

2025



# KANGAROO FLAT SWIMMING CLUB

INFORMATION BOOKLET





## Our Club

Kangaroo Flat Swimming Club Founded in 1986, Kangaroo Flat Swimming Club is a year-round club with a proud history of success in competitive swimming. Based at the state-of-the-art Gurri Wanyarra Wellbeing Centre in the heart of Central Victoria, we provide an exceptional environment for swimmers of all levels to thrive and reach their potential.

## Club Mission Statement

The goal of the Kangaroo Flat Swimming Club Founded is to foster and develop the sport of swimming in our community whilst promoting the physical and social aspects of the sport.

## Safe Sport

The safety of children and young people in our sport is paramount. We want swimming to fun, enjoyable and safe for all. Everyone in the swimming community has a role to play in ensuring that we keep our sport safe and enjoyable.

Swimming Australia have developed A SWIMMING NATIONAL INTEGRITY FRAMEWORK. This framework identifies the shared responsibility we all have for keeping everyone safe in our swimming community.



The Club keeps a **Working with Children Check (WWCC)** register and encourage at least one parent or guardian of each swimmer to hold a current WWCC. A volunteer WWCC is FREE and available to apply via the Services Victoria Government website.





## Swim Victoria Annual Registration Fees

Swimming Victoria is 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](http://www.swimcentral.org.au)



The 2025/26 membership is called **Competitive swimmer membership** (even if not **competing**). This membership provides insurance for swimmers and dryland members.



### Discounts for members

- Funky Trunks and Funkita
- SwimMerch
- The Kinson Hotel
- Friendie Audio
- Bendigo Heritage Attractions
- Lakeside Sports Medicine
- Surf Crew City Mildura and Online
- Central Deborah Motel
- Adventure Park Geelong
- Australian Short Course Championships







## Club Fees

Invoices for club fees are emailed on the 15th of each month in advance. Payment is due on the last day of each month. Failure to pay fees on time may result in swimmers being unable to participate in club training and or activities.

- Club fees are **non-refundable** and are **payable in advance for the month ahead**
- Full payment must be received by the due date, as state on the invoice. The club reserves the right to cancel swimmers' membership with the club if monies are outstanding.
- Swimmers who are unable to swim due to **illness or injury for two weeks or more** may apply in writing for a suspension of fees. Applications due to injury or illness **MUST** have an accompanying **medical certificate**.
- **Four weeks' written notice is required on termination of club membership.** Members will be liable for all fees until club receives written notice of termination and remain responsible for all outstanding fees at time of termination.
- All correspondence must be made in writing to the KFSC Welcome Officer [kfscwo@outlook.com](mailto:kfscwo@outlook.com)
- Price of club fees are based on squad allocation and will be communicated upon commencement with the club and movement between squads.
- As a community-based club which provides professional coaching we appreciate your prompt payments.
- Club fees will be provided upon registration
- Our preferred payment method is via **Square direct Debit**





## Gurri Wanyarra Wellbeing Centre Policies and Fees

Gurri Wanyarra Wellbeing Centre plays a vital role as a key stakeholder of the Kangaroo Flat Swimming Club. Gurri Wanyarra is the home training pool for the Kangaroo Flat Swimming Club, providing year-round state of the art facilities to our members. The complex is managed by Belgravia Leisure and is the only facility of its kind in central Victoria.

Gurri Wanyarra offers a variety of different membership options including **Aquatic membership** (recommended). Teenagers 14+ may purchase a Platinum Concession membership - access to the Health Club. For other entry fee options please discuss with staff at the front desk.

Some local employers offer **Fitness Passport** which we invite members to explore the best option for each family.

### Watch Around Water Policy

- Children under the age of 5 must be within arm's reach of a parent/guardian at all times in the water.
- Children under the age of 10 will not be allowed entry without a parent/guardian and must be ACTIVELY supervised at all times when in the center.
  - **A YELLOW wrist band** must be worn by **children under the age of 10**.
  - Parents/guardians are ultimately responsible for your own child and are required to be ACTIVELY supervising at all times. Coaches and committee members cannot be delegated this responsibility



Please ensure all children under 5 are wearing a yellow wristband when swimming at BALC.



