particular the team experience.

Since 1995, Carey Aquatic had great success at both State and National swim meets in both Age and Open competitions. Carey Aquatic won 3 National Championships and 5 State Championships and continues to be a Top 10 Victorian performing club nationally and a Top 5 performing club at a State Level

Carey Aquatic/CA Tritons has produced world-class swimmers who have represented Australia and overseas countries;

- Shayne Reese – 2008 Beijing Gold Medalist – 4x100 Medley Relay
- Leisel Jones – 2008 Beijing Gold Medalist – 100m Breaststroke
- Hannah MacDougall – 2008 Beijing Paralympian
- Danni Miatke – 2005 World Champions – 50m Butterfly
- Sarah Katsoulis – 2008 World Shortcourse Champion – 50m Breaststroke
- Rachel Coffee – 2002 Commonwealth Games Team
- Sam Ashby – 2007 Junior Pan-Pacific Champion – 200m Individual Medley
- Grace Loh – 2008 Junior World Champion – 50m & 100m Backstroke
- Ellen Gandy – 2008 Beijing Olympian – Great Britain
- Julie Douglas – 2006 Commonwealth Games – Ireland
- Arun Karunaratne – 2006 Commonwealth Games – Sri Lanka

Carey Aquatic/CA Tritons has had the highest intake of VIS Scholarships (15) since the year 2001.

Carey Aquatic was always "Striving for Excellence" and anyone was welcome to join the club.

Circa - 2007

In 2007 the club underwent a change in name in a joint directive between CBGS and TAS (privately contracted business operating the aquatics program out of the CSC).

On September 12th 2007 a special general meeting was held with the members to decide on which name the club would move forward with.

The 3 options put to the members were condensed down from an extensive list of names. The 3 options were;

- CA Seals
- CA Novas
- CA Tritons

Upon discussion and presentations representing the 3 options, a vote was held and unanimously the name of "CA Tritons" won the vote and hence a new chapter was born.

Maintaining a link and history with the former Carey Aquatic Inc. it was decided that the program hold onto the identifiable and unique "CA" logo and the founding colors of "Blue", "Black", "Gold" and "White".

The pictures below represent the "old" and the "new" logos of the swimming club;



As the tradition of colors and logo was maintained the training, competition and associated experiences will continue to occur with the CA Tritons. The clubs goal of being a top performer on the state, national and international stages will always be at the forefront whilst continuing to develop all swimmers great, small, talented and who purely love the sport of competitive swimming, open water swimming and triathlon.

Come and share in our experiences and successes as the journey continues, constantly breaking new ground as we promote swimming and help develop strong social values for your children along the way!



Total Aquatic Solutions Pty Ltd (TAS)

Who is TAS? What is the role of TAS?

TAS is the company that has the license to conduct and manage the Learn to Swim and Squad Coaching business, operating at the Carey Sports Complex.

Swimmers in the squads listed below are encouraged to become CA Tritons members.

- Development Squad
- Junior Squad
- Junior State Squad
- State Prep Squad
- State Squad
- National Squad

Learn to Swim and Mini Squad members have the option to become a CA Tritons member also.

Squad Training Venues

The squad groups currently train at the following pool locations:

- **Carey Sports Complex**
169 Bulleen Road, Bulleen 3105
Melways Ref: Map 32:C10
- **Aquarena Leisure Centre**
139 Williamsons Road, Doncaster 3108
Melways Ref: Map 33:D9

Swimmers will be informed of their training locations and schedules at the time of enrolment.

CA Tritons Club Membership

Why join a swimming club?

Swimmers cannot compete at swim meets and will not be fully insured unless they are registered as a club member with a swimming club. CA Tritons is the swimming club we would like you to join.

Benefits of joining a club?

All CA Tritons athletes must be registered as members of both the CA Tritons and Swimming Victoria (SVI) otherwise you will NOT be fully covered by insurance (training, travel, club nights, club functions and competition) and you will NOT be able to compete at any club nights, club competitions, Metro North Competitions, Swimming Victoria Competitions or Swimming Australia competitions.

At Development Squad level or higher, being registered with Swimming Victoria and the CA Tritons is the only way your child will be fully insured and will be able to compete.

What does the CA Tritons Membership Fee cover?

The club membership fee covers the day to day operations of the swimming club. The majority of the membership fees go towards general administration costs and fees, club t-shirts and caps for new members, other uniform purchases, club functions (Pizza Nights, Club Nights & Squad Breakfasts etc), pool hire, function room hire, relay entries and coaches fees to attend club, district and state level meets. A small amount of this money goes towards swimmers and coaches attending major swim meets (subsidized transport & accommodation) where applicable.

