



The 2016-17 season will be the sixth year Greydogs Swimming Club has been in existence and we are excited by the fact that we are a young dynamic Club. The Club was established as a result of the Greydogs Swimming Team needing more exposure to competitions. The primary goal of the club is to strive for swimming excellence, in addition, nurture and develop life skills such as sportsmanship, perseverance, time-management, being part of a team, self-discipline and developing a positive attitude.

Practice structure

Our entry level age to the Club is 8years (i.e. September of grade 2 is the youngest we would recommend). Prior to that it is recommended that swimmers have Stroke Correction or Fitness type lessons where more emphasis is placed on consistently correct technique. Junior Club swimmers vary in age from 8-12years and they have the option to train 4 times a week. It is a requirement that all Junior Club swimmers train A MINIMUM of 3 times a week.

We recommend that all new swimmers (all ages) start with our Junior program and move up to our Senior program when they have sufficient base fitness/stamina and are familiar with the standard sets and drills.

Senior Club swimmers vary in age from 11-18yrs and they have the option to train 7-8 times a week. It is a requirement that all Senior Club swimmers train A MINIMUM of 5 times a week.

The rule of minimum practice attendance for the Junior and Senior Club has been implemented as we seen how consistent, regular attendee's benefit and improve quickly. Particularly in the summer months we ask that Junior and Senior Club swimmers, as much as possible, prioritize their swimming above other sporting activities.

It is a requirement that all Junior and Senior Club swimmers are fully WP registered. Swimmers are encouraged to compete regularly in either Junior or Senior League galas.

Club Registration

An Annual Club Registration fee of R300.00 will be due for all Club swimmers at the beginning of each season (1 May-30 April). This will need to be paid at the beginning of the new season or on joining the Club. This includes a WP handbook per registered swimming family, additional WP handbooks can be bought at R50 each.

Competitions

Greydogs falls under the Cape Metropole region of WP Aquatics. There are 3 different leagues and swimmers must qualify for each level of competition. Swimmers begin at Little League and then when they have 2x 50m qualifying times and 1x 100mIM times, they qualify for Junior League. At Junior League Level, swimmers need to achieve the 1 x Senior League qualifying times in order to move into Senior League level. The information regarding qualifying times for all the different levels and WP galas are in the WP handbooks. A complete list of competitions are available at the start of the season.

At Senior League Level, there are 2 types of galas: galas organized by WP Aquatics and those organized by clubs. At both galas types a swimmer can qualify for the WP Championship/Jack Currie events and National Level competitions. Greydogs Swimmers that are considered Senior League swimmers are required to prioritize the monthly League galas throughout the year, ie both short course and long course galas. We would like swimmers to focus on qualifying for WP Championships and or Jack Currie Championships and ensure that swimmers are available for these events if they have qualified for them.

The National Level competitions, towards the end of March, include Level 1, Level 2 and Level 3. We ask all qualifiers to make the effort to attend their respective galas.

Newsletter and Payments

Newsletters are prepared and emailed toward the end of each month (around the 24th) for the following month. Newsletters contain details about the upcoming gala entries and previous results and reminders about the payment for the next month. Payment of fees is expected in advance and before the 29th of the prior month. A reminder will be sent out on the 3rd of the month and if payment is not received by the 10th then the swimmer will be barred from practice until the account is settled in full.

New fee structure for the 2016-17 season;
Juniors R510/month (12 months)
Seniors R600/month (12 months)

Payments can be made in three different ways:

1. EFT and proof can be emailed (lucy@greydogs.co.za) or faxed 021-8521975. When doing an EFT please make sure you put the reference with the month+swimmers name.
2. Cash in an envelope clearly marked with the swimmers name. A cash receipt slips must be given to you by the coach.

Registration Forms

Registration information will be emailed to you annually at the beginning of every season and must be completed by all swimmers and all officials. The cost of WPA registration is R600/swimmer for the 2016-17 season, this covers the swimmers and associated official(s).

Each Club family must have at least one official registered, this is a Club requirement. All swimmers application forms must be accompanied by their acting officials registration form as well. We aim that ALL swimmers registration forms are done as early in May as possible and latest by the end of May, as forms are taken through to WPA in batches.

New registrations must complete ALL the questions on the form as incomplete forms are returned. Forms need to be accompanied by a copy of your ID book.

Registrations being renewed only require to confirm or correct contact details on the database and send proof of payment.

