



# SupaNova

Synchronised Swimming Club

2018/19 Handbook

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## Welcome to SupaNova

Welcome to SupaNova Synchronised Swimming Club Inc. (SupaNova). This Handbook is designed to give Competitors and their Parents all the information they need to provide a basic understanding of the rules, regulations, policies and processes that apply to SupaNova and the sport as a whole. These exist to protect the girls while advancing their skills and achievements in the synchronised swimming arena. We hope this handbook assists our athletes to be successful and have a great 2018/19 season.



Lisa Galt - President

Please note that information in this handbook is subject to change. If there are any discrepancies between the executive committee or coaches' decisions and the policies and procedures defined in the handbook, the most recent executive committee decision will take precedence.

Please refer to the SupaNova website, [www.supanovasynchro.com.au](http://www.supanovasynchro.com.au) often for updates, the calendar of events and other resources you may find helpful. Alternatively join the SupaNova Facebook page at <https://www.facebook.com/SupaNovaSync> and the SupaNova Parents and StarBurst Parents closed Facebook groups.

### 1. Mission Statement

SupaNova's mission is to share our passion for synchronised swimming in an environment that values teamwork and encourages fitness, positive relationships and personal achievement.

### 2. Values and Focus

SupaNova supports the Department of Local Government, Sport and Cultural Industries expectation that junior sport activities promote a fun, inclusive and safe environment for its participants and encourage a lifelong commitment to a healthy and active lifestyle. All SupaNova programs are based on the principles of equity and equality of participation. It is expected that the committee, coaches, officials and parents ensure the focus is on promoting enjoyment and development of fundamental motor skills and good sportsmanship. Where an athlete seeks to excel at the sport, the club will support the athlete's use of the framework and opportunities provided by the state and national bodies to achieve this goal.

### 3. Parent Participation

#### 3.1 Competition

Synchronised swimming competitions are entirely run on volunteer effort and are therefore reliant on support from the synchronised swimming community. Volunteers should wear a pair of black trousers and a white top with enclosed shoes.

#### 3.2 Fundraising

The club itself also relies on fundraising to subsidise educational activities and resource costs outside of our normal operations for the benefit of all our athletes so it is crucial that parents are active in volunteer roles. It is expected that parents will participate in club fundraising where possible.

Club polo shirts are available for parents and supporters to purchase to wear during fundraising events and at competitions. Email



## 4 Executive Committee

### **PRESIDENT**

Lisa Galt

[supanovapresident@gmail.com](mailto:supanovapresident@gmail.com)

### **VICE PRESIDENT**

Tammie Crawley

[supanovavicepres@gmail.com](mailto:supanovavicepres@gmail.com)

### **DIRECTOR – MARKETING & PROMOTIONS**

Yvonne L'Aiguille

[supanovadirector1@gmail.com](mailto:supanovadirector1@gmail.com)

### **TREASURER**

Rachel Tan

[supanovatreasurer@gmail.com](mailto:supanovatreasurer@gmail.com)

### **SECRETARY**

Gillian Griffiths

[supanovasecretary@gmail.com](mailto:supanovasecretary@gmail.com)

### **DIRECTOR – SPONSORSHIP & FUNDRAISING**

Sue Buletson

[supanovadirector2@gmail.com](mailto:supanovadirector2@gmail.com)

### 4.1 Additional Committee Members

#### **Head Coach - SupaNova**

Amber-Rose Stackpole

[supanovahc@gmail.com](mailto:supanovahc@gmail.com)

#### **Head Coach - StarBurst**

Amie Thompson

[supanovastarburst@gmail.com](mailto:supanovastarburst@gmail.com)

#### **Uniform Coordinator**

Emma Gerovich

[supanovauniform@gmail.com](mailto:supanovauniform@gmail.com)

#### **Registrar**

Vacant

[registrar@supanovasynrho.com.au](mailto:registrar@supanovasynrho.com.au)

#### **Team Manager**

Sue Buletson

[supanovatravel@gmail.com](mailto:supanovatravel@gmail.com)

#### **Newsletter Co-ordinator**

Kylie Howard

[newletter@supanovasynchro.com.au](mailto:newletter@supanovasynchro.com.au)

Committee meetings are held approximately every 3 weeks in accordance with our constitution and are advertised to the membership. All members are welcome to attend.

