

**2015/2016
ALBANY CREEK SWIM CLUB INC
HANDBOOK**



orthodontist

Improve your smile and the health of your teeth through orthodontic treatment. All treatment is personally performed by Dr Michael Anderson, a registered orthodontic specialist. We specialise in treatment using clear or coloured braces as well as invisalign (invisible aligners).



Clear
Clear braces are bonded to the front surfaces of each tooth. These braces are very close to your tooth colour and are not very noticeable.



Coloured
Silver braces are bonded to the front surfaces of each tooth. The elastic rings around the brackets can be changed at each visit so that you can have different colours when you choose to.



Invisalign
Invisalign straightens your teeth with a series of clear, virtually invisible custom moulded aligners.

Top 5 tips for looking after your braces:

1. avoid foods that will break your braces ie hard lollies
2. brush and floss daily
3. keep your appointments
4. call our practice if you have any concerns
5. enjoy your treatment! It's the best way to have a great smile.

allstar orthodontics

Dr Mike Anderson
Specialist Orthodontist MDSc (Cld), BDSc (Hons) (Cld)

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HYDRAULIC SERVICES CONTRACTORS

DESIGN & CONSTRUCT

LICENSED WATER, SEWERAGE & GAS INSTALLATIONS - MAINTENANCE

WELCOME

The Albany Creek Swim Club (ACSC) committee extend a warm welcome to all new and returning members, particularly to those who have supported the club over many years. The Albany Creek Committee members are happy to assist all club members with queries or concerns.

The ACSC spirit is based on ***Opportunity, Friendship and Success***. The Albany Creek Swim Club strives to provide an enjoyable and supportive family environment that fosters participation at all levels of swimming ability. We aim to extend and improve the art of swimming and encourage personal commitment to a regular training schedule and involvement in all club activities.

Our success in the swimming pool is directly attributable to an effective committee, highly respected and successful coaches who pride themselves on hard work and mutual respect. The aim of the ACSC management committee is simple; to seek and provide opportunities for all members to develop their swimming skills and reach their swimming potential, while enjoying this sport in a team and family friendly environment.

The following pages provide valuable information relating to various aspects of Albany Creek Swim Club membership and club rules. As an existing, new or potential new club member, you are encouraged to read through this document and clarify with any committee members any questions you may have.

The ACSC website (<http://www.albanycreekswim.com>) is a central source of information for the club. Good communication is central to our club and our website is an effective and useful way in which we as the committee can communicate with all our members.

We also have our Facebook page (<https://www.facebook.com/AlbanyCreekSwimClub>) which we strongly encourage you to become familiar with and to 'Like'. Any urgent messages and information will be posted on the page.

In addition, we also have our own Twitter account (<https://twitter.com/AlbanyCreekSC>), Instagram account (<http://instagram.com/albanycreekswimclub>) as well as a Pinterest page (<http://www.pinterest.com/AlbanyCreekSC/>).



ALBANY CREEK MANAGEMENT COMMITTEE 2015/2016

President:	John Redd VII
Vice President:	Danny Short
Secretary:	Karen Magnussen
Treasurer:	Catherine Douyere
Registrar:	Kay Marco
Race Secretary:	Gayle Seymour
Committee Members:	Kathy Lidstone Kathryn MacDonell Gordon Meikle Gayle Seymour Kelly Tomlinson

Committee Meetings are held once a month throughout the year. General Meetings may also be held throughout the year. General meetings will be advertised on the club website, Facebook and email. Any club member is welcome to attend the Committee Meetings and General Meetings. Contact details for our 2015/2016 Management and Executive Committee can be found on the Albany Creek Swim Club website.

CLUB ROLES & SUB-COMMITTEES 2015/2016

Any club or organisation is run by its volunteers. Our club encourages all members to contribute their time, expertise or knowledge to the effective and ongoing running of our club. Those members volunteering their time in a specific role or sub-committee are not required to attend regular management committee meetings, but will liaise with the committee as required.

Key roles, and the volunteers assigned to the roles, include the following:

Assets Manager:	Elise Stapleton
Albany Creek Club Meets Coordinator:	Gayle Seymour
Club Championships Coordinator:	Kelly Tomlinson / Gayle Seymour
Club Night Coordinator:	Kelly Tomlinson
Grants Officer:	Kathryn MacDonell
Inclusion / Disability Advocate:	TBD
Member Protection Information Officer:	Kay Marco
Sponsorship:	Sharon Peck
Uniforms & Merchandise:	Kathy Lidstone
Website Manager:	John Redd VII

In addition, sub-committees are formed throughout the year to assist with activities such as Saturday morning club breakfast, fundraising and social events for the club. If have an interest in assisting with one of the minor roles or to be involved with one of the sub-committees, please speak to a committee member for more information and to answer any questions you may have.

CLUB GOALS

The objectives of ACSC are to extend, encourage and improve the art and knowledge of swimming through a professional and committed swim program that is enjoyable in a family environment. Goals are used as incentives or motivators for achievement. They do not determine true success or failure. When goal achievement is considered to be necessary for success, this can create unnecessary pressure, in our younger swimmers.

Albany Creek Swim Club Team Goals:

1. To strengthen team and individual character
2. To create an atmosphere of team spirit, unity and support and to contribute to the development of a positive attitude
3. To foster the development of competitive “mental toughness” (determination, confidence and pride) as a team and individual characteristic (i.e. always win the close ones!)
4. To work harder than the opposition and to strengthen our weakness
5. To realise our maximum potential in athletic performance, through support of our coaches and their program, commitment to a regular training schedule and listening and doing as our coaches advise.

CLUB MEMBERSHIP

Queries regarding club membership or transfers into or out of the ACSC should be directed to the ACSC Registrar (registrar@albanycreekswim.com) Membership fees are outlined on the ACSC website. The Albany Creek Swim Club's preferred and easiest method of membership is online through the Swimming QLD member's portal, MyLANE. Please ask for help if you need.

When joining the Albany Creek Swim Club, you are also accepting our club and the swimming association's code of conduct. All swimming members must join with at least one parent or guardian. A parent membership is free and is also bound by the Code of Behaviour.

Some points of interest regarding club membership include:

- Club membership is valid for a period commencing the 1st July and finishing on the 30th June each year. This club membership is inclusive of Swimming Australia, Queensland and Regional fees and insurances. We offer a grace period until the 30th September, for returning swimmers to still be able to compete and remain insured.
- Full membership fees must be paid by swimming members regardless of date of a swimmer joining. Half-year memberships may be available only upon request and will be at the discretion of the ACSC committee.



- A swimming member must register by submitting the prescribed application together with a copy of birth certificate, to be certified by the registrar.
- All members are eligible to take part in club events for which they have qualified, whether they attend training sessions or not (Relay teams representing the club are picked by our club coaches. Swimmers training at other venues or not training at all will not be eligible for the coaches relay team).

COMPETITOR CODE OF CONDUCT

- Swim by the rules.
- Never argue with an official. Always use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse, texting and online abuse of officials and coaches and sledging other swimmers, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours.
- Work equally hard for yourself and your team.
- Be a good sport. Applaud all good performances whether they are made by Albany Creek Swim Club or the opposition.
- Treat all participants as you like to be treated.
- Cooperate with your coach, team mates and opponents.
- Participate for your enjoyment and benefit, not just to please your parents or coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- All complaints to be addressed by the Albany Creek Swim Club must be in writing (not verbal, via email or text message). The Albany Creek Swim Club committee will address all complaints directly.
- The Albany Creek Swim Club committee will review any breaches of this code of conduct and appropriate action will be taken to address the breach. In extreme circumstances this action could ultimately include expulsion from the club.



