

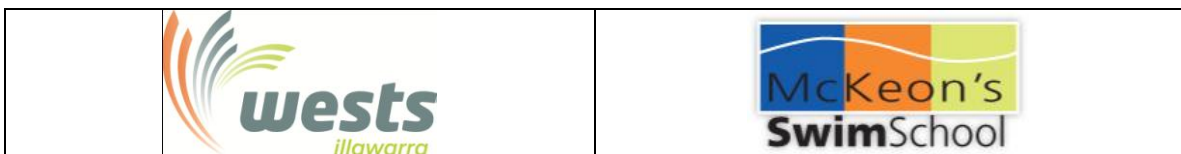


# 2010/11 Handbook



Western Suburbs Swimming Pool  
Princes Hwy, Unanderra

Proudly Supported by



## **Welcome.....**

Welcome to the 2010-11 season of Wests Illawarra Aquatic Swim Club. We have combined the Members handbook, Point score program and the Competitive calendar into one booklet. We hope you find it beneficial.

We hope you enjoy your time as a member of the club, and that all your goals are achieved. The club prides itself on supporting its members and helping them attain these goals.

## **Now that you are a member.....**

Why have you become a member of our club?

- You enjoy swimming?
- You enjoy meeting other people who also enjoy swimming?
- You want to be a faster swimmer?
- You enjoy swimming against the clock?
- You want to be part of a team that travels to swim meets for fun, experience and competition?

Your reasons for becoming a member of our club are no doubt varied, but all members have something in common..... they enjoy swimming whether it be at a social or competitive level.

At Wests Illawarra Aquatic Swim Club, we have both. Swimmers can participate in Club Pointscore Nights, Local, State and National Competitive Meets. The choice is yours.

## **A little history.....**

The club was formed in 1977 and was known as the Illawarra Red Devils Swimming Club. In 2002 the club changed its name to Wests Illawarra Aquatic Swim Club.

## **The administering of the club.....**

The Wests Illawarra Aquatic Swim Club is run as a non-profit amateur sporting body. The Club is an Incorporated body under the NSW Corporation Act and as such, has a number of duties and responsibilities to fulfill. A major part of Incorporation is to have a legal and workable Constitution, along with a very comprehensive set of By-Laws that cover all aspects of the day to day running of the club. The By-Laws are constantly reviewed and updated to reflect current Club practice and thinking. Should you wish to obtain a copy of the Constitution and By-Laws, please contact the Club Secretary or President or refer to the club's website.

All activities, financial or otherwise, must be reported to committee meetings and annually to the Annual General Meeting of the Club. The Club is administered by a committee, which is elected at the Annual General Meeting in September each year.

### **Club Meetings.....**

For anyone interested in supporting the Club with ideas or assistance, meetings offer a great opportunity for members to come along and have their say. It's also a good way to find out what is happening in the club and an opportunity to address any uncertainties or problems you may be experiencing.

### **Affiliation.....**

West's Illawarra Aquatic Swim Club is an affiliated member of South Eastern Swimming Association Inc. and Swimming New South Wales. We also have affiliation with the West's Illawarra Leagues Club and McKeons Swim School who generously support us with financial and in-kind assistance.

**We require that members of WIASC also be current members of the West's Illawarra Leagues Club.**

### **Membership Costs.....**

The fees for the 2009-2010 season were set at the Club's AGM in September 2010. These fees provide club membership from 1 October 2010 to 30 September 2011. The fees are as follows:

- \$100.00 for swimmers
- \$30.00 for non-swimmer (parent)

It is a club requirement, that a family with a swimmer aged 16 or under, a parent must also be a member. Should a family have swimmers both aged over 16 and under 16, the parent member is not required if the older swimmer assumes the responsibility of the younger swimmer(s).

Upon payment of your membership fees, you will be issued with a NSW Swimming Association Registration Card. You will also be issued with a unique Registration Number that will remain the same whilst you are a member of Swimming NSW.

If you change clubs, that number goes with you. Please keep this card safe, as you will need your registration number to enter swim meets.

### **Our Club Room.....**

The Club Room is a facility that has been funded, erected and added on to by many members over many years. It is available to be used by ALL members, and we encourage you to do so. We only ask that members respect the facility by swimmers drying themselves before entering and ensuring that it is left clean and tidy.