## 5 Structure

### 5.1 SynchroWA

SynchroWA is the state body governing all Western Australian synchronised swimming clubs. Their committee comprises of volunteers and their role is to support Western Australian clubs, conduct competitions, run recreational programmes and develop coaches and judges. More information can be found on their website [www.synchrowa.org.au](http://www.synchrowa.org.au)

### 5.2 Synchronised Swimming Australia Incorporated (SSAI)

All participating countries have a governing synchronised swimming body called a Federation. Our Federation is Australia and the governing body is Synchronised Swimming Australia Inc. (SSAI). SSAI is run by a Committee who mostly oversee the formation and activities of the Australian National Team. Registration with SSAI is compulsory for every athlete, committee member and official. More information can be found on their website [www.synchro.org.au](http://www.synchro.org.au)

### 5.3 FINA

FINA is the International Swimming Federation recognised by the International Olympic Committee for administering international competitions in Aquatics including synchronised swimming, recently renamed to Artistic Swimming. Australia is a Federation member of FINA and is grouped with the Oceania Swimming Association (comprised of 13 countries). FINA provides the official rules and regulations for Artistic Swimming. These can be found at <http://fina.org/discipline/artistic-swimming>



## 6 Athlete Pathways and Development

### 6.1 StarBurst Program

The StarBurst program provides an introduction to the sport where athletes learn basic skills that form the foundation for figures and routines. The program is conducted from several south of the river venues during each school term. Athletes will be given the opportunity to attend select figures competitions and participate in select routine competitions throughout the competition season. SupaNova follows the SynchroWA Technical Package which has 6 levels. On completion of SynchroWA Recreational Level 2, athletes have the opportunity to enter our State Stream program or continue in the StarBurst program through to SynchroWA Recreational Level 6.

### 6.2 State Stream Program

The State Stream program provides athletes with tuition for age group appropriate figures and routines up to a State Level. It should be noted that training is all-year-round and operates exclusively from our home pool at LeisureFit Booragoon at present. Competitors will compete at the WA State Championships and as such should note that this **requires a commitment to the program through to the event in March**. The State Stream program runs from May to March/April with short breaks at Christmas and at the end of the season. Entry into this program is by graduation from Level 2 or over of the StarBurst program, at the end of Terms 1-3.

### 6.3 National Stream Program

The National Stream program provides athletes with tuition for age group appropriate figures and routines suitable for National competition. Training operates exclusively from our home pool at LeisureFit Booragoon. National Stream competitors compete at both a State and National level. Competitors in the 13-15 age group and over may be given the opportunity to be selected to participate in High Performance training with SynchroWA and to attend camps throughout Australia. The National Stream program runs from May to March/April with short breaks at Christmas and at the end of the season. Entry into this program is by audition in July and September each year or by invitation where the athlete has completed at least 1 year in the equivalent age group in our State Stream program, where vacancies exist in a team.

Parents should note entry into this stream **requires commitment to the program up to and including the National Championships in March/April including travel at your own expense where the event is hosted interstate**. Tour costs are variable and accurate figures cannot be provided prior to selection on the team however it would be prudent to factor into your decision that this cost has been up to \$1,800 in previous years. It is expected that training for National Stream competitors is prioritised over other elective sports training during the routine competition season. Prolonged absence, advised or unadvised, may result in the athlete's position on the team being reviewed to provide consistency of routine training.

SupaNova are committed to providing valuable competition experience for our athletes and will consider displays or international tours for select routines. The committee will take into account the location, distance and date of the event to ensure suitability. It should be noted that tours will be at athlete's expense and may not be considered every year.

### 6.4 Transition between programs

Athletes wishing to switch between programs on commencement of the season will be placed on trial for a period of 6-8 weeks. Athletes will remain registered in the lower program but will train with and therefore be invoiced for the higher program, for the trial period to allow coaches to assess the athlete's capability/suitability for progression and athletes/parents to consider their commitment to the program.



## 7 StarBurst Program

SupaNova caters for girls and boys aged from the age of 6 subject to capability. Athletes not having completed the equivalent of Level 5 of the Royal Life Saving swimming program will be subject to assessment prior to being accepted in to the program. It should be noted that the StarBurst classes are not a substitute for swimming lessons and parents are advised to continue with tuition for the athlete's benefit.