PARENT/GUARDIAN/SPECTATOR CODE OF CONDUCT

- Remember that young people participate in sport for their enjoyment and benefit, not yours
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants regardless of the outcome
- Respect the decisions of officials and teach young people to do the same
- Never ridicule or scold a young person for making a mistake.
- Positive comments are motivational
- Support all efforts to remove verbal or physical abuse.
- Texting and online abuse of coaches, officials and other competitors, deliberately distracting or provoking anyone are not acceptable or permitted
- Show appreciation for all coaches, officials and administrators. Without them, your child could not participate
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion
- All complaints to be addressed by the Albany Creek Swim Club must be in writing (not verbal, via email or text message). The Albany Creek Swim Club committee will address all complaints directly
- The Albany Creek Swim Club committee will review any breaches of this code of conduct and appropriate action will be taken to address the breach. In extreme circumstances this action could ultimately include expulsion from the club.

GENERAL QUERIES OR COMPLAINTS

General queries or comments regarding the ACSC should be addressed by contacting a member of the ACSC committee. Formalized complaints should be in writing, addressed to the ACSC Secretary and signed with contact details. This can be handed or mailed to the ACSC secretary. Anonymous complaints cannot be addressed in this forum. Please refer to the club website for Secretary's contact details

CLUB FUNDRAISING

To help finance ACSC activities and programmes (e.g. end of season trophies and celebrations, club breakfasts, club night and meet pool hire and club representative uniforms to name but a few), the Club will conduct the occasional fundraising event. This money raised is directly used to benefit all swimming and associate members.

A calendar of fundraising ventures will be advertised via the website, email, Facebook and newsletters. For our club fundraising to be successful, club member support before and during these activities and is greatly appreciated and needed. Please consider how your family can help. We encourage all members to contribute in a way that suits individual family situations.

CLUB NEWSLETTER

The Club endeavours to keep members informed of news, information, achievements and developments within the Club and in the wider swimming community. If you have any items for inclusion in our Club Newsletter please contact our newsletter publisher. You will find the contact details on the club website. All newsletters will be posted on the ACSC website as well as emailed to each family.

CLUB SPONSORS

Our sponsors are very important to the Club. Their generosity helps to minimise club membership fees and other member's costs. Please support our sponsors for this season. You will find an up to date list of our sponsors on the club website. Let them know you are a member of the Albany Creek Swim Club and that you appreciate their support of the Club.

If you or someone you know is interested in becoming a sponsor of the club, please contact our sponsorship liaison for this season. You will find their contact details on the club website.

CLUB UNIFORM RANGE



When representing ACSC, it is encouraged, but not compulsory, to wear ACSC swimmers and swim cap (unless race togs are specified by their coach).

Swimmers are encouraged (but it is not compulsory) to wear an ACSC shirt and shorts uniform to swim meets. The Club has a wide range of club gear and merchandise available for purchase. Please visit the ACSC website for all sizing details and order dates and procedures. Contact for this season's uniform coordinator can be found on the club website.



CLUB CAPTAINS

Club Captains are selected by the ACSC Committee and endorsed by the Head Coach. Albany Creek Swim Club will endeavour to appoint a Junior Male and Female Club Captain and a Senior Male and Female Club Captain with the selections being announced at the beginning of the season.

Roles and Responsibilities of Club Captains

The Club Captains support and promote the club by:

- Encouraging and fostering team spirit in club members; e.g. Wearing the club uniform where appropriate
- Being an active and positive role model to other club members
- Participating regularly on club nights (for juniors only)
- Representing and communicating the needs and ideas of club members to the ACSC committee
- Representing the club as needed (competing or non-swimmer) and speaking publicly on behalf of the club when required
- Assisting if necessary, at swim meets and club events, acting on the direction of committee members.

Albany Creek Captains for 2015/2016

Junior Male: John Redd VIII

Senior Male: Campbell Carsley

Junior Female: Ashley Nicol

Senior Female: Shannae Craig

CLUB COACHING

Belgravia Leisure Centres employs a team of coaches for swimmers at all levels. Any queries regarding coaching should be directed to the Head Coach, Richard Sleight, by appointment or the manager of the Albany Creek Leisure Centre on 07 3264 7511. ACSC does not set coaching policies or select coaches.

While the coaches are independent of ACSC, we do enjoy an effective and valued partnership. The Albany Creek Swim Club members are able to enjoy the benefit of their coaches at the agreed and programmed swim meets and coaches will have input into team/relay selections.

If parents wish to speak with a swim coach, they should not do so during the swim lesson. Please make an appointment at a mutually agreed time. Any queries or concerns regarding coaching should be directed to the swimmer's coach first and then to the Head Coach if needed.

FROM THE HEAD COACH

The Albany Creek Swimming club continues to go from strength to strength and is fast becoming one of the top clubs in Queensland and Australia. This is testament to the Albany Creek Leisure Centre's support, the club committee who work tirelessly behind the scenes and to the coaching team who are doing such a fantastic job with their squads. To have an identity with such a wonderful club is an honour and I am proud to be the Head coach.

The club achieved many accolades last season, performing excellently in the Brisbane Premiership competition, Queensland Long course State meet and Australian National Age championships. The Junior swimmers performed excellently at the Junior Metropolitan champs which is obviously very important as these swimmers are the future of our swimming club.

The 2015/16 season has started with a bang with the club already breaking records for the number of entries into the BSA & QSA short course meets. This is so encouraging to see and I cannot wait to see how many swimmers will qualify for this season's State long course in December and next year's National Age championships at the end of March.

I hope you have all been enjoying the professional workshops that the club has been fortunate enough to get as a result of grants obtained. We have many more sessions coming up and we hope that you can attend.

Let's have a fantastic season and enjoy what this wonderful sport has to offer.

Richard Sleight
Head Coach

ALBANY CREEK SWIM CLUB RECORDS

The Club maintains several different types of swimming records which are detailed below.

Pool Record:

This is the fastest recorded time of a swimmer from any Club at the Albany Creek Leisure Centre. This can be a short or long course record, but must be endorsed by the Albany Creek Swim Club. This includes the Albany Creek Club Championships.

Club Record:

This is the fastest recorded time of an Albany Creek Swim Club member at a club night, when attempting a club night record (short course records only), or representing the Albany Creek Swim Club at any short or long course meet, Swimming QLD endorsed A Grade Meet, or Swimming Australian or FINA-endorsed National or International Meet. An Albany Creek Swim Club member may equal/break or set a club record without winning the event.

Club Night Record:

This record can only be recorded at an Albany Creek club night, following the correct club night protocol. Club Night records can be, but not necessarily, Pool or Club short course records as well as a Club Night record.

Meet Records:

This is the fastest time recorded by a registered swimmer at any annual Albany Creek Swim Club Meet. Each Meet will have a record (including Club Championships)

Age: For records purposes, the age of the swimmer is defined as the age of the swimmer at the date the record is attempted, or as specified at an endorsed meet. Albany Creek Swim Club Age records are 6yrs and under to 16yrs inclusive.

Open: An open record may be held by a swimmer of any age.