### **Club Uniforms.....**

We encourage all members to look and feel like a united team, and wear the club uniform proudly. The Wests Illawarra Aquatic colours are navy, red and white. The Red Devil is our emblem. Great effort has been made to keep all items available at a reasonable cost in attempt to encourage members to wear Club gear. Even though uniforms are not compulsory, we do ask that our swimmers wear their club swim cap when competing at swim meets.

- Swim Caps – Silicone
- Club Polo Shirts
- T shirts
- Singlets
- Shorts
- Club Tracksuit Tops & Bottoms (sold separately)
- Club Hoodies

See our Apparel Co-ordinator, Caroline Elkerton or her assistants Jenny Cooney or Flora Mastro – be part of the team!

### **Information on Club Activities.....**

The club's website provides interesting reading. Reports on meets, informative articles, hints and tips, upcoming meets info and other useful information. Reminders, swim meet information and "Hot off the Press" are also emailed to all members. Please ensure that the club has your email address recorded so that you can be kept in the know.

The club's new website is

<http://westsillawarraaquatic.wordpress.com>

## **Parent Participation.....**

There are lots of ways you can help us:

- Join the committee – the AGM is held each September.
- Volunteer to help out at Club Night. We always need timekeepers, marshals, help with serving and cooking of the barbeque, etc.
- Timekeep when attending a swim meet. We operate a roster at meets so that the longest you will need to spend behind the block is 1 hour. This is an easy job and there is always someone to show you what to do. You will be fed and watered during your timekeeping stint. It's a great way to get to know other parents and to catch up on poolside gossip!
- Assist us in the planning and running of our Annual Meet. This may involve assisting on the day by officiating, selling programs and raffle tickets, timekeeping and assisting with catering. Our annual meet is also our major annual fundraiser and we request that parents assist by trying to obtain sponsorship for the meet. No effort is too small and all contributions are gratefully received.
- Become an official – and assist in the operation of local swim meets.
- Just be prepared to assist as required. There are always times when an extra pair of hands comes in handy.

## **Club Captains.....**

Each year, a male and female senior and junior club captain are elected and announced at our Summer Presentation Night. The club captains perform many duties, including officiating at Club Activities and supporting our club swimmers.

## **CLUB POINTSCORE NIGHTS**

### **The cost.....**

Each club night will cost \$3 per swimmer to maximum of \$7 per family. This entitles you to swim 2 events.

### **To enter a club night.....**

Yes. It's all very simple. When you arrive at the club night, please line up and tell the people at the entry window what events you wish to swim. Pay your \$3 and you are done! The computer will seed the events. Entries must be in by 6.45pm on the night.

### **The pointscore.....**

Points are awarded each night you swim, based on your improvement. It does not matter where you finish in a race, its all about improving your own personal best (P.B)! Details of how the points are awarded are included in the 2010-11 Pointscore section of this handbook.

### **Recognition of your Personal Best.....**

At each Club Night Maximum Point Certificates are awarded to swimmers who have swum more than 2 seconds faster than their season best for that stroke and distance.

## **COMPETITIVE SWIMMING**

### **Swim meets.....**

Swimmers are encouraged to enter meets held on weekends throughout the season. Your coach can help new and developing swimmers identify which meets and events will be suitable to enter.

Ideal starting points are those meets identified as “Development Meets” or AAA meets. These offer the opportunity for swimmers to gain confidence in competitive swimming.

### **I’m a new parent to competitive swimming..... What do I do?**

Firstly, don’t stress...Make yourself known to the Race Secretary or President. They will advise and guide you through the process.

There are plenty of “old” parents who have survived and are more than happy to help as well.

### **How do I enter a swim meet.....**

Meet programs will be available from the club website, SESA website, Swimming NSW website, the Race Secretary via email or the Club Notice Board. Members wishing to compete in swim meets must complete entry cards for the events they wish to swim. The usual principle of blue entry cards for boys and pink entry cards for girls applies.

Entry fees for these events are the swimmers responsibility and will vary from meet to meet. Entries are closed usually a week in advance of the official host club closing dates as our Race Secretary is responsible for checking all entries, accounting for all monies, summarizing entries and dispatching all entries to the host club. This can take some time, especially for larger more popular meets. We appreciate your care in completing

the entry cards, ensuring the addition and accuracy of your swimmers entered times, event numbers, capitation number and other details, and that all monies are attached.