The competitive swimming season

The swim season operates from 1st May to 30 April annually

2009-2010 SVI Registration Fees

Competitive members - \$85.00

Non-competitive members - \$20.00

NB: Non-competitive membership means you can not compete at any club night, club level, district, state or National level competitions. SVI fees must be paid at the start of each swimming season. The CA Tritons will invoice you and manage this payment for you.

2009-2010 CA Tritons Membership Fees

Squad	Fee Per Year
Novice: Pre-Mini Squad*	\$45.00
Mini, Development, Junior, Junior State & State Prep Squads	\$90.00
State Squad	\$115.00
National Squad	\$135.00
Parent Member	\$20.00

NB: Fees can be paid as one installment at the start of the swimming season or as two 6 monthly installments. If you choose to pay as 2 x 6 monthly installments an additional \$10 administration fee will apply.

* Novice Membership is for Pre-Mini Squad Swimmers who want to compete at Club Nights and Metro North Aggregate Events. Once this swimmer migrates to the Mini Squad they will be asked to upgrade their membership to a full membership i.e., \$90.00.

Any questions, please contact the Membership Registrar Alisha Sullivan registrar@catritons.com

CA Tritons Club Night Competitions

Where: Carey Sports Complex

When: Wednesdays: 5.30pm Warm-up, 6.00pm Start, 7.30pm Finish

- Fortnightly during Terms 1 & 4 (Summer)*
- Monthly during Terms 2 & 3 (Winter)*

*Swimmers 12yrs/u must be accompanied by a parent to participate at Club Night.

Current Club Night Schedule available at – www.catritons.com

Benefits of attending the CA TRITONS Club Nights

The CA TRITONS Club Night is all about providing swimmers the opportunity to race where they train.

With nearly swimmers involved in the competitive squads program CA Tritons is the vehicle to provide your children the opportunity to practice and refine the necessary skills to compete in the sport of swimming.

CA Tritons operates 2 meet formats throughout the year.

1. CA TRITONS Time Trial Nights – annually

- A meet formulated for children to swim in an effort to better their own times.
- Swimmers compete against each other and against their own personal best.
- This racing format is held throughout both Summer and Winter seasons.

2. CA TRITONS Annual Club Championships

- CA TRITONS Club Championships is the Age Group and Open Championships for CA Tritons.
- Swimmers compete in individual age groups with medals awarded for 1st, 2nd and 3rd place getters in each event.
- Age groups consist of 10yrs/u, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs and Open events for Females and Males.
- Points are awarded on a aggregate system based on places attained and subsequently an Age Champion for all ages and genders are determined. 2nd and 3rd place getters are also awarded.
- Club Champion and runner-up awards are presented at the Annual Presentation Evening held in December.

Aim of the Club Competitions program

CA Tritons competitions aim to provide all swimmers with the experience of racing and exposure to competing and experiencing the successful and encouraging CA Tritons team culture. If your children are exposed to a positive and learning environment then maybe they will want to explore the sport of swimming by competing outside of meets held by CA Tritons.

Competitive Swimmers Pathway:

- **Club & School Competitions** – Introductory level
- **District Competition** – Encouragement, All-Junior, Aggregate and Relay competition
- **State Age Competition (11-18yrs)** – qualification standard determined by Swimming Victoria
 - Shortcourse (25m) Championships – September annually
 - Longcourse (50m) Championships – December/January/February annually
- **State Open Competition (All Ages)** – qualification standard determined by Swimming Victoria
 - Shortcourse (25m) Championships – July annually
 - Longcourse (50m) Championships – January annually
- **Interstate Competition** – depends on budgeted forecasting and fundraising of CA Tritons Inc. committee and parents support group
- **National Age Competition (13-18yrs)** – qualification standard determined by Swimming Australia
 - Longcourse (50m) Championships – April annually
- **National Open Competition (All Ages)** – qualification standard determined by Swimming Australia
 - Shortcourse (25m) Championships – August annually
 - Longcourse (50m) Championships – March annually
- **International Competition** – selection on to Australian Teams
 - Olympic, Commonwealth, World Longcourse & Shortcourse Championship Teams

Club Uniform Policy

As part of being a CA Tritons Club Team Representative, there are strict requirements regarding team uniforms that must be adhered to as follows:

Race Uniform Requirements

Swim Caps – Royal Blue CA Tritons cap can be purchased from the TAS reception office.