One hour beginner classes are available as an introduction to the sport. Athletes wishing to trial a class can do so at a SynchroWA Come and Try session run during each school holiday period. Athletes graduating from our Level 2 StarBurst classes have the opportunity to enter our State Stream program or continue through Levels 3 to 6 in our StarBurst program. Level 3/4 classes will increase training to two hours a week and Level 5/6 will complete a total of 3 hours training per week over 2 days at our home pool in LeisureFit Booragoon. Details of our State Stream program can be found in sections 6.2 and 8 of the handbook.

### 7.1 Venues\*

LeisureFit Booragoon  
521 Marmion Avenue  
**Level 1 – 6**

Riverton LeisurePlex  
42 Somerset Street  
**Level 1 – 4**

Cockburn Aquatic and Recreation Centre  
31 Veterans Parade  
**Level 1 – 4**

*\*All venues and hours are subject to change depending on registrations and pool availability.*

### 7.2 Registration

All athletes are required to register with the club, Synchro WA and SSAI. Athletes are required to complete a SupaNova Registration Form each season and return this prior to commencement to the registrar at [registrar@supanovasynchro.com.au](mailto:registrar@supanovasynchro.com.au). Registration forms are available from the club website at [www.supanovasynchro.com.au](http://www.supanovasynchro.com.au) or from a coach at the respective venues. In addition, it is compulsory for all members to be registered with both Synchro WA and SSAI for insurance purposes. This is renewable each term online at <https://www.revolutionise.com.au/sswa/registration/>

### 7.3 Fees

The StarBurst program operates on a term basis following the State School Terms. Fees are invoiced by the Treasurer at the beginning of each term and are based one hour lessons over a 10-week term due in advance. Discounts for multiple athletes are available. Note that mid-term commencement does not attract a discount and absences during the term will not attract a refund. *Pool entry fees are **not included** and are payable direct to the pool on each visit.* Multiple entry tickets are often available.

StarBurst Fees	SupaNova Rego	Synchro WA	SSAI Fee	Term Fee
Level 1-2 – 1 hour 1 day per week	\$15 pa	\$10 pa	\$20 term	\$120
Level 3-4 – 2 hours 1 day per week	\$15 pa	\$10 pa	\$20 term	\$210
Level 5-6 – 3 hours Over 2 days per week	\$15 pa	\$10 pa	\$20 term	\$300
Each additional child	\$15 pa	\$10 pa	\$20 tern	10% discount off total



## 8 Competitive Programs

### 8.1 Registration

Entry into a SupaNova competitive stream is by graduation from our StarBurst program, by audition or invitation whereby additional athletes are sought for optimum team composition. Successful applicants will be required to submit a registration form through the club registrar. Placement into the requested program is to be authorised by the Head Coach and the committee. If your registration is rejected, the registrar will provide a written explanation within 14 days. An appeal can be made in writing to the Secretary of the Committee within 14 days of receiving notice.

The competition registration period in Australia is from 1<sup>st</sup> May to 30<sup>th</sup> April. A competitor's age is determined at the age they are at the close of day (12 midnight) on 31 December of the year of a competition. For the 2018/19 competition season (age as at 31 December 2019) these are as follows:

#### State Stream

10 & Under	Born 2009 or later
12 & Under	Born 2007 to 2008
13 and over	Born 2006 or before

#### National Streams

12 & Under	Born 2007 to 2008
13-15 Years	Born 2006 to 2004
Juniors	Born 2003 or before
Masters	Born 1994 or before
Open	Born 2006 or before

### 8.2 Venue

Training for our competitive programs is currently run from the dive pool at LeisureFit Booragoon.

### 8.3 Fees

*Fees are based on a total annual package and are invoiced to athletes over 11 months. **Cancellations, holidays, absences and any temporary reduction in hours, do not attract a refund.*** Registration with SSAI is compulsory for every athlete, committee member and officials. In addition, the club charges a registration fee for each athlete. Registration fees are charged on commencement and/or at the beginning of each season

AGE GROUP	Annual Club Registration	Annual SSAI/SWA Registration	Training Fee Monthly*
10& Under SS	\$50	\$110	\$100
12 & Under SS	\$50	\$110	\$150
13 & Over SS	\$50	\$110	\$175
12 & Under NS	\$50	\$110	\$200
13-15 NS	\$50	\$110	\$240
Junior	\$50	\$110	By negotiation
Masters/Open	\$50	\$110	By negotiation

. \*Pool entry fees are **not included** and are payable on each visit. Multiple entry tickets or memberships should be considered as cost saving alternatives.

