
HARLEQUINS

AQUATIC CLUB



Dear Parents and Swimmer

Welcome to the Harlequins Family, we hope that you will be very happy with us.

Please feel free to contact any of the committee members if you need any assistance or need any additional information about anything or if any communication is unclear.

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CLUB OBJECTIVES:

The objectives are to provide an environment in which every swimmer can attain their true potential both mentally and physically.

This inter alia will include:

- Access to the best possible coaching methods
- Creating a sense of comradeship amongst the swimmers, sharing each others success and failures
- To promote and develop Club Swimming and Team Spirit
- To assist, and where possible, actively promote the image of swimming on a Club, Provincial and National level and to administer swimming in line with regulations promulgated by Border Aquatics and Swimming South Africa

CODE OF CONDUCT:

In consideration of selection by the Harlequins Aquatic Club, representative swimmers must:

- 1.1 Do as Managers and Coaches direct them to;
- 1.2 Behave in a proper manner;
- 1.3 Advise Managers and Coaches of any misbehavior;
- 1.4 Advise Managers and Coaches of any medical conditions;
- 1.5 Not behave in a manner, which will bring Harlequins Aquatic Club into disrepute.

We acknowledge that, in the event of any breach of 1.1 to 1.5 above, and at the discretion of Managers, Coaches and Committee

Members of Harlequins Aquatic Club, representative swimmers may be:

- 2.1 Deprived of privileges;
- 2.2 Disciplined;
- 2.3 Withdrawn from meet or camp;
- 2.4 Sent home immediately;
- 2.5 Reported to the Harlequins Aquatic Club Committee;
- 2.6 Suspended from swimming.

RULES AND REGULATIONS:

Coaches

- Swimmer must be in the water on time;
- Swimmers must acknowledge the Coach before and after training;
- Swimmer must respect the Coach and his/her wishes;
- When the Coach starts talking, swimmers must stop talking and listen;
- Swimmers must stretch 10 minutes before training / racing and 10 minutes after training / racing;
- Swimmers must take part in their dry land training;
- Swimmers must attend warm-ups at galas on time;
- Swimmers must sit as a team at each and every gala;
- Swimmers must do a cool down swim after each and every race;
- Swimmers must speak to the Coach either before or after every race or both.

Parents

- Parents may communicate with the Coach via sms, email or phone call.
- Parents may book appointments with coaches at a mutual convenient time.

General

- Swimmers must have discipline in and out of the water;
- Swimmers must conduct themselves with pride and integrity;
- Swimmers must be humble in victory and gracious in defeat;
- Swimmers must respect and take responsibility for their equipment, especially Club equipment;
- Swimmers must respect their team mates wishes / goals and treat others the way they wish to be treated;
- Swimmers must be supportive of one another;
- Swimmers must be committed to train hard;
- Swimmers must have the correct attitude and approach to training;
- Swimmers must have a high level of motivation to train properly.

DOCUMENTATION:

The following documentation has to be completed every year:

1. Harlequins Affiliation Form (for gala and non gala swimmers)
2. SSA registration form - swimmer (& copy of birth certificate for first time registration)
3. SSA registration form – Officials (& copy of ID for first time registration)

Forms will be available on the web page and with coaches then ready

For a swimmer to be able to swim in any BCA, club or National Galas (not schools), they have to be registered with SSA.

Registrations must be completed 14 days before the closing date of gala entries.

Please note that Harlequins still needs to proses the paper work and we cannot only receive it 14 days before.

Fees:

1. 2016/2017 SSA and BCA fees to be paid with registration (SSA R345 + BCA R210)
2. Harlequins Gala Swimmer: R450 per swimmer per annum 1 child
Harlequins Gala Swimmer (child 2 or more): R350 per child
Harlequins Associate Member (non gala swimmer): R350 per swimmer per annum
3. Coaches fees (monthly is completely independent of Harlequins fees)

