

## 1. What is Interclub?

Interclub is a competition for junior and senior swimmers run over 5 weeks. Teams representing Northcote compete against other clubs from Melbourne and some country clubs.

Each week consists of relay races. There are no individual races.

The competition operates as a round robin and points are scored for each relay depending on how our team swims relative to the neighboring lanes. So we compete against different clubs in our grade each week.

## 2. Why enter?

Great meet! Swimmers learn to compete but do it as part of a team rather than solo. Swimmers see their performances improve.

At Winter 2008 we entered 8 teams, many teams placed first or second, but all teams had a lot of fun!

All teams learn lots and have fun anyway!

## 3. The Events

Each evening, each junior team swims 5 relays:

- 4 x 50m back
- 4 x 50m breast, free, breast, free
- 4 x 50m medley (as usual)
- 4 x 50 m fly, free, fly, free
- 4 x 50 m free

Senior teams swim 6 relays each evening:

- 4 x 50m back
- 4 x 50m breast
- 4 x 50m free
- 4 x 50 m fly
- 4 x 50m medley (as usual)
- 4 x 100m free

## 4. Team Grading

Teams are graded based on team entry times (an average of swimmer times for each stroke). Typically juniors with similar training colour caps will swim on the one team.

## 5. Some Guidelines

Swimmers are expected to swim the relays they have been allocated on a given night.

We vary which strokes each swimmer participates in but also try to let swimmers swim their strongest/ preferred strokes where possible. However, team balance is important.

No swimmer is allowed to swim more than 4 relays any week. Each swimmer must swim at least 2 relays each night they are racing.

When we structure teams we have some with the minimum number of swimmers who swim each of the 5 weeks. Other teams may have a larger number of swimmers and each swimmer may only swim 2 – 3 weeks out of the 5. We try to have one junior team with some flexibility so newer swimmers can have a try without being expected to come each week.

We prefer swimmers to be available at least 4 of the weeks when entering (it affects team grading and management).

## 6. Accident & Illness

It is critical that we know ASAP if illness or injury means a swimmer is not available for a given week(s). We have to make sure we have enough swimmers on that team to cover the absence and may need to arrange for a new team member to be accepted through Swimming Victoria. Otherwise we forfeit a race.

## 7. Who should enter?

All NSLSC swimmers (including Associates) are invited to enter. Swimmers aged 13 and over swim on the seniors team, all other swimmers compete in the junior grades.

Simon will advise suitability of younger swimmers to enter – so if not sure, please speak to him first.

Even if you have never competed at a meet this is the fun team-based one to try.

## 8. When is it?

**Friday 17<sup>th</sup> & 24<sup>th</sup> , 31<sup>st</sup> July, 7<sup>th</sup> & 14<sup>th</sup> August.**

Races start at 7:15 pm, swimmers arrive by 6:30 pm for stretching and warm up. Doors open at 6.15pm

## 9. Where is it?

**Venue: Melbourne Sports & Aquatic Centre (MSAC), Aughtie Drive, Albert Park**

The Junior team usually swim at one end of the pool and the senior team at the other. If so we will seat the parents and swimmers where they can best see their part of the pool.

Parking involves a ticket machine outside at MSAC or in the multi level car park.

If driving: car pool, give yourself plenty of time, be prepared to park and walk, use public transport.

## 10. What does it cost?

The cost per swimmer is \$25 for the competition. This fee covers each team's entry and covers coaching costs during the meet.

Cost of winter interclub will be put on next term's invoices.

## 11. MSAC Entry Cost

MSAC charges \$5.00 per swimmer, parent, sibling etc to enter the pool each Friday night. Concession and child spectators (5-17) are \$2.00.

*Consider these costs when deciding how many of your family attend per week.*

## 12. Time-keepers and other helpers

We must provide approximately 1 time-keeper (or other official) each week per team. We will help new time-keepers learn the ropes.

Not sure if you can time-keep? Other recognised jobs which helpers can do are checking swimmer names and recording results.

We need helpers to let us know their availability so we can make up a roster. If you are happy to time keep most/ specific or just one week, let us know.

If we don't provide the required number of helpers each week we cop a hefty fine!

We are issued with a number of free entry passes to be shared by our time-keepers each week. So if you time-keep one week you normally get in free another week.

## 13. Optional Contribution

The NSLSC Committee has noted that some families support interclub each week and make a considerable difference to our achievements. Other families, for various reasons, are unable to do so.

If you have a swimmer competing in Interclub and are unable to time-keep or help out at all, we ask that you consider a voluntary contribution to support the team (eg. \$10.00). Any money thus collected will be used towards the club meet entry and associated fees.

## 14. Team Managers

We will allocate a team manager for each Junior and Senior team. Team managers take responsibility for completing swimmer entry details each week and deciding who swims which legs. On Friday night they marshal their team.

We are provided with one free entry pass per team for the team manager to MSAC each week.

Interested parents/ usual suspects please advise of availability.

## 15. Swim Vic Registration

If you want to enter the meet you must have Competitor registration. If you are not registered as a competitor, please note it when you put your entry in.

## 16. What do the swimmers need each week?

- NSLSC swim cap (navy and gold one)
- Racing goggles (talk to coaches)
- Plain navy swim suit or NSLSC swim suit
- NSLSC polo or t-shirt, hoodie
- Beanies are a good idea
- 2 towels
- Water bottle and sensible snacks.

Please talk to Ruth Gilder ASAP if you need her to order club items for you and also if you want to check sizes. Get in early.

## 17. How do I find out more?

<b>Eligibility – ask a coach</b>	Simon / Karen / Eleanor
<b>Registration – Ruth</b>	0407 882 378
<b>Uniforms - Ruth</b>	0407 882 378
<b>Queries – Roy (Meet coordinator)</b>	9486 5058
<b>Entries: Email Cath at <a href="mailto:ntc.meet@gmail.com">ntc.meet@gmail.com</a> Or hand in at pool deck</b>	
<b>Please get your entries in by Thursday 11<sup>th</sup> June. Late entries may not be able to be accepted. There is no time to hesitate. The sooner we have entries the sooner we can compile the teams.</b>	