It should be noted that Solos and/or Duets will incur additional fees which will be determined when selections are made and disclosed prior to acceptance of these routines. Competition entry fees are also payable and will be included in your invoice as they are charged. Should you have any questions regarding your Invoice or are experiencing difficulty in making payment by the due date, please direct these to the SupaNova Club Treasurer at [supanovatreasurer@gmail.com](mailto:supanovatreasurer@gmail.com)





## 8.4 Training

SupaNova's State and National stream programs are NOT term based and train throughout the year with short breaks at select intervals. Pre-season training from May through to July/August focuses on skills, technique, strength and endurance to prepare for the routine training season from September through to March/April the following year. Alternate activities may be scheduled in place of usual training from time to time. Figures and routine training will follow after release of the Technical Package from SynchroWA and the selection process for routines respectively. Intensive day camps may be scheduled for multiple days over the school holidays in lieu of the regular schedule at no additional cost to provide time off during the season. The following components feature in training:

### 8.4.1 Swimming Drills

As a 3-minute synchronised swimming routine requires extreme cardiovascular fitness. As common in other sports, a sizable portion of the training for synchronised swimming involves drills – repetitive training activities that isolate individual skills. Drills both above and under the water are included in every session to increase strength, endurance, and speed through the water in routine performances.

### 8.4.2 Strength and Flexibility Training

Dry land workouts of stretching and conditioning exercises are included to ensure athletes obtain optimal fitness. This encompasses many types of exercises to develop a tighter, stronger core. Proper stretching prevents injury and increases flexibility which plays an important part in many of the positions and movements that synchronised swimming demands. Many positions are not possible without good hip, shoulder and back flexibility. Additional stretching at home is also encouraged.

### 8.4.3 Land Drilling

Land drilling is an essential component of synchronised swimming training for routines. Land drilling includes determining counts, setting patterns, clarifying positions, and practicing movements out of the pool. Athletes are often required to land drill independently, outside of normal practice time. Your athlete's coach will provide music in order to land drill at home.

### 8.4.4 Figures

A figure is a 'continuous combination of basic body positions and transitions' - FINA Synchronized Swimming Manual. Figures form part of competitions and scores contribute 50% of a team's overall score so this is an essential part of an athlete's training.

### 8.4.5 Routines

The club will endeavour to remain within the timeframes specified below. Variations for pre-season and to accommodate training requirements for some athletes during competition. Athletes not participating in training for specific routines will be offered reserve positions and/or provided with supervised figures training to continue their development, providing all athletes with equal opportunity. Additional hours of training are placement in the State High Performance program are should seek private tuition.

## 8.5 Training Schedule

AGE GROUP	MON (PM)	TUES (PM)	WED (PM)	THUR (PM)	SUN (AM)	TOTAL
10&U SS	5:00-7:00		5:00-7:00			4.0
12&U SS	5:00-7:00		5:00-7:00		8:00-10:00	6.0
13&O SS		4:30-7:00	5:00-7:30		9:00-12:00	8.0
12&U NS		4:30-7:30		4:30-7:30	8:00-12:00	10.0
13-15 NS	4:30-7:30	4:30-7:30		4:30-7:30	8:00-12:00	13.0
Junior	4:30-8:00	4:00-7:00		4:00-7:00		9.5
Open/Masters	By negotiation					