Home of the Kangaroo  
Flat Swimming Club





## Teamwork, Community & Volunteer Contributions

Success in Kangaroo Flat Swimming Club is built on teamwork, respect, and collective effort. Every member plays a vital role in creating a positive, sustainable club culture, with volunteers providing the backbone that enables growth and success.

- **Collaboration & Support:** We work together to make our club stronger, valuing every contribution—big or small.
- **Encouraging Others:** Whether in training, competition, or administration, we uplift those around us through encouragement and respect.
- **Active Participation:** Members are encouraged to take part in events, volunteer efforts, and initiatives that shape our Kangaroo Flat community.
- **Inclusivity & Respect:** We welcome all members with open arms, embracing diverse backgrounds, perspectives, and abilities.

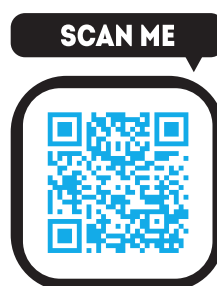
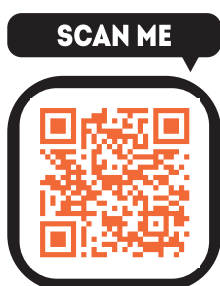
## Respecting Our Volunteers

Respecting Our Volunteers Kangaroo Flat Swimming Club would not thrive without the dedicated volunteers who generously contribute their time, skills, and passion to ensure the club operates smoothly. Whether organising events, supporting staff, managing finances, or providing administrative support, these contributions are essential and deserve respect from all members.

- **Recognition:** Volunteers dedicate their time to enrich the club. Their efforts should be acknowledged, valued, and appreciated.
- **Constructive Communication:** Any concerns or feedback regarding club operations or decisions should be raised respectfully and through the appropriate channels.
- **Supporting a Positive Environment:** The club fosters collaboration over criticism, ensuring that our volunteers feel empowered, motivated, and supported.

## Alignment with State & National Swimming By-Laws

This policy is supported by the swimming by-laws and regulations set at both the state and national levels. All members of Kangaroo Flat Swimming Club are expected to uphold the standards outlined by Swimming Victoria and Swimming Australia. These governing bodies provide additional guidelines for fair competition, athlete safety, ethical behaviour, and inclusivity within the sport. Members are encouraged to familiarise themselves with these regulations by visiting:





## **Code of Conduct for Members, Coaches, Parents, and Volunteers**

All members of Kangaroo Flat Swimming Club are expected to adhere to the highest standards of behaviour to maintain the club's integrity and positive culture.

### **Respect and Sportsmanship**

- Show respect for all athletes, coaches, officials, volunteers, and supporters.
- Compete with honesty, integrity, and fairness in all club activities and competitions.
- Support and encourage fellow members in their pursuits.

### **Safety and Wellbeing**

- Prioritise the physical, emotional, and mental wellbeing of all individuals within the club.
- Demonstrate responsible behaviour, ensuring the pool and training facilities remain a safe and welcoming space.
- Engage in inclusive practices, fostering respect for diversity.

### **Commitment to Growth and Discipline**

- Strive for continuous improvement, embracing feedback and guidance.
- Uphold club responsibilities, including timely fee payments, attendance commitments, and engagement in club activities.
- Adhere to coaching guidance, competition rules, and administrative requirements.

### **Zero Tolerance for Breaches**

Kangaroo Flat Swimming Club maintains a zero-tolerance policy for any breaches of this Code of Conduct. The following behaviours will not be tolerated

:

- Bullying, harassment, discrimination, or any form of abuse towards members, coaches, officials, volunteers, or spectators.
- Unsportsmanlike conduct, including deliberate rule violations or actions that undermine fairness and integrity.
- Disruptive or disrespectful behaviour that negatively impacts the club's environment.
- Failure to meet financial obligations without communication or resolution attempts.

The club reserves the right to cancel memberships if breaches occur, ensuring the continued safety, respect, and positive culture of Kangaroo Flat Swimming Club.

### **Accountability & Enforcement**

The Club Committee will review all conduct-related concerns with fairness and transparency.

- Members will have an opportunity to address concerns before any final action is determined.
- Consequences for breaches will range from formal warnings to membership termination, depending on severity.