- Blue with white/gold logo to be worn at all swim meets.
- Representative cap to be worn at National Championships as supplied on selection of Team.

Competition Meet Uniform requirements

CA TRITONS club T-shirts, polo's, are to be worn at all competitions. Please contact Club uniforms Officer – Tracey Khan uniforms@catritons.com Mobile 0410 693 601.

CA Tritons Club Functions & Activities

As CA Tritons members we encourage all families to attend:

- Club Nights - held on a Wednesday evening (12/u to be accompanied by adult)
- Club Championships – March/April annually
- State Short and Long Course Championships (if qualified)
- CA Tritons State SC Qualifying Meet – Winter
- CA Tritons State/National LC Qualifying Meet – Summer
- CA Tritons Junior Encouragement Meet - Summer
- Challenge Cup (selected team) – November
- Fundraising events
- All other Club Functions e.g. Family Night – December
- Saturday Morning Squad Breakfasts: 1 per Term

SV (Swimming Victoria) - Registration Number

A Registration Number is necessary when entering an official Swimming Victoria (SV) Competition and/or a competition requiring you to enter on an official SV White Form.

Your Registration Number is made up of the following three things:

- First 3 letters of your surname
- First 2 letters of your first name
- Date of birth

For example, if your name is John Smith and your date of birth is 8 May 1965, then your registration number would be:

- SMIJO 080565

Notice the use of a zero when the date is a single digit.

If your surname is made up of only 'two' letters, then you leave a space between the surname initials and the beginning of the first name.

For example, if your name is John Ng, then your registration number would be:

- NG JO080565

Your Registration Number enables you to compete at official events as a member of CA Tritons Incorporated (CA TRITONS).

A portion of the membership/subscription fee is paid to Swimming Victoria by the club for insurance purposes.

If you are not a registered member of a club it means you are not a financial member and in turn, not covered by insurance in case of an accident/injury incurred while competing.

Swimmer and Coaches Welfare

Every swimmer has the right to expect that they will be able learn and every coach has the right to expect that they will be able to coach.

We all have a responsibility to:

- Be punctual
- Listen to the views of others
- Participate in all activities

Be aware of other external influences – e.g. school workloads, personal relationships, etc

All swimmers have a responsibility to come to training prepared and willing to commit to the training regime.

- Contribute supportively to the training environment and in no way cause disruptions.
- Listen to and follow instructions

All coaches have a responsibility to issue clear instructions to individuals or groups.

All coaches have a right to:

- Be treated with courtesy by students and parents
- And in return treat swimmers with courtesy

Everyone is to be treated with respect and fairness and have an open and honest communication throughout the Club.

We all have the responsibility to respect confidences and avoid gossip.

12 year old & Under Athletes

For health and safety reasons, ALL swimmers 12 years old and under must be accompanied by a parent to participate in, or attend, all CA Tritons and TAS activities and functions

ie; Training, Club Nights, Club Competitions, Club Functions etc.

Communications Officers – Squad Coach Assistants

Squad Coach Assistants have been assigned to assist the coaches with group communication, events, etc. In addition, the Squad Coach Assistants are a valuable source of information for families, and they are available to answer any questions and assist families as needed. Families new to the team should take advantage of this valuable resource. If your Squad Coach Assistants are not able to answer any questions that you have, they will find the right person in the organization to assist you.

The Squad Coach Assistants are as follows:

- Development Squad : Vacant.
- Junior Squad : Vacant.
- Junior State Squad : Vera Scala olivia_scala@hotmail.com
- State Squad : Sharon Stewart s.stewart@iinet.net.au
- National Squad : Alisha Sullivan alisullivan@bigpond.com

They can be contacted on the above email addresses or by arranging a meeting at the Carey Sports Complex.

Communication

CA Tritons Swim Club is committed to keeping families aware of what is going on in the Club as well as the local swim community.

Information on the Club policies such as membership, conditions and fees as well as opportunities to help out the club as a volunteer, is updated on the Club website on a regular basis. Time sensitive or other urgent information is sent to the member via e-mail. If you would like to receive information or correspondence directly, please provide CA TRITONS with your email details.

In addition, each squad has its own section on the website and a communication officer is available to assist families with questions they may have. New families should take advantage of this valuable resource. Your child's coach is also available to answer questions regarding your swimmer and his/her progress, however, please remember that the coaches need to devote full attention to the swimmers during training. If you need to contact your child's coach, please do so either before or after training, by phone or via e-mail.

