



KANGAROO FLAT SWIMMING CLUB INFORMATION BOOK

2024

Kangaroo Flat Swimming Club Committee
BROWNING ST. KANGAROO FLAT



Kangaroo Flat Swimming Club

2024-2025 Registration and Terms and Conditions

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Welcome to the Kangaroo Flat Swimming Club

Welcome to the Kangaroo Flat Swimming Club team, we are excited to have you join our squad. Our dedicated committee members are often on pool deck if you have any questions. Kangaroo Flat Swimming Club is a year round swimming club located in Kangaroo Flat, Bendigo. The Gurri Wanyarra Wellbeing Centre serves as the home for the Kangaroo Flat Swimming Club, featuring state-of-the-art facilities –the only one of its kind in the Bendigo area.

KFSC Mission statement

The mission of the Kangaroo Flat Swimming Club is to nurture the growth of swimming within our community, emphasising both the physical and social dimensions of the sport. We are dedicated to establishing an environment that enables every member to realise their potential through active participation and accomplishments across different levels. Our club promotes a team-orientated ethos through relay events and social activities, fostering friendships, camaraderie, health, and wellbeing. We embrace a positive mindset, resilience, and good sportsmanship. Recognising diverse goals, our squad members engage in swimming for many reasons including fitness, socialisation, and high level competitive performance, embodying the spirit of inclusivity and excellence.

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.

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](#)



Expectations for swimmers:

- Adhere to the rules with integrity and sportsmanship.
- Avoid disputes with officials and seek resolution through established guidelines.
- Demonstrate emotional control; refrain from verbal abuse, sledging, or intentional distraction.
- Dedicate effort equally to team and individual performance.
- Embrace good sportsmanship by applauding outstanding performances from all teams.
- Treat fellow participants with fairness and respect; reject bullying or unfair advantage.
- Collaborate with coaches, teammates, and opponents to foster a positive environment.
- Engage in swimming for personal enjoyment and growth, not solely to meet external expectations.
- Respect the inherent worth of all participants, irrespective of gender, ability, cultural background, or religion.

Expectations for Parent/Guardian:

- Acknowledge that children participate in sports for enjoyment, emphasising their fulfilment over personal satisfaction.
- Encourage voluntary participation without imposing undue pressure.
- Direct attention toward the child's efforts and progress rather than focusing solely on winning/losing or times.
- Promote adherence to rules and encourage conflict resolution without resorting to hostility.
- Avoid criticism or yelling in response to mistakes or losses.
- Acknowledge and appreciate commendable performances by all participants, setting a positive example.
- Advocate for a sports environment free of verbal and physical abuse.
- Respect the decisions of coaches and officials, instilling the same respect in children.
- Express gratitude towards coaches, officials, and administrators for their crucial role in facilitating the sport.
- Uphold the rights and dignity of every participant, irrespective of gender, ability, cultural background, or religion.
- Demonstrate respect towards coaches, understanding their actions are driven by the best interests of the swimmers.



Our Coaching Team

Allana (Lani) Bullen Head Coach

Allana, known fondly as Lani, brings a wealth of experience to our coaching team. As a former competitive swimmer and current competitive triathlete, Lani's passion for surpassing goals is palpable. This year Lani will represent Australia at the 2024 World Triathlon Age-Group Aquabike Championships in Townsville. Her extensive knowledge and boundless energy are sure to inspire and motivate the swimmers under her guidance.

Beyond her athletic achievements, Lani is a qualified Personal Trainer with over a decade of experience crafting tailored fitness programs for individuals of varying abilities. This expertise will greatly benefit our in-water program and expand our club's offerings, focusing on strength, endurance, power, and injury prevention.

Lani's enthusiasm creates a welcoming environment where swimmers can push their limits in a healthy, enjoyable, and safe manner. As an integral part of our coaching team, she will be a driving force in guiding and supporting swimmers toward their full potential.

Currently holding an Assistant Coach Accreditation, Lani is dedicated to continuous personal and professional development, with plans to further expand her credentials, her commitment underscores her role as a dynamic leader within our club.



Georgia Lester - Coach

Georgia Lester is a dedicated member of our coaching team, bringing with her a wealth of experience as a former competitive swimmer and a deep love for the sport. Currently pursuing a Bachelor of Paramedicine, Georgia's commitment to excellence and passion for swimming enriches our coaching program.

Georgia Proctor Parkin - Coach

Georgia Proctor Parkin is a former competitive swimmer known for her expertise in sprint events, particularly the 50m and 100m backstroke, under the guidance of ex-Olympian Ash Delaney. With four years of experience as a learn-to-swim instructor, Georgia has primarily focused on pre-squad levels. She is currently pursuing a Bachelor of Outdoor Education, showcasing her passion for outdoor activities and education.



2024-2025 Fees and Other Charges

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	
Masters Squad	10 Passes at \$75
Red Squad	\$117
Green Squad	\$110
Orange Squad	\$104
Yellow 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 Treasurer at kfsctreasurer@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.