SQUADS

		<i>TRAINING TIMES</i>
<u>JUNIORS</u>	<ul style="list-style-type: none"> • Pre – Primary • Ability to swim 50m: Back, Breast and Free • Maturity and focus • Coaches intuition 	Mon, Tues, Thurs, Fri 14:30 – 15:15 Sat: 08:15 – 09:00
<u>SENIORS</u>	<ul style="list-style-type: none"> • Grade 2 • Qualified for Level 1 • Maturity and focus • Constant training habits • Coaches intuition 	Mon, Tues, Thurs, Fri 15:15 – 16:15 Sat: 09:00 – 10:00
<u>ELITE</u>	<ul style="list-style-type: none"> • Grade 4 • Well qualified for level 1 • Maturity and focus • Constant training habits • Coaches intuition 	Mon, Tues, Thurs 16:00 - 17:30 Fri 16:00 – 17:10 Wed: 14:30 -15:30 (Summer at Joan Harrison, winter at VA) Sat: 09:00 – 10:00 <u>Morning Training</u> Tuesdays & Thursday 05:45 – 06:45
<u>PRIME ELITE</u>	<ul style="list-style-type: none"> • Grade 7 • Qualified for Level 2 • Grade 6 if qualified for level 3 • Maturity and focus • Constant training habits • Coaches intuition • Specializing in swimming 	Mon, Tues, Thurs, 17:30 – 19:30 Fri 16:45-18:15 Wed: 15:00 -17:00 (Summer at Joan Harrison, winter at VA) Sat: 09:30 – 11:30 <u>Morning Training</u> Tuesdays & Thursday 05:45 – 06:45
<u>GONUBIE</u>		Monday, Wednesday, Friday 15:00 – 16:00

Swimmers at Virgin Active to please remember their gym cards and respect restaurant area.

HARLEWINGS:

- Harlewings are earned as per the times stated for either Men's (boys) or Ladies (girls)
- You work your way up from wing 8 to wing 1 as your times improve
- Harlewings bear no relevance to age of swimmer
- Harlewings are earned by comparing a swimmers PB (personal best) times that correspond to the relevant wing times
- You can therefore earn wings on your best and worst times
- You earn a wing once for a certain time. You are awarded your next wing only once you have progressed to the next level of times
- Harlewings are awarded once a year at the Harlequin Aquatics prize- giving

MALE

FREE

Distance	International	1	2	3	4	5	6	7	8
(meters)		GOLD	SILVER	BLUE	RED	AQUA	GREEN	YELLOW	WHITE
50	22.62	24	25.2	26.7	29.4	32.6	36.5	39	43
100	49.67	53	56.2	1.00.00	1.07.20	1.16.00	1.26.00	1.46.00	2.12.00
200	1.49.39	1.56.00	2.03.00	2.12.00	2.28.00	2.47.00	3.10.00		
400	3.52.81	4.08.00	4.23.00	4.41.00	5.15.00	5.56.00	6.45.00		
800	8.07.02	8.36.00	9.12.00	9.56.00	10.13.00	12.47.00	14.42.00		
1500	15.21.41	16.30.00	17.39.00	19.04.00	21.33.00	24.34.00	28.15.00		

BREAST

Distance	International	1	2	3	4	5	6	7	8
(meters)		GOLD	SILVER	BLUE	RED	AQUA	GREEN	YELLOW	WHITE
50	28.73	30.7	32.2	34.1	37.5	41.6	46.6	50.0	54.0
100	1.02.34	1.06.50	1.10.00	1.15.00	1.24.00	1.35.00	1.47.00	2.02.00	2.28.00
200	2.15.42	2.24.60	2.33.00	2.44.00	3.04.00	3.28.00	3.57.00		

FLY

Distance	International	1	2	3	4	5	6	7	8
(meters)		GOLD	SILVER	BLUE	RED	AQUA	GREEN	YELLOW	WHITE
50	24.47	26.1	27.4	29	31.9	35.4	39.6	42	44
100	53.65	57.3	1.01.00	1.05.30	1.13.00	1.22.50	1.33.00	1.58.00	2.24.00
200	1.59.0	2.07.60	2.15.00	2.24.00	2.41.00	3.02.00	3.27.00		

BACK

Distance	International	1	2	3	4	5	6	7	8
(meters)		GOLD	SILVER	BLUE	RED	AQUA	GREEN	YELLOW	WHITE
50	26.31	28.1	28.5	31.3	34.4	38.2	42.8	45	48
100	55.69	59.5	1.03.00	1.07.40	1.15.50	1.25.30	1.36.40	2.00.00	2.26.00
200	2.00.51	2.09.40	2.17.00	2.26.00	2.43.00	3.04.00	3.30.00		

IM

Distance	International	1	2	3	4	5	6	7	8
(meters)		GOLD	SILVER	BLUE	RED	AQUA	GREEN	YELLOW	WHITE
200		2.11.00	2.19.00	2.29.00	2.47.00	3.09.00	3.35.00	3.52.00	
400		4.39.00	4.56.00	5.17.00	5.55.00	6.41.00	7.37.00		