## Conflict Resolution

At Kangaroo Flat Swimming Club, we understand that conflicts may arise from time to time. To ensure a harmonious environment, we have established a conflict resolution process that promotes fairness, transparency, and mutual respect.

### Steps for Conflict Resolution

1. **Open Communication:** Address conflicts directly and respectfully with the involved parties.
2. **Mediation:** Request mediation from a neutral third party within the club if direct communication does not resolve the conflict.
3. **Formal Complaint:** Submit a formal complaint to the Club Committee if mediation is unsuccessful.
4. **Committee Review:** The Club Committee will review the complaint, gather information, and make a fair decision.
5. **Follow-Up:** The Club Committee will ensure the resolution is implemented and the conflict is fully resolved.

### Principles of Conflict Resolution

- **Respect:** Treat each other with respect and dignity.
- **Confidentiality:** Keep details of the conflict and resolution process confidential.
- **Fairness:** Conduct the process impartially.
- **Transparency:** Communicate openly about the steps taken and decisions made.

### Conclusion

Kangaroo Flat Swimming Club is more than a club—it's a community. We commit to building a culture that fosters excellence, camaraderie, integrity, and respect for the contributions of all members.







## Coaches

Head Coach - Nadeej De Silva (Deej)

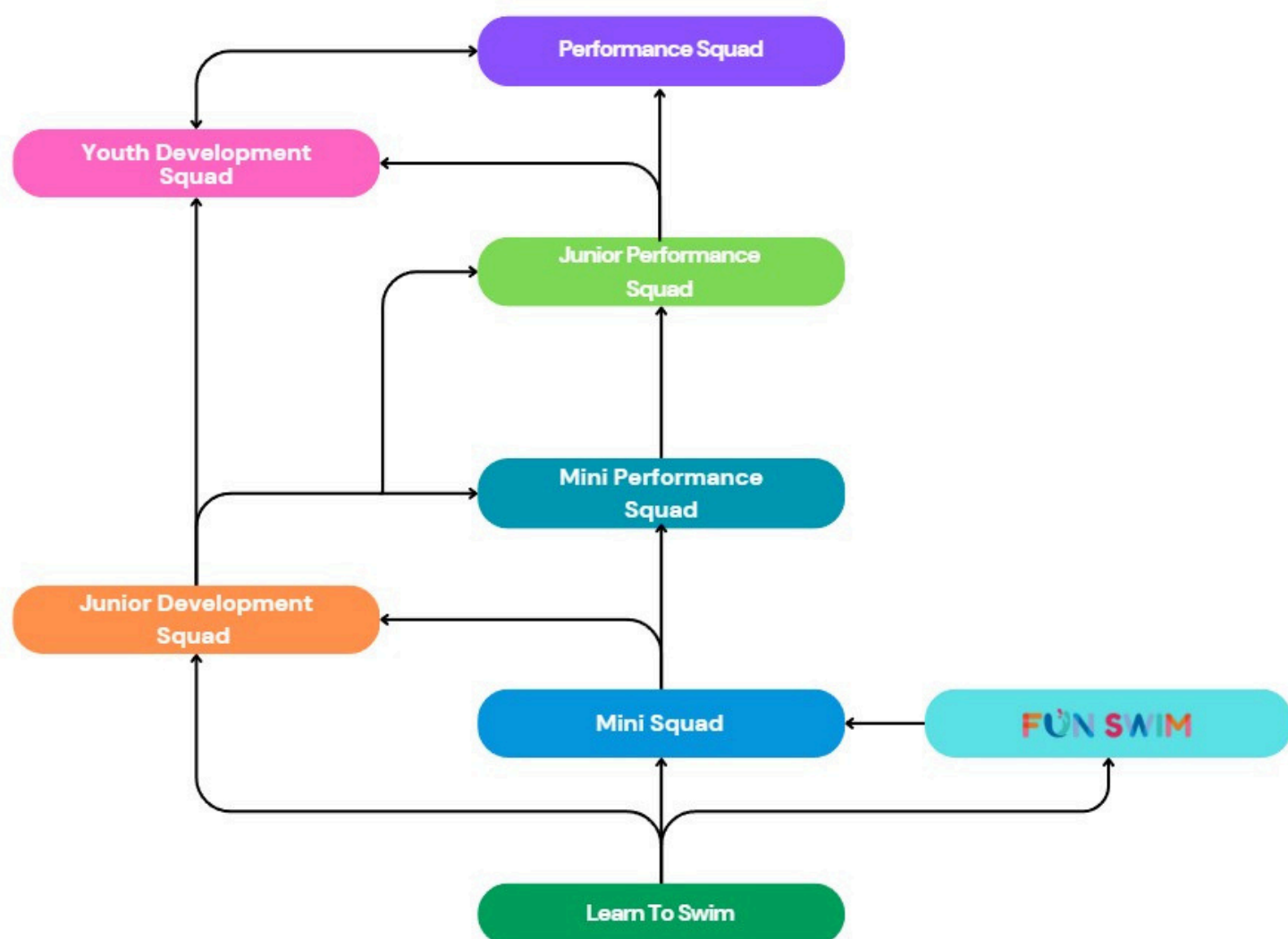
Assistant Coaches - Paige Martain, Georgia Proctor Parkin & Veda Haines