Entry fees for galas in advance

Senior League swimmers are required to pay R1000 at the start of the season, to contribute towards their entries, kept in a “gala kitty”. Junior League swimmers are required to pay R600 at the start of the season, to cover their entries for their galas. In attempt to try to streamline the administration of entries and entry fees, the club requires this to be paid in advance and a tally will be kept on gala entered and amounts deducted from the kitty. Parents will be emailed to top up this kitty as the entry kitty is depleted, usually towards the end of the season. Gala kitty fees are non-refundable.

When Junior swimmer qualifies to Senior League, the remaining amount will be transferred to their gala entry kitty and they will need to top up the gala kitty with R400 to Senior League amount.

A coaches fee of R35/gala is deducted from the kitty for main the WPA hosted galas for the swimmers respective leagues, irrespective of whether the swimmers enter the gala or not.

Fees due with registration:

Registration and Gala kitty fees: due with registration.

	Junior or Little League Swimmers	Senior League Qualified Swimmers
16-17 Club registration	R300	R300
16-17 WPA registration	R600	R600
Gala kitty	R600	R1000
Total	R1500	R1900

Bank details: Greydogs Swimming Club, 62309950120, FNB, Transmission acc, branch 271344, NB!! ref "REG+swimmers name".

Monthly coaching fees:

	Junior Club Swimmer	Senior Club Swimmer
Monthly fee	R510	R600

Bank details: Greydogs, 62610907828, FNB, Business Cheque acc, branch 250655, NB!! ref "swimmers name + MONTH".

Gala Entry Steps:

Galas for the month and the entry deadline will be notified in the monthly newsletters and calendar. Entries to galas are done via email to the entry clerk through the following procedure.

- 1) You will be emailed an excel document with the events, please complete this document in full i.e. full name of swimmer, age group and officials details. Please indicate clearly which events the swimmer would like to partake in.
- 2) Save the excel doc with the swimmers name and the gala name
- 3) Email attached saved entry to: fantiecoetzee@gmail.com
- Subject: name of swimmer + gala
- 4) Remember to CC officials clarke: jeanette.koekemoer@gmail.com
- 5) All before the deadline.

Scratchings

Scratchings (withdrawals) need to be emailed to the Entry Clarke as soon as possible, as the necessary people need to be informed to prevent any additional fines. Regarding entry kitty, remember if swimmers scratch they forfeit the entry money already paid to WPA.

Gala Entry Check System:

To reduce and hopefully prevent any errors with entries, we have an entry check system in place. This requires you to check all entries, at least twice before a gala, and to respond immediately if you detect an omission or error. Otherwise we will assume your entries are correct.

It is the parent's responsibility to make sure they receive the reports and checked that entries have been submitted correctly and inform us of any omissions/errors so that need to be corrected.

- 1) We will send out a "BEFORE sending to WPA" entry report the Friday evening that entries close. This will show Greydogs entries only. Please respond to these emails immediately if you see an error or omission.
- 2) We will then send out a "1st entry report" from WPA once they have received our entries. This needs to be checked too as errors can occur when drawing our entries into the WPA system. Also respond immediately if any error is detected. Otherwise we will assume that the entries are correct.
- 3) We will send the "Final Entry Report" and the "Session Report" approximately 2 days before the gala, hopefully without any errors. This is the last place to make any corrections.

Coaches, are happy to give guidance around event choices but ask that parents and swimmers first look through the events and try to select what they feel are their best events, or events which they still need qualifying times. This is a skill that they will need to learn. We also ask the

experienced parents to assist the new parents in the matter, as it can be very daunting task for new swimmers to the club.

Gala Procedure

A warm up is important to perform at one's peak. It is important that swimmers are at the pool at least **1 hours** prior to the start of that particular session to ensure that swimmers warm up properly. Please refer to the last/final "session report" emailed as indication of session start time. Specific requests **MUST** be made with the coach on duty for that session, **PRIOR** to the gala regarding any deviation from this rule!! Coaches expect all swimmers to be on there on time so that Greydogs swimmers can warm up together as a team. Any WPA fines/penalties for late arrivals to races is for the individuals account.

Officials

WPA Referee's Association offer Officials courses which is the way to become recognized as a qualified timekeeper. Each Club family is expected to make their contribution towards the Club w.r.t official duty and well as Gala Duties. The club places a high priority on this service.

Official Duty

It is required that at least one family member is trained up and registered and actively participate as an official at galas. With each gala entered, Greydogs is required to submit a certain number of timekeepers and officials. Submit your names on the entry form when doing your entry and cc the officials Clarke with your availability.

