

2025



KANGAROO FLAT SWIMMING CLUB

INFORMATION BOOKLET



www.kangarooflatswimclub.com

Welcome

Welcome to the Kangaroo Flat Swimming Club, we are excited to have you join our club. Kangaroo Flat Swimming Club is a year-round swimming club located in Kangaroo Flat, Bendigo at the Gurri Wanyarra Wellbeing Centre.

Swim Victoria Annual Membership Fees

Swimming Victoria are the governing body of swimming in Victoria. All swimmers and at least one dryland member per family must maintain membership with the **Kangaroo Flat Swimming Club**. This membership can be purchased through the Swim Central website. www.swimcentral.org.au

This membership provides insurance for swimmers and dryland members. Membership is not optional even for fitness only swimmers.

Swimming Victoria plays a pivotal role in overseeing the sport of swimming, offering development pathways and programs for athletes, including the JX Phoenix Excellence Program. Membership with our club not only enables athletes to participate in swimming competitions but also grants access to exclusive membership discount codes, enhancing the overall experience for our members.

| Category | Total |
|--|-----------|
| National Membership Eligible to participate in squad and club training and activities as well as experience national level competition. | \$178.83 |
| Competitor Membership Eligible to participate in squad and club training and activities as well as experience district and state levels of competition. | \$ 167.05 |
| Dry Member Membership applies to parents & guardians of swimmers under 18 years, Technical Officials, Club & District committee members and Life Members. | \$ 26.00 |

A family discount only applies when all family members purchase a membership in one transaction on Swim Central. Family discounts are

- 5% discount when 3 family members sign up to any Victorian membership at the same time.
- 8% discount when 4 family members sign up to any Victorian membership at the same time.
- 10% discount when 5 or more family members sign up to any Victorian membership at the same time.

For further information, or if you have any questions, please contact your club representative or Swimming Victoria at sv.admin@vic.swimming.org.au Swim Central fee is a requirement of Swimming Victoria for all swimmers and guardians to be registered. This fee is set by Swimming Victoria and is not a pro-rata fee and is for the financial year. New swimmers to the club from March each year will be manually processed.

KFSC Structure

Kangaroo Flat Swimming Club (KFSC) is overseen by a dedicated volunteer committee. The executive committee includes Hugh Richard as President, Michelle Hayward as Vice President, and Naomi Roberts as Secretary. Our general committee members are Nat Yukawa-Lee, Stephen Hundt, and Teala Masiero. If you are interested in joining our team, please reach out to the executive committee for more information.

Club Expectations

Squad members are expected to embody to values of strong work ethic, teamwork, respect and humility. There is an expectation that squad members as well as dry land members behave in a manner that sets a positive example within the club and in line with the KFSC code of conduct.



Squad Timetable & Structure

Swimmers transferring from other Victorian swimming clubs need to be firstly approved by the current KFSC President and Vice President.

Invitation to competitive squads is at the coach's discretion and is based on several factors beyond performance times alone. The coach's decision regarding any squad moves is final and to be respected.

| Squads | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|-------------|-------------|-------------|-------------|-------------|
| Bronze Squad | 4:30-5:30PM | 4:30-5:30PM | 4:30-5:30PM | 4:30-5:30PM | 4:30-5:30PM |
| Silver Squad | 4:30-5:30PM | 4:30-5:30PM | 4:30-5:30PM | 4:30-5:30PM | 4:30-5:30PM |
| Gold Squad | 4:30-6:00PM | 4:30-6:00PM | 4:30-6:00PM | 4:30-6:00PM | 4:30-6:00PM |
| Performance Squad | 4:30-6:30PM | 4:30-6:30PM | 4:30-6:30PM | 4:30-6:30PM | 4:30-6:30PM |

2025 Coaching Fees

Invoice will be emailed to parents/guardians and coaching fees are payable by all swimmers, competitive and recreational. Fees are billed monthly at the beginning of each month in advance. Fees are due and payable within 14 days of the invoice date. Failure to keep up with fee payment will result in swimmers being unable to participate in the Club training or activities.

