



CLUB HANDBOOK

2025/2026

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Presidents Address

Welcome to the 2025/ 2026 swimming and life saving seasons.

This handbook contains information that you will require at club level. For further information please refer to our website at www.thehills.org.au.

We wish all members and their families an enjoyable and successful swimming and lifesaving season.

Important Websites and Apps

- Website**  www.thehills.org.au
- Facebook**  <https://www.facebook.com/thehillsswimclub>
- Instagram**  <https://www.instagram.com/hillsswimsocial/>
- Stack Team**  Swimming club = The New Hills SLSC
The **GENERAL GROUP** this is for all club members including lifesaving and will have announcements like Christmas parties, presentation nights, uniform updates.
The **FRIDAY NIGHT CLUB** this gives rosters, weather updates, program changes, target nights etc.
The **EXTERNAL MEETS** group is for any inter-club meets that swimmers are attending.
The **LIFESAVING GROUP** is for lifesaving members only
Joining the relevant Stack Team App is particularly important for Swimming members on Friday nights if there are any weather concerns.
Coach communication = Waves Squad



The NEW Hills SLSC

Member



WAVES Squad

Member

- Meet Mobile**  Swimmers / events / times.

Needs to be purchased in the App store

Our Mission

- The Mission of our Club is to promote, teach and encourage skilled, proficient and experienced swimming and/ or life saving skills in the Hills community.
- To support our local swimmers and life savers to compete at state, national and international levels.
- To create an atmosphere in which all participants will learn the value of embracing positive ideals and values.

Member Welfare Policy

Our Club endorses Swimming Australia's Member Welfare Policy which aims to ensure that:

- The sport of swimming in Australia is conducted in an environment characterised by fairness, safety and respect, and
- Every person involved in the sport of swimming is treated with respect and dignity and is safe and protected from bullying, harassment or discrimination, and
- Every person involved with our sport is aware of their legal and ethical rights and responsibilities.

Under the Welfare Policy, behavioural guidelines are enforced for all competitors, technical officials, parents/guardians, spectators and other people involved in the sport of swimming. A failure to comply with those guidelines may result in disciplinary action being taken against the person concerned in accordance with the rules of our Club and Swimming NSW.

The Welfare Policy is supplemented by Swimming Australia's Child Welfare Policy which provides specific guidelines and procedures relating to the welfare and wellbeing of children.

All members of our Club are requested to familiarise themselves with these policies and guidelines. Links to these policies and guidelines are available from our website at www.thehills.org.au

In addition, members are encouraged to undertake the free online Member Welfare Policy training. A link to this training is also available from our website

Uniform

The Hills club uniform is blue and white. When representing the club at carnivals, the club polo shirt and Hills swimming cap need to be worn. Other uniform items are optional.

In their first year of membership, members receive a Hills polo shirt and a Hills swim cap. At the start of each subsequent season, renewing club members receive a Hills swim cap. Members are welcome to purchase additional uniform items (e.g. hoodie, shorts, track pants, bucket hat) from our uniform supplier at the following link [The Hills Swimming and Surf Lifesaving Club – Miklin & Co.](#) The uniform supplier make items to order and it can take up to 4 weeks for delivery.



Members who represent the club at higher levels are presented with representative uniform at a club night or other suitable time and photos are taken to celebrate their achievement. Representative uniform is as follows:

- Metropolitan swimming championships – ‘Hills Representative’ swim cap.
One cap issued per year
- State Age (Senior, Youth, or Open) Swimming Championships relay representative – ‘Hills State Relay’ cap. One cap issued per year
- State Age (Senior, Youth or Open) Swimming Championships individual qualifier – ‘Hills State Representative’ cap. One cap issued per state championships (short course/ long course)
- State Open Water Swimming Championships qualifier – White ‘Hills Open Water’ cap. One cap issued per event
- National (Age, Open) Swimming representative – First time qualifier: Hills track pants, Hills jacket with surname, ‘Hills National Representative’ cap with surname x 2, training top, National polo with name, event location and date. Subsequent qualifiers – ‘Hills National Representative’ cap with surname x 2, training top, National polo with name, event location and date.
- National Open Water swimming – ‘Hills National Representative’ cap with surname x 2, National open water long sleeved polo with name, event location and date.
- National Lifesaving – First time qualifier – Hills long sleeved polo with name and 2 x ‘Hills National Representative’ cap with surname x 2. Subsequent qualifiers – Hills National Representative’ cap with surname x 2.