Gala Duty

WPA is made up of a number of clubs who share the gala duties of setting up and packing up and helping WPA swimboard during the gala. Duties include: taking out/putting in touch pads, posting results, collecting gate entry money and handing out programmes. The list of Clubs on duty for the galas is circulated at the beginning of the season. If Greydogs is on duty, parents attending that particular session/gala are expected to manage the gala duties.

Officials upgrades

Experienced Timekeepers within the Club need to become trained and registered as Judges/ET Operators, Competitors Stewards and Team Managers. This is where WPA is currently very short, Greydogs is no longer a "new" club so it is expected of us to also supply senior officials with our entries.

Doping

It is very important for all competitive swimmers to be aware of the restrictions regarding prohibited substances and medication. All medication must be checked before use (ask your pharmacist or doctor). It is the responsibility of the swimmer and the parents to ensure that doping regulations are adhered too and that the necessary permission for Therapeutic use exemptions are applied for from the relevant authority.

International Athletes : Applications to be submitted to his/her International Federation.

National Athletes : Applications to be submitted to the national anti-doping agency:

The South African Institute for Drug-Free Sport (SAIDS).

Tel. (+27 (021) 683 7129 / Fax (+27) (021) 683 7274 / email drugfree@iafrica.com

PO Box 2553, Clareinch, 7740 South Africa

APPLICATION FORMS can be downloaded from the WADA website (www.wada-ama.org) or obtained from the South African Institute for Drug-Free Sport (tel. 021 683 7129) (www.drugfreesport.org.za) There are two Application Forms: the standard form and the simplified (abbreviated) form. Abbreviated Application Forms may only be used in respect of

the following Prohibited substances: Beta-2 agonists (formoterol, salbutamol, salmeterol and terbutaline) by inhalation, and glucocorticosteroids by non-systemic routes.

Clothing

Greydogs clothing required to be worn by Junior and Senior swimmers at galas includes: caps, tracksuits, parkas, hoodies, T-shirts, peaks, towels and one's own black shorts. It is important that we look like a team and we ask that swimmers slowly purchase these items for galas.

Order forms can be downloaded from our website and completed and returned with the POP. Arrangement will be made to collect or drop it off at waterstone gym reception.

Training

For training, swimmers can wear any swimsuits and clothing they wish, but must ensure that they are warmly dressed after their practice prior to leaving the gym. Swimmers may not leave the building wearing towels and swimsuits.

All swimmers should have a water bottle at training as this is a really good habit to get into and will prevent dehydration. A breakfast or alternatively small snack is advised before morning training and definitely before morning galas. One does not want to train or compete with low blood glucose levels, this puts strain on the whole body including the immune system. Water or diluted fruit juice (half water half juice) in the training bottle is another way to prevent strain on the body.

Holiday training is a requirement specifically for swimmers wanting to swim in Jack Currie, WP Champs, Level 1/2/3. Training is offered during the holidays and swimmers are asked to try to attend these sessions. We ask swimmers entering levels to try to attend the training between WP Champs and Christmas and go on holiday rather towards the end of December, after Christmas.

Termination of membership

Due to circumstance membership can be terminated from the swimmers or the Clubs' side. A full month's notice is required in both instances. Notice must be received on or before the 5th of the month, if notice is received after the 5th of the month you will be liable to pay the fees for the following month.

Clearance letters

Clearance letters will only be given if all fees are paid up to date and have been paid timeously throughout. Clearance letters are necessary in order to join another team.

Communication

We ask that each swimmer / parent read and check emails regularly as this is our main form of communication to Club members. For the Club to run efficiently, effective communication and responses are important. Emails are the preferred means of communication and we will try to respond to emails timeously.

Our Club Junior and Senior League Whatsup groups for the new season will be set up for instant information sharing. Please ensure with the respective Team Managers that you are on the group as it is useful tool.

Contact us:

Lucy Barlow: lucy@greydogs.co.za

Jeanette Koekemoer: jeanette.koekemoer@gmail.com

Fantie Coetzee: fantiecoetzee@gmail.com

Celeste Beetge: celeste.beetge@redstor.com

Other useful resources include:

Our website www.greydogs.co.za (click Club)

Like Greydogs Facebook page to see up to dates, other aquatic events, posting of photos from galas.

Western Province Aquatics: www.wpaquatics.org

Greydogs Swimming Club

14th May 2016