ALBANY CREEK SWIM CLUB NIGHT RECORDS (SHORT COURSE)

(See website for all ACSC official records)

FEMALE				MALE			
EVENT	NAME	TIME	DATE	EVENT	NAME	TIME	DATE
6yrs & under							
25m Freestyle	Makenzie Robbins	21.17	27/01/10	25m Freestyle	Blake Turner	22.83	20/02/13
25m Backstroke	Tayla Bamforth	26.79	06/10/10	25m Backstroke	Samuel Short	25.32	27/01/10
25m Breaststroke	Chloe Enever	35.96	03/02/10	25m Breaststroke	Ben Clark	34.27	20/02/13
25m Butterfly	Eliza Buchanan	29.45	10/11/10	25m Butterfly	Blake Turner	29.55	30/01/13
50m Freestyle	Annabelle Creswell	59.50	12/03/14	50m Freestyle			
50m Backstroke				50m Backstroke			
50m Breaststroke				50m Breaststroke			
50m Butterfly				50m Butterfly			
100m Ind Medley				100m Ind Medley	Josiah Short	2.12.08	15/10/14
7yrs							
25m Freestyle	Niamh Bedggood	18.79	07/11/12	25m Freestyle	Carlin Donagley	19.33	05/10/11
25m Backstroke	Niamh Bedggood	22.17	07/11/12	25m Backstroke	Carlin Donagley	24.11	05/10/11
25m Breaststroke	Niamh Bedggood	27.42	31/10/12	25m Breaststroke	Byron Smith	29.49	09/02/11
25m Butterfly	Niamh Bedggood	20.99	20/02/13	25m Butterfly	Samuel Short	24.68	18/03/15
50m Freestyle	Makenzie Grace	48.37	27/01/10	50m Freestyle	Josiah Short	52.35	18/03/15
50m Backstroke	Annabelle Creswell	58.52	04/03/15	50m Backstroke	Josiah Short	59.01	10/02/10
50m Breaststroke	Makenzie Grace	1.01.88	02/12/09	50m Breaststroke	Jacob Smith	1.04.81	03/02/10
50m Butterfly	Makenzie Grace	55.99	27/01/10	50m Butterfly			
100m Ind Medley	Niamh Bedggood	1.51.40	06/02/13	100m Ind Medley	Josiah Short	2.19.33	12/11/14
8 yrs							
25m Freestyle	Kiara Blaney	18.41	14/10/09	25m Freestyle	Luke Dippelsmann	16.91	09/10/13
25m Backstroke	Summer Short	23.50	07/10/09	25m Backstroke	Luke Dippelsmann	20.36	09/10/13
25m Breaststroke	McKenzie Kerr	25.09	10/11/12	25m Breaststroke	Luke Dippelsmann	23.55	09/10/13
25m Butterfly	Shannon Neiland	24.11	05/10/11	25m Butterfly	Luke Dippelsmann	18.23	09/10/12
50m Freestyle	Niamh Bedggood	36.82	12/03/14	50m Freestyle	Luke Dippelsmann	35.45	12/02/14
50m Backstroke	Niamh Bedggood	43.39	05/03/14	50m Backstroke	Luke Dippelsmann	41.62	12/03/14
50m Breaststroke	Niamh Bedggood	50.71	12/03/14	50m Breaststroke	Luke Dippelsmann	49.09	12/03/14
50m Butterfly	Niamh Bedggood	45.12	12/03/14	50m Butterfly	Luke Dippelsmann	39.25	12/03/14
100m Ind Medley	Niamh Bedggood	1.41.63	13/11/13	100m Ind Medley	Luke Dippelsmann	1.30.16	13/11/13
9 yrs							
50m Freestyle	Niamh Bedggood	35.80	18/03/15	50m Freestyle	Luke Seymour	34.58	09/10/13
50m Backstroke	Niamh Bedggood	42.44	04/02/15	50m Backstroke	Luke Seymour	39.71	09/10/13
50m Breaststroke	Niamh Bedggood	48.77	04/02/15	50m Breaststroke	Luke Seymour	48.29	09/10/13
50m Butterfly	Niamh Bedggood	40.06	18/03/15	50m Butterfly	Luke Dippelsmann	38.46	04/03/15
100m Freestyle	Niamh Bedggood	1.24.48	28/01/15	100m Freestyle	Luke Seymour	1.10.46	27/11/13
100m Backstroke	Niamh Bedggood	1.30.42	18/03/15	100m Backstroke	Samuel Short	1.22.93	31/10/12
100m Breaststroke	Niamh Bedggood	1.50.42	28/01/15	100m Breaststroke	Luke Dippelsmann	1.47.23	22/10/14
100m Butterfly	Niamh Bedggood	1.45.38	12/11/14	100m Butterfly	Samuel Short	1.26.73	31/10/12
200m Freestyle	Niamh Bedggood	2.57.29	05/11/14	200m Freestyle	Luke Seymour	2.35.24	08/11/13
100m Ind Medley	Niamh Bedggood	1.34.01	04/02/15	100m Ind Medley	Luke Dippelsmann	1.27.94	08/10/14
200m Ind Medley	Niamh Bedggood	3.23.31	12/11/14	200m Ind Medley	Luke Dippelsmann	3.07.14	12/11/14

FEMALE				MALE			
EVENT	NAME	TIME	DATE	EVENT	NAME	TIME	DATE
10 yrs							
50m Freestyle	Chloe Robertson	34.30	03/02/10	50m Freestyle	Luke Seymour	32.73	29/10/14
50m Backstroke	Amelia Buchanan	40.68	04/11/09	50m Backstroke	Samuel Short	36.32	23/10/13
50m Breaststroke	Chantelle Bringas	47.00	17/02/10	50m Breaststroke	Luke Seymour	45.48	05/11/14
50m Butterfly	Eloise McLean	35.33	13/11/13	50m Butterfly	Luke Seymour	34.96	12/03/14
100m Freestyle	Summer Short	1.12.87	19/10/11	100m Freestyle	Samuel Short	1.08.87	06/11/13
100m Backstroke	Kiara Blaney	1.32.16	01/02/12	100m Backstroke	Luke Seymour	1.20.88	05/11/14
100m Breaststroke	Sydney Holl	1.45.86	03/02/10	100m Breaststroke	Hugo Smith	1.39.16	02/03/11
100m Butterfly	Alix Lampre	1.37.91	05/12/12	100m Butterfly	Luke Seymour	1.22.13	29/10/14
200m Freestyle	Elise Williams	2.31.33	02/02/11	200m Freestyle	Wilson Ellis	2.37.83	03/11/10
200m Backstroke	Summer Short	2.53.91	19/10/11	200m Backstroke	Matthew Magnussen	2.55.49	29/10/14
200m Breaststroke	Elise Williams	3.20.51	27/10/10	200m Breaststroke	Matthew Magnussen	3.38.87	26/02/14
200m Butterfly	Ashlee Bass	3.28.87	17/11/10	200m Butterfly			
100m Ind Medley	Elise Williams	1.23.46	06/10/10	100m Ind Medley	Samuel Short	1.24.20	09/10/13
200m Ind Medley	Georgia Wilson	3.09.49	18/11/09	200m Ind Medley	Sam Whetton	3.10.45	09/02/11
11 yrs							
50m Freestyle	Tess Hering	31.01	28/10/11	50m Freestyle	Rory Scott	29.42	05/10/11
50m Backstroke	Elise Williams	34.77	12/10/11	50m Backstroke	Rory Scott	34.79	19/10/11
50m Breaststroke	Elise Williams	41.16	09/11/11	50m Breaststroke	Wilson Ellis	44.01	12/10/11
50m Butterfly	Elise Williams	36.27	12/10/11	50m Butterfly	Rory Scott	34.13	05/10/11
100m Freestyle	Elise Williams	1.07.49	23/11/11	100m Freestyle	Finlay Donaghey	1.08.67	30/01/13
100m Backstroke	Ashlee Bass	1.18.45	09/11/11	100m Backstroke	Finlay Donaghey	1.17.09	21/11/12
100m Breaststroke	Isabel Lampre	1.28.79	08/02/12	100m Breaststroke	Wilson Ellis	1.32.67	23/11/11
100m Butterfly	Elise Williams	1.16.81	26/10/11	100m Butterfly	Wilson Ellis	1.17.35	09/11/11
200m Freestyle	Grace Egan	2.26.68	29/01/14	200m Freestyle	Finlay Donaghey	2.25.97	30/01/13
200m Backstroke	Tess Hering	2.52.73	19/10/11	200m Backstroke	Brenton Woolf	2.43.68	24/11/10
200m Breaststroke	Ashlee Bass	3.09.09	30/11/11	200m Breaststroke	Wilson Ellis	3.16.56	30/11/11
200m Butterfly	Sarah McGrath	3.03.68	13/02/13	200m Butterfly	Wilson Ellis	2.50.10	16/11/11
400m Freestyle	Elise Williams	5.02.40	15/02/12	400m Freestyle	Finlay Donaghey	5.00.60	20/02/13
100m Ind Medley	Ashlee Bass	1.22.74	05/10/11	100m Ind Medley	Rory Scott	1.17.57	05/10/11
200m Ind Medley	Elise Williams	2.38.30	01/02/12	200m Ind Medley	Callen Dippelmann	2.47.95	13/11/13
400m Ind Medley				400m Ind Medley			
12 yrs							
50m Freestyle	Isabel Lampre	29.27	30/01/13	50m Freestyle	Rowan Crothers	30.43	13/10/10
50m Backstroke	Summer Short	34.19	09/10/13	50m Backstroke	Brenton Woolf	33.94	05/10/11
50m Breaststroke	Isabel Lampre	38.90	30/01/13	50m Breaststroke	Brandon Meikle	39.02	17/02/10
50m Butterfly	Isabel Lampre	32.43	30/01/13	50m Butterfly	Wilson Ellis	34.09	10/10/12
100m Freestyle	Chelsea Seymour	1.04.57	12/02/14	100m Freestyle	Callen Dippelmann	1.08.29	18/03/15
100m Backstroke	Elise Williams	1.07.10	21/11/12	100m Backstroke	Brenton Woolf	1.12.49	26/10/11
100m Breaststroke	Erin Gold	1.32.57	04/11/09	100m Breaststroke	Jackson Mair	1.30.32	17/11/10
100m Butterfly	Isabel Lampre	1.11.43	31/10/13	100m Butterfly	Brenton Woolf	1.16.05	26/10/11