We're thrilled to offer you an exclusive 32-40% discount on all Arena products through our partnership with Arena. To access this discount, please follow these simple steps:

1. New Members: Register on the Hills Swimming Club via the link:
The Hills Login Page
2. Existing Arena Account Holders: Go to “My Dashboard” on the Arena website and update your club affiliation to The Hills Swimming Club

Once done, you'll be all set to enjoy discounted pricing on Arena gear

Club Officials for 2025/2026

POSITION	CONTACT	CONTACT DETAILS
President	Adam Thomas	thehillspresident1@gmail.com
Vice Presidents	Graham Taylor Chris Hand	thehillsvp1@gmail.com thehillsvp2@gmail.com
Secretary	Corrie Sebire	thehillsecretary1@gmail.com
Treasurer	Greg Dickson	thehillstreasuer@gmail.com
Registrar	Steve Carter	thehillsregistrar@gmail.com
Friday Night Race Secretary	Jackie Hogan	thehillsfnc@gmail.com
External Race Secretary	Vacant	
Chief Recorder	Graham Taylor	thehillsvp1@gmail.com
Life Saving Secretary	Penny Hodgers	thehillslifesaving@gmail.com
Uniform Coordinator	Donna Thomas	thehillsuniforms@gmail.com

THE HILLS SWIMMING CLUB

General Information

The Swimming section meets on Friday nights at Waves Pool. Events commence at 6:30pm. Swimmers need to enter the events they want to swim 48 hours prior to the club night. On the Friday night they should arrive at 6.10pm to be ready for marshalling to commence at 6:15pm. Any special awards and presentations are done prior to the commencement of the night at 6:20pm

Normal swimmer and spectator entry fees must be paid each Friday upon entry to the pool.

Key dates for the calendar 2025/2026

Season commences	10th October 2025
Last swimming night before Christmas	19th December 2025
Party Night	19th December 2025
Resumption after Christmas	9th January 2026
Club Championships*	
Long Distance Night	
Hills Long Course Meet Waves, Baulkham Hills	Sunday 1st March 2026

Swimmers need to meet eligibility requirements

The 2025/ 2026 program are shown below:

Membership

First Claim Members

A 'first claim' member is a swimmer who represents The Hills as their primary affiliation for competitions. Only first claim members can hold club records and wear The Hills uniform.

Second Claim Members

A swimming member who holds primary affiliation with another swimming club. A small number of Second Claim memberships are available and these members can swim at The Hills club nights as a representative of their primary swimming club.

Friday Night Swim Club

How to enter

All race entries are submitted online via Swim Central ([LINK](#)). Swimmers can enter up to three races each Friday night, of different strokes. Different strokes and distances are offered each Friday night.

What to enter

Each swimmer may enter three events per night, if for any reason a fourth event is entered on the night this will not be scored for points but will still be an official time.

Please do not enter 25, 50 or 100m in the same stroke in one night, as these races are back to back which delays the night and is not fair on the swimmer to achieve their best results.

On Nights where 200m events are available, there are two conditions. Swimmers may choose either 200m Freestyle or 200M Individual Medley (IM) but not both.

Swimmers may only enter one form stroke of 200m distance per night. A form stroke is Butterfly, Breaststroke and Backstroke. For distances of 25m up to 200m events there are no qualifying times for the Friday night program. However, it is strongly recommended that swimmers follow the progression times indicated below before entering the next distance.

For 800 and 1500m events a swimmer must have previously swum the 400 within the recommended time in any season. Referees will also recommend that younger swimmers who have yet to demonstrate correct technique in certain events remain at a distance suitable for them.

PROGRESSION GUIDELINES						
	25m to 50m	50m to 100m	100m to 200m	200m to 400m	400m to 800m	400m to 1500m
Freestyle	25.00 sec	52.00 sec	1:40.00	3:10.00	6.30.00	6.30.00
Butterfly	30.00 sec	55.00 sec	1:50.00			
Backstroke	30.00 sec	58.00 sec	1:55.00			
Breaststroke	32.00 sec	1:02.00	2:02.00			
Individual Medley			Meet 3 out of 4 respective 50m times	3:40.00		

Once a swimmer has successfully achieved a 25m Progression Guideline, they should immediately move to the 50m distance for that stroke and not swim that 25m event again.

Timekeeping

Timekeeping is a very important part of race nights, all families are asked to assist with timekeeping, and this is done by a roster based on entries. If you wish to timekeep on certain nights, please let us know, or if another parent is bringing your child and you won't be in attendance, please let us know.

Swimmers under 16 must have an accountable adult in attendance for club nights.