| Squad Fees Per Month | |
|----------------------|-------|
| Performance | \$117 |
| Gold Squad | \$110 |
| Silver Squad | \$104 |
| Bronze Squad | \$104 |

- Coaching fees and registration fees are non-refundable and are payable in advance.
- Full Payment must be received by the due date, stated on the invoice. If payment is not received by the due date swimmers will not be permitted to enter the water. The Club reserves the right to cancel a swimmer's spot if monies are outstanding.
- Swimmers who are unable to swim due to illness or injury for two weeks or more may apply for a suspension of fees; applications due to illness or injury must include a medical certificate and are to be made as soon as possible after the first missed session.
- Swimmers who are away for three weeks or more may apply for a suspension of fees; application due to non-illness must be advised at least one month in advance.
- Two weeks' written notice is required on termination of membership. Members will be liable for all fees until the club receives written notice of the termination of membership. Members will still be responsible for all outstanding fees at the time of termination of membership. All requested changes or membership cancellations must be made in writing to the KFSC Welcome Officer at kfscwo@outlook.com
- Families having trouble with the payment of coaching fees should contact the KFSC Treasurer ASAP to make a suitable payment plan.



Family Discount

Family discounts apply as follows for families with two or more swimmers:

- Child in the highest squad full training fee
- Second child 5% discount
- Third child 10% discount
- Fourth and additional children 15% discount

Payment Methods

Club payments are carried out online, payments are accepted via credit card or EFT.

Pool Entry Fees

Gurri Wanyarra is Kangaroo Flat's training pool. Memberships are available at the centre with concession memberships starting from \$8.40 per week. Please discuss options with staff at the front desk.





Kangaroo Flat Swimming Club Code of Conduct Committee Management



Fair Play and Code of Conduct

Every member of the Kangaroo Flat Swimming Club community is expected to abide by the fair play and code of conduct policy. This policy outlines crucial information which includes being respectful to all KFSC members including coaching staff. Any issues or grievances must be put in writing to the KFSC President. The issue will be reviewed and investigated. KFSC as a zero tolerance for abusive and disrespectful behaviour. This type of behaviour may result in expulsion. [Sport Victoria Fair Play Code of Conduct](#)





Kangaroo Flat Swimming Club Code of Conduct Committee Management



Introduction

The purpose of this document is to ensure all Club members, including Coaches, Athletes, Officials and Volunteers, have a clear understanding of expected behaviour and to make it clearly understood that breaches of these codes will result in disciplinary action.

COACHES are required to:

- Abide by Swimming Australia's code of conduct;
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion;
- Support, encourage and involve all athletes regardless of their talent level;
- Never ridicule or yell at athletes for errors or poor performance;
- Never impose any form of punishment that causes harm physically or emotionally;
- Always consider the wellbeing and safety of participants before performance and results;
- Encourage participants to value their performances and not just results;
- Encourage and guide participants to accept responsibility for their own performance and behavior both in and out of the pool;
- Coaches are to be dynamic and actively engaged in the squad they are training;
- Arrive at agreed time in KFSC T- shirt provided and appropriate attire;
- Utilise professional development opportunities such as mentoring, subscriptions & courses offered;
- Never leave squad swimmers/athletes unsupervised in or around water, eye contact must be maintained on water by at least 1 coach at all times. Conversations are to remain focused on athletes and not distract from effective supervision & active feedback;
- Mobile phones to be used for the purpose of marking attendance. Can be used to share video teaching content to athletes;
- Maintain respectful and appropriate relationships with all participants;
- Ensure all activities are appropriate to the age, ability and experience of participants;
- Support the athlete to set achievable goals, and provide regular feedback during training that supports the athlete to achieve set goals;
- Use language that is age appropriate, encouraging, supportive, promoting fun and inclusive environment;
- Promote the positive aspects of the sport (e.g., fair play);
- Respect the official's decision and support them to carry out their role;
- Display consistently high standards of good sporting behaviour and appearance;
- Follow all guidelines laid down by the national governing body and the Club;
- Hold appropriate valid qualifications before commencing to coach;
- Never condone rule violations, unfair or unduly rough play or the use of prohibited substances;
- Never smoke or drink alcohol whilst in an official capacity;
- Never use offensive language or behaviour;
- To act as a role model at all time;