## 9 Competition

### 9.1 Competition Dates

Date	Competition	Location
18th August 2018 11:30-4pm	Skills Testing <b>All State Stream Athletes</b>	LeisureFit Booragoon
25th August 2018	Water Show (Recreational Only)	HBF Stadium
15th September 2018 11:30-5:30pm	Figure Group 1 (NS, SS) Jr/Sr Elements	LeisureFit Booragoon
20th October 2018 11:30-4pm	Skills Testing <b>All 12&amp;U NS and 13-15 NS Athletes</b>	LeisureFit Booragoon
24th & 25th November 2018 8-6pm	Routines Figures Group 2 (NS, SS) Recreational Figures & Routines	HBF Stadium
8th December 2018 11:30-4pm	Skills Testing <b>All Junior and Open Athletes</b>	LeisureFit Booragoon
9th & 10th February 2019 TBC	Routines Figure Group 3 (NS, SS) Recreational Figures & Routines	HBF Stadium
9th & 10th March 2019 TBC	State Championships (NS, SS) Recreational Display	HBF Stadium
12th & 17th April 2019	National Championships	Sydney NSW

Rules for competition entry may be imposed by the various governing bodies in section 5 above and will be communicated to members where required. Attendance at all competitions is considered compulsory for athletes in the State Stream and National Stream programs.

### 9.2 Competition Venues

Technical Skills competitions are held in the dive pool at LeisureFit Booragoon. Entry fees are payable. Figures and routine competitions are held in the dive pool at:

HBF Stadium  
100 Stephenson Avenue  
Mt Claremont 6010

Competitions are run based on FINA rules and SSAI by-laws apply. Please note the following:

- Entries are registered by the Club, not individuals.
- The number of routines an athlete is permitted to enter is restricted.
- Athletes may be asked to swim up an age group.
- Reserves are permitted for Teams and Combos.
- Each club is limited to a maximum of 2 solos per age group.
- Athletes may not compete in Figures only.

### 9.3 Scoring

Judges use a 10-point scoring system and follow the FINA synchronized swimming manual for judges, coaches and referees. The judging for synchronised swimming resembles the judging for figure skating with the highest and lowest scores within each panel of judges discarded and the remaining scores averaged out.

Routines are evaluated on Execution, Artistic Impression and Difficulty. Penalties are deducted where time limits for deck walk-on, deck movement and the routine are not adhered to, the team does not have the maximum number of competitors, a competitor has made a deliberate use of the bottom of the pool during the routine or the music accompaniment fails.



## 9.4 Figures

Competitors perform figures in front of a panel of judges. The figures score is important and is contributes to 50% of an overall routine score.

For each age group, except the Open age group, there is a compulsory set of figures to be performed and some non-compulsory. Two compulsory figures are selected and notified ahead of a large competition with any additional figures being officially drawn and notified 48 hours ahead of the competition.

Competitors are required to wear simple black bathers (with no, or a very small, visible logo) and a white swimming cap (with no, or a very small, visible logo). Competitors are not to wear jewellery, make-up or nail varnish as they should not be distinguishable when competing.

## 9.5 Routines

### 9.5.1 Solo

A Solo is comprised of a single competitor. Soloists compete against other soloists in the same age group. One solo is selected for each age group. Reserves are not permitted for solos.

### 9.5.2 Duet

A Duet is comprised of two competitors. Competitors compete against other duets in the same age group. Duets can be selected for each age group. There may be one reserve for a duet.

### 9.5.3 Team

A Team routine is comprised of 4-8 members of the same age group and where possible will be created for each age group. Teams compete against other teams in the same age group. When performing, all members of the team will wear identical swimsuits and headpieces designed for the routine and will gel the hair and wear make-up.

### 9.5.4 Combo

A Combo routine is comprised of 8-10 members across varying age groups and where possible will be created to allow each National Stream competitor to be selected for a group routine where numbers are insufficient to create an age group routine. Combos compete against other teams in the same category.

### 9.5.5 Selection process

Selection for teams, solos, duets and combo routines are made by the Head Coach based on skill levels attained, ongoing assessments, commitment and attitude. As National Stream is a competitive program and the club operates with resource constraints, selection for extra routines is limited. Routine selections are made at the sole discretion of the coaching team. The main focus of club training is on the team routines and the training schedule reflects this position. Placement in multiple routines will incur additional costs and parents will be requested to confirm acceptance of these costs prior to offers being made to competitors in July/August each year. Note that athletes may not decline a team or combo placement in favour of a solo or duet.

### 9.5.6 Costumes

When performing, all members of a duet, team or combo will wear identical swimsuits and headpieces designed for the routine. Team and combo costumes are selected by the coach firstly from the library or sourced new. New costumes are purchased by and remain the property of SupaNova. A hire fee of \$30 per costume will be invoiced to athletes in November for each costume hired to cover the cost of laundering and repairs.



Solo and Duet athlete's costumes are to be selected in consultation with the coach. Athletes are responsible for the purchase of their own costume which then remains their personal property.

SupaNova will maintain a library of team costumes from past routines. Solos and duets are welcome to borrow library stock after this has been considered for team/combo routines. SupaNova will also maintain a photo library of costumes available for hire from other athletes by private agreement.

### 9.5.7 Hair and Make-up

Hair is to be secured in a bun and gelled. Athletes should create a competition kit with the following items for personal use. Note that all cosmetics should be waterproof.

- Gelatine
- Suitable brush for application (hair tinting/wide paint brush)
- Spoon or small whisk
- Plastic bowl
- Bun enhancer (if required)
- Hair ties
- Elastics
- Bun pins
- Bobby pins
- Bun nets
- Mascara
- Eyeliner
- Red & Hot Pink Lipstick (often used as blush)
- Eyeshadows

For hygienic reasons, mascara and eyeliner is not to be shared amongst the competitors.

## 9.6 Nutrition

Nutrition is an important aspect of a synchronised athlete's training. Proper nutrition is important not only while the athlete is competing, but throughout the season, in order to build a strong and healthy body. In support of this ideal, it is requested that no junk food be brought to training or competitions.

## 9.7 Attendance & Punctuality

SupaNova supports diversity (instead of specialisation) during childhood as evidence shows this has a positive effect on future elite performance as well as long-term participation in the sport. Attendance and punctuality however, are important in a team sport like synchronised swimming so it is expected that competitive athletes prioritise synchro as their summer sport during the competition season.

The progress of the team depends on the regular attendance of every athlete. Athletes are not able to be selective about what sessions they attend. All training days should be considered team training regardless of when team routines are practiced. Absences and late arrival affects the entire team. If an athlete must miss or arrive late for training, the Head Coach must be notified by text as soon as possible to allow preparation time.

## 9.8 Holidays and Extended Absences

Parents are encouraged to schedule family holidays around the synchro competition calendar to avoid disruption to team training. Athletes will be provided with two weeks over Christmas/New Year and post-Nationals. Day camps (extended training hours) may be organised over school holiday periods in lieu of regular training hours, Refer to the club calendar issued/updated throughout the year for details. SupaNova asks parents to inform the Head Coach of planned absences from training as soon as they are known. The Head Coach can then evaluate the impact on the timetable and make decisions to organise practice with the least amount of disruption for the other members of the team.



## 10 General Information

### 10.1 Equipment

To be sourced personally

#### **All Athletes**

- Goggles *ideally 2 pairs so there is a spare in case of loss or breakage*
- Water bottle
- Towel *club towels can be ordered*
- Plain black swimsuit for figures competitions
- Black leggings

#### **State and National Stream Athletes** *not required for StarBursts*

- Yoga Mat
- Training equipment – kickboard, floatation aids, 500g ankle weights *for athletes 13-15 and above*
- Runners

Available from the uniform coordinator or Head Coach. Stock is held for purchase.

#### **All Athletes**

- White cap for figures competitions
- Nose clips *ideally 3-4 in the athlete's bag at all times*
- Club Towel (optional)
- Club Parka (optional)

The following items are compulsory for all competitive athletes and are available by order only from the Uniform Coordinator. An order form is available from the club website.

#### **Competitive Athletes**

- SupaNova club cap
- SupaNova club swimsuit
- Club uniform including tracksuit and polo shirt
- SupaNova backpack

It should be noted that compulsory items are not generally held in stock. The club is subject to minimum numbers for orders so your order may not be placed immediately and delivery dates therefore cannot be guaranteed. Athletes will be invoiced for orders only on receipt of the goods. *It is imperative you consult the sizing charts prior to ordering uniform items as these **cannot** be refunded or exchanged.* The club does facilitate the sale of second hand items. An inventory of items available, sizes and prices can be obtained from the uniform coordinator. Athletes are encouraged to use this service for both the sale and purchase of club merchandise.