**NO** Late Entries will be accepted. For more details procedures and helpful hints, please read the From the Race Secretary Section of this Handbook.

Please make sure you keep a record of the events that you have entered, as swimmers are not reminded on the day. This is done best by using a highlighter pen to mark the events on your meet flyer.

#### **What should I take to the meet.....**

- Towels. You will need at least two. If you prefer not to carry heavy wet towels home, an optional sports chamois can be purchased from most sports stores. It's still a good idea to take at least one towel with you for your shower at the end of the day.
- Goggles
- Wests Illawarra swim cap. You'll need at least one. The club likes our swimmers to wear their club swim cap during both warm-up and competition.
- Drinks. You can dehydrate easily. Ensure that you have lots of water and perhaps a sports drink or fruit juice for carbohydrate and salt replacement.
- Food. You'll need lots of snacks as well as a healthy easily digested lunch. Snack foods can include fruit, muffins, cakes and slices, pasta and/or rice, vegetable sticks, sandwiches, unbuttered bread and rolls, low fat yogurt and low fat crackers. Lunch can consist of sandwiches, rolls, pita bread with healthy fillings, pasta etc. yes, it's boring, but your performance will be better if you leave the lollies, soft drink, chips, ice cream and other junk food until you're on the way home.
- An esky or food cooler. A small esky is a good idea to keep the above food and drinks cool and fresh.
- Fold up chairs for outdoor meets.
- A small notebook to record all those PBs!

#### **Lets sit together.....**

We like our swimmers to cheer each other on and this is much more effective (and louder) if they sit together, it is much easier to manage the team when they are all sitting together. By sitting together, its helps the swimmers and parents to get to know each other and there is less likelihood of a swimmer missing their event if they see other swimmers their age group getting ready to talk to the coach and/or moving to the marshalling area.

Another benefit is that the club takes shade tents to the outdoor carnivals it is supporting. This makes a great difference to the swimmers and the parents by the end of a hot summers day.

### **Multi-class Swimming**

Swimming seeks to be an inclusive sport and to that end we encourage swimmers with intellectual or physical disability to swim with Wests Illawarra Aquatic. A fantastic range of experiences and representative opportunities are available for multi-class swimmers. For information, speak to our starter Bruce Cannon

### **When attending a swim meet.....**

1. Coaches generally like swimmers to be on pool deck **15-30 minutes earlier than listed warm up time**. This allows time for stretching and team talk.
2. Purchase a program and check your name against entered events. If your name is missing from an event you know you have entered, please speak to the Race Secretary.
3. Try to get a seat with the rest of the team. If you can't, let the Coach know where you will be sitting.
4. Parents, please put your name on the Timekeeping Roster.
5. If you feel the need to withdraw from an event, please firstly let your coach know, then advise the Withdrawals Official at least 3 events before the event.
6. During the day, keep an eye on the Claims Board to see if your events are approaching. **You** should take responsibility for reporting to the coach prior to your race for a pre-race advice, usually one or two events before your claim.
7. After talking to your coach, proceed quickly to the marshalling area where your name will be checked off and you will be informed where to sit, etc. Swim hard and do your best.
8. After your race, always exit from the pool via the closest steps, not over the end of the pool where the blocks are situated. This is especially important where touch pads are installed.
9. At the completion of your event, report back to the coach for a debriefing. The coach will tell you if (and for how long) you are required to have a swim down (if warm-down pool is available) before your next race.
10. **A couple of general rules-**
  - Stay away from official equipment at all times.
  - Always be courteous to all officials. Remember that these people are volunteers who give up their time for you.
  - If your parents are timekeeping please stay away from the timekeeping area of the pool (except in emergencies). You will probably be eager to tell them of your time but, rest assured (especially with electronic equipment) they probably are aware of your great performance. Hanging around the end of

the pool creates congestion and, in some cases, confusion, for both the check starters and swimmers.

11. Always be a good sport and a gracious winner and loser!
12. Don't forget to record your results.

#### **Be a good swimming parent.....**

- Focus upon children's efforts and performances – not the result or the time.
- Teach your child that an honest effort is as important as a victory.
- Encourage your child to learn the rules of swimming.
- Do not berate your child for mistakes or competition losses - these are all part of the learning experience.
- Remember it is the coach who critiques the performance.
- Encourage good sportsmanship – remember children learn by example.
- Applaud good swims by other swimmers.
- Support Club Coaches.