## Squad Pathways

Kangaroo Flat Swimming Club, located in the heart of Central Victoria, offers a range of squad options designed to support swimmers at all stages of their development. Whether you are just beginning your swimming journey or striving for high-level competition, our structured squad pathways provide opportunities to progress, improve, and achieve.

As a competitive club committed to excellence, we focus on developing swimmers through a clear and supportive pathway. Placement in performance squads is by invitation only and is determined at the Head Coach's discretion, based on each swimmer's ability, commitment, and competitive achievements.

Our squad structure ensures that every member receives the appropriate coaching and environment to reach their full potential, while fostering a strong sense of team and sportsmanship.



## Squad Timetable

The squad timetable will have slight variations between short course and long course. These changes will be communicated to members once any changes are made. Please note that each squad has recommended number of sessions swimmers should be attending each week and maximum sessions. Squad Timetables will be provided separately.



## Parent/Guardian Participation

Kangaroo Flat Swimming Club prides itself on being a friendly Club that brings the whole family together. It is an expectation that all families support the club by actively participating as a volunteer, particularly at club time trials and club meets as well as participate at other club events. Some of the positions/role's parents may be asked to include include;

- Committee positions
- Time Keeping
- Pool preparation prior and post to meets and events
- Catering
- Marshalling
- Check starter
- Computer operator
- Other roles as required

If there is a genuine reason you are unable to volunteer please speak with the event organisers. Generally prior to a swimming meet that your child is attending a volunteer sign up is posted in the Stack Teams app with a cut off time. If you have not signed up by this time, you will be allocated a role.

The Club keeps a Working with Children Check (WWCC) register and encourage **at least one parent or guardian of each swimmer to hold a current WWCC**. A volunteer WWCC is FREE and available to apply via the Services Victoria Government website.





## Club Uniform

Wearing the Kangaroo Flat Swimming Club uniform is more than just sporting club colours - it's a proud symbol of unity, belonging, and team spirit.

The club uniform connects every swimmer to a shared identity and tradition of excellence. It fosters a strong sense of camaraderie and pride, reminding each member that they are something bigger - a supportive, determined community striving together for success.

Club apparel can be purchased from **Breach Apparel**.



## Training Equipment

All swimmers are required to have the following training equipment.

### Universal Equipment Requirements:

- Goggles
- Swim cap (The first cap is provided by the club as a welcome gift)
- Flippers
- Pull buoy
- Kickboard

Additional items may be requested by the coach for specific squads.

Training equipment can be purchased from **Ashlee Grace**, located in East Bendigo. Use the discount code **Kangaroo\_Flat** at checkout to receive a discount.

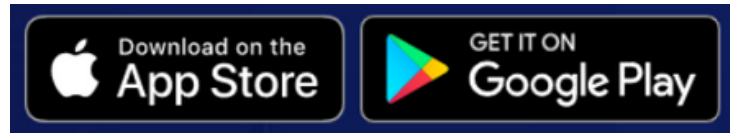


## Club Communication



For up-to-date information, please use the stack team app.

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. Please ensure you have notifications turned on. It is essential that you have RSVP for each training session.