FEMALE				MALE			
EVENT	NAME	TIME	DATE	EVENT	NAME	TIME	DATE
12 yrs (cont'd)							
200m Freestyle	Isabel Lampre	2.18.37	30/01/13	200m Freestyle	Rory Scott	2.23.57	02/11/11
200m Backstroke	Elise Williams	2.26.28	28/11/12	200m Backstroke	Callen Dippelsmann	2.40.62	28/01/15
200m Breaststroke	Claudia Abbott	3.09.29	27/01/10	200m Breaststroke	Wesley Meikle	3.23.70	30/11/11
200m Butterfly	Isabel Lampre	2.41.97	21/11/12	200m Butterfly	Wesley Meikle	2.54.63	08/02/12
400m Freestyle	Chelsea Seymour	4.45.00	12/03/14	400m Freestyle	Callen Dippelsmann	5.03.94	18/03/15
100m Ind Medley	Summer Short	1.18.73	09/10/13	100m Ind Medley	Callen Dippelsmann	1.18.21	12/11/14
200m Ind Medley	Chelsea Seymour	2.38.30	13/11/13	200m Ind Medley	Rory Scott	2.40.78	01/02/12
400m Ind Medley				400m Ind Medley	Callen Dippelsmann	5.45.91	22/10/14
13 yrs							
50m Freestyle	Ashlee Bass	28.42	06/11/13	50m Freestyle	Jack Riley	27.49	05/12/12
50m Backstroke	Taylor Lupton	33.41	02/12/09	50m Backstroke	Wesley Meikle	32.09	09/10/13
50m Breaststroke	Ella Chalmers	33.80	22/10/14	50m Breaststroke	Michael Lidstone	39.24	23/10/13
50m Butterfly	Ashlee Bass	32.63	06/11/13	50m Butterfly	Michael Lidstone	29.46	13/11/13
100m Freestyle	Courtney Lupton	1.05.22	21/10/09	100m Freestyle	Rory Scott	59.06	21/11/12
100m Backstroke	Taylor Lupton	1.14.13	28/10/09	100m Backstroke	Jack Riley	1.09.19	08/02/13
100m Breaststroke	Emily Jennings-Commons	1.23.78	22/02/12	100m Breaststroke	Rory Scott	1.17.50	21/11/12
100m Butterfly	Courtney Lupton	1.13.28	18/11/09	100m Butterfly	Jack Meincke	1.05.86	31/10/12
200m Freestyle	Chelsea Seymour	2.23.56	26/11/14	200m Freestyle	Michael Lidstone	2.17.34	29/01/14
200m Backstroke	Taylor Lupton	2.35.82	21/10/09	200m Backstroke	Jack Riley	2.36.99	24/10/12
200m Breaststroke	Courtney Lupton	3.00.58	27/01/10	200m Breaststroke	Benjamin Freeman	3.02.79	26/10/11
200m Butterfly	Claudia Abbott	3.06.11	17/11/10	200m Butterfly	Jack Meincke	2.30.79	21/11/12
400m Freestyle	Taylor Lupton	4.55.62	14/10/09	400m Freestyle	Daniel Jacobson	4.27.75	17/10/12
100m Ind Medley	Courtney Lupton	1.12.73	07/10/09	100m Ind Medley	Daniel Roggero	1.22.13	07/10/09
200m Ind Medley	Courtney Lupton	2.40.83	18/11/09	200m Ind Medley	Wesley Meikle	2.32.74	09/10/13
400m Ind Medley	Mikaylah Turner	6.04.37	22/10/14	400m Ind Medley			
14yrs							
50m Freestyle	Natalia Ferrari	31.77	21/11/12	50m Freestyle	Jack Meincke	26.69	06/11/13
50m Backstroke	Lilly McCann	35.82	12/03/14	50m Backstroke	Jack Meincke	31.47	12/03/14
50m Breaststroke	Kaitlyn Ross	40.14	04/11/09	50m Breaststroke	Jack Meincke	36.08	12/03/14
50m Butterfly	Claudia Abbott	32.90	02/11/11	50m Butterfly	Jack Meincke	28.96	20/11/13
100m Freestyle	Bridgette Court	1.06.61	23/11/11	100m Freestyle	Rory Scott	57.00	20/11/13
100m Backstroke	Amy Parikka	1.20.46	20/02/13	100m Backstroke	Rory Scott	1.04.48	20/11/13
100m Breaststroke	Stephanie Freeman	1.26.87	24/10/10	100m Breaststroke	Rory Scott	1.15.08	20/11/13
100m Butterfly	Amy Parikka	1.18.64	20/02/13	100m Butterfly	Rory Scott	1.06.74	20/11/13
200m Freestyle	Jacinta Seymour	2.23.07	06/11/13	200m Freestyle	Connor Scott	2.13.44	02/11/11
200m Backstroke	Lilly McCann	2.49.06	27/11/13	200m Backstroke	Jack Meincke	2.24.79	02/11/11
200m Breaststroke	Stephanie Freeman	3.06.89	27/10/10	200m Breaststroke	Connor Scott	2.52.93	30/11/11
200m Butterfly				200m Butterfly	Jack Meincke	2.23.99	20/11/13
400m Freestyle	Natalia Ferrari	5.02.90	17/10/12	400m Freestyle	Jack Meincke	4.33.72	12/03/14
100m Ind Medley	Bridgette Court	1.17.93	01/02/12	100m Ind Medley	Joshua Davies	1.13.86	13/11/13
200m Ind Medley	Brieley Pirie	2.49.68	10/02/10	200m Ind Medley	Jack Meincke	2.37.42	13/11/13
400m Ind Medley				400m Ind Medley			