Waves Entry

Waves charge entry into the facility on Friday nights, however, to assist the club in running race nights the spectator fee for rostered volunteers is waived. The roster is given to reception each week and sent out on Stacks Team App. In the event that a rostered volunteer has not arrived, others are asked to fill in, the spectator fee will be reimbursed by the club.

Disqualifications

The volunteer referees on Friday nights are accredited officials who need to ensure that members swim in accordance with the World Aquatics rules. If a swimmer does not swim in accordance with the World Aquatics rules, they will be disqualified. In the event that this happens, the referee will advise the swimmer and they should discuss this with their coach. This is a learning curve, especially for the young and inexperienced swimmer, but it will result in fewer swimmers disqualified when they compete at carnivals.



2025-2026 Friday Night Race Timetable

Marshalling - 6.30pm, please arrive 6.15pm

2025		2026	
DATE	PROGRAM	DATE	PROGRAM
20 September	All 25s and 50s	9 January	PROGRAM 2
27 September	All 25s and 50s	16 January	PROGRAM 3
10 October	PROGRAM 1	23 January TBC	PROGRAM 4
17 October	PROGRAM 2	30 January	PROGRAM 1
24 October	PROGRAM 3	6 February	PROGRAM 2
31 October	No Club MNW Champs	13 February	PROGRAM 3
7 November	PROGRAM 4	20 February	PROGRAM 4
14 November	PROGRAM 1	1 March Sunday	The Hills LC Meet
21 November	PROGRAM 2	6 March TBC	Club Champs Open State
28 November	PROGRAM 3	13 March TBC	Club Champs
5 November	PROGRAM 4	20 March TBC	Club Champs Youth State
12 December	PROGRAM 1	27 March TBC	Club Champs
19 December	XMAS PARTY NIGHT	3 April TBC	Farewell to Summer SC

Distance Night - Club Championships

200m Freestyle – 8yrs & under only
 400m Freestyle
 800m Freestyle
 1500m Freestyle
 400m Individual Medley

- Swimmers may only enter one event.
- No Qualifying time for 400m events.
- To enter 1500 and 800 events a time of 6:30 for 400m needs to be met previously.

Target nights

Club Championships Program

DATE	STROKE	7yrs & Under Male/Female	8 – 12 yrs Male/Female	13 – 29 yrs Male/Female	30 yrs + Male/Female
TBC	Backstroke	25m	50m	100m	50m
	Butterfly	25m	50m	100m	50m
	Freestyle	50m	100m	200m	100m
TBC	Freestyle	25m	50m	100m	50m
	Breaststroke Open IM*	25m	50m 200	100m 200	50m 200
TBC	Distance Night				

All members are allowed to participate in club championships for official swim times, however only those swimmers who have met the 50% attendance to club night criteria are to able place and receive points. To compete in events marked with an • swimmers must have met the Progression time for the shorter distance or may be entered under invitation.

2025-2026 Friday Night Race Programs

Club Programs

PROGRAM 1	PROGRAM 2	PROGRAM 3	PROGRAM 4
Freestyle 800	FREE/IM 200m	Freestyle 1500	Any Form Stroke 200
Breaststroke 25, 50, 100	Butterfly 25, 50, 100	Backstroke 25, 50, 100	Freestyle 25, 50, 100
Freestyle 25, 50, 100	Breaststroke 25, 50, 100	Butterfly 25, 50, 100	Backstroke 25, 50, 100
Backstroke 25, 50, 100	Freestyle 25, 50, 100	Breaststroke 25, 50, 100	Breaststroke 25, 50, 100
Butterfly 25, 50, 100	Backstroke 25, 50, 100	Freestyle 25, 50, 100	Butterfly 25, 50, 100
Individual Medley 400	Any Form Stroke 200	Freestyle 400	FREE/IM 200m

Entry Guidelines

- Each swimmer may only swim 3 events per night.
- Consecutive distances of 25, 50 or 100m may not be swum in same stroke in one night.
- A distance event (200m+ events) may only be swum in 1 form stroke per night.
- For 25m to 200m events there are no qualifying times on the Friday night program. However, it is strongly recommended that swimmers follow the progression times indicated on the Progression Guidelines chart before entering next distance.
- For 800 and 1500m events a swimmer must have previously swum the 400 within the recommended time In any season.
- Referees will also recommend that younger swimmers who have yet to demonstrate correct technique in certain events remain at a distance suitable to them.
- Once a swimmer has achieved a 25m Progression Guideline, they should immediately move to the 50m distance for that stroke and not swim that 25m event again.
- When rostered for timekeeping, it is for the duration of the night except for distance events held last. Where swimmers must provide their own timekeeper.
- Swimmer 16 and under must have a parent in attendance for club nights.