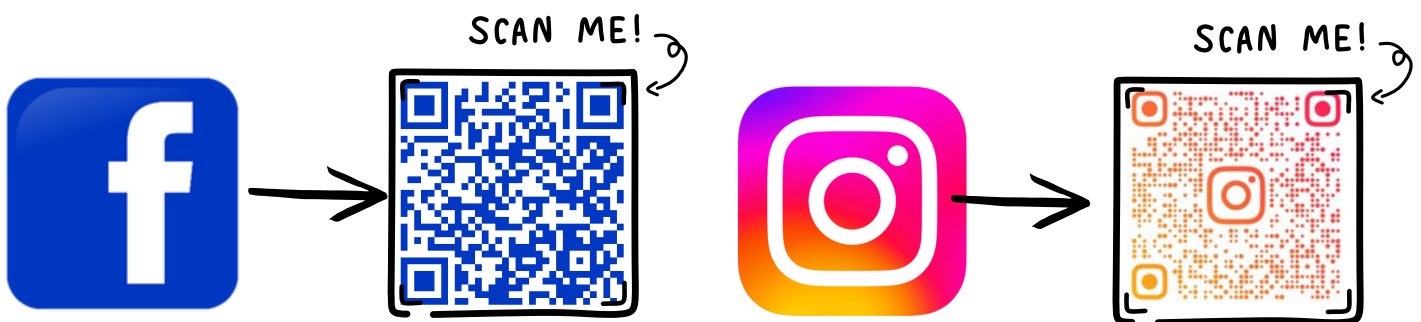
## Social Media

We believe that staying connected with us on social media is a fantastic way to enhance your experience with the club. Our platforms are a hub of valuable information about upcoming events and a showcase of our members' successes and highlights.

Discover the fun, social side of Kangaroo Flat Swimming Club through photos, videos, and stories shared regularly. From team celebrations to memorable training moments, our posts capture the spirit of everything we do.

By following Kangaroo Flat Swimming Club on social media, you'll become part of a vibrant, supportive community that celebrates swimming excellence, friendship, and fun!

**Please notify the club if you do not wish for your child to appear on our social media platforms.** Child safety is very important to us, and we will always do our best to ensure that photographs are taken with club uniform on and shared with care.





## Competitive Swimming Information

Kangaroo Flat Swimming Club is a competitive swimming club that encourages all members to take part in local meets. We support swimmers to participate further based on their ability and guidance from their squad coach.

The swimming year is split into two seasons:

- Short Course (winter months) — races are held in 25m pools.
- Long Course (warmer months) — races are held in 50m pools.

Different events are available in each season. If you want to learn more about what's on offer or discuss what's best for you, please talk to committee members or coaching staff.

## Swim Central

Swim Central is the official registration site for all Swimming Victoria competitions and events. Once registered, swimmers can enter specific races. Entry fees vary for each meet. If you need help registering or navigating Swim Central, committee members are here to assist.



## Meet Mobile

Meet Mobile is an app you can download for a small yearly subscription. It lets you see live results during swim meets, so swimmers and families can stay updated in real time.



## Central Victorian Swimming Inc. District 15 & Swimming Victoria

Kangaroo Flat Swimming Club is a registered member of Swimming Victoria and competes within the Central Victorian Swimming Incorporated District 15.

For more details about events in our district, please visit the Central Victorian Swimming Inc. District 15 website.





## Competition Guide

The below information is to be used as a guide only. This does not replace up to date information on the Swimming Victoria website or information coaches provide. Other meets maybe suggested by your childs coach. The KFSC meet it is expected that all members will actively participate and support the club with volunteering. This provides vital funds for the clubs operation. **It is a requirement that all children have a parent or guardian present for competitions.**