Kangaroo Flat Swimming Club Code of Conduct Committee Management



ATHLETES are required to:

- Abide by Swimming Australia's code of conduct;
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion;
- Adhere to the rules and respect the official's decisions;
- Display good sporting behaviour at all times;
- Demonstrate emotional control; refrain from verbal abuse, offensive language or behaviour towards anyone or engage in sledging or bullying of any person;
- Co-operate with the coach, be polite and respectful;
- Adhere to club policies including smoke-free areas and liquor license requirements;
- Never behave in a manner that would damage the reputation of the club;
- Actively engage in goal setting;

VOLUNTEERS, PARENTS and SPECTATORS are required to:

- Abide by Swimming Australia's code of conduct;
- Act as good role models and ambassadors for the club at all times;
- Always welcome visitors, spectators, officials etc. to the club;
- Never use offensive language or behaviour;
- Treat everyone with respect regardless of their gender, ability, cultural background or religion;
- Display consistently high standards of good sporting behaviour including respecting the official's decisions;
- Adhere to the smoke-free policies of the club;
- Not to consume alcohol in any place other than where the club's license allows;
- Adhere to and support the Club policies;

It is a requirement that all members of the Kangaroo Flat Swimming Club agree to the Code of Conduct and sign. In future all Club's prospective members sign off on the Code as part of the registration process.

I have read and agree to abide by the Codes of Conduct and understand that if I breach any of the Codes, disciplinary action will result.

Name: _____ Date: _____

Signature: _____

Parent signature to accompany where the participant is under 18

Name: _____ Date: _____

Signature: _____



Our Coaching Team

Veda Haines

Local Bendigo Veda, has been a competitive squad swimmer for over 10 years, with the sport playing a significant role in her life and fuelling her passion for swimming. She has firsthand experience balancing the demands of training, school, and social activities. Veda has contributed to the development of many swimmers through her roles as a learn-to-swim teacher and as a squad coach in Bendigo for a number of years. She finds great satisfaction in sharing her enthusiasm for swimming with emerging athletes and has a particular interest in the technical aspects of strokes.

In addition to her swimming pursuits, Veda is currently a first-year university student, studying law and criminology.

Naomi Roberts

Naomi is a dedicated swimming coach with a rich background in competitive swimming. Naomi brings her passion for the sport and deep understanding of the demands of squad training to the team. Having grown up in Sydney, where swimming played a significant role in her life, she has firsthand experience of the commitment required at a competitive level.

In addition to her coaching role, Naomi is a Paediatric Nurse Educator, supporting & educating nursing staff caring for children and young people. Naomi is committed to supporting the development and success of young swimmers. Naomi's two children are also proud members of the club, sharing her enthusiasm for the sport.

Georgia Proctor Parkin

Georgia Proctor Parkin is a competitive swimmer renowned for her expertise in sprint events, particularly the 50m and 100m backstroke, freestyle, and breaststroke. She has had the privilege of training under ex-Olympian Ash Delaney, which has greatly influenced her understanding of high-level performance and commitment.

Georgia brings four years of experience as a learn-to-swim instructor at entry level squad training. Her passion for swimming shines through in her dedication to teaching correct technique and fostering a love for the sport in young swimmers. In addition to her swimming pursuits, Georgia is currently pursuing a Bachelor of Outdoor Education, reflecting her enthusiasm for outdoor activities and education.