#### **FROM THE RACE SECRETARY**

Welcome to the Summer Season.

Summer is a very busy season, so to enable it to run as smoothly as possible, your co-operation with the following would be appreciated.

Meet Programs will be available from the club website. I will email all club members, via the club e mail system, notification and reminders of upcoming meets and closing dates.

**Closing dates for entries must be adhered to** as to allow the entire club entries to be with the host club by their due date. **CHECK THE CLUB WEBSITE FOR CLUB CLOSING DATES.** Do not go off the date on the meet flyer.

Our club's closing dates are set as late as possible in order to allow swimmers to use their latest times as entry times, hence **NO EXTENSIONS OF CLOSING TIME** can be given. You must put your registration number on the entry cards or they will not be accepted by the Race Secretary

All entries are to be on official entry cards (usually multi-entry cards), with all information supplied. You will need to print your own entry cards, you can find a template on our website.

Please ensure that all entries, with payment are placed in an envelope with your name, meet name and date and \$ enclosed written clearly on it.

Cheque payment is preferred. Please make cheques payable to **West's Illawarra Aquatic Swim Club**. Please do not abbreviate as the banks are becoming very particular.

Completed entry cards may be handed to a committee member on a pointscore night. Please **DO NOT** hand your entries to your coaches. They have enough to do without ensuring these are handed on. Entries can also be left in my letterbox at 12 Tammar Place, Blackbutt. The letterbox is locked, so it is quite secure.

Please note that no refunds on entry fees can be given after the entries have been given to the host club.

RELAYS – all swimmers who enter a meet where relays are being swum will be assumed available to swim for the club in these relays. If you will be **UNAVAILABLE** for the relay, please advise me at the time you place your entry.

There are many swim meets available for you to compete at. The club does not go to all of these. If you wish to compete at a meet that is not listed on the Club Calendar, you must still submit your entries through our club. The host club has the right to not accept entries that are not sent through the Race Secretary. To ensure your entries are lodged with the host club on time, please:

- Have your entries to me at least one week before the closing date
- Make your cheque/money order payable to the host club – **NO CASH**
- On your envelope, mark clearly the closing date and the name of the meet.

Should you have any questions, please ring me. My mobile is 0421 044 100

Have a great season

**Flora Mastro**  
**Race Secretary**

#### **How to fill out an entry card.....**

Most swim meets require you to complete a multi-entry card. The usual blue for boys, pink for the girls rule applies. You must complete the following sections on the card:

- First Name
- Last Name
- Date of Birth
- Age – The age you will be on the first day of the meet. If your birthday is on the second day of the meet, you must swim as the younger age.

- Reg. No. – the number noted on your membership card and must be noted on ALL entry cards
- Date of Meet
- Event No
- Stroke
- Distance
- Entry Time – your PB
  - If you have not swum this event before, put N/T in this box
  - Please note that times may need to have been achieved since a specified date.
  - Where possible, the use of swim meet PB's is preferred. Point score swims should only be used if no swim meet time is available.
  - Remember to add/subtract constants, unless otherwise advised.
- Date – the date on which you achieved your entry time
- Place – the name of the pool, not the city or town

#### **Tips for parents and swimmers.....**

- Keep record of all your swimmer's times swum at meets in the Swimmers Log Book. The Log Book can be as simple or as sophisticated as you wish. The club has a simple version available, although some parents chose a note book or a computer spreadsheet. Whatever works best for you. The Log Book must record the date, Name of the Meet, Venue, whether it was a Long Course (50m) or Short Course (25m) pool, and the time swum.
- All official times and placings are posted at each meet. These times you must record, not the time that the timekeeper may have given a swimmer after they have swum.
- Results and Times are also available on our website.
- Keep up-to-date with what's happening in the swimming world by subscribing to the NSW Swimmer. This publication comes out monthly, and is very informative. As part of your subscription, you will receive the Summer and Winter Almanac – the swimmers bible. The Almanac has the qualifying times and programs for Country, State and National Championships – a must for all competitive swimmers. To subscribe, please contact NSW Swimming on 02 9552 2966.

