

**BGS**

**SWIMMING CLUB**

**INFORMATION**

**HANDBOOK**



**BRIGHTON  
GRAMMAR**



## Contents

Meet the Team.....	3
Contact with Coaches.....	3
Communication.....	3
Squad Pathways.....	4
Training Schedules.....	4
Strength and Conditioning Program .....	5
Additional Swimmer Support Services.....	5
Coaching Fees.....	5
Required Gear For Swimmers .....	5
Club Membership.....	6
Affiliations .....	6
BGS Swim Website .....	6
Competitions.....	6
BGS Swim Meets .....	6
Club Records .....	6
Club Uniform.....	6
Medical Information .....	7
BGS Swim Location.....	7
MSAC .....	7
Other Venues.....	7
Volunteering.....	7
Swimmer Welfare .....	7
Safe Sport.....	7
Codes of Conduct.....	8
Key Contact Information .....	8

## Welcome to BGS Swim

BGS Swim has been formed to:

- Support the Brighton Grammar School competition swimming program in the SSV and APS competitions.
- Educate all students in water safety and awareness.
- Enhance the high-performance pathways of the BGS Swim community.

### Meliora Sequamur – keep pursuing better things

At BGS Swim we aim to create an environment where swimmers can learn, develop and compete in a caring, accepting and encouraging environment.

### Meet the Team

**Jackson Sainty** is the Head Swim Coach at Brighton Grammar School and brings a wealth of experience to the role. Jackson started his coaching career at Cheltenham Swimming Club and has coached primarily in private school programs including St Leonard's College and MLC Aquatic. Having coached swimmers from grass-roots level to national level, Jackson has coached three current Victorian records. Jackson can be contacted at [jsainty@brightongrammar.vic.edu.au](mailto:jsainty@brightongrammar.vic.edu.au)

**Louise Wederell** is the administrator of the swimming program at BGS Swim. Louise has considerable experience in the aquatic industry. All administrative functions are conducted by Louise including scheduling and timetabling, communications, payments, bookings and staffing. Louise can be contacted at [swim@brightongrammar.vic.edu.au](mailto:swim@brightongrammar.vic.edu.au)

**Emily Walton** has a strong background in competitive swimming as well as extensive experience in both Learn To Swim and coaching programs. She is currently studying to be a nurse and has built a wonderful rapport with the swimmers in her charge.

**Jack Duckinson** is a BGS Old Boy and has been in the swimming world since he was a youngster. Josh works across both squads and Learn To Swim. Josh is also studying Business at Monash University.

### Contact with Coaches

Email is the preferred method to contact coaches.

The coaches are always happy to speak with parents regarding a swimmer's progress. During a training session or during a competition the coaches must be free to concentrate on the swimmers. Parents are asked to remain off the pool deck during training sessions. It is disconcerting for both coach and swimmers if a parent approaches the coach during the session. If parents have a question or concern, they are requested to email the squad coach in the first instance. If necessary, a mutually convenient time can be arranged to meet and discuss the matter further.

### Communication

Communication from BGS Swim will primarily come through SimplySwim. For parents needing further information, please email [swim@brightongrammar.vic.edu.au](mailto:swim@brightongrammar.vic.edu.au) or call 8591 2240.

### Squad Pathways

**National Squad** is for swimmers aiming at State and National Championships. Swimmers must be within range of state qualifying times (short and long course) and be able to commit to the whole swimming season. This is the highest squad in the program and the one with the most dedicated swimmers. Swimmers will be required to determine swimming load of sessions after a discussion with the Head Swim Coach. Squad entry is at the discretion of the Head Swim Coach.

**State Squad** is for swimmers aiming at State Championships. Swimmers must be within range of Victorian Metro Times (short and long course) and be able to commit to the whole swimming season. This is the second squad in the program and the one with dedicated swimmers. Swimmers will be required to determine swimming load of sessions after a discussion with the coach.