FEMALE

FREE

Distance	International	1	2	3	4	5	6	7	8
(meters)		GOLD	SILVER	BLUE	RED	AQUA	GREEN	YELLOW	WHITE
50	25.62	27.3	28.5	30.2	33.2	36.8	41.2	45.0	50.0
100	55.79	59.8	1.03.00	1.07.00	1.15.00	1.25.00	1.36.00	2.04.00	2.30.00
200	2.00.34	2.09.30	2.17.00	2.26.50	2.44.00	3.05.00	3.31.00		
400	4.12.40	4.31.00	4.47.00	5.07.00	5.44.00	6.29.00	7.23.00		
800	8.38.70	9.17.50	9.56.00	10.44.00	12.08.00	13.50.00	15.54.00		
1500	16.59.05	18.00.00	19.15.00	20.47.00	23.29.00	26.46.00	30.47.00		

BREAST

Distance	International	1	2	3	4	5	6	7	8
(meters)		GOLD	SILVER	BLUE	RED	AQUA	GREEN	YELLOW	WHITE
50	32.42	34.8	36.5	38.7	42.6	47.3	52.9	57	1.01.00
100	1.09.78	1.15.00	1.19.50	1.25.00	1.35.00	1.47.00	2.09.00	2.33.00	2.59.00
200	2.29.11	2.40.20	2.50.00	3.02.00	3.24.00	3.50.00	4.22.00		

FLY

Distance	International	1	2	3	4	5	6	7	8
(meters)		GOLD	SILVER	BLUE	RED	AQUA	GREEN	YELLOW	WHITE
50	27.43	29.5	31	32.8	36	40	44.3	47	51
100	59.8	1.04.20	1.08.00	1.13.00	1.22.00	1.33.00	1.45.00	2.06.00	2.32.00
200	2.11.85	2.21.50	2.30.00	2.40.50	3.00.00	3.23.00	3.51.00		

BACK

Distance	International	1	2	3	4	5	6	7	8
(meters)		GOLD	SILVER	BLUE	RED	AQUA	GREEN	YELLOW	WHITE
50	29.85	32	33.6	35.6	39.2	43.5	48.7	52	56
100	1.02.53	1.07.00	1.11.00	1.16.00	1.25.00	1.36.00	1.48.00	2.11.00	2.37.00
200	2.13.61	2.23.50	2.32.00	2.43.00	3.03.00	3.27.00	3.56.00		

IM

Distance	International	1	2	3	4	5	6	7	8
(meters)		GOLD	SILVER	BLUE	RED	AQUA	GREEN	YELLOW	WHITE
200	2.16.37	2.26.00	2.35.00	2.46.00	3.06.00	3.30.00	3.59.00	4.15.00	
400	4.47.75	5.09.20	5.28.00	5.51.00	6.33.00	7.24.00	8.26.00		

GALA ENTRY PROCEDURE:

- Event programs will be e-mailed to all Members well before the closing date for entries and will be available for download from the harlequins web page: www.harlequinsaquatic.co.za. Event programs will also be handed out by coaches.
- Please consult with coach regarding events to be swum before submitting entries.
- Gala entries can to be done electronically:
 1. via the website– email link will be provided under events
 - or**
 2. can be emailed to records officer harlequinsaq@gmail.com, please make sure you get a reply that your email was received.
- Gala Entry Fees to be paid into Harlequins Bank account: **NO CASH**
 - Banking details will provided on entry forms please send POP with gala entry, **please use correct reference as per gala entry form.**
- The BCA records officer will send the Club a list of the entries submitted for the gala. These are to be **checked** in case of errors. Errors are to be reported directly to Harlequins records officer via email. It is as much your obligation as ours to double-check this. Entries will be loaded on the web page and message will be send via Whatsapp when they are available for checking.