### 10.2 Supervision

Our club will provide a level of supervision adequate and relative to the athletes age, maturity, capabilities, level of experience, nature of activity and nature/rules of the venue. All Coaches have a Working with Children Check, current First Aid qualification and coaching accreditation. For reasons of courtesy and safety, parents are responsible for collecting or organising for the supervision/collection of their child at the end of training. Where an athlete remains in the care of a coach without notice after the disclosed training hours, you may be charged for the coach's time at that coach's applicable rate of pay.

Athletes under the age of 11 must be supervised at all times by a responsible adult aged 16 or over. For athletes in our 10&U age group, parents should ensure that their athlete is released into the care of coaching staff on arrival where they will remain until collected by a parent/nominated carer.

For athletes 11 years old and over, SupaNova's duty of care is limited to the disclosed training hours. Supervision cannot be guaranteed outside of these hours unless agreed by prior arrangement.



## 10.3 Communication

### 10.3.1 Training Cancellation

Training may be cancelled by the Head Coach following competitions, due to pool closures or unforeseen circumstances. If this occurs parents will be notified via Facebook, email and where circumstances require, by phone.

### 10.3.2 Coaching

To ensure coaches can dedicate their time to training our athletes, parents are requested to not approach coaching staff during training hours. Problems and/or issues should be directed to the Secretary for resolution with the appropriate parties where necessary other than notification of absence and late arrivals. Any emails sent to the Head Coach not of this nature will be forwarded to the Secretary for follow up by a committee member.

### 10.3.3 Facebook

SupaNova has a public FaceBook page <https://www.facebook.com/SupaNovaSync> and three closed parent group pages; “SupaNova Parents” for competitive parents, “SupaNova StarBurst Parents” for recreational parents and “SupaNova on Tour”. Whilst the tour page is open to all members, family and friends to follow athletes on various tours, subscribers to the parent pages must have an athlete registered in the respective program as information posted is tailored for each. Please “Like” the public page to follow the club and search and request to join the group pages where applicable. Comments to and sharing of posts from the Club’s public page is strongly encouraged to assist in promotion and advertising.

In addition to email, reminders, event invitations, non-essential communication and urgent messages will be publicised through the SupaNova Parents and SupaNova StarBurst Parents group. Parents are also welcome to submit SupaNova/synchronised swimming related material to these pages. Posts will be approved by the group administrators if appropriate.

### 10.3.4 Website

The SupaNova website at [www.supanovasynchro.com.au](http://www.supanovasynchro.com.au) provides the public and members with access to the club’s constitution, by-laws and policies, overviews of training programs and registration information. Competitive members are encouraged to use the Members Only section of the website to access competition bulletins and results, access forms and be informed about social and fundraising events on the club calendar.

### 10.3.5 Newsletters

A newsletter is published for members and supporters of the club. Athletes may be requested to contribute personal articles from time to time. Those wishing to provide material for inclusion in the newsletter should forward information to [newsletter@supanovasynchro.com.au](mailto:newsletter@supanovasynchro.com.au)

### 10.3.6 Media Release

When registering with SSAI, members grant permission for photographs or videos that are taken throughout practise sessions, competitions or Club related outings to be used in SupaNova publicity material, newsletters, social media and SupaNova or other Synchronised Australia / WA webpages and social media. If you do not wish to have a photo used, please inform the Secretary via email or in writing.



## 11 Code of Conduct

SupaNova is committed to providing a sport environment in which all individuals are treated with respect. Furthermore, SupaNova supports equal opportunity and prohibits all forms of harassment and discrimination. Coaches, athletes, officials, volunteers and parents belonging to the club shall conduct themselves at all times in a manner consistent with the ideals and values of our club and the sport.

The SSAI Member Protection Policy requires every individual to:

- a. be ethical, fair and honest in all their dealings with other people and SSAI
- b. treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations
- c. always place the safety and welfare of children above other considerations
- d. comply with SSAI's constitution, rules and policies including the Member Protection Policy
- e. operate within the rules and spirit of the sport
- f. comply with all relevant Australian laws (Federal and State), particularly anti-discrimination and child protection laws
- g. be responsible and accountable for their conduct and
- h. abide by the Code of Conduct outlined in Attachment A to the SSAI Member Protection Policy at <http://www.synchro.org.au/wp-content/uploads/Member-Protection-Policy-May-2013.pdf>

Members are also required to comply with SupaNova's constitution, rules and policies where applicable, found at <https://www.supanovasynchro.com.au/about>

### 11.1 Complaints

Our club takes all complaints about behaviour seriously. All complaints are to be directed to the Secretary. Our club will handle complaints based on the principles of procedural fairness (natural justice). More serious complaints may be escalated to our state or national body. For more information please see section 10 of the SSAI Member Protection Policy at:

<http://www.synchro.org.au/wp-content/uploads/Member-Protection-Policy-May-2013.pdf>

**If the complaint relates to suspected child abuse, sexual assault or other criminal activity, then our club will need to report the behaviour to the police and/or relevant government authority.**

### 11.2 Social Media Policy

SSAI acknowledges the enormous value of social networking websites, such as Facebook and Twitter, to promote our sport and celebrate the achievements and success of the people involved in our sport.

We expect all people bound by the SSAI Member Protection Policy to conduct themselves appropriately when using social networking sites to share information related to our sport. Social media postings, blogs, status updates and tweets:

- must not use offensive, provocative or hateful language
- must not be misleading, false or injure the reputation of another person
- should respect and maintain the privacy of others
- should promote the sport in a positive way



## 12 Emergency Procedures

### 12.1 Personal Information

Duty of Care to the competitors is paramount to SupaNova. Parents can assist us by:

1. Ensuring you and other carers of your athlete have the Head Coaches contact number;
2. Notifying any changes to emergency contact details as soon as possible to the Registrar;
3. Informing the Head Coach of any incidents or accidents that occur outside of training
4. Informing the Registrar of any changes to medication, allergies, and specific requirements.

### 12.2 Incidents

The Head Coach will always have a First Aid Kit at the pool. A file with competitor's medical details and an Incident Log will be retained at the pool with the First Aid Kit. Incidents that occur at the pool will be noted in the Log including the date and time occurred, a description of the incident and any treatment. Parents will be notified of any incidents that occur at the end of each training session or immediately in the event of an emergency.

### 12.3 Insurance

By registering with SSAI all competitors, officials and volunteers are covered by insurance when travelling to and from events, participating in events and while training. If an incident occurs that requires an insurance claim, please contact the Secretary and ensure an appropriate record is entered in the Incident Log. Copies of the policy are available on request from the Secretary.





## 13 History

SupaNova commenced operations in July 2015 and less than a year later made their mark on the Australian Synchronised Swimming World by coming fourth overall in the National Competition. By providing high quality training, our athletes will have frequent opportunities to compete and succeed at local, state, national and international competitions.

Our body of coaches includes two athletes who represented Australia in synchronised swimming at the 2016 Rio Olympics. The Club is also proud that four of our Open athletes (18 and over) and two of our Junior athletes (15-17 year age group category) have represented Australia in various international synchronised swimming championships. These athletes also contribute to club in coaching capacities. The club has also welcomed WA's first male synchronised swimmer as both an athlete and a coach.

The original intent of a new club was to support an increase in the 12 & under age group numbers to support interest south of the river. SynchroWA suggested incorporation of the club and setup of a committee. Several existing members sought to join the new club providing it with experienced competitors and a knowledgeable committee. The new club was ratified and became incorporated as the SupaNova Synchronised Swimming Club on 24 July 2015.

The club has since built on this foundation and with the rapid expansion in athlete numbers separated the recreational and competitive programs, appointing a new Head Coach to the competitive program on the 23<sup>rd</sup> of June 2016. This provided a new challenge for the competitive program and a renewed focus on building the StarBurst program. As our athlete numbers continued to climb, the club added a dedicated State Stream program to accommodate recreational program graduates, such infrastructure now providing a clear pathway for athletes seeking to join our National Stream ranks.

SupaNova enjoys much support from our home base LeisureFit Booragoon and our satellite StarBurst pools, providing us with pool time and space, a dedicated team of coaches who fit us into their own busy schedules as competitive athletes, an enthusiastic parent run committee sacrificing their own time for the betterment of our athletes and our governing State and National bodies Synchro WA and SSAI. We have also found recognition in the community with both the Mandurah Stretch Arts Festival and Perth Festival seeking to partner with us for their respective 2017 projects. Our continued challenge and focus will be to source additional pool space and attract/develop quality coaches to resource as continued increase in athlete numbers contributes to the growth of the sport in Western Australia.

