



CA Tritons Inc.

Members

Handbook

CA Tritons Inc.

Carey Sports Complex
169 Bulleen Road

BULLEEN VIC 3105 <https://catritons.swimming.org.au/>



Welcome

We would like to welcome you and your family to CA Tritons Inc. We are a swimming club that aims for excellence in the sport of swimming and also make you feel part of a community. This handbook is designed to help you get familiar with our club and provide you with information regarding all aspects of competitive swimming.

About CA Tritons Inc.

CA Tritons Inc is a community-based swimming club, we have our home base at the Carey Sports Complex in Bulleen. The club was established in 1995 and has had great success in Victorian and Australia wide competitions. We strive to provide a positive atmosphere in which swimmers learn and develop the skills of competitive swimming and most of all enjoy their experience in this wonderful sport. CA Tritons also supports and welcomes swimmers with a disability.

CA Tritons is a registered swim club with Swimming Victoria, the governing body for swimming in Victoria and is affiliated with the Metro North district. All members of CA Tritons, our coaches, and all officials at swim meets are registered as members of Swimming Victoria. Annual membership is from 01 July to 30 June the following year.

Total Aquatic Solutions Pty Ltd (TAS) provide Squad training and Coaching services to CA Tritons members. They are our local Swim School that are proud supporters of CA Tritons. In order to become a CA Tritons club member, swimmers are required to be enrolled in the Total Aquatic Solutions Squads programs or Learn to Swim classes.

Club History

Carey Aquatic Inc was established and registered with Swimming Victoria in 1995 with 1 coach and 5 swimmers. By 31 July 1995, the first club newsletter "Taper" was published with approximately 80 members, including non- competitive members, some of which made up the committee.

Carey Aquatic Inc. evolved from a Carey Baptist Grammar Parents Support Group, initially set up to support swimming at the school following the opening of the Geoffrey Stevens 25m pool at the Carey Sports Complex.

Located within the boundaries of northern Melbourne, Carey Aquatic became aligned with the Metro North District swimming program. Progressing on to compete at Swimming Victoria sanctioned meets. It was not long before swimmers progressed on to represent Carey Aquatic at both National Age and Open Championships.

Since its establishment in 1995, Carey Aquatic has had great success at both State and National level in both Age and Open championships. CA Tritons continue to be a top 10 Victorian performing club at state & national level. Carey Aquatic has produced a number of world-class swimmers who have represented Australia at the Olympic Games, Commonwealth Games and World Championships.

In 2007 the club underwent a change in name. On September 12th, 2007, a special general meeting was held with the members to decide on which name the club would move forward with. Upon discussion and presentations, a vote was held and unanimously the name of CA Tritons Inc won the vote and hence a new chapter was born.

Mission | Vision | Aims and Objectives

Mission Statement

- **Respect the Past, Represent the Future**

Vision

- Striving for Excellence
- To promote and encourage the sport of swimming.
- To promote and conduct swimming meets and other appropriate activities that can benefit our members.
- To work as a co-operative team to benefit CA Tritons Incorporated.
- To be one of Australia's leading swimming clubs.
- To have parental involvement in the club, so the club can service and accommodate its current and future members associated with CA Tritons Inc.



Aims & Objectives

- Be self-disciplined and respectful as a motivating force for others.
- Develop enthusiasm, resilience, perseverance and motivation to achieve their best
- Develop initiative and independence
- Develop refined physical skills
- Communicate with others
- Understand and value themselves and respect those around them
- Contribute to the wellbeing of others

Membership

Club Membership is renewed annually on 1st July. Membership includes registration with Swimming Victoria, enabling swimmers to participate in competition, and a compulsory insurance component. Membership is completed online via Swimming Australia's "[Swim Central](#)". Membership fees are listed on Swim Central.

Swimmers who train in the TAS Squads program from JX Squad and above must be financial CA Tritons members to participate in their competitive squads' program. Squad fees are paid directly to Total Aquatic Solutions Pty Ltd each school term. Please visit their website for squad related information: www.totalaquaticsolutions.com. Here you will find information on:

- **Development Pathways**
- **Training Requirements, Expectations & Equipment**
- **Training Fees & Squad Schedules**



Coaching Team

The coaching team from Total Aquatic Solutions works closely with each athlete to achieve the best possible outcome for each individual athlete and the club as a whole. The coaching team is the main point of call for athletes and parents of the CA Tritons Swimming Club. Should you have any questions or concerns about your child's swimming, their progression or what might be best for them; your squad coach should be the first point of call. Coaches can be approached before or after training sessions or contacted via email to organise a suitable time to meet. If your squad coach cannot answer your questions, then please contact TAS Management.