**Junior Squad** is primarily for swimmers aged 12 years and under looking to race competitively at district and state level competitions. Swimmers wishing to be a part of this squad must be in contention for swimming at Junior APS or equivalent speed. They must also be able to commit to the whole swimming season.

**Pre Squad** is the first squad for swimmers out of Learn To Swim. This squad is for swimmers learning the basics of all four strokes at a high level and longer duration. They will be encouraged to participate in club nights and swim at least twice a week.

**Year 3/4 Development Squad** is the first squad for swimmers out of Learn To Swim, This squad is for Brighton Grammar swimmers only, learning the basics of all four strokes at a high level and longer duration. They will be encouraged to participate in club nights and swim at least twice a week.

**Fitness Squad** allows swimmers to swim less regularly due to other sporting commitments. Fitness Squad is open to swimmers in Years 7-12. Swimmers must be able to attend two of the three sessions on offer and be of a standard that places them in contention for swimming at APS championships. Fitness squad can also be a step into Senior Squad.

### Training Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National	5.45-7.45am 4.45-6.30pm	5.30-7.00pm	5.45-7.45am 4.30-6.00pm (Gym ) 6.00-7.00pm	5.30-7.00pm	5.45-7.45am	7.00-9.00am
State	5.45-7.45am 4.45-6.30pm	5.30-7.00pm	5.45-7.45am 4.30-6.00pm (Gym)	5.30-7.00pm	5.45-7.45am	7.00-9.00am
Junior	6.45-7.45am 5.30-6.30pm	4.30-5.30pm	6.45-7.45am 5.00-6.00pm		6.45-7.45am 5.00-6.00pm	9.00-10.00am
Pre-Squad	4.45-5.30pm	3.45-4.30pm	4.15- 5.00pm	5.30-6.15pm	4.15-5.00pm	
Y3-4 Squad			3.30-4.15pm		3.30-4.15pm	
Fitness			6.00-7.00pm			10.00-11.00am

All training is held at BGS Swim located at Brighton Grammar Junior School.  
Saturday sessions will not go ahead if there is a swim meet scheduled that day.

## Strength and Conditioning Program

Overseen by Erin (Strength and Conditioning Coach), the program will cater for national and state swimmers at an appropriate fitness level. The program will focus on developing functional strength and general athleticism. Sport-specific strength programs tend to be inappropriate for the developing athlete. Any resulting actions from the screenings mentioned below will also be primarily dealt with during strength and conditioning.

## Additional Swimmer Support Services

Swimmers requiring other services including but not limited to nutrition, sports psychology, physiotherapy, additional strength, and conditioning may be referred by the coach to these services.

We recommend regular physiotherapist screenings to determine any potential weaknesses or injuries. These are services that are an extra cost to families and athletes.

## Coaching Fees

Families with swimmers in both the Learn to Swim program and the Squad program will be invoiced one term in advance through SimplySwim. Fees also include training in the school holidays following that term. Payments can be made through our online secure payment portal. Cash is not accepted at BGS Swim.

Squad fees are calculated annually and invoiced quarterly as follows:

Squad	Session 1	Session 2	Session 3
3 / 4 Development	\$30.00	\$15.00	\$10.00
Pre Squad	\$30.00	\$15.00	\$10.00
Fitness Squad	\$30.00	\$15.00	\$10.00
Squad	per session	per term	per year
Junior Squad	\$12.00	\$500	\$2000
State Squad	\$6.00	\$600	\$2400
National Squad	\$5.00	\$715	\$2860

To enrol in the BGS Swim Squad program, [register your interest](#) for either the Senior, Junior or Fitness Squads. Please enter your preferred squad level in the notes section of this form.

## Required gear for swimmers

All swimmers will be required to supply some of their own equipment. As swimmers progress, those requirements change. Engine Swim is our preferred supplier; however, most of the required equipment is available from the BGS Swim reception.