GALA INFORMATION:

1. Swimmers are to arrive at the pool one (1) hour before the gala is due to start and are to report to their Coach for warm-ups.
2. Swimmers to please wear Harlequins kit. For all medal presentations Harlequins track suit or parka and shoes must we worn, please note not all galas are medal galas
3. If your child is unable to swim an event, please consult immediately with the coach. Thereafter, please advise the Team Manager, in order that he/she may scratch the swimmer from the race with the Gala Administration staff. Scratching is only accepted up to ½ an hour before the start of the session. The Club will be penalized if a swimmer does not present for his/her race, normally in the form of a fine, which will be passed on to the swimmer/parents.
4. All swimmers are to report to their Coach before and immediately after their races for instruction, constructive criticism and feedback. V does call the swimmers for their events and sends them down to the **competitor steward** - it is still the swimmers responsibility to ensure that they do not miss their event - fines apply to swimmers who miss their events and swimmers may be refused to swim more events until fines are paid. Please follow the program, at the end of the day it is the swimmers **own** responsibility to report for the event, they sometimes announce the event but you can't always hear it properly.
5. Competitor steward is the person that makes sure all the kids are lined up properly to go to the starter block, e.g. h heat 3 lane 5.
6. If there are relays in the gala please don't leave without confirming with the coaches as your child might be swimming in a relay event.
7. HARLEQUINS swimmers are to be courteous and mindful of their manners at all times. (All Officials at Galas are volunteers who give up of their personal time to enable the swimmers to achieve recordable times in their races. As with everywhere in life good manners and politeness can get you far and is appreciated)
8. As far as possible, HARLEQUINS Members and swimmers are to sit together in a show of unity.
9. Official duties are compulsory for all parents e.g. Timekeeping (this is how we help our kids) more on this topic on pg 15

IMPORTANT:

- Report in time to the Competitor Steward for your race. He/she will call your name and lane number. Check with the HARLEQUINS Team Manager / coach if you're not sure .

The Race

The Referee blows 3 whistles:

Don't get onto the starting block yet.

You must get ready to start. Check that your goggles and HARLEQUINS swimming cap are in position.

Boys make sure your costume is tied tightly.

The Referee blows one long whistle:

Get onto the starting block and into a good position. Wait for the Starter to say, "Take your marks." Focus on your lane and your strategy for the race. NOTE: There will be an extra whistle for Backstroke.

The Starter announces: "Take your Mark"

DON'T look around, fiddle or move on the blocks at this stage. You will be disqualified.

Within a few seconds the sound of the horn begins the race and the stop-watch.

SUGGESTIONS FOR GALAS:

What to take with:

- towels (at least 2)
- some kids like to take sleeping bags or blankets along (Newton Park pool in PE and Stirling Primary pool EL -indoors, Joan Harrison, EL - outdoors)
- it can be very cold at the Joan – be prepared!
- Card games eg Uno
- all medal gala's Harlequins tracksuit with shoes! or Parka (kit from Shakatak – details on web page)
- most swimmers take along 2 swimsuits - to change into a dry one after warm ups

Take some eats with, there is some times a tuck shop better to take own stuff e.g. sandwich, banana, muffins, energy bar (e.g. PVM) and Steri-Stumpi works well, take what your child likes (low fat and no spice recommended).

Its good to take a pen/pencil/highlighter with to mark name on psych sheet and to write down times.

Supporters/Parents

Please note, parents are not permitted on the pool deck unless you are officiating.

The Team Manager is present at each and every gala and is the liaison between parents/swimmers and the Gala Administrative Office at the gala. The Team Manager is chosen from Club Members and must be registered with Swimming South Africa as an official. All queries, late entries and scratching's are to be referred to the Team Manager. All Relay Teams must report to the Team Manager well before reporting to the Competitor Steward to make sure that there have not been changes to the line-up. Swimming in the incorrect order as reflected the program will mean disqualification.

CLOTHING:

- HARLEQUINS swimmers are to arrive at every Club gala in HARLEQUINS attire. This includes any HARLEQUINS apparel.
- HARLEQUINS swimming cap may be worn at galas.
- Podium positions: Swimmers receiving medals must be attired in the official HARLEQUINS tracksuit and black tracksuit pants.
- Closed sneakers or sports shoes must be worn. No bare feet permitted.
- March-pasts: Should there be a march-past by the clubs, all HARLEQUINS swimmers are to be in their official HARLEQUINS kit with closed sneakers or sports shoes.
- For more information regarding kit contact Committee member: KIT.
- Most of our clothing is available from:



49 Commercial Rd, Arcadia
East London, 5201
P.O. Box 19567, Tecoma
East London, 5214
Tel: 043 743 1602
Fax: 043 743 8353
[email: sales@shakatak.co.za](mailto:sales@shakatak.co.za)
www.shakatak.co.za

OFFICIALS:

It is a requirement of SSA and passed down from BCA and ECA, to whom we are affiliated, that each club in the province provide a certain quota of officials in relation to the number of swimmers competing in gala. Parents of swimmers are obliged to do official duties.