Communication

Information about the club, including regular news updates is available on the CA Tritons website. We will send regular emails regarding upcoming events via email and also post updates on social media. If you need to contact the club, please email: catritons@gmail.com

Code of Conduct

All members are expected to behave in a courteous and respectful manner. Members should be familiar with the Swimming Australia Codes of Conduct adopted by CA Tritons. Consequences/penalties can apply for behaviour breaches of the CA Tritons Codes of Conduct.

The Codes are comprehensive, covering requirements applicable to Competitors, Coaches, Team Officials & Managers, Technical Officials, Administrators and Parents/Guardians. Member conduct reflects on the reputation of the Club and of fellow members. Members are expected at all times to conduct themselves in a matter that does not damage those reputations including, but not limited to, training, competition, trips away, club activities and training camps.

The club may terminate membership without prior notice in the event of serious or wilful misconduct or in the event of other sufficient cause. Serious or wilful misconduct by a member includes, but is not limited to:

- Any serious or persistent breach of any of the terms and conditions of the Swimming Australia Codes of Conduct, Member Protection Policy or the Child Protection Policy
- Bringing CA Tritons Inc into disrepute
- Being charged with a criminal offence, other than an offence which in the reasonable opinion of the Club does not affect their role within the Club.

Swimming Australia Codes of Conduct

The Codes of Conduct are available on the Swimming Australia and CA Tritons websites.

Competition

The purpose of competitive swimming is to compete and that means attending swim meets. Individuals seeking placement in TAS competitive swim squads and who are required to be CA Tritons members must understand that they are a member of a competitive team and be willing to accept the responsibility of membership and participate in meets.

There are a number of different competitions throughout the year for swimmers at every level. These events are designed so that swimmers at every level have the opportunity to be successful and have the opportunity to compete in competitions at a range of levels.

A competition calendar is available on our website.

Swimmers are expected to compete in competitions prescribed for their squad. It is the swimmer's responsibility to ensure that they have submitted their entry before the closing date.

Most competitions are split into half day sessions by age group. Where a competition has been prescribed by the Club, coaches will be in attendance to support swimmers throughout the competition. Swimmers may enter swim meets that are not prescribed, but it should be noted that club coaches will not be in attendance.

A full calendar of swimming events and competitions is also available via the Swimming Victoria website.

How To Enter A Competition

Most swim meets are now entered via Swim Central. System. You will be given a Swim Meet Calendar by your Club Coach each season. The swim meet schedule will list meets that you are expected to attend. We will advise you of swim meet entry closing dates and also send out any other information via email. Also, the TAS App lists a lot of swim meet information. Download this at the Apple or Google Play stores. Search for "Total Aquatic Solutions".

[Swimming Victoria Events Calendar](#)

Team Managers

During competition, where CA Tritons provides Team Managers, the Team Manager will be the liaison point between coaches and all other persons other than CA Tritons athletes. Parents are asked to contact the Team Manager with any queries.

Timekeeping at Swimming Victoria and Metro District North Competitions

Swimming Victoria (SV) and Metro District North (MDN) conduct competitions throughout the year. It is a condition of CA Tritons membership that swimmers, or their representative, will assist as timekeepers at SV and MDN meets entered by the swimmer.



General Competition Guidelines

Swimmers should aim to arrive at the competition venue 90 minutes before their first event or at the beginning of warm up if swimming in early events.



- Swimmers should warm up 1 hour before their first race or according to coach instructions
- Swimmers should talk to their coach before and immediately after each race
- Parents wishing to talk to coaches should do so before or after the meet
- Parents and swimmers should ensure they treat all Coaches, Officials, Venue Staff, Club members, and competitors with courtesy and respect.

Swimming Seasons

Short Course

Short course season (where events are swum in a 25m pool) runs from May through to the end of September.

Long Course

Spring marks the start of the Long course season (where events are swum in a 50m pool). The season runs from October to April.

Uniforms

Wearing the team uniform at meets helps create a team atmosphere and enables coaches and spectators to observe and cheer for CA Tritons swimmers.