Junior Squad	State/National Squad	Fitness
Cap and Goggles (own choice)	All the Junior list <u>plus</u>	Kickboard
Drink Bottle (water)	Band	Pull Buoy
Kickboard		Fins
Pull Buoy		
Paddles		
<a href="#">Fins*, Snorkel*</a>		

*\*Follow the link to suggested suppliers.*

All swimmers can leave their kit bags in a secure area of the BGS Swim pool.

## Club Membership

All squad swimmers will become members of the Brighton Grammar School Swimming Club. Registration for new members is via registration with [Swim Central](#).

Swim Central is a national database developed by Swimming Australia and being implemented by the State Associations to manage memberships, meet entries, results, and other membership-related functions. In Swim Central, every member under 18 is linked to a parent/guardian member through a family group.

If you or your swimmer have never been a member of a swimming club before, you will need to [register with Swim Central](#). Each swimmer needs an individual membership.

If you have been a member of a club previously and already have a Swim Central registration, you will need to [transfer your membership](#) from another club.

## Affiliations

Brighton Grammar School Swimming Club is affiliated with [Swimming Victoria](#) and [Swimming Australia](#). All members of the Club are in turn also members of those associations. Our district is [Metropolitan District South](#). The district is a key component in the development of swimmers. They are responsible for implementing both development and competitive opportunities for swimmers in the southern area of Melbourne.

## BGS Swim Website

More information on BGS Swim can be found on our [website](#).

## Competitions

Swimming has two seasons for competition. Winter is Short Course and racing is done in 25 metre pools. Summer is Long Course and is primarily based around 50 metre pools.

Competitions run by both Swimming Australia and Swimming Victoria reflect these pool sizes.

Competition schedules will be posted on our calendar via the website.

## BGS Swim Club Meets

We will be running two types of swim meets.

The first is the Club Race Night which will run once or twice per term. The second type will be official times meets. These meets will have the results uploaded to the Swim Central Database for use in qualifying for other meets (e.g. Metropolitan, State and National Championships). They will be scheduled in the swim calendar. Both meets will require one parent per swimmer to volunteer for roles including timekeeping, marshalling and running the BBQ amongst others.

## Club Records

Club records will be kept from the results of official time meets. Times will only be considered from meets that we attend as a team as well as major Championship Meets (State and Nationals).

## Club Uniform

The Brighton Grammar School PE uniform is our club uniform which must be worn at all competitions. Swimmers who are not students of BGS should wear navy blue or black sportswear. The BGS Swim cap is the club swim cap (provided upon enrolment).

## Medical Information

All medical information must be supplied to BGS Swim reception and recorded in SimplySwim. Please contact [BGS Swim](#) to obtain a medical form for each swimmer.

## BGS Swim location

BGS Swim is located in the Brighton Grammar Junior School at [276 New St Brighton](#), 3186. Please enter through Gate 4 on New St. The gates will remain open during training times.

## MSAC

[Melbourne Sports and Aquatic Centre](#) (MSAC) is the home of swimming in Victoria. The majority of meets and all major meets are conducted here. The Centre has an indoor and an outdoor pool. Most of the winter season meets are held in the indoor pool and most of the summer meets are held in the outdoor pool.

## Other Venues

Coaches will advise swimmers of locations and times they are expected to be at venues, including where to sit prior to and during competitions. At outside venues, swimmers (under the age of 18) are always the responsibility of their parents. Due to swim meets being (in many cases) long days, coaches will position themselves on the pool deck to have the best access to swimmers pre and post-race. Swimmers will only attend the meet whilst they have events unless otherwise instructed.

## Volunteering

All swimming clubs rely upon input from volunteers. During the swimming season, there will be times when volunteers will be required to help in the following areas.

- Meet planning, running and timekeeping
- Fundraising
- Social opportunities and presentation days
- As the club develops, more need for volunteers will arise.

Volunteers may be subject to the School's Volunteer Policy and may be required to complete a Volunteer Agreement, Induction Training and Child Safety training.