Coaches office – 9850-7574 (between 3.00pm-7.00pm daily)

- Head Coach – Carl Wilson – coach@catritons.com
- State Squad Coach – Margie Moore – margie@totalaquaticsolutions.com
- Junior State Coach – Amberley Whitehorn – amberley@totalaquaticsolutions.com
- State Prep/Development/Junior – Mark Cooper – mark@totalaquaticsolutions.com

Website

www.catritons.com

The CA Tritons website is the 'hub' of information for all members. Families are encouraged to practice visiting the website on a regular basis to stay abreast of news and updates and information.

It is our goal to keep the CA Tritons website as current as possible and for it to be the 'first stop' for CA Tritons information and news, including training time changes, swim meet schedules, etc when necessary, the site is updated on a daily basis.

Email

CA Tritons preferred source of communication is by email, to notify Club families regarding time sensitive or other urgent information. Please notify Total Aquatic Solutions of your e-mail details, which can be left at the reception desk at Carey Sports complex.

CA Tritons families who provide email addresses to the Club on their registration forms are automatically included on the CA Tritons email distribution list. It is each family's responsibility to notify the Administrative Officer in the TAS Administration office of any changes to their email addresses or to other information.

admin@totalaquaticsolutions.com or your child's coach

Family Obligation/Duty Program

As per most other sports, there is a parental requirement to participate in volunteer rosters to contribute to the successful running of the club. In the sport of swimming, time keeping is a regular duty that you will be required to assist with. Time keeping is COMPULSORY at all district, qualifying, and state competitions that our club attends and a roster will be drawn up and emailed to all families prior to the meet.

We run our own meet at MSAC twice a year (SC & LC) and you may be given alternative tasks such as marshalling, program seller, medal distributor or results coordinator etc. These tasks are not difficult and are vital for the on going operation of our club. Please contact Tracey Khan or Sally Schwarz if you have any questions on this matter.

The Volunteer Hours Administrator will:

- Maintain, update and crosscheck that all parents affiliated with the club perform their 20hrs of service to the club through a variety of club activities.
- Update and check the "volunteer hours sign-off book" every 2 months to ensure that all volunteers are making their contribution to the operations of the club.

Contact can be made via Sally Schwarz at events@catritons.com or Tracey Khan at vpresident@catritons.com

CA TRITONS Office Bearers – 2008-09

CA Tritons being a voluntarily run organisation it is governed and operated by the following positions and people.

President – David Plush president@catritons.com Mobile 0419 383 383

Vice-President – Tracey Khan vpresident@catritons.com Mobile 0410693601

Head Club Coach – Carl Wilson coach@catritons.com

Secretary – Lisa Derndorfer secretary@catritons.com Mobile: 0401 674 437

Treasurer – John Delaroudis treasurer@catritons.com

Membership Registrar – Alisha Sullivan registrar@catritons.com

TAS Office Administrator – Julie Fenech julie@totalaquaticsolutions.com

TAS Office Administrator Assistant – Johneen Coffee johneen@totalaquaticsolutions.com

Competitions Committee – Julie Rubira jerubira@bigpond.net.au

Club Night Coordinator – Vacant

Social Events Committee – Sally Schwarz events@catritons.com

JX Development Officer – Amberley Whitehorn amberley@totalaquaticsolutions.com

JX Development Officer Assistant – Adrian Lee adrianlee@westpac.com.au

Grants Officer – Adrian Lee adrianlee@westpac.com.au

Race Secretary – Julie Rubira jerubira@bigpond.net.au

Uniforms Officer – Tracey Khan uniforms@catritons.com Mobile 0410693601

Records Registrar – David Plush president@catritons.com Mobile 0419 383 383

Publicity Officer – Louise Morgan loumaher@bigpond.net.au

Team Managers – selected by club committee upon consultation with coaching staff

Marketing & Sponsorship – David Plush president@catritons.com Mobile 0419 383 383

Grievance Officer – Ali Knowles ta.knowles@bigpond.com Mobile: 0418 275 365

Metro North District Delegate – David Plush president@catritons.com Mobile 0419 383 383