Swimming Season Points

Each club night swimmers earn points based on entries and improvement in times. Each first attempt at an event earns 2 points, and each repeat entry earns scaled points dependent on time improvement.

Swimmers may also earn points by volunteering on nights they are unable to swim for example and injury or competing in major event in the following days. Please let us know if they are officially volunteering.

Replacement points are awarded to swimmers who are unable to attend due to a Championship meet that weekend.

At the end of the season Club Championships are held, these are held like a mini meet and swimmers race against other swimmers of the same age and gender. All swimmers are eligible to race however only those that have attended the required amount of club nights (or eligible championship meets) are able to compete for placings. The required number of club nights is 50%.

Long Distance Night

A swimmer may swim either 400m Freestyle or 400m Individual Medley, 800m or 1500m Freestyle. One distance only will be allowed. There are no qualifying times, except for the 1500m Freestyle. To enter that event a swimmer must have swum 400m Free in a time of 6:30.00 or better. If you have any queries, please contact the Hills Race Secretary.

Club Championships

- To be eligible to swim in the Club Championships a member must have swum a minimum of 50% Club swim nights prior to the first night of the Club Championships. If a member does not swim on a Club swim night because they are representing the Club at a Metro, State or National carnival on the Saturday or Sunday thereafter, they will be taken to have swum at that swim night.
- Only first claim members are eligible for points at the Club Championships. Points for Club Championships, which are separate to the season point score awards, are as follows –

8 points	-	1st Place
5 points	-	2nd Place
3 points	-	3rd Place
1 point	-	Completing event
0 points	-	Disqualification

The boy and girl champion in each age group will be the one who has attained the highest number of points from the championship events. Championship awards to 1st, 2nd, and 3rd in each age group.

External Meets

The Club is affiliated with Swimming Metro North West Inc (SMNW) which is in turn affiliated with Swimming NSW Ltd.

All swimmers must swim at the age they are on the first day of a particular carnival e.g. a 9 year old swimmer whose birthday is on 10 June enters a two-day carnival on 9/10 June swims as a 9 year old.

Details of most carnivals can be found on the Swimming NSW Website.

<https://nsw.swimming.org.au>

The Club attends many carnivals throughout the year, and details of these carnivals will be posted on The New Hills Team App.

To enter a carnival, you must enter via Swim Central, an easy to follow user manual can be found on the Hills Swim Club website.

External carnival entries are submitted via the hosting club or associations website. Some external carnivals may include a qualifying time for an event. In this instance, a swimmer must have an entry time that is either faster than the time listed to be able to enter the event.

- Targeted (coaches attend and do warm ups and briefing, debriefing)

- Qualifying (sharp entry times)

- Development (soft or no qualification times)

Please ensure you are aware of the carnival closing dates for competitions you are considering entering. Some Meets are quite popular and restrict the number of entries, and so it is best to enter as soon as possible to avoid disappointment.

When attending an external meet, swimmers should wear their Hills Swim Club uniform, and should bring food and drinks for the day.

<https://nsw.swimming.org.au/news-articles/essential-tips-swimming-nsw-members-what-you-need-know>

Multi Class Swimmers

Multi Class swimming is a form of competition designed for swimmers with disability. You can find out how to get classified and what is considered an eligible impairment at <https://nsw.swimming.org.au/swim/swim-for-life/disability> The Hills Club currently has 2 Multi Class swimmers and if you have any questions please feel free to contact thehillssecretary@gmail.com

Club Records

Club records are recorded on the Club's website: <http://thehills.org.aus> website. There are records for males and females from age 4 to adults for events swum at the home pool and external venues.

THE HILLS LIFESAVING CLUB

Key dates for the calendar 2025/2026

Season commences	12th October 2025
Bronze Medallion / Bronze star classes will be examined on	2nd November 2025
First day of 2026 / recommencement:	1st February 2026
Season Finishes	2nd August 2026



***Affiliated with Royal Life Saving Society
New South Wales***

***“Recognised as one of Australia’s leading
lifesaving clubs and a proud home to national
champions, international representatives,
and future coaches.”***

About Pool Lifesaving

Pool Lifesaving is a dynamic sport that tests a lifesaver's ability in rescue, accident prevention, and emergency care — skills that save lives and last a lifetime.