## **WELCOME TO THE WESTS ILLAWARRA AQUATIC SWIM CLUB SUMMER POINTSCORE.**

The season commences at **7.00pm sharp** at the Western Suburbs Swimming Pool on Friday 29th October 2010. We ask that everyone arrive before 6.45pm so that we commence on time.

After your child has swum, stay and enjoy a social BBQ and drink with us.

For insurance coverage, all swimmers and volunteer time keepers must be registered by 7pm Friday 29 October 2010. If swimmers are not registered they will not be permitted to swim until membership fees are paid.

A minimum of nine (9) time keepers are required for pointscore to run.

### **PROCEDURE**

- Names must be marked off prior to 6.45pm to ensure a hassle and congestion free start to each night.
- Entries for all Freestyle events will close at 6.45pm with all other events closing at 7.00pm

### **AGE GROUPING**

Swimmers will be grouped at the age they are as of the first night of Pointscore being Friday 30th October 2009.

6 Years & Under	7 & 8 Years	9 & 10 Years
11 & 12 Years	13 & 14 Years	15 & Over Years

### **POINTSCORE DETAILS**

Points are allocated on the following performance based criteria.

For a swim	More than 2 sec slower than best	2
	More than 1 sec up to & inc.2 sec slower than best	3
	Up to 1 sec slower than best	4
	Equal best time	5
	Up to & including 1 sec faster than best	6
	More than 1 sec & up to 2 sec faster than best	7
	More than 2 sec faster than best	10
	Qualifying swim time	3

**Promotion Standards:**

**25M FREESTYLE IN 25 SEC**

3 Swims under 25 sec promoted to 50m

**25M BACK, BREAST & BUTTERFLY IN 35 SEC**

2 Swims under 35 sec promoted to 50m

**50M FREESTYLE IN 38 SEC**

2 Swims under 38 sec promoted to 100m

**50M BACK, BREAST & BUTTERFLY IN 45 SEC**

2 Swims under 45 sec promoted to 100m

**100M IM IN 1.50 MINS:**

2 Swims in a row under 1.50min promoted to 200m

***ALL SWIMS WILL BE GRADED SEPERATELY***

**JUST A FEW REMINDERS**

All swimmers are required to pay the Pool Levy of \$3.00 per swimmer or a maximum of \$7.00 per family.

- 2 swims per night maximum (excluding Qualifying Swim Time)
- 2 swims must include an off stroke or kick board
- Requests for Qualifying Swim Times must be given to the Race Secretary minimum 1 week **BEFORE** the swim, so that the required officials and timekeepers are present. **NO LATE ENTRIES WILL BE ACCEPTED**
- Pointscore times can only be used as Qualifying Times when our Referee and Starter are in attendance.
- To be eligible to receive a Pointscore Award swimmers must complete a **Minimum of 5 Pointscore Nights.**

**HAVE FUN BY CONTRIBUTING TO THE NIGHT AND OFFERING TO TIMEKEEP. ITS NOT DIFFICULT AND WE'LL TEACH YOU IF YOU HAVEN'T DONE IT BEFORE.**

# SUMMER POINTSCORE 2010/11

**When:** Commences Friday 29 October 2009 at 7pm (registration 6.30pm)

**Where:** Western Suburbs Pool, Unanderra

29 October 10	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25, 50 &amp; 100 Backstroke</li> <li>• 400 Freestyle or IM (Open time trial)</li> </ul>
5 November 10	<ul style="list-style-type: none"> <li>• 25, 50, 100 Freestyle</li> <li>• 25 Kick Board or 25, 50 &amp; 100 Butterfly</li> <li>• 200 Freestyle (open time trial)</li> </ul>
12 November 10	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25, 50 &amp; 100 Breast</li> <li>• 200 Back, Breast or Butterfly (open time trial)</li> </ul>
19 November 10	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25 Kick Board or 50, 100 &amp; 200 Individual Medley</li> </ul>
26 November 10	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25, 50 &amp; 100 Backstroke</li> <li>• 400 Freestyle or IM (Qualifying time 8.00)</li> </ul>
3 December 10	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25 Kick Board or 25, 50 &amp; 100 Butterfly</li> <li>• 200 Freestyle (Qualifying time 4.00)</li> </ul>
10 December 10	<ul style="list-style-type: none"> <li>• STIMPSON TROPHY SWIM (Any stroke – 25, 50 or 100)</li> <li>• 25, 50 &amp; 100 Breast</li> <li>• 200 Back, Breast or Butterfly (Qualifying time 4.00)</li> </ul>
<b>SCHOOL HOLIDAY BREAK</b>	
28 January 11	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25, 50 &amp; 100 Backstroke</li> <li>• 400 Freestyle or IM (Qualifying time 8.00)</li> </ul>
4 February 11	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25 Kick Board or 25, 50 &amp; 100 Butterfly</li> <li>• 200 Freestyle (Qualifying time 4.00)</li> </ul>
11 February 11	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25, 50 &amp; 100 Breaststroke</li> <li>• 200 Back, Breast or Butterfly (Qualifying time 4.00)</li> </ul>
18 February 11	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25 Kick Board or 50, 100 &amp; 200 Individual Medley</li> </ul>
25 February 11	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25, 50 &amp; 100 Backstroke</li> <li>• 400 Freestyle or IM (Qualifying time 8.00)</li> </ul>
4 March 11	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25 Kick Board or 25, 50 &amp; 100 Butterfly</li> <li>• 200 Freestyle (Qualifying time 4.00)</li> </ul>
11 March 11	<ul style="list-style-type: none"> <li>• 25, 50 &amp; 100 Freestyle</li> <li>• 25, 50 &amp; 100 Breaststroke</li> <li>• 200 Back, Breast or Butterfly (Qualifying time 4.00)</li> </ul>
TBA	<ul style="list-style-type: none"> <li>• CLUB CHAMPIONSHIPS – Wollongong Uni Aquatic Centre</li> </ul>

## CHARLES STIMPSON TROPHY

### ***"CHARLES STIMPSON MEMORIAL TROPHY NIGHT"***

This is run each summer Pointscore to commemorate the name of Charles Stimpson who lost his life in August 1981. Charles was attempting to secure the pool roof when he was blown off. Charles was a long standing worker for the local SES and commander of his unit.

The event is run under the following rules:

Each swimmer is to:

1. nominate the stroke to be swum
2. nominate the distance to be swum (25m, 50m, 100m)
3. nominate the time for the stroke and distance to be swum

The winner is the swimmer going closest to their nominated time. Swimmers who share the winning margin will share the Perpetual Trophy over the year..... Good Luck

## CLUB CHAMPIONSHIPS

### **Conditions of Entry: Open to all members**

1. One Start Rule applies and all swimmers enter at the age as of the date of the Club Championship.
2. No late entries will be accepted.
3. Entry fee: \$1.00 per swim should be paid to the Race Secretary when submitting your entries.
4. Entries to be submitted on Multi Entry Cards with the following information detailed:- Name, Date Of Birth, Event Number, Stroke, Distance **and Time**.
5. Entries Close TBA

Age Grouping:	6 years & under	7 & 8 years
	9 & 10 years	11 & 12 years
	13 & 14 years	15 and over

Juniors- 12 years and under  
Seniors- 13 years and over

Club Champions in the above age groups are determined by the following Points:

## Placings

Distance	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
25m	3	2	1
50m	6	4	2
100m	9	6	3
200m	12	8	4
400m	15	10	5

## SUMMER SWIM MEET CALENDAR 10/11

The most up to date list of coach and club supported swim meets are listed on the club website. Please refer to the website for dates and entry requirements.

# Wests Illawarra Aquatic Swim Club

Po Box 504  
Unanderra NSW 2526

<http://westsillawarraaquatic.wordpress.com>

President	John Gullick	0409 454149
Vice President	Ian Eastley	0416 250538
Secretary	Tracey Hayne	0408 710455
Treasurer	Tracy Smith	0407 467443
Coach	Ron McKeon	0418 409758
Registrar	Marj Nicholson	0403 283160
Race Secretary	Flora Mastro	0421 044 100
Public Officer, SESA Rep & Gear Steward	Ian Eastley	0416 250538
Point Score Coordinator	Donna Eager	0412 022370
Apparel Co-ordinator	Caroline Elkerton	0412 767 689
Publicity Officer	VACANT	
Committee Member	Bruce Cannon	42294354
Committee Member	Michelle King	
Committee Member	Cathy Webster	0408 488823
Committee Member	James Greathead	0431 639967