

# Race at your own pace

**Swimming season for 2015-16**

**Begins Sunday 6 September 2015 and  
Ends Sunday 24 April 2016**

**You can join on any Sunday!**

Come along each Sunday and enjoy recreational swimming at its best with Moree Diggers Swimming Club at the Moree Artesian Aquatic Centre.

We cater for all abilities and races are based on a handicap system for children and adults.

A typical morning program includes freestyle – 30m, 50m and either 100m or 200m and stoke of the day – 30m. Each month, we also have relays and 25m sprints.

## That Club that socialise in togs!

There is a family atmosphere to our Club and a lot of social interaction including pool-side BBQs, Pool Inflatable activities, dinner events and some twilight swims.

The age of our members (both male and female) extends from 4 to 85 years and ability ranges from basic, to those interested in fitness and social interaction through to competitive but generally we are a relaxed Club and swim for fun!

We welcome singles, couples, families and members of every generation.



Adults must be members of the Moree Services Club to join the Moree Diggers Swimming Club and children must always be accompanied by an adult.

## 2015-16 Committee

|           |                 |              |
|-----------|-----------------|--------------|
| President | Troy Jamieson   | 0408 669 325 |
| Captain   | David Knowles   | 0429 879 255 |
| Vice      | Kathryn McGuire | 0438 165 124 |
| Sec/Treas | Catherine Davis | 0418 743 813 |

### Handicappers

|         |                 |              |
|---------|-----------------|--------------|
| Adults  | David Coss      | 0402 766 529 |
| Kids    | Andrea Tighe    | 0455 855 240 |
| Taddies | Natalie Knowles | 0429 879 255 |

### Entry to Pool

Entry to the Moree Artesian Aquatics Centre is just \$3 per Diggers member (if you don't already have a pool membership).

### Fees

\$50 per family  
\$15 per single  
No charge for Life Members  
No charge for Armed Forces Service Members

**Email:** [diggersswimclub@outlook.com](mailto:diggersswimclub@outlook.com)

**Web:** [www.MoreeSport.com.au](http://www.MoreeSport.com.au)

**Address:** PO Box 1331  
**MOREE NSW 2400**

**Where:** Moree Artesian Aquatics Centre  
**Cnr Gosport and Anne Street, Moree**

# Moree Diggers Swimming Club

**September 2015 -  
April 2016**

[www.MoreeSport.com.au](http://www.MoreeSport.com.au)

**Every Sunday morning at the  
Moree Artesian Aquatics Centre  
8am-11am**



# Logistics

## How Diggers Swimming works

Every new swimmer needs to swim a time trial in each event in order to establish a time. Handicaps are then revised weekly, and your starting time is based on these results.

We run a handicapped points score and championship competitions and award prizes. For adults, the weekly handicap wins are based on the 'money swim' awarding first and second place (must be within two seconds of your time to have a chance) and closest to time.

## Junior Swimming Categories

Children are placed into swimming categories based on skill level and time.

- Intermediates—under 18s that can swim 50m consistently under <45seconds
- Mini's—swimmers that can confidently swim 50m freestyle and complete 30m in other swimming strokes
- Tadpoles—encouraging the youngest members of the Club to participate in swimming. Noodles or kickboards are permitted. Parents can swim behind Tadpoles but can not physically assist in any way. When nominating, tadpoles can either do 25m or 30m (with the idea that your child starts at 25m and graduates to 30m).

## Weekly Nominations

As the Club has a large number of members, pre-nomination is encouraged to assist with handicapping.

Nominations will be accepted via the website or SMS to Handicappers up to Saturday 8pm; or in person on Sunday, no later than 8.15am. Handicappers manually write up the races, so if you are late, you may not be allocated a lane and miss the race.

## On Sunday

Once you have nominated, please assist with setup—we need your help to time clock, mostly this is something that is rotated ad-hoc through the morning as competitors are called to marshalling.

The get through the program quickly, please go the blocks when your name is called for your race. Parents—please ensure your children are mindful of this as we will run the race without them.

The program begins with either 200m or 100m swims first—alternating between adult and child races. Followed by the swim highlighted in yellow, then the rest of the program.

## Uniform

We encourage everyone to purchase a Diggers Shirt and wear for sun protection but also as a way of promoting the Club. Shirts, shorts and hats are available for purchase at cost price.

## BBQ and monthly meetings

The BBQ is organised by different members who volunteer each month. These are followed by a Club meeting where any issues are raised and ideas are discussed. Everyone is encouraged to participate.

## Website [www.MoreeSport.com.au](http://www.MoreeSport.com.au)

Program and other details are listed on the website. Regular emails are also sent to members.