Meet	Meet Date	Location	Information
Fosterville Gold Swimming Super Series Round 1	25/5/25	Gurri Wanyarra Wellbeing Centre Bendigo	All to attend
Fosterville Gold Swimming Super Series Round 2	22/6/25	Gurri Wanyarra Wellbeing Centre Bendigo	All to attend
Fosterville Gold Swimming Super Series Round 3	20/7/25	Gurri Wanyarra Wellbeing Centre Bendigo	All to attend
Country Swimming Championships	9-10/8/25	Gurri Wanyarra Wellbeing Centre Bendigo	Qualifying times required
2025 Victorian Age Short Course Championships	12-14/9/25	MSAC	Qualifying times required
Kangaroo Flat Swimming Club Long Course Meet	21/9/25	Gurri Wanyarra Wellbeing Centre Bendigo	All to attend
Victorian JX Competition	11/10/25	MSAC	Qualifying times required
Echuca Long Course Meet	19/10/2025	Echuca	
Country Jnr. District Competition	25/10/25	MSAC	Qualifying times required
Bendigo East Annual Meet	16/11/25	Bendigo East	All to attend
Victorian Age Long Course Championships	11/12/25	MSAC	Qualifying times required
Victorian Sprint Championships	29/11/25	MSAC	Qualifying times required
Bendigo Hawks	4/1/26	Faith Leech	All to attend
Country Long Course Swimming Championships	16/1/25	Geelong	Qualifying times required
Maryborough Swim Meet	1/2/26	Gurri Wanyarra Wellbeing Centre Bendigo	All to attend
Castlemaine Annual Swim Meet	8/2/26	Gurri Wanyarra Wellbeing Centre Bendigo	All to attend
CVS All Junior Qualifying Meet	22/2/26	Bendigo East	Qualifying times required
District 15 Championships	1/3/26	Faith Leech	Qualifying times required
Victorian Country All Jrn. Competition	21/3/26	MSAC	Qualifying times required



**Kangaroo Flat Swimming Club**  
**Long Course Meet**  
**Sunday 21<sup>st</sup> September 2025**

Warm-up: 9:00am Competition: 10:00am

Pool Depth: 2.0m/1.35m

A Proposed Qualifying Meet

Conducted under the Rules of Swimming Australia

Event	Age	Stroke	Distance
1	11 over	Choice	200m
2	10/under	Butterfly	25m
3	Open	Butterfly	50m
4	Open	Freestyle	100m
5	10/under	Backstroke	25m
6	Open	Backstroke	50m
7	Open	Breaststroke	100m
8	11 over	Choice	200m
9	10/under	Breaststroke	25m
10	Open	Breaststroke	50m
11	Open	Backstroke	100m
12	10/under	Freestyle	25m
13	Open	Freestyle	50m
14	11 over	Butterfly	100m
15	11 over	Freestyle or IM	400m



***Gurri Wanyarra Wellbeing Centre***  
***Proud home of the Kangaroo Flat Swimming Club***



# Kangaroo Flat Swimming Club

## Long Course Meet

### Sunday 21<sup>st</sup> September 2025

#### ENTRIES

- Age as at day of Meet
- \$10.00 per Individual event; \$8.00 for Beginner events; \$20.00 for Relay events
- Entry via Swim Central only
- Entries close 9:00pm Monday 15th September 2024
- Refunds will only be granted if the entry is rejected by the Meet Director
- Swimmers must be SV registered
- Swimmers who have successfully completed a given Stroke in competition over a distance greater than 25m MAY NOT enter the Beginner event for that Stroke
- Relay teams must be made up no more than two male swimmers. Please email Relay teams to the Meet Director by the entry close date

#### CONDITIONS

- Except for Beginner events and Time Trial events, ribbons will be awarded to the first three place-getters in each Individual event for each gender in the following Age Groups:
- 9/under, 10, 11, 12, 13, 14, 15, 16/over
- Ribbons will be awarded to the first three place-getters in Beginner events
- Ribbons will be awarded to the first three place-getters in Relay events
- Ribbons will not be awarded for Time Trial events
- SV 11/under swim suit rule will apply
- One Start Rule applies except for Beginner events
- Results at the Meet will be published on Meet Mobile only
- The club reserves the right to alter, combine or cancel events
- The Meet Program will be available for download from Swim Central by the Friday before the Meet
- A time-keeping roster will be published in the Meet Program

#### CONTACT

Meet Director: Greg Smith, [competitions@swimmingbendigo.org](mailto:competitions@swimmingbendigo.org), M: 0419-517-464

KFSC Secretary: Nat Yukawa-Lee, [kfscsecretary@outlook.com](mailto:kfscsecretary@outlook.com), M: 0430 432 485



**Gurri Wanyarra Wellbeing Centre**

***Proud home of the Kangaroo Flat Swimming Club***