We do also need to spread the load to make it fair on each swimming family.

Being a spectator at every gala puts more pressure on other parents to officiate on behalf of your children and the club. It's a fun way to meet other parents and get to know the swimmers from around the country.

Harlequins officials rep will compile gala duty rosters (Rosters will be sent out before all galas) and keep you informed of training programs.

If you are unable to work a session it is **your** responsibility to swap with somebody and inform Harlequins Officials representative.

Official courses will be held during the season... please make a point to attend. Watch out for the next course and make sure you're part of the officiating team!

All officials to be dressed in navy pants/ skirt, white closed shoes and white (preferably Harlequins officials shirt)

Officials are not allowed to use their phones on pool deck

Officials are not allowed to scream for their child swimming

Officials to be courteous and polite to other officials

GALA STRUCTURES:

Local: Galas in East London: Run by BCA or hosting clubs, swimmers must be registered with SSA (see notes under documentation). Swimmers take part as Harlequins

Away: Harlequins may decide travel to galas out of town; swimmers must be registered with SSA (see notes under documentation). Swimmers take part as Harlequins. Extra cost may be involved to cover coaches travel fees. This includes Level galas.

Interprovincial: Gala is normally in the middle of January. Team gets selected of all BCA swimmers (selection criteria gets send out from BCA). Team taking part as Buffalo City Aquatics and not Harlequins. BCA competing against FS, NMBA and SWD, rotating between Bloemfontein, East London, Oudtshoorn and Port Elizabeth

Regional & National gala's:

- Rules, dated and qualification criteria determined by Swim South Africa (SSA). IM rules apply for these galas.

Level 1: (Regional Gala • Swimmers must be SSA registered)

This is the entry level into National galas and gives swimmers the opportunity to compete against other swimmers from around the country. Qualifying times are found in the Harlequins web page (updated annually) and are set by Swimming South Africa. This is swum as a club gala. There is 3 level 1 galas in the country.

Level 2: (Regional Gala • Swimmers must be SSA registered)

Level 2 qualifying times are slightly more difficult to achieve. Times are listed in the Harlequins web page and are set by Swimming South Africa. This is swum as a club event. Swimmers who are 10 and under may choose to swim at Level 1, even if they have qualified for Level 2. (Age on the day of the gala.) There is 3 level 2 galas in the country.

Junior National (Level 3) : (National Gala • Swimmers must be SSA registered)

This is the highest level before Senior Nationals. Times are set by Swimming South Africa and are listed in the Harlequins web page. This is also swum as a club event. Swimmers who are 11 years old and under may choose to swim at Level 2, even if they have qualified for Level 3. (Age on the day of the gala.)

Senior (Level 5) & Youth Nationals (Level 4): (Swimmers must be SSA registered)

Once a swimmer has met the qualifying times as listed in the Harlequins web page, a provincial team is selected for Senior/Youth Nationals. This is the highest level of local competition in South Africa.

Harlequins committee & contacts 2016 /2017:

Chairman: *Daliela Naidoo* **083 212 2133**

Vice: *Jackie Swart* **083 500 5842**

Secretary: *Kerry Hansen* **082 827 8968**

Treasurer: *Lisa Walker*

Records Officer: *Sanet Terblanche* **083 650 1307**

harlequinsrecords@gmail.com

Officials Rep: *Maggie Mouton* **084 581 6393**

Kit Coordinator: *Natalie Sparg* **083 235 0544**

Events & Planning Coordinator: *Penny Street & Tracey Olivier*

Fundraising Coordinator: *Bronwyn Linke & Noma Thunzi*

EDT & Equipment: *Bongani Mayoli*

Media & Communication: *Adele Wachter*

Open Water Coordinator: *Jackie Swart*

All e-mails: *harlequinsaq@gmail.com*



Age group qualifying times:

Age: _____

	<u>Freestyle</u>	<u>Backstroke</u>	<u>Breaststroke</u>	<u>Butterfly</u>	<u>IM</u>
<u>50</u>					Please note IM rules
<u>100</u>					
<u>200</u>					
<u>400</u>					
<u>800</u>					
<u>1500</u>					

Notes:

Sponsors:

