Welcome to MBBC Swimming 2011

Congratulations on being selected to represent Moreton Bay Boys’ College in swimming this season in the CIC competition.

The College encourages boys to explore their diverse skills, talents and interests, to help them develop their full potential.

Representing your school is a big commitment, but one which will provide you with a vast array of competencies, from team work to developing quality relationships, planning and organisation, meeting expectations, growing independence and the opportunity to live the school spirit.

**Please note:** A student's selection to the CIC Swimming Team, which competes at the annual CIC Swimming Championships in March, is dependent upon his performance at the CIC lead-up Meets. However competing in the lead-up Meets does not automatically gain selection in the Swimming Team, times are important.

Enjoy your swimming season!

Dr Roderick Crouch
Principal

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Coach and Managers contact details

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Contact Number</th>
<th>Email address</th>
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<tbody>
<tr>
<td>Mr Jack Pincott</td>
<td>Coordinator</td>
<td>0401 694509</td>
<td><a href="mailto:pincottj@mbbc.qld.edu.au">pincottj@mbbc.qld.edu.au</a></td>
</tr>
<tr>
<td>Mr Shaun Crow</td>
<td>Head Coach</td>
<td>3249 9393</td>
<td><a href="mailto:crows@mbc.qld.edu.au">crows@mbc.qld.edu.au</a></td>
</tr>
<tr>
<td>Miss Cara Ryan</td>
<td>Manager Under 11, 12 and 13 teams</td>
<td>3906 9444</td>
<td><a href="mailto:ryanc@mbbc.qld.edu.au">ryanc@mbbc.qld.edu.au</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>0406 426243</td>
<td></td>
</tr>
<tr>
<td>Miss Kim Moore</td>
<td>Manager Under 9 and 10 teams</td>
<td>3906 9444</td>
<td><a href="mailto:moorek@mbbc.qld.edu.au">moorek@mbbc.qld.edu.au</a></td>
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The Combined Independent Colleges (C.I.C.)

CIC Sports stands for *The Combined Independent Colleges Sporting Association*. CIC Sport is the main sports program in the primary school at MBBC, using a home and away structure to administer sports. The competition is built around a participation philosophy and as a result there are no finals or premiers. The CIC Sporting Association was established to allow private boys schools within Brisbane (and surrounds) to participate in a friendly sporting competition.

Training and training venues

**Compulsory Training**
All CIC Swimming Training Squad members are required to attend the compulsory Monday morning training sessions at the MBC pool from 6.30 am to 7.30 am.

**Additional Training**
Students already swimming for a club are encouraged to continue squad training with that club. Please ensure that their manager knows of their swimming commitment. Students who are not swimming for a club can train either by:

- Swimming with the MBC Andrews’ Cup swimmers at the MBC Pool at least twice a week. Training times from 3.15 pm to 4pm on Monday, Tuesday, Wednesday and Thursday. Please contact Mr Pincott via email pincottj@mbbc.qld.edu.au with the days you intend to train with the Andrews’ Cup swimmers.
- Join a squad training group at the MBC Pool. Please contact Nikki McGregor on 3249 9393 prior to attending squad training sessions.

Selection and Commitment

Results from lead-up swim Meets will be used to determine who will be selected in the CIC Swimming Team. To be selected in the CIC swimming team you will be expected to:

- Attend all Friday night lead-up Swim Meets
- Attend all Monday morning training sessions at the MBC Pool
Attend at least two other training sessions - Seek permission from the age group manager if you cannot meet the above commitments (eg. you train elsewhere or are unwell)
- Support your team mates
- Represent your school at all times with integrity.
- If the above commitments can not be met, it is expected that you make contact with your manager.

**Annual CIC Swimming Championships**

MBBC is required to enter the following number of swimmers per stroke per age group.

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<td>50m Freestyle</td>
<td>8</td>
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<tr>
<td>50m Breaststroke</td>
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<tr>
<td>50m Backstroke</td>
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<td>50m Butterfly</td>
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<tr>
<td>100m Freestyle</td>
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<td>4 x 50m Freestyle Relay*</td>
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<td>4 x 50m Medley Relay*</td>
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* Swimmers can only do one of the relays.

**Student expectations**

- It is unacceptable to abuse or curse any other swimmer, or an official. Swimmers not heeding this rule will be immediately removed from the Meet.
- Should you be unable to attend a training session or match, you are to inform your coach as soon as possible via phone and email. Passing a message on through a team mate is unacceptable.
- Wear the appropriate swimming uniform.
- Show good sportsmanship in and out of the Pool, whether you win, draw or otherwise.
- Respect school property.

**Students Uniform**

**In the pool**
When training and competing all athletes are expected to wear the MBBC swim togs and MBBC swimming cap.

**Out of the pool**
When at a Meet but not completing, all athletes are expected to wear the MBBC sports uniform.

The Uniform Shop opening times for 2011 have changed:

**Term Time:** Monday 7.30 am to 3.30 pm
Lead up Meets and venues

There are five lead-up Swim Meets and all swimmers are expected to compete at these as preparation for the CIC Swimming Championships. Specific details of each Meet will be given closer to the time via the MBBC website and weekly Swimming Newsletter.

All CIC swimming training squad members are expected to compete in all lead-up Meets. Students, who are unable to compete, are required to notify the swimming managers, Miss Kim Moore (under 9 and 10) and Miss Cara Ryan (under 11, 12 and 13) as soon as possible prior to that Meet.

Each week the hosting school sends an invitation to CIC schools with information concerning start times of races, parking and other important information. This invitation will be made available in the MBBC Newsletter in the week of the Lead-up Meet.

Swimmers are asked to be at their venue approximately 30 minutes prior to the commencement of races for warm-ups.

Please ensure you arrive at the correct time and place.

Please refer to the weekly newsletter and MBBC website for information on any changes of venue or time Moreton Bay Boys’ College.

<table>
<thead>
<tr>
<th>Lead-up Swim Meet</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tr>
<td>Swim Meet 1</td>
<td>Friday 4 Feb</td>
<td>4pm - 6pm</td>
<td>Nudgee College (Boondall)</td>
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<tr>
<td>Swim Meet 2</td>
<td>Friday 11 Feb</td>
<td>4pm - 6pm</td>
<td>Marist Brothers College (Ashgrove) or St Laurence’s College TBA</td>
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<tr>
<td>Swim Meet 3</td>
<td>Friday 18 Feb</td>
<td>4pm - 6pm</td>
<td>Churchie (East Brisbane)</td>
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<td>Swim Meet 4</td>
<td>Friday 25 Feb</td>
<td>4pm - 6pm</td>
<td>Iona College (Lindum)</td>
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<tr>
<td>Swim Meet 5</td>
<td>Friday 4 March</td>
<td>4pm - 6pm</td>
<td>Nudge Junior College (Indooroopilly)</td>
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<tr>
<td>CIC Swimming Championship</td>
<td>Tuesday 8 March</td>
<td>9am – 3pm during school</td>
<td>Sleeman Aquatic Centre, Chandler</td>
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CIC Swimming By-Laws

The 2011 CIC Swimming By-Laws will be available via the MBBC Website Moreton Bay Boys’ College in due course.

Competition and training cancellations

Call the MBBC Wet Weather Line – 3906 9450 after 1:30 pm. If the line has not been updated, please assume training or competitions are continuing as planned.

Transport

It is the responsibility of boys, through parents or carers, to organise their own transportation to and from Competition and training venues.

Please ensure you have adequately anticipated the time required to reach each venue well in advance of your race.

Boys are permitted to depart the venue when their races are completed, however please notify a member of staff prior to departure.

Breakfast at the Tuckshop

Students are encouraged to have breakfast after the training session each Monday. A limited selection of breakfast items are available to purchase and swimming managers can phone through a breakfast order after training on Monday morning, for students wishing to utilise the MBBC Tuckshop.

Photographs

Managers and coaches will take photographs of the athletes throughout the season for weekly newsletters and the MBBC Yearbook - MIRROR. Parents and spectators are also encouraged to take photographs and submit these to Mr Pincott. Please ensure you provide a caption of the people in the photograph or details of the subject (eg. The first MBBC winning swim of Meet 1).

Sports Awards Night

CIC Swimmers are recognised annually at the MBBC Sports Awards Night.

Categories are as follows:

- Best and Fairest – the swimmer who made the most positive contribution to the season by swimming performance and sportsmanship.
- Most Improved – the swimmer who demonstrated the greatest improvement in skills over the course of the season.

A procedure of selecting the players for these awards is developed by the head coach and managers and kept confidential until the Sports Awards Night.
Weekly Newsletter

A swimming report will be published on the MBBC Website on the Wednesday after each Lead-up Meet. The newsletter will report information about the weekly meet, the Invitation to the next week’s Meet and other relevant information.

My results

Please record your results in the table below. Your times will be recorded by the managers, however, you are encouraged to record your own results. Results from the Lead-up Meets will be used when selecting the team for the CIC Swimming Carnival.

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<tr>
<th>Date</th>
<th>Stroke</th>
<th>Distance and time</th>
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CIC Code of Behaviour

PLAYERS

- You should play your sports for the good health they promote, the enjoyment of being involved in sporting activities with your friends, and for the satisfaction that comes from doing your best, which will mean accepting victory and defeat in the same, well-balanced manner.
- You should learn the rules of your sport as best you can. Regardless of whether you agree or not, decisions by officials, umpires, referees and selectors should be accepted with equal and due respect.
- Remember that any poor sporting behaviour reflects badly on you, your parents, your coaches and your school. Copy only the good behaviour of well-known sporting figures.
- There is never any excuse for bad language whether at training or when playing.
• Give your teachers, coaches, parents, spectators and officials the respect and thanks they deserve for training you, supporting you, transporting you and generally making your sport possible.

TEACHERS AND COACHES

• Each student should not be expected to give more than a reasonable time each week to training so that a proper balance is maintained in respect of time allocated to study, religious activities, boarding school or home duties, cultural enjoyment and social activities.
• Every opportunity afforded by competitive games should be grasped to encourage the social growth of competitors. In this respect all the courtesies should be observed: teams must be punctual and well turned out; the home team should receive the visiting teams in a warm and helpful manner and the courtesies of the particular sport should apply.
• Create opportunities to teach good sporting behaviour and the concept of fair play. An awareness in players of the responsibilities and the implications of the freedom to choose between fair and unfair play is essential. Breaches of good sporting behaviour should never be ignored.
• The awareness of the rules of the games, and their observance, is vital for the good order of games.
• Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.
• Encourage the development of a sense of achievement that comes from an increasing degree of mastery of complex skills and tactics.
• Remember that competitive games are for enjoyment and that winning is only part of the process.
• Ensure that efforts for both skill improvement and good sporting behaviour are rewarded by praise. Players need a coach they can respect, so set a good example.
• Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of students of all ages. The scheduling and length of practice times and competitions should take into account the maturity level of players.
• Encourage awareness of the physical fitness value of sports and their life-long recreational benefit.
• Support all efforts to ensure that there is no verbal or physical abuse in CIC sporting activities.
• Control comments made in moments of high tension.

PARENTS AND SPECTATORS

• While the CIC warmly encourages the full and wholehearted support of parents and other supporters, you are reminded that the competitive games the children play are organised for their benefit and enjoyment.
• Encourage children always to play by the rules and their interpretation. The good example you set by respecting the decisions of officials can do much to support this. The use of profane language or the harassment of players, coaches and officials does nothing to support the spirit of games, and is condemned by the CIC.
• Inculcate in children the virtue of