Brighton Grammar School and BGS Swim take Child Safety obligations seriously and as such, anyone 18 years or older working with or assisting the squads MUST have a current and valid [Working with Children Check](#).

## Swimmer Welfare

If a parent or swimmer has any concerns regarding a coaching, squad, or competition-related matter, they should first discuss the situation with their Squad Coach. If the matter is unable to be resolved, or they would like further support or advice, the next step is to contact the Director of Sport at Brighton Grammar School.

## Safe Sport

Brighton Grammar School Swimming Club is committed to providing a safe and enjoyable environment for all. The Club has adopted [Swimming Australia's Safe Sport Framework](#). A copy of this policy can be accessed via the Safe Sport tab on Swimming Australia's website.

The Safe Sport Framework and the Victorian Child Safe Standards confirm the shared responsibility everybody in the swimming community must ensure there is an overarching culture of child safety. Club members are required, always, to comply with the Code of Conduct and the Code of Conduct for Dealing with Children and Young People in the Safe Sport Framework. Additional Codes of Conduct apply for members participating in team camps, trips and other activities. Swimming Australia's [Parent Guidelines](#) are also available and must be complied with at all times.

All employees at Brighton Grammar School are required to undergo extensive screening and background checks. All employees and volunteers are required to have a valid Working with Children Check. All employees also undertake yearly Child Protection and Mandatory Reporting Training, hold a current First Aid qualification and are competent in Anaphylaxis Management and CPR.

## Codes of Conduct

BGS swimmers are always expected to behave in a manner which reflects positively on both themselves and the Club. All members of Brighton Grammar School Swimming Club are required to agree to and abide by the General Code of Conduct and the Code of Conduct for Dealing with Children or Young People in Swimming Australia's Safe Sport Framework. These Codes of Conduct state:

- Respect the rights, dignity and worth of others – treat others as you would like to be treated yourself.
- Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations.
- Be professional in, and accept responsibility, for your actions.
- Be aware of and always follow - Swimming Australia's standards, rules, policies, and procedures and promote those standards, rules, policies, and procedures to others. This includes the Code of Conduct for dealing with Children or Young People.
- Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- Understand the possible consequences of breaching the Safe Sport Framework.
- Report any breaches of the Swimming Australia Safe Sport Framework to the appropriate person(s) in a position of authority, as appropriate.
- Refrain from any form of abuse, harassment, discrimination and victimisation towards others.
- Raise concerns regarding decisions or conduct of persons in positions of authority through the appropriate channels and in a timely manner.
- Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- Show concern, empathy and caution toward others who may be sick or injured.
- Be a positive role model to all – particularly to your team.
- Respect and protect confidential information obtained through Swimming Australia activities or services – whether regarding individuals or organisational information.
- Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to your role(s).
- Ensure that any physical contact with others is appropriate to the situation, such as being necessary for the person's skill development.
- Subject to lawful exceptions, refrain from intimate relations with persons over whom you have authority.

Members who participate in any Brighton Grammar School camps or trips may be required to agree to and sign an additional Code of Conduct specific to that activity. Breaches of applicable Codes of Conduct are considered serious by the School and appropriate penalties will be applied including, but not limited to, being sent home.

Brighton Grammar School, BGS Swim and the Brighton Grammar Swimming Club also accepts the School's [policies](#). These are wide ranging, reviewed regularly and can change without notice. All swimmers and parents are encouraged to familiarise themselves with these documents.

## Key Contact Information

**Reception hours:** 10.00am to 5.00pm Monday to Friday

**Address:** Gate 4, 276 New St, Brighton, 3186

**Phone:** 8591 2240

**General information and enquiries:** [swim@brightongrammar.vic.edu.au](mailto:swim@brightongrammar.vic.edu.au)

**Coaching enquiries:** [jsainty@brightongrammar.vic.edu.au](mailto:jsainty@brightongrammar.vic.edu.au)