FEMALE				MALE			
EVENT	NAME	TIME	DATE	EVENT	NAME	TIME	DATE
15yrs							
50m Freestyle	Brieley Pirie	29.72	10/11/10	50m Freestyle	Mark Montgomery	28.02	03/11/10
50m Backstroke	Jenna Freeman	35.20	02/11/11	50m Backstroke	Mark Montgomery	32.94	03/11/10
50m Breaststroke	Abbey Johnson	40.44	26/11/14	50m Breaststroke	Mark Montgomery	35.98	02/02/11
50m Butterfly	Hannah Beighton	31.17	06/10/10	50m Butterfly	Jack Meincke	30.27	08/10/14
100m Freestyle	Brieley Pirie	1.03.43	17/11/10	100m Freestyle	Jack Meincke	1.00.68	24/11/14
100m Backstroke	Jenna Freeman	1.14.00	01/02/12	100m Backstroke	Jack Meincke	1.06.99	24/11/14
100m Breaststroke	Jenna Freeman	1.28.13	02/11/11	100m Breaststroke	Mark Montgomery	1.22.69	17/11/10
100m Butterfly	Brieley Pirie	1.11.09	17/11/10	100m Butterfly	Jack Meincke	1.04.63	24/11/14
200m Freestyle	Jenna Freeman	2.19.67	02/11/11	200m Freestyle	Thomas Auckland	2.24.15	17/02/10
200m Backstroke	Jenna Freeman	2.36.79	23/11/11	200m Backstroke	Brandon Meikle	2.54.70	28/11/12
200m Breaststroke	Jenna Freeman	3.06.87	30/11/11	200m Breaststroke			
200m Butterfly	Jenna Freeman	2.49.77	08/02/12	200m Butterfly	Jack Meincke	2.15.48	24/11/14
400m Freestyle	Jenna Freeman	4.50.03	15/02/12	400m Freestyle	Lachlan McGrath	5.04.74	20/02/13
100m Ind Medley	Lilly McCann	1.25.04	26/11/14	100m Ind Medley	Jack Meincke	1.12.48	08/10/14
200m Ind Medley	Jenna Freeman	2.40.40	01/02/12	200m Ind Medley	Jack Meincke	2.34.30	15/10/14
400m Ind Medley				400m Ind Medley	Jack Meincke	5.16.05	22/10/14
16yrs							
50m Freestyle	Shannae Craig	29.29	10/11/12	50m Freestyle	Brent Gesch	27.24	30/10/13
50m Backstroke	Aisling Scott	31.70	18/11/09	50m Backstroke	Logan Maguire	32.12	12/10/11
50m Breaststroke	Hannah Beighton	33.91	12/10/11	50m Breaststroke	Brent Gesch	35.25	30/10/13
50m Butterfly	Shannae Craig	33.72	10/10/12	50m Butterfly	Logan Maguire	29.99	12/10/11
100m Freestyle	Aisling Scott	1.02.75	18/11/09	100m Freestyle	Brent Gesch	1.00.74	20/11/13
100m Backstroke				100m Backstroke	Brent Gesch	1.15.00	20/11/13
100m Breaststroke				100m Breaststroke	Daniel Johnson	1.30.31	07/11/12
100m Butterfly	Aisling Scott	1.10.35	18/11/09	100m Butterfly	Miguel Boura	1.22.81	01/11/10
200m Freestyle				200m Freestyle			
200m Backstroke				200m Backstroke	Brent Gesch	2.42.96	23/10/13
200m Breaststroke				200m Breaststroke	Stephen Ormerod	3.09.19	31/10/12
200m Butterfly				200m Butterfly			
400m Freestyle				400m Freestyle	Cameron Joyes	4.30.87	17/10/12
100m Ind Medley	Aisling Scott	1.10.54	18/11/09	100m Ind Medley	Stephen Ormerod	1.16.87	10/10/12
200m Ind Medley	Aisling Scott	2.26.50	18/11/09	200m Ind Medley	Miguel Boura	2.54.33	10/11/10
400m Ind Medley				400m Ind Medley			

FEMALE				MALE			
EVENT	NAME	TIME	DATE	EVENT	NAME	TIME	DATE
17yrs							
50m Freestyle				50m Freestyle			
50m Backstroke				50m Backstroke			
50m Breaststroke				50m Breaststroke			
50m Butterfly				50m Butterfly	Stephen Ormerod	34.92	06/02/13
100m Freestyle				100m Freestyle	Stephen Ormerod	1.05.99	30/01/13
100m Backstroke				100m Backstroke			
100m Breaststroke	Nina Smith	1.45.95	03/11/10	100m Breaststroke	Stephen Ormerod	1.23.43	30/01/13
100m Butterfly				100m Butterfly			
200m Freestyle				200m Freestyle			
200m Backstroke				200m Backstroke			
200m Breaststroke				200m Breaststroke			
200m Butterfly				200m Butterfly			
400m Freestyle	Nina Smith	6.16.95	23/02/11	400m Freestyle			
100m Ind Medley				100m Ind Medley			
200m Ind Medley				200m Ind Medley	Stephen Ormerod	2.52.16	06/02/13
400m Ind Medley				400m Ind Medley			
18yrs & over							
50m Freestyle	Nina Smith	34.84	10/10/12	50m Freestyle	Dan Price	25.09	16/11/11
50m Backstroke	Nina Smith	40.52	05/03/14	50m Backstroke	Joshua Richardson	31.40	12/10/11
50m Breaststroke	Nina Smith	47.53	06/02/13	50m Breaststroke	Joshua Richardson	35.49	12/10/11
50m Butterfly	Nina Smith	40.76	17/10/12	50m Butterfly	Joshua Richardson	30.66	12/10/11
100m Freestyle	Nina Smith	1.19.16	23/10/13	100m Freestyle			
100m Backstroke	Nina Smith	1.32.17	05/12/12	100m Backstroke			
100m Breaststroke	Nina Smith	1.45.95	03/11/10	100m Breaststroke			
100m Butterfly	Nina Smith	1.43.33	06/02/13	100m Butterfly			
200m Freestyle	Nina Smith	3.03.89	07/11/12	200m Freestyle			
200m Backstroke				200m Backstroke			
200m Breaststroke	Nina Smith	3.46.56	26/10/11	200m Breaststroke			
200m Butterfly	Nina Smith	3.47.94	13/02/13	200m Butterfly			
400m Freestyle				400m Freestyle	Joshua Richardson	4.12.80	12/10/11
100m Ind Medley				100m Ind Medley			
200m Ind Medley	Nina Smith	3.13.73	01/02/12	200m Ind Medley			
400m Ind Medley				400m Ind Medley			

CLUB NIGHTS

The ACSC conducts club nights for its members on Wednesday evenings throughout the swimming season (generally October to March inclusive). The purpose of club nights is to introduce the swimmer to the first steps in competitive swimming, while also building club spirit and enjoying the relaxed social aspect with family and friends.

Swimmers race against their own personal best times (PB's) alongside swimmers of similar times. Age or gender is of no relevance in this level of competition. The focus is on practicing the skills learnt in training and improving speed in a swimmer's own time. It also serves to educate swimmers and parents/supporters of swimming rules and protocols.

1. Club Nights commence at 6:30pm sharp and usually conclude by 8:15pm.
2. Nominations for weekly club night must be submitted via the ACSC website, no later than **6pm, the Monday before club night**. If you are new to the club and do not nominate online, please nominate **no later than 6.15pm at the nomination table** on Wednesday night. **No Nomination or Late Nomination = No Swim.**
3. The ACSC does not accept responsibility for the supervision of swimmers younger than 16yrs attending club night. A responsible adult must accompany all swimmers to ensure safety and acceptable behaviour at all times. If you cannot attend, you must nominate a responsible adult before club night starts.
4. Swimmers times will be available on Meet Mobile. Please ask if you require help to download this app to your phone.
5. All attending parents are required to assist with club night duties, including timekeeping, marshalling swimmers, announcer, check starting, and starter or computer operators. No experience is needed, only a willingness to assist. **Club night cannot start until all positions are filled.**
6. Swimmers are not required to swim all strokes. Events are conducted in all 4 strokes for 12.5m, 25m and 50m each club night. 100m form strokes are also available as per program of events. Only 4 form events per club nights are allowed. All Individual Medley, 100m, 200m and 400m events are special events and points are awarded separately to the 4 form strokes.
7. Swimmers weekly club night times will be available on the ACSC website. Every endeavour will be made to have times posted by 5pm of the Friday following club night.
8. The swim club hires the pool for club nights and the pool entry fee for swimmers competing at club night has been incorporated into the club membership fees.



Club Night Program of Events 2015/2016

Any change to this program of events will be posted on the ACSC website and Facebook

DATE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	SPECIAL
07 October 2015	12.5m, 25m, 50m	12.5m, 25m, 50m	12.5m, 25m, 50m	12.5m, 25m, 50m	100m IM
14 October 2015	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	100m IM or 200m IM
21 October 2015	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	400m Free or 400m IM
28 October 2015	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	200m Back or 200m Breast
04 November 2015	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	200m Free or 200m Fly
11 November 2015	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	100m IM or 200m IM
18 November 2015	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	400m Free or 400m IM
25 November 2015	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	200m Back or 200m Breast
02 December 2015	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	100m IM or 200m IM
09 December 2015	CHRISTMAS BREAKUP FUN NIGHT				
16 December 2015 – 20 January 2016	CHRISTMAS HOLIDAYS (No Club Night from 16 December 2015 – 20 January 2016)				
27 January 2016	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	100m IM or 200m IM
10 February 2016	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	400m Free or 400m IM
24 February 2016	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	200m Back or 200m Breast
09 March 2016	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	200m Free or 200m Fly
20 March 2016	CLUB CHAMPIONSHIPS				

The following times must be achieved in 25m or 50m metre events before nominations can be accepted for 50m or 100m metre events:

Event	Qualifying Time	Event	Qualifying Time
25m Freestyle	25 sec	50m Freestyle	40 sec
25m Backstroke	30 sec	50m Backstroke	50 sec
25m Breaststroke	30 sec	50m Breaststroke	52 sec
25m Butterfly	27 sec	50m Butterfly	45 sec
100m Individual Medley (IM)	1 min 45 sec (This time must be achieved before a swimmer is eligible to swim the 200m IM event).		

Please note that swimmers must qualify for 50m events to be eligible to swim the 100m IM special event and swimmers must qualify for 100m events to be eligible for all other events.

Club Night Rules and Procedures

- The one start rule will apply to all swimmers with the exception of 12.5m or 25m swimmers, which will be at the starter discretion.
- Help by parents is essential for the smooth running of club nights. Timekeepers (16) are needed each Club Night, and need to be in place before 6.25pm. Each family will be expected to assist with timekeeping. Club nights cannot commence until each lane has timekeepers
- Swimmers are responsible for reporting to the race marshal when their races or names are called. Officials will not delay an event for a swimmer who does not report when called or does not stay in the lane seat, ready for racing.
- Swimmers are expected to listen for their name
- Swimmers are expected to sit and remain where the marshal puts them
- Swimmers are expected to swim in the correct lane. If a swimmer misses their name being called or disappears from a marshalled lane position, every effort will be made to allocate another lane for these swimmers, **but not guaranteed**.
- If a swimmer swims in the wrong lane, no electronic time will be recorded for them. A manual time may be used, but not guaranteed.
- Swimmers are encouraged to take responsibility for themselves at marshalling. Younger or shy children can bring a parent to marshalling.
- Marshals will send swimmers away for the remainder of the event, and in extreme circumstances, the club night coordinator will send away for the entire meet, and marked as a N/S if swimmers are disruptive, disrespectful or do not follow instruction.
- **Any parent recourse to this decision should be directed to the Club night coordinator or Meet director, not to marshals.**
- Parents are encouraged to communicate any disability or underlying concern of our swimming members to our club marshal at the beginning of the event.
- Complete silence must be observed prior to the starting of every event
- The referee's decision is final
- Heats will be arranged according to swimmers' times regardless of age or sex
- Any swimmer who is misbehaving or making excessive noise may be disqualified from the evening's events by the referee or club night coordinator. Should further misbehaviour occur, a member may be disciplined at the discretion of the ACSC Committee
- No smoking is allowed within the Albany Creek Leisure Centre complex at any time
- All events will be conducted under SQ Rules

Club Night Points & Trophies

ACSC club night trophies are awarded at the end of the season to swimmers who have accumulated the highest aggregate points throughout the season. Trophies are awarded based on regular attendance and through improving/maintaining your personal best times. Points are earned from 25m, 50m and 100m of the 4 form strokes throughout the season at Club Nights. Separate trophies are awarded for points earned from the Special Events. Swimmers may nominate for one or more events and must swim the distance to qualify for club points.

Aggregate points are scored using the following points table:

Time Difference from Personal Best Time	Points	Completed Points
-99.00 to -5.01	0	1
-5.00 to -1.01	1	1
-1.00 to 0.00	2	1
0.01 to 1.00	3	1
1.01 to 2.00	4	1
2.01 to 99.00	5	1
No Time	0	1



ALBANY CREEK SWIM CLUB CHAMPIONSHIPS

Club Championships are conducted after the finish of the club night program. The Club Champion program will be reflective of the needs of all club members. There will be no 12.5m events at this meet. To be eligible for ACSC Age Champion, swimmers must have successfully competed in all 4 form strokes and Individual Medley.

At this level of competition, Queensland Swimming rules will be implemented and rule tolerances will be at the referee's discretion. All Albany Creek Swim club members in good financial standing are invited to check eligibility to compete at this annual meet.

The criteria are as follows:

- Participated in at least 50% of all offered club nights throughout the season; or
- If a new financial member, joining ACSC part way through the club night or swimming season, you need to have participated in 50% of available club nights; or
- Represented ACSC at a minimum of 3 BSA, QSA or National Championship events during this season.

A swimmer's age will be taken to be their age on the first day of the championships. Swimmers who wish to compete in club championships must complete the club championship nomination form by the due date. This will be advised to all members well in advance of the championships.

If a number of club nights are cancelled (e.g. because of inclement weather), the number of swims required to qualify for the club championships will be calculated on a pro-rata basis and will be advised to all members. A swimmer, who believes he or she would be unfairly or unreasonably excluded from the club championship by the qualifying criteria, may apply in writing to the ACSC Committee for the criteria to be waived.

Points for ACSC Championship events will be awarded as follows:

1st place - 20 pts	5th place - 14 pts	9th place - 9 pts	13th place - 4 pts
2nd place - 17 pts	6th place - 13 pts	10th place - 7 pts	14th place - 3 pts
3rd place - 16 pts	7th place - 12 pts	11th place - 6 pts	15th place - 2 pts
4th place - 15 pts	8th place - 11 pts	12th place - 5 pts	16th place - 1 pts



TROPHY & AWARDS 2014/2015
MAJOR CLUB NIGHT AWARDS

Points Champion

Callen Dipplesmann

Special Points Trophy

Male – Callen Dipplesmann

Female – Ashley Nicol

Top Ten Points Scorers

- | | |
|-----------------------|-----------------------|
| 1. Callen Dipplesmann | 6. Lily tomlinson |
| 2. Darcy Bedlow | 7. Aoife Bedggood |
| 3. Lachlan Creswell | 8. Annabelle Creswell |
| 4. Luke Dipplesmann | 9. Niamh Bedggood |
| 5. Alexavier Bedlow | 10. Isobel Byrne |

Stroke Champions

Freestyle 25m – Alessia Nucifora

Freestyle 50m – Connor McCann

Backstroke 25m – Ruby Bagnussen

Backstroke 50m – Kaitlin Vidler

Breaststroke 25m – Eden McCann

Breaststroke 50m – Isabel Byrne

Butterfly 25m – Annabelle Creswell

Butterfly 50m – Olivia Marco

Freestyle 100m – Alexandra MacDonell

Backstroke 100m – Lachlan Creswell

Breaststroke 100m – Ashley Nicol

Butterfly 100m – Jack Meincke, Brianna Thompson



Club Night Age Champions

Female

6yrs – Eden McCann
7yrs – Annabelle Creswell
8 yrs – Aoife Bedggood
9 yrs – Niamh Bedggood
10 yrs – Lily Tomlinson
11 yrs – Charlotte Taylor-Bates
12 yrs – Lucia Walker
13 yrs – Ella Zelensky
14 yrs – Rachel Barnes
15 yrs – Lily McCann
16 yrs – Brittney Small
Open – Nina Smith

Male

6 yrs – None
7 yrs – Josiah Short
8 yrs – Alexavier Bedlow
9 yrs – Luke Dipplesmann
10 yrs – Lachlan Creswell
11 yrs – Darcy Bedlow
12 yrs – Callen Dipplesmann
13 yrs – Hayden Glutz
14 yrs – Anthony Knight
15 yrs – Thomas Meincke
16 yrs – None
Open – None

CLUB CHAMPIONS

800m Champion

Male – John Redd VIII

Female – Summer Short

Age Champions

Female

5yrs – None
6yrs – Alice Bell
7yrs – Negine Jahangiri
8yrs – Aoife Bedggood
9yrs – Niamh Bedggood
10yrs – Lily Tomlinson
11yrs – Alexia King
12yrs – Lucia Walker
13yrs – Chelsea Seymour
14yrs – Summer Short
15yrs – Abbey Johnson
16yrs – Karissa Mills

Male

5 yrs – None
6yrs – None
7yrs – Josiah Short
8yrs – Jalen Proud
9yrs – Luke Dipplesmann
10yrs – Ryan Trimble
11yrs – Samuel Short
12yrs – Callen Dipplesmann
13yrs – None
14yrs – Anthony Knight
15yrs – None
16yrs – None

ALBANY CREEK SWIM CLUB AWARDS

President's Trophy – Mick Lewandowski

Albany Creek Swim Club Spirit Trophy – John Redd VII

Albany Creek Swim Club Junior Swimmer of the Year – Samuel Short

Albany Creek Swim Club Senior Swimmer of the Year – Rebecca Jacobson

ACSC SQUAD AWARDS

Advanced and Beginner Squads

Female Encouragement Award

Isobel Byrne Paris Urquhart

Male Encouragement Award

Jalen Proud Jai Bennion

Female Most Improved Award

Sienna Nucifora Angelique Douyere



Intermediate and State Development Squads

Female Encouragement Award

Lily Tomlinson Leanne De Jongh

Male Encouragement Award

Ryan Trimble Elijah Meinke

Female Most Improved Award

Olivia Peck Niamh Bedgood

Male Most Improved Award:

Lachlan Creswell Luke Dippelsmann



State and National Development Squads

Female Encouragement Award:

Brianna Thompson

Male Encouragement Award:

John Redd VIII

Female Most Improvement Award:

Lucia Walker

Male Most Improved Award:

Matthew Magnussen



National Squad

Female Most Improved Award:

Tess Woodward

Male Most Improved Award:

Michael Lidstone

BELGRAVIA LEISURE CENTRE ACSC AWARDS

Belgravia Leisure

Female Encouragement Award:

Brianna Thompson

Belgravia Leisure

Male Encouragement Award:

John Redd VIII

Belgravia Leisure

Most Improved Junior:

Luke Dippelsmann

Belgravia Leisure

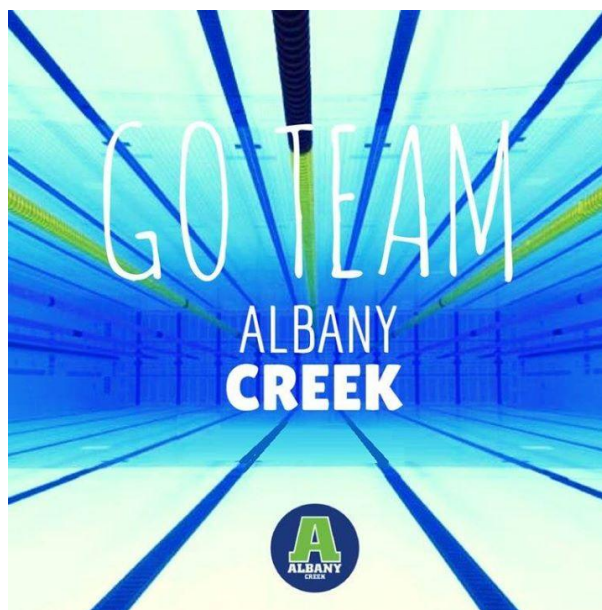
Most Improved Senior:

Michael Lidstone

Belgravia Leisure

Rising Star Award:

Daniel Jacobson



TROPHIES & CRITERIA

Trophy/Award*	Chosen by	Trophy/Award Criteria
Participation Trophies	Participation at club night	All swimmers who participate at club night, including regular 12.5m club night participants. These trophies will recognize Club night Points Age Champions.
Top 10	Club Night aggregate points	Top 10 club night point scorers
Points Champion	Club Night aggregate points	Top Club night points score
Male & Female Special Points	Club Night Points Score for special events	Top points scorer for all special events at club night.
Age Champion Club Night points score champion	Club Night aggregate points	Top points score for each age group, male and female
Points Champion 25m x 4 form strokes (4 trophies)	Club Night points 25m x 4 form strokes	Club Night points
Points Champion 50m x 4 form strokes (4 trophies)	Club Night points 50m x 4 form strokes	Club Night points
Points Champion 100m x 4 form strokes (4 trophies)	Club Night points 100m x 4 form strokes	Club Night points
Captains Shield	Committee endorses club captains	Junior and Senior Club Captains
President's Trophy	President	Awarded for outstanding achievement, work ethic or overcoming adversity that has been witnessed. This can be awarded to a swimmer or member of the club.
Club Spirit Trophy	Committee	Awarded for outstanding club spirit and or work ethic for the betterment of the club. This can be awarded to a swimmer or member of the club.
Senior Swimmer of the Year	Committee	Awarded to the swimmer who achieves outstanding results across Brisbane, QLD, Australian or International Meets (including school swimming). This award is open to any swimmer 13yrs and over and will take into account representative honours.
Junior Swimmer of the Year	Committee	Awarded to the swimmer who achieves outstanding results across Brisbane QLD, Australian or International Meets (including school swimming) This award is open to any swimmer 12yrs and under and will take into account representative honours.
Female/Male Junior Development Squad A&B Encouragement	Squad Coach	Awarded to a swimmer from this squad who has shown a willingness to listen to their coach, train hard, are always polite and interact well with their fellow squad members
Female/Male Junior Development Squad A&B Most Improved	Squad Coach	Awarded to a swimmer from this squad who has recorded significant improvement over this season in training and results
Female/Male Intermediate Squad A & B Most Improved	Squad Coach	Awarded to a swimmer from this squad who has recorded significant improvement over this season in training and results
Female/Male Intermediate Squad A&B Encouragement	Squad Coach	Awarded to a swimmer from this squad who has shown a willingness to listen to their coach, train hard, are always polite and interact well with their fellow squad members
Female/Male State Squad A&B Most Improved	Squad Coach	Awarded to a swimmer from this squad who has recorded significant improvement over this season in training and results
Female/Male State Squad A&B Encouragement	Squad Coach	Awarded to a swimmer from this squad who has shown a willingness to listen to their coach, train hard, are always polite and interact well with their fellow squad members
Female/Male National Squad Most Improved	Squad Coach	Awarded to a swimmer from this squad who has recorded significant improvement over this season in training and results

Trophy/Award*	Chosen by	Trophy/Award Criteria
Female and Male Albany Creek Club Champion 800m	Club Championships	Awarded to the winners of the 800m event at Club Championships
Female and Male Age Champions	Club Championships	Awarded to Age champions at trophy day
Female and Male 1st, 2nd & 3rd place Medals	Place getters at Club Championships	Awarded on the day of Club Championships
Rising Star	Coach	This Award is awarded to the swimmer, who demonstrates characteristics of a future star in terms of results in the pool, approach to training, work ethic and setting a positive example to other club members. Results in the pool may include Brisbane, QLD, Australian Championships and including school swimming results. This award takes into account holistic improvements to training performance. This trophy is a perpetual Trophy.
Most Improved Junior	Coach	Awarded to a swimmer who is 12yrs or younger, who has recorded the most significant personal performance improvement over the season. Results in the pool will include al Brisbane, QLD and Australian Championships and also takes into account holistic improvements to training performance.
Most Improved Senior	Coach	Awarded to a swimmer who is 13yrs and over, who has recorded the most significant personal performance improvement over the season. Results in the pool will include al Brisbane, QLD and Australian Championships and also takes into account holistic improvements to training performance.
Female Encouragement Award	Coach	Nomination of one swimmer from all squad coaches (excluding the National squad). From these three swimmers, one swimmer is chosen as overall winner. Nominated swimmers have shown a willingness to listen to their coach, train hard, are always polite and interact well with their fellow squad members.
Male Encouragement Award	Coach	Nomination of one swimmer from all squad coaches (excluding the National squad). From these three swimmers, one swimmer is chosen as overall winner. Nominated swimmers have shown a willingness to listen to their coach, train hard, are always polite and interact well with their fellow squad members.

*NOTE: Any of the Club's Trophies and Awards are subject to change at the discretion of Club's management committee.



SWIM MEET NOMINATIONS

Queries regarding swim meets should be directed to the ACSC Race Secretary (racesecretary@albanycreekswim.com). The Events Calendar on the Albany Creek Swim Club website provides instructions on how to nominate. All Albany Creek financial members are welcome to nominate for external swim meets sanctioned by the ACSC, Brisbane Swimming, QLD Swimming and Swimming Australia.

- All entries to meets are entered by the club race secretary. There is no need to contact the race secretary of the club hosting the meet.
- In addition to the meets being maintained on the club website, a 'Swim Meet' folder is located near the Physio's back door which has copies of all meet programs.
- All beginning and intermediate swimmers who swim at club night should initially enter Development meets in order to achieve qualifying times for later in the season. These meets allow for swimmers to make mistakes (e.g. false starts, incorrect turns, etc.) that would normally disqualify the swimmer, but result in the swimmer being given a warning from the meet officials.
- A great goal for junior swimmers is the Brisbane Junior Metropolitan Swimming Championships held in March each year.
- When nominating for meets, it is essential that entries are received by the closing date and that all entry fees are paid at the same time by EFT. If entries are not received by the closing date they will not be processed. The closing date is one week before the official closing date to ensure that all entries and all entry fees can be accurately checked. **Late entries will not be accepted.**
- If you have any issues about nominations or queries about meets, please feel free to contact the Race Secretary, or introduce yourself at the pool. Questions and queries are encouraged to ensure that all swimmers can take part in meets.
- Meet results can be found in the national database (<http://results.swimming.org.au>) which can be found on the Swimming Australia website.



Calendar of Events

The Calendar of Events is maintained on the club website accessible and accessible via the 'Event Calendars' link in the website menu. The calendar lists the dates of all upcoming meets, nomination due date, the downloadable meet flyer, club nominations and results.

The following items are of note in relation to meets and the club website's Events Calendar:

- The meet flyer contains all information regarding the meet including location and start time, program of events, entry fee (TM fee) and any minimum qualifying times.
- The meet entry list is added to the website and emailed to members once entries for a meet have been finalised. To rectify any errors in the nominations, please contact the race secretary as quickly as possible once an error is identified.
- Results are added to the website after completion of the meet.
- Coach preferred meets indicates which swim meet our coaches are attending.
- Direct any questions as to what events a swimmer should enter to their coach.

A summary of all 2015/2016 major competition events is provided below.

2015/2016 Brisbane Swimming Championship Events

These meets are points meet for the Brisbane Premiership competition. Our coaches and ACSC encourage all members to participate in these meets where possible.

Brisbane Short Course Championships	01 - 02 August 2015
Brisbane Open Water Swim	03 October 2015
Brisbane Senior Metropolitan Championships	30 October - 01 November 2015
Brisbane Relay Championships	31 January 2016
Brisbane Sprint Championships	06 - 07 February 2016
Brisbane Junior Metropolitan Championships	12 - 13 March 2016

2015/2016 Swimming Queensland Championship Events

Queensland Short Course Championships	28 - 30 August 2015
Queensland Open Water Championships	24 October 2015
Queensland Championships	12 - 18 December 2015
Queensland Sprint Championships	20 & 21 February 2016

2015/2016 Swimming Australia Championship Events

Australian Short Course Championships	05 - 09 November 2015
Australian Open & Age Open Water Championships	12 - 14 February 2016
Australian Age & MC Age Swimming Championships	28 March - 04 April 2016
Australian Swimming Championships	08 -15 April 2016

ALBANY CREEK SWIM CLUB SPONSORS 2014/2015

We would like to thank all sponsors for their generous support during the previous year.



- ***Queensland Government***
- ***AllStar Orthodontics at Albany Creek and Ashgrove***
- ***Aussie Home Loans (Candyce Johnson)***
- ***Mike Charlton (Moreton Bay Regional Council)***
- ***Peter Dutton MP (Federal Member for Dickson)***
- ***AMart All Sports***
- ***Tradesmen on Time***
- ***BKH Plumbing***
- ***Seymour Swimming***
- ***Upstream Plumbing***
- ***The Top Spot Fruit Market***
- ***Grill'd***
- ***Mark Trimble Pest Management***
- ***Hectic Helpers***
- ***Albany Aquatic and Sport Physiotherapy***
- ***Superior Electrical Services***
- ***Buz Photography***
- ***The AquaShop***

Members, if you get the chance please support these businesses. Don't forget to tell them that you saw their business here!