



Helensvale Swimming Club Inc.  
PO Box 235  
Helensvale Qld 4212

[www.helensvaleswimmingclub.com](http://www.helensvaleswimmingclub.com)

Contact: Kim Cook 0403 586701  
email: [secretary@helensvaleswimmingclub.com](mailto:secretary@helensvaleswimmingclub.com)  
ABN 84 518 090 610

## Frequently Asked Questions

### **1. What happens on Friday night Club night?**

You should ensure that you nominate for races before you arrive at Club. Forms are available at each Friday night for entry the following week of swimming. If you wish to participate in the Handicap Race you must nominate before swimming commences at 6.00am. The forms are available at the desk for completion.

### **2. How much are the Registration Fees?**

For the 1<sup>st</sup> and 2<sup>nd</sup> swimmer they are \$80.00 each. For a third swimmer it is \$60.00. If you have more than 3 swimming members your fees will be capped at \$220.00.

### **3. What happens in marshalling?**

The marshaller will call the race twice. If you do not attend marshalling in this time period and you miss your race the race will not be re-run. When attending marshalling it is expected that your behaviour is courteous and respectful. Misbehaviour will result in you not being allowed to participate in races.

### **4. What is required of parents at Friday night swimming and interclub carnivals?**

Firstly our club is not able to operate without the assistance of parents.

We hold a bbq on the night and a roster will be displayed. It is requested that a parent assist on the bbq on at least one occasion.

It is also necessary for parents to assist with timekeeping on the night. For Friday swimming night we only require one timekeeper on each lane and appreciate any assistance.

If any parent would like to participate more in the operation of our club we are always thankful of any assistance and please do not hesitate to speak with any of the committee members.

It is a condition of entry to the Helensvale Pool by Gold Coast City Council that all children 12 and under are accompanied by an adult. It is the policy of our club that all children will be supervised by their parents, however, should some emergency occur and your child or children needs to be left alone for a short period of time please do not hesitate to contact a committee member to discuss.



---

## **5. What do I need to do with timekeeping on Friday night swimming?**

When timekeeping it is necessary to start the stopwatch when the starter starts the race. The stopwatch should then be stopped when the swimmer reaches the end of the race. In breaststroke and butterfly the swimmer must use two hands to touch, in backstroke and freestyle one hand touch is sufficient. It is at the discretion of the race secretary to disqualify any swimmer. The time should then be recorded on the timesheet provided next to the swimmers name and under the event they are competing.

## **6. What is the difference between a recreational swimmer and a competitive swimmer?**

A recreational swimmer just competes only on Friday night swimming club against other Helensvale Swimming Club members. A competitive swimmer competes against other swimmers from other Swimming Clubs.

## **7. If I want to be a competitive member what do I need to do?**

Ensure that you are registered as a competitive swimmer and register for an interclub carnival.

## **8. How do I find out about Carnivals?**

All carnival information is available on the following websites:

[www.helensvaleswimmingclub.com](http://www.helensvaleswimmingclub.com)

[www.gcrsa.org](http://www.gcrsa.org)

[www.qld.swimming.org.au](http://www.qld.swimming.org.au)

## **9. How do I register for a carnival?**

It is important as a competitive member that you provide details of your nomination by the closing date of the carnival. This information should include what events you wish to swim at and what time you want to be nominated for. If no time is provided then the last time that was recorded for this event will be used or in the instance where no time is made a rough time will be calculated by the race secretary.

## **10. Is there a fee for racing at other carnivals?**

Yes there are race fees for carnivals and payment should be made with nominations. Payment of nomination fees should be provided to Mrs Collette Dolan our Treasurer or the Secretary, Kim Cook.

## **11. How do I contact the Race Secretary for my nominations?**

The Race Secretary is Jon Cook and can be contacted by telephoning 0403 586700 or email [racesecretary@helensvaleswimmingclub.com](mailto:racesecretary@helensvaleswimmingclub.com).



---

## **12. What do I do at the carnival?**

When you arrive at the carnival you need to advise the race secretary or coach (if in attendance) that you have arrived. Remember at all times you are a representative of our Club. We are required to provide timekeepers for specified meets and officials will request assistance. As a member of our club it is necessary to assist for at least 2 hours for timekeeping as and when required. These carnivals are sanctioned by Gold Coast Regional Swimming and Qld Swimming and cannot commence unless 3 timekeepers are on each lane.

## **13. What do I need to do with timekeeping at Interclub Carnivals?**

When your child is attending an interclub carnival it is necessary for 3 timekeepers on each lane. On these occasions automatic timekeeping is provided, however, the timekeeper must hit the red plunger when the swimmer completes his/her race. With this equipment it is not necessary to start the timing as it is done automatically by the starter. There is no need to record times as this is all automatically sent down to the officials via computer. So therefore not a lot to do – just press a red button. If there is only 1 parent attending we ensure that all the children are supervised as part of the team and that no child is left to its own devices while parents are timekeeping. We all assist in every way we can to ensure a safe carnival. If you are unsure about this please do not hesitate to discuss with any committee member.