Website Administrator – Geetha Jasinghe webmaster@catritons.com

Senior Female Club Captain – Maddie Sullivan

Senior Male Club Captain – Andrew Read

Senior Female Club Vice-Captain – Olivia Knowles

Senior Male Club Vice-Captain – Raymond Mak

Junior Female Club Captain – Emma Stewart

Junior Male Club Captain – Nic Schwarz

CA TRITONS INCORPORATED

Reg. No. A0031453N

SCHEDULE A

CODE OF CONDUCT

1. I _____, as a member of CA Tritons Inc., shall at all times uphold the good name of the Club and shall not bring discredit to the Club in any way. Therefore I will not
 - Possess, steal, destroy, vandalise, or in any way endanger the safety or property of others.
 - Possess or use illegal drugs or controlled substances, including tobacco products.
 - Possess or use alcoholic beverages.
2. When dressed in the Club uniform, swimmers and members shall maintain a standard of behaviour that will enhance the public image of the Club.
3. If I am participating as an athlete on a CA Tritons team, I also promise to
 - Comply with any team rules, including nightly curfews, established by CA Tritons Inc., the team managers, and/or the coaching staff.
 - Attend all team functions, meetings, practices, meals, competitions and any other function designed by the team managers and/or coaches unless specifically excused by one of the above.
 - Travel with the team unless other specific arrangements are made known and approved by the team manager or head coach.
 - Compete in the events chosen by the coaching staff and attend all meet competition sessions as directed by the coaching staff.
 - Comply with established uniform requirements.
 - Maintain an open door when male and female athletes are in the same room.
 - Abide by any additional guidelines established by the team manager or coaching staff to ensure the safety and well-being of team members.
 - Act respectfully toward team members, coaches, officials, administrators, other volunteers and fellow athletes.
4. Failure to do so will render the member subject to disciplinary action, which may include being sent home from the place of competition or accommodation. (The costs of which are to be met by the parents and/or custodians of the member, where the member is under 18 years of age and in all other cases by the member personally). Any breach of the Code of Conduct shall be reported to the CA Tritons Inc. Committee Executive who shall forthwith appoint a person to investigate the conduct of the member and report to the Committee Executive. The Committee Executive may conduct a hearing into the member's conduct and if, by a simple majority it finds the member guilty may, after the member has been heard, impose one or more of the following penalties:
 - 4.1 A reprimand
 - 4.2 A severe reprimand
 - 4.3 Impose a "Good Behaviour" period to be served by the member with a review after 6 months or 12 months. In that period the member may travel to competitions only under the supervision of their parents.
 - 4.4 Suspension of membership for such period as the Committee Executive shall determine.
 - 4.5 Expulsion from the Club.
5. Club Members must take reasonable steps to ensure that any of their family or friends attending at the Carey Swimming Pool or a swimming competition at which members of the Club are competing, conduct themselves in such a way as to uphold the good name of the Club and not to bring discredit to the Club in any way and will follow the reasonable directions of a Club or Meet Official.
6. Discipline, Suspension & Expulsion of Members is as set out in Clause 7 of the Associations Incorporation Regulations 1998 as per Schedule A (1).

7. Members shall wear Club uniform, when competing in any competition conducted by Swimming Victoria Incorporated, Swimming Australia, or any of their affiliated clubs or organisations.
8. All recipients of medals or awards shall be dressed in Club Uniform at all presentations.
9. The Club will not be responsible for any loss or damage to, or caused by, any electronic items, including, but not limited to, electronic games, radios, MP3-CD players and mobile phones brought by a Club member to the Carey Swimming Pool or a swimming competition attended by members of the Club.

Swimmer _____ **Date** _____

Parent or Legal Guardian _____ **Date** _____ **if under 18**

General Consent Form

Consent for Photography

I hereby grant CA Tritons permission to photograph me by club appointed photographer either as an individual or as part of a team and for CA Tritons to use that image in newsletters (printed or email) on club website, on promotional material, on fundraising material or on sponsorship material as the club sees fit.

Consent for Communication

I hereby grant CA Tritons permission to contact either myself or my legal guardian via email, mail or phone including mobile regarding all club related matters. I also grant the CA Tritons permission to distribute my contact details internally (Executive and Sub-Committee's) to allow efficient communication.

Swimmer: _____

Parent or Legal Guardian if under 18: _____

Date: _____

New Members Information

Information for Swimmers and Families Regarding Swim Meets

Entering Meets

How will I know which swim meets to enter?

Your coach will decide which meets you will attend based upon the type of meet, the qualifying times (if any) and your experience level and attendance (if applicable). Your coach will notify you of upcoming swim meets. Upcoming meet announcements can also be found on the CA Tritons website - www.catritons.com and can also be downloaded from the SVI website - www.swimmingvictoria.org.au.

What is a Swim Program?

The Program contains all the information you and your family need to know about the meet including, the location, events offered, the maximum number of events you may enter per day, the entry fees, entry deadlines, start times, warm-up times, and any special information or instructions regarding how the meet is run. Make it a practice to read through the program before you enter a meet. You are responsible for understanding and being aware of all the information contained in the program when you enter a meet.