Swim Central Annual Membership Fees

All swimmers and at least one dryland member per family is required to be members of the Kangaroo Flat Swimming Club on Swim Central. This is **separate** from your monthly coaching fees and is available through Swim Central - <https://swimcentral.swimming.org.au>

Category	Total
Swimmer (8 and Under) Eligible to participate in squad and club training and activities as well as experience all levels of competition.	\$ 125.00
Swimmer (9 and over) Eligible to participate in squad and club training and activities as well as experience all levels of competition.	\$ 135.00
Dry Member Membership applies to parents & guardians of swimmers under 18 years, Technical Officials, Club & District committee members and Life Members.	\$ 15.00

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.



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. Casual entry into the pool is as follows

	Casual Entry	10 Visit Pass	20 Visit Pass
Adult (16years and over)	\$7.50	\$59.50	\$119.00
Concession	\$5.10	\$41.50	\$82.50
Child (4 years - under 16 years)	\$5.10	\$41.50	\$82.50
Child (under 4 years)	Free with a paying adult	N/A	N/A
Family (2 adults + Dependents under 16 years)	\$21.00	\$162.50	\$325.00



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.

Registering for Training

Swimmers are required to RVSP for each training session at least 24 hours prior to training sessions to ensure adequate coaching staff and set preparation can occur. Registering for training sessions ensure that the club operates within our strict ratio guidelines set by Swimming Victoria.



2024-2025 Times and Dates of Importance

All dates and timetables are subject to change; please understand that updates may occur and will be communicated via Kangaroo Flat SC Team App. Training will continue over school holidays, if any changes, these will be communicated via Stack Teams app.

Weekend training/racing dependent on the program

Public Holidays (no training)

- Christmas Day
- Good Friday

Training on all other public holidays is at the coach's discretion and will be communicated through the Team app.



Squad Structures

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.

Squad	Max trainings per week	Minimum trainings per week	Competition Level	Squad Level Requirements
Masters Squad	4	1	Competitive or recreational	Aimed at swimmers 18 years or older. Suitable for swimmers wanting to return to competitive swimming or improve their technical ability or speed. Swimmers who participate in swimming events such as triathlons
Red Squad	8	4	High Level competitive swimmers	Competitive swimmer swimming at state or national level times for at least 1 stroke.
Green Squad	5	3	Competition level/ high level fitness only swimmers	Swimmers competent with stroke, turn and dive skills swimming at a time deemed to be competitive enough to attend local swimming meets
Orange Squad	3	2	Pre Competition/ Fitness only swimmers	Swimmers with adequate stroke and fitness that require coaching in fitness and finer stroke correction to allow them to reach swim times that will allow them to be competitive at local competition
Yellow Squad	2	1	Entry Level Swimmers and low-level fitness only swimmers	Club entry level from learn to swim with enough skills to be able to swim 25-meter lengths for up to 1 hour. Group members will require stroke correction, timing and endurance training and deemed to be competent to move onto the next group

Please Note:

Squads will change after the short court season and the long course season as qualifying times change. A swimmer must hold a current qualifying time to remain in the squad.

Target squad swimmers can transition to higher groups based solely on being capable of getting a qualifying time based on the coach's discretion. Availability of attending a higher training squad depends on squad numbers at the time.

Dryland programs are optional but recommended for swimmers training in green and red squads. **Please note Children must be over 12 years of age to participate in dryland programs in the gym and anyone under the age of 16 years must be accompanied by an adult. Dryland programs are offered to our green and red squads.**

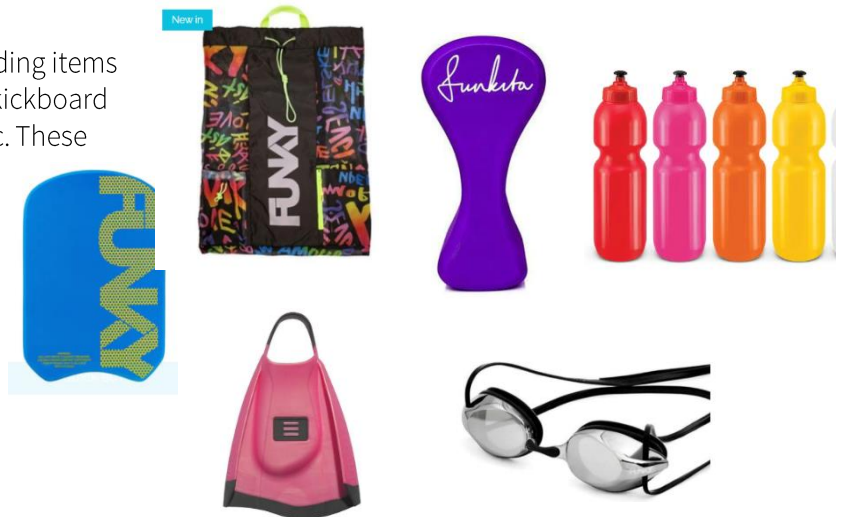


Training Gear

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 provide 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.