The following uniform requirements must be adhered to at all times:

Encouragement, District & Qualifying Meets

- Swimmers must compete in a CA Tritons cap
- Swimmers are expected to wear either a CA Tritons club t-shirt, or a State or National polo top.
- Swimmers may also wear Tritons hoodies, tracksuit, shorts and deck-coats.

State Championships

- Swimmers must compete in a CA Tritons cap
- Swimmers must wear their CA Tritons State Team polo at both heats and finals.
- CA Tritons tracksuits, shorts, hoodies and deck coats may be worn in the heat's session.
- Swimmers in finals and relays are expected to be in a CA Tritons tracksuit, along with their State team polo.
- CA Tritons shorts may be worn in both heats and finals.

Please Note

- No event merchandise may be worn whilst on pool deck or marshalling
- No modifications or alterations to uniforms are permitted without the approval of the coaching staff and/or committee. This includes no adding names/nicknames, no unauthorized sponsorship, no other logos and any other graphic designs.

Qualifying Times

State Metro, State and National Age and Open Championship competitions have Qualifying Times, which indicate the time needed to be eligible to compete. Where a qualifying time is needed, these are indicated within the Competition Flyer and the meet is promoted as a “proposed qualifying meet”.

Junior competitions often have no qualifying times to give new swimmers a chance to achieve official times for their competition swims.

Not all competitions qualify as official qualifying meets – for example many encouragement meets are held for junior swimmers to introduce them to competitive racing, but do not give swimmers an official time.

Qualifying times are published by Swimming Victoria (for State Age and Open Long Course and Short Course competitions) each year. Current season state qualifying times are available via the Swimming Victoria website.

Australian Junior Excellence Program (JX)

The Australian Junior Excellence Program (JX), recognizes, rewards and encourages junior swimmers who, through their development of aquatic skills and fitness achieve a high standard of swimming excellence. Under the revised program, swimmers aged from 9 to 13 years, who accomplish times set by Swimming Australia, qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season. For more information about the current season of the JX Program please click on the link below:



The Parent's Role

Being a swimming parent is not so different to being a parent of a child involved in any other sport, there are a few common “best practices” in order for your child to grow as an individual, an athlete and above all else, to enjoy themselves during their time in swimming.

As the parent of a competitive swimmer, your main responsibility is to provide a caring environment for your swimmer. This support will encourage your swimmer to feel good about his or her interest in competitive age- group swimming. Show your support by ensuring your swimmer's attendance at training and swim meets.

Parents are not participants on their child's team but contribute to the success experienced by the swimmer and his or her team. Parents serve as role models, and children often emulate their attitudes. Strive to be a positive role model. Most important, show good sportsmanship at all times toward coaches, officials, opponents and teammates.

Swimming is a very technique driven, skill driven and fitness orientated sport where the coach will plan different focuses for the squad from session to session, week to week and season to season. It is impossible for a coach to teach every skill in 1 session or even 1 week and generally these skills will be practiced for months or even years before they become learned by a swimmer. Be enthusiastic but remember that your child is the swimmer. Swimmers need to establish realistic goals and it is the coach's role to work with each swimmer to do this.

And most importantly, always remember:

- Let the coach do the coaching
- Do not compare one swimmer to another or compare swimmers' times
- Focus on individual progression and individual improvement

Volunteering

All parents registering with CA Tritons are required to participate in volunteer support services and there are many options. Volunteer roles include catering support, marshalling, timekeeping, and results recording. We also ask that you participate in fund-raising, club nights, training breakfasts and team trips as they occur. Timekeeping duties are also often required at swimming meets. Where possible, timekeeping rosters will be distributed to all participating families prior to the meet. All parents when rostered are required to time- keep. It is the volunteer efforts of individual parents that allow for the existence of the club

Club Policies

For detailed information regarding our clubs' policies please visit our website, where you will find details on the following policies:

- Code of Conduct
- Social Media
- Inclusion Policy
- Grievance Policy
- Member Welfare Policy
- Child Welfare Policy

Further information is available on our website - [Policies & Club Information](#)

Grievances, Issues and Complaints

CA Tritons aims to provide the best environment to support the development of swimmers to their full potential. Please let us know of any concerns you may have so that we can resolve them quickly and best support your swimmer. All members have a responsibility to participate in reasonable actions to resolve issues.

Any grievance will be addressed in accordance with the CA Tritons Inc Grievance Policy, a copy of which is available via the CA Tritons website or upon request.

Club Executive:

- Please refer to our website for this seasons Club Executive details and committee information.

Contact Us At:

Email: catritons@gmail.com

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