How do I register for a swim meet?

Swimmers should check with their coaches regarding entering swim meets. The majority of the meets are entered by swimmer's parents or guardians; however, in these instances entries for most swim meets must be received at least 3 days prior to the cut off date, **not on the cut-off date**. If you haven't entered before the cut off date, you will NOT be allowed to participate in the meet. Entries are NOT accepted the day of the meet. In addition, many meets only allow up to a maximum number of swimmers and will turn away entries once the entry maximum has been met. It is best to enter meets as soon as your coach instructs you to rather than wait and risk not getting into the meet.

What events should I enter?

Your coach will tell you which events he/she would like for you to compete in. If you have questions or concerns about what events you are swimming, check with your coach.

What is an entry time?

Your "entry time" for an event should be your fastest time for that event. If you have never swum an event, enter "NT" for No Time or ask your coach for the entry time you should use. Don't be afraid to enter events that you haven't swum before. Swim meets are a learning experience!

Can I enter by post?

Most meets offer mail entries and ask you to use entry form provided with the Program. Fill out the form completely and calculate your entry fees based upon the fee schedule in the program. There will be an entry fee per event. Mail the entry form with your cheque to the address provided on the Program. Mailed entries must be postmarked prior to the meet entry deadline (as stated in the Program). Entries postmarked after that date will be turned away. If you wish to receive confirmation that your entry was received, and that you have been entered in the meet.

Getting Ready for a Swim Meet

What things should I bring to a swim meet?

In your swim bag you should pack a towel for each event you are swimming (unless the weather is warm in which case you could bring fewer), your bathers and an extra pair, your team cap and goggles. In addition, in colder weather you will want to bring pants, a jacket, t-shirt, warm socks, and shoes. Be sure that your name is on all clothing.

How long do swim meets usually last?

You should plan to be at the meet for 1.5 Hrs– 5 hrs but keep in mind that most of the time you won't be racing. Bring things to help you pass the time such as homework, cards, and travel games, etc. You may want to pack a snack as well, but most meets have a Snack Bar where sandwiches, fruit, water and other snacks are sold, so consider bringing some spending money. Athletes are advised to refrain from purchasing junk food as this may effect their performance.

Information for the day of the Meet

When should I arrive at the meet?

Most Age Group meets except Championship meets are what is called split session meets, with each session (morning and afternoon) running approximately 4 hours. Check the meet sheet to be sure which session (morning or afternoon) you are entered in. The Program will also have information about warm-up times for each session. Your coach will give you special instructions regarding what time he/she wants you there for warm-up.

What should I do when I arrive at the meet?

The first thing all swimmers should do when they arrive at a meet is see their coach. All swimmers must marshall at least 3 events prior to their event.. Swimmers should not scratch any event without permission from their coach. Using a pen, write the numbers of the events you are swimming that day on your hand or arm for future reference.

What happens if I don't marshall?

Swimmers who do not marshall at least 3 events before the start of their race will not be allowed to compete in that event. Swimmers are advised to approach the marshall and let them know that they are in attendance for the race.

When do I see my coach?

Before you marshal and directly after your race. Parents please make your child aware of this procedure. Your assistance in this area will be greatly appreciated

How will I know when my race is?

All events consist of event and heat number - (e.g. Event #7, Heat 4 - Girls 12yrs – 100m Freestyle).

Know what events you are competing in and what event numbers they are. Many swimmers write their event numbers on their hand or arm with a pen. Pay attention to the announcer as he/she announces what event is in the water or what event is coming up. You can also check the event board which will show the event and heat number of the event in the water. When your race is 3 events away, (e.g. you are swimming in event #6 and the event currently being swum is event #3).

When should I go to the blocks before my race?

You should be in the marshalling area at this stage and will be advised by officials when to go to your block.

What happens if I lose track of time and get to my lane and starting block late?

Unfortunately you will be disqualified (DQ) and unable to compete in the event.

What do I do after I finish a race?

After you race you should do three; cool-down, see your coach. He/she will have things to tell you about your race. Second, always cool-down after you swim. If you do not know how long you should cool-down, ask your coach.

Where do I go when I'm not in the water?

Look for your team mates and family friends in the stands and find yourself a spot. You can leave your belongings under the seat when you are in racing, but it is not a good idea to leave valuables unattended or out in the open.

Information for Parents and Spectators

When you arrive at the meet remind your swimmer to warm up and see the coach. Please note that parents will not be allowed in the marshalling area. If your swimmer has forgotten to marshal, please remind them to do so.