## Events

- 13 December - Xmas Party
- 9 January - Twilight Swim
- 13 March - AIF Carnival, Southport
- 20 March - Inflatable Day
- 21 May - Moree Diggers end of year presentation
- 5 June - Moree Diggers AGM



## Moree Diggers Club - 2015-16 Program

as of September 2015 (subject to change)

Yellow indicates money swims

| SEPTEMBER  | 2015     | ADULTS               | MINI'S       | STROKES          | RELAYS                   | TADPOLES                 |
|------------|----------|----------------------|--------------|------------------|--------------------------|--------------------------|
| 06/09/2015 | 100m f/s |                      | 30m f/s      | 30m breaststroke | Brace Relay 50m/30m \$\$ | 25, 30, 50m F/S          |
| 13/9/2015  | 100m f/s | 50m f/s              | 30m f/s \$\$ | 30m butterfly    |                          | 25, 30, 50m F/S          |
| 20/9/2015  | 25m f/s  | 50m f/s \$\$         | 30m f/s      | 30m backstroke   | Rex Kelly Brace Relay    | Meeting / B.B.C          |
| 27/9/2015  | 200m f/s | 50m f/s              | 30m f/s \$\$ | 30m breaststroke |                          | 25, 30, 50m F/S          |
| OCTOBER    | 2015     | ADULTS               | MINI'S       | STROKES          | RELAYS                   | TADPOLES                 |
| 04/10/2015 |          | Long Weekend No Swim |              |                  |                          |                          |
| 11/10/2015 | 100m f/s |                      | 30m f/s      | 30m butterfly    |                          | 25, 30, 50m F/S          |
| 18/10/2015 | 25m f/s  | 50m f/s \$\$         | 30m f/s      | 30m backstroke   | Brace Relay 50m/30m \$\$ | 25, 30, 50m F/S          |
| 25/10/2015 | 200m f/s | 50m f/s              | 30m f/s \$\$ | 30m breaststroke | Rex Kelly Brace Relay    | Meeting / B.B.C          |
| NOVEMBER   | 2015     | ADULTS               | MINI'S       | STROKES          | RELAYS                   | TADPOLES                 |
| 01/11/2015 | 100m f/s |                      | 30m f/s      | 30m butterfly    |                          | 25, 30, 50m F/S          |
| 08/11/2015 | 100m f/s | 50m f/s              | 30m f/s \$\$ | 30m backstroke   | Brace Relay 50m/30m \$\$ | 25, 30, 50m F/S          |
| 15/11/2015 | 25m f/s  | 50m f/s \$\$         | 30m f/s      | 30m breaststroke |                          | Meeting / B.B.C          |
| 22/11/2015 | 200m f/s | 50m f/s              | 30m f/s \$\$ | 30m butterfly    | Rex Kelly Brace Relay    | 25, 30, 50m F/S          |
| 29/11/2015 | 100m f/s | 50m f/s \$\$         | 30m f/s      | 30m backstroke   |                          | 25, 30, 50m F/S          |
| DECEMBER   | 2015     | ADULTS               | MINI'S       | STROKES          | RELAYS                   | TADPOLES                 |
| 06/12/2015 | 100m f/s |                      | 30m f/s      | 30m breaststroke | Brace Relay 50m/30m \$\$ | 25, 30, 50m F/S          |
| 13/12/2015 | 25m f/s  | 50m f/s              | 30m f/s \$\$ | 30m butterfly    |                          | 25, 30, 50m F/S          |
| 20/12/2015 | 200m f/s | 50m f/s \$\$         | 30m f/s      | 30m backstroke   | Rex Kelly Brace Relay    | Meeting / Xmas Par @ RSL |
| 27/12/2015 |          | XMAS Break No Swim   |              |                  |                          |                          |
| JANUARY    | 2016     | ADULTS               | MINI'S       | STROKES          | RELAYS                   | TADPOLES                 |
| 03/01/2016 | 100m f/s | 50m f/s              | 30m f/s      | 30m breaststroke |                          | 25, 30, 50m F/S          |
| 09/01/2016 | 25m f/s  | 50m f/s \$\$         | 30m f/s      | 30m butterfly    | TWILIGHT SWIM SATURDAY   | 25, 30, 50m F/S          |
| 10/01/2016 | No Swim  | Due to MASC CARNIVAL |              |                  |                          | subject to change        |
| 17/1/2016  | 200m f/s |                      | 30m f/s      | 30m backstroke   | Brace Relay 50m/30m \$\$ | Meeting / B.B.C          |