Alisha Rowden

Alisha is a squad coach from Bendigo with a deep-seated passion for swimming and water safety. Her background includes experience as a learn-to-swim teacher and a pool lifeguard. Alisha is an enthusiastic volunteer beach lifesaver and is set to compete at the national level in September 2024. Alongside her coaching role, she serves as a student support officer at a local secondary school, with a keen interest in neurodiversity and physical education. Alisha is also pursuing a Bachelor of Education, specializing in physical education, which underscores her commitment to both sport and education.

Mira Allen

Mira has been immersed in the world of swimming throughout her life, with her family deeply rooted in the sport. As well as coaching, Mira works as a learn-to-swim teacher, taking great satisfaction in observing the progress of her young students. Currently in her final year of school, Mira is excited about pursuing further studies at a university in Bendigo starting in 2025.

Paige Martin

Paige is a former competitive member of the Kangaroo Flat Swimming Club. With a passion for the sport, she not only excels in the pool but also takes pride in supporting young athletes as they transition into squad training. Currently in high school, Paige is focused on completing her final year in 2025 while continuing to inspire others through her love for swimming.



Club Communications

Communication about all club events and news is via Kangaroo Flat SC Team App account. Our coaches and administrators use this to communicate news about training, meets, club information and other events regularly. We recommend at least one family member download this app.



Social Media

We believe that staying connected with us on social media is a fantastic way to enhance your club experience. Our social media platforms provide valuable information about events and showcasing our member's success and highlights. Discover the fun and social side of our club through photos, videos, and stories shared on social media. From team celebrations to memorable moments at training sessions, our posts capture the essence of the enjoyable experiences we offer. By following Kangaroo Flat Swimming Club on social media, you become part of a vibrant and supportive community dedicated to swimming excellence, friendship, and fun!



Training Gear

When starting out, please bring goggles, KFSC cap, towel, a drink bottle and flippers if you have them. Please label all items.

Swimmers as they progress will be adding items to their gear bag such as a pull buoy, kickboard and may choose to get a deck coat etc. These can be borrowed to start.

- Goggles
- Swimming cap
- Flippers (preferably short fins)
- Kickboard
- Pull-buoy
- A mesh gear bag

Ashlee Grace Activewear & Swimwear

We're delighted to share that our local retail distributor offers Kangaroo Flat Swimming Club a generous **20% discount**. Simply use the code **Kangaroo-Flat** to avail of this special offer. Ashlee Grace Active Wear is available from Swimz East Bendigo.

Ashlee Grace provides starter Swim Kit Bundle for \$80. This includes 1kickboard, 1 mesh gear bag, 1 pull buoy & 1 swim cap. <https://ashleegrace.com.au/>



Volunteering

Our club relies on volunteers, and parents/carers are expected to attend AGM meetings, assist the club during swim meets and when we conduct social events.

If you are interested in joining the committee or assisting the club in a more significant role, please let us know.

Parents/carers must have a current working with children's certificate to be able to volunteer.

Any questions about volunteering should be directed to the club secretary: kfscsecretary@outlook.com.au

Agreement

By registering with the Kangaroo Flat Swimming Club, you agree to have read, understood, and abide by all items contained in these Terms and Conditions and by the Club Handbook.



Competitive Swimming Information

Squad swimmers at KFSC have the option to participate in competitive swimming. We encourage swimmers to choose their level of participation based on comfort and set realistic goals aligned with the KFSC philosophy. The swimming calendar is divided into Short Course and Long Course seasons. Short Course occurs over the winter months with race meets competed in 25m pools. Long Course occurs over the warmer months in 50m pools. There are also different events on offer during long and short course. Please chat to either committee members or coaching staff to discuss options.

Swim Central

Swim Central serves as the registration hub for all swimming competitions and events sanctioned by Swimming Victoria. After registration, swimmers can sign up for specific events, typically costing between \$8 to \$15 per entry per race. Our committee members are available to assist and navigate Swim Central to facilitate your registration process.