Your child/children will be given instructions by his/her coach regarding the pre-meet warm-up. Swimmers should not enter the pool for warm-up unless instructed to do so, and supervised by their coach. During warm-up, parents and spectators should stay clear of the pool deck in order to allow the many coaches to adequately conduct their warm-ups. During warm-up, parents should find themselves a place to sit in the stands or an area away from the pool deck.

Swim meets can run for an average 4+ hours. During that time your child will not be competing. While waiting for your child to compete, you may want to read a book,

socialise with other CA Tritons swimmers and parents or consider supporting the meet by timekeeping.

15 minutes prior to the start of the competition a meet announcer will call for timekeepers. CA Tritons may be assigned a lane or lanes for timekeeping. If CA Tritons has been assigned lanes, please consider filling a timekeeping spot for the team. If timing in a CA Tritons lane, notify the volunteer representative of CA Tritons. Timekeepers will be needed throughout the meet. If CA Tritons is not assigned a lane, please consider supporting the meet by timekeeping. Without an adequate number of timekeepers (3 per lane) the meet could be delayed, stopped or swimmers may not receive official times for their swims.

If you have never done timekeeping before, please consider volunteering at the beginning of the meet. At this time, meet officials will give a briefing to all new timekeepers to familiarize them with the process.

Here are some important things for parents to keep in mind at meets and at training.

- Leave coaching to the coaches. This includes pre-race instruction, after race feedback, setting goals, etc.
- Be your child's best fan. Support your child unconditionally. Do not withdraw when your child performs poorly. Not every race will be a best time.
- If your child comes out of the pool with a personal best time and a last place finish, help him/her to understand that this is a "win".
- It is not advisable to offer incentives for best times. Every race should be a learning experience for your child; positive or negative.
- Support your child's coach. They are the experts. Find a time away from the pool deck to discuss any concerns you have directly with them.
- It is inappropriate to approach coaches during a training session or swim meet.
- Make sure your swimmer gets enough rest and is eating properly, healthy and sufficiently throughout the meet. Swimming takes a lot of energy.
- Help your child maintain a focus on schoolwork, relationships and the other important things in life besides swimming. Help him/her keep things in their proper perspective including wins/losses, excitement/disappointments and success/failures.

Carey Aquatic / CA Tritons Inc.

State & National Results History – 2000 to 2009

Australian Open LC Championships	2000 – 45 th	2004 – 7 th	2008 – 7 th
	2001 – 6 th	2005 – 6 th	2009 - NR
	2002 – 14 th	2006 – 6 th	
	2003 – 5 th	2007 – 5 th	
Australian Open SC Championships	2000 – 5 th	2004 – 2 nd	2008 – 7 th
	2001 – 10 th	2005 – 1 st	
	2002 – 1 st	2006 – 1 st	
	2003 – 3 rd	2007 – 1 st	
Australian Age Championships	2000 – 65 th	2004 – 3 rd	2008 – 16 th
	2001 – 12 th	2005 – 2 nd	2009 – 31 st
	2002 – 35 th	2006 – 3 rd	
	2003 – 15 th	2007 – 7 th	
Victorian State LC Championships	2000 – 6 th	2004 – 2 nd	2008 – 3 rd
	2001 – 1 st	2005 – 1 st	2009 – 7 th
	2002 – 3 rd	2006 – 2 nd	
	2003 – 3 rd	2007 – 2 nd	
Victorian State SC Championships	2000 – 4 th	2004 – 1 st	2008 – 7 th
	2001 – 3 rd	2005 – 1 st	
	2002 – 2 nd	2006 – 2 nd	
	2003 – 1 st	2007 – 3 rd	

Carey Aquatic / CA Tritons Inc.

Australian Team Representatives

Female

Lori Munz
Jordana Webb
Rachel Coffee
Sarah Katsoulis
Michelle Engelsman
Shayne Reese
Danni Miatke

Talia Goddard
Katie Bird
Hannah MacDougall
Grace Loh
Leisel Jones
Alana Tanner

Male

Simon Leighfield
Ben Tuckerman
Nathan Crook
Brenton Rickard
Sam Ashby
Tom Wood
Joel Alati

Andrew Read

Olympic & Paralympic Games

Female

Shayne Reese – Athens 2004, Beijing 2008 (Bronze)
Leisel Jones – Beijing 2008 (Gold, Silver & Bronze)
Ellen Gandy – Beijing 2008 (Great Britain Team)
*Hannah MacDougall – Beijing 2008

*Signifies Paralympic Games

Male

World Championships – SC & LC

Female

Shayne Reese – LC 2005-07, SC 2004-06-08
Sarah Katsoulis – LC 2003, SC 2006-08
Danni Miatke – LC 2005-07, SC 2006
Michelle Engelsman – LC 2003

Male

Brenton Rickard – LC 2003 & 2005

World Champion - Medalists

Female

Sarah Katsoulis
Michelle Engelsman
Shayne Reese – World Champion 4x100fs – 2005, 2007
Danni Miatke – World Champion 50fly – 2005, 4x100fs – 2007

Male

Brenton Rickard

Commonwealth Games

Female

Rachel Coffee - 2002
Sarah Katsoulis - 2002

Shayne Reese – 2006
Danni Miatke - 2006

Male

Arun Karunaratne – 2006 (Sri Lanka)

National Medalists

Female

Lori Munz
Jordana Webb
Vilagosh
Rachel Coffee
Solomidis
Sarah Katsoulis
Michelle Engelsman
Melissa Heathcote
Shayne Reese
Danni Miatke

Kimberley Peachey
Devyn Goddard
Leisel Jones
Katie Bird
Talia Goddard
Jacqui Kay
Hannah MacDougall
Grace Loh

Male

Rylan Dawes
Simon Leighfield
Evan Gargaro
Mark Pettifer
Ben Tuckerman
Nathan Crook
Brenton Rickard
Tom Wood

Sam Ashby
Alexander
Thanasi
Michael Paulka
Joel Alati
Remy Harvey
Andrew Read

Carey Aquatic / CA Tritons Inc.

Office Bearers – 1995-2010

Year	President	V-President	Secretary	Treasurer	Head Coach	Captains	
						Female	Male
95/96	R.Bradshaw M.Doery	M.Doery	A.Dawes	P.Borton	G.Barclay	C.Dawes	J.Doery
96/97	A.Dawes M.Jeffers	F.Davis	J.Barger	P.Borton	G.Barclay	K.Lynch S.Jones	
97/98	A.Dawes	F.Davis	J.Davis	P.Borton	G.Barclay	C.Dawes	J.Ciuro
98/99	F.Davies	J.Jeffers	K.Glover	P.Borton	G.Barclay	K.Woolley	M.Jeffers
99/00	J.Jeffers	P.Borton	K.Glover	A.Knights	G.Barclay	J.Monaghan	B.Crockford
00/01	J.Jeffers	P.Borton	D.Baker	A.Knights	R.Taylor	J.Monaghan	B.Tuckerman
01/02	T.Girbau	A.Griffiths	D.Baker	S.Kay	R.Taylor	K.Lynch	B.Griffiths
02/03	M.Coffee	P.Kitney	B.Gargaro	S.Kay	R.Taylor	R.Coffee	M.Jeffers
03/04	M.Coffee	S.Solomidis	B.Gargaro	S.Kay	R.Taylor	R.Coffee	B.Tuckerman
04/05	S.Solomidis	M.Coffee	M.Meagher	S.Kay	R.Taylor	S.Reese	E.Gargaro
05/06	S.Solomidis	T.Cleyne	M.Meagher	S.Kay	R.Taylor	S.Reese	E.Gargaro
06/07	T.Cleyne	S.Solomidis	M.Meagher	S.Kay	R.Taylor	S.Reese	E.Gargaro
07/08	M.Loh	C.Wilson	M.Meagher	L.Passaro	C.Wilson	S.Reese	E.Gargaro
08/09	D.Plush	T.Khan	T.Khan S.Schwarz	J.Delaroudis	C.Wilson	H.MacDougall	C.MacGregor
09/10	D.Plush	T.Khan	L.Derndorfer	J.Delaroudis	C.Wilson	M.Sullivan	A.Read

Carey Aquatic / CA Tritons Inc. Club Records

For all club records and application form please refer to our website www.catritons.com

Carey Aquatic / CA Tritons Inc. Life Members

Gary Barclay, Head Coach
 Rohan Taylor, Head Coach
 Di Baker, Administrator
 Noelle Boyd, Administrator
 Barbara Gargaro, Administrator
 Margaret Meagher, Administrator
 Sue Kay, Administrator
 Julie Fenech, Administrator
 Jacqui Kay, Athlete
 Hannah MacDougall, Athlete
 Luke Boyd, Athlete/Coach
 Leisel Jones, Athlete
 Sarah Katsoulis, Athlete
 Shayne Reese, Athlete