Beyond competition, it builds confidence, teamwork, and leadership while offering a welcoming and supportive community.

Participation at Hills Lifesaving

Hills Lifesaving offers opportunities for all ages and abilities — from our Junior Lifesavers through to Masters and our elite international athletes. The club's inclusive and diverse environment fosters lifelong friendships and personal growth, whether members train for fitness, skill development, or high-level competition.

Training & Competition

Regular training sessions are held on Sunday mornings, led by experienced and accredited coaches, including NSW and Australian team coaches.

Athletes can represent Hills at inter-club, State, National, and International competitions — with Hills consistently producing podium performances and national representatives at events such as the Australian Pool Lifesaving Championships and the Commonwealth Lifesaving Championships.

Duke for Sport (Duke of Edinburgh Program)

Hills Lifesaving proudly supports participants of the Duke of Edinburgh's International Award through its Duke for Sport pathway. Lifesaving provides an ideal platform for the Award's Physical Recreation and Skills components — encouraging young people to stay active, develop leadership, and give back to the community through lifesaving and first aid.

Many Hills members use their lifesaving training, competition involvement, and volunteer hours toward achieving their Bronze, Silver, and Gold Duke Awards.

Lifesaving Events

Athletes compete across 10 core events, each testing different rescue and emergency response skills:

- Line Throw
- Manikin Carry
- Manikin Tow (with and without fins)
- CPR
- SERC (Simulated Emergency Response Competition)
- Rescue Medley
- Obstacle Swim
- Relays
- Super Lifesaver

Recent Highlights

Hills Lifesaving continues to be recognised nationally for excellence and performance:

- **2024 Australian Pool Lifesaving Championships:** Hills athletes claimed multiple gold medals and set new Australian records across youth and open divisions.
- **Commonwealth Lifesaving Championships (Canada 2023):** Several Hills athletes represented Australia, contributing to overall team success and medal tallies.
- **NSW Team Representation:** A strong contingent of Hills members were selected for the NSW State Team, reflecting the club's depth of talent and commitment to high-performance development.
- **Junior Development:** Hills' Junior Lifesavers program has grown rapidly, fostering the next generation of lifesavers and creating a clear pathway from participation to elite competition.



Carnival Coaching

A coaching program will be held to improve competition life saving skills and techniques to encourage members to attend carnivals throughout the season. Our Club, along with other clubs, holds competitions culminating in State and Australian Pool Championships each year.

Inter-club Carnivals & Competitions

All members involved in life saving are invited to attend inter-club carnivals.

Competitions include individual and team events based on aspects of life saving conducted in award classes.

Members compete in the following age groups (age as at 1 January of the competitive season) with the minimum qualifying award:

Under 9yrs Swim & Survive Level 4

9 – 10 yrs Swim & Survive Level 5

11 – 12yrs Swim & Survive Level 6

Under 16yrs Bronze Star

Under 19yrs Bronze Medallion

Open Bronze Medallion

30 – 44yrs Bronze Star

45yrs & over – Bronze Star

Programs will be posted on the Club app/WhatsApp Group.





All participants are responsible for -

- advising the Team Manager promptly if they are unable to attend so a substitute may be made,
- reporting to the Team Coach at poolside 1 hour before the nominated start time for warm up,
- sitting with the Club for easy management of teams and for Club support,
- wearing the correct Club attire, including Club caps which must be worn at all carnivals.

State Championships

To be eligible to compete at the RLSSA State Championships swimmers must have completed in at least 50% of the Inter-club Point Score Carnivals for the season.

Australian Pool Lifesaving Championships

The Australian Pool Lifesaving Championships are held yearly, date and meet location will be announced closer to the date.

Events are in the following age groups – U14, U16, U19, Open and 30 years & over. (Age as at 1 January of the competitive season).



Life Members Past & Present

Robert Graham	LM 1984	Deceased
Graham Taylor	LM 1985	
Pauline Allan	LM 1987	
Kenneth Everett	LM 1989	Deceased
Marilyn Tobin	LM 1993	
Bernard Boyle	LM 1995	Deceased
Alan Kerruish	LM 1995	
Damian Hofman	LM 2002	
Melanie Williams	LM 2008	
Steven Williams	LM 2010	
Tony Stanley	LM 2011	
Pam Stanley	LM 2011	
Norm Stanley	LM 2011	
Mark Payne	LM 2014	
Sandra Richardson	LM 2017	
Jacqueline Hogan	LM 2025	
Gregory Dickson	LM 2025	
Colin Jarvis	LM 2025	