Meet Mobile

Meet Mobile is a mobile app available for download with a nominal annual subscription fee. This app provides real-time access to event results, allowing swimmers and spectators to stay updated during competitions.



Central Victorian Swimming Inc. District 15 & Swimming Victoria

Kangaroo Flat Swimming Club is proud to be a registered member of Swimming Victoria and operates within the Central Victorian Swimming Incorporated District 15. For comprehensive information on events within our district, we encourage you to visit the Central Victoria Swimming Inc. District 15 website, where you'll find a wealth of relevant details.

Swimming Victoria serves as the governing body for swimming in Victoria, offering a plethora of resources and information. From the competitions calendar to details on technical officials and the Touchpad Newsletter, Swimming Victoria provides valuable insights into the world of competitive swimming.





2025 Swimming Bendigo Super Series

A series of proposed Short Course Qualifying Meets
Conducted under the Rules of Swimming Australia
Gurri Wanyarra Wellbeing Centre, Browning St, Kangaroo Flat



SWIMMING BENDIGO

Activating the City of Greater Bendigo as the epicentre of short course competition in Australia.

SUPER SERIES 2025

Round 1 - May 25th
Round 2 - June 22nd
Round 3 - July 20th

ENTRIES OPEN IN 2025

VICTORIAN COUNTRY SHORT COURSE CHAMPIONSHIPS

9th & 10th August 2025

2025 & 2027 Host for Victorian Short Course Championships



Targeted Meets for Kangaroo Flat Swimming Club

| DATE | MEET | LOCATION | SQUAD | QUALIFYING TIMES REQUIRED |
|---------------|---|---------------|----------------------------|---------------------------|
| 22/09/2024 | Kangaroo Flat Swimming Club LC Meet | Gurri Wanyara | All Squads | NO |
| 3/10/2024 | Rohan Taylor Clinic | FLAC | All Squads | NO |
| 12/10/2024 | JX Competition | MSAC | 8 - 12-year-olds | YES |
| 19/10/2024 | Ballarat Skoda | Ballarat | Gold & Performance | NO |
| 20/10/2024 | Ballarat All Abilities | Ballarat | Gold & Performance | NO |
| 26/10/2024 | Country Junior District Competition | MSAC | 8 - 11-year-olds | YES |
| 9/11/2024 | Butterfly Master Class with Bowen Gough | FLAC | Silver, Gold & Performance | NO |
| 16/11/2024 | Bendigo East Annual Long Course | Bendigo East | All Squads | NO |
| 23-24/11/2024 | Victorian Qualifying Competition | MSAC | Performance | YES |
| 1/12/2024 | Ballarat Gold | Ballarat | Gold & Performance | NO |
| 14-15/12/2024 | 2025 VIC LC AGE CHAMPIONSHIPS | MSAC | Performance | YES |
| 5/01/2025 | Bendigo Summer Meet | FLAC | All Squads | NO |
| 11-12/1/2025 | 2025 State Sprint Championships | MSAC | Performance | YES |
| 18-20/1/2025 | 2025 Long Course Country Championships | Mildura | Gold & Performance | YES |
| 2/02/2025 | Maryborough Meet | FLAC | All Squads | NO |
| 9/02/2025 | Castlemaine Meet | FLAC | All Squads | NO |
| 23/02/2025 | CVS All Jr. Qualifying Meet | FLAC | 8 - 11-year-olds | YES |
| 2/03/2025 | District 15 Championships | FLAC | All Squads | NO |
| 25/05/2025 | Swimming Bendigo Round 1 | Gurri Wanyara | All Squads | NO |
| 22/06/2025 | Swimming Bendigo Round 2 | Gurri Wanyara | All Squads | NO |
| 20/07/2025 | Swimming Bendigo Round 3 | Gurri Wanyara | All Squads | NO |
| 9-10/8/2025 | Victorian SC Country Championships | Gurri Wanyara | Gold & Performance | YES |

Highlighted competitions offer 25m events for children who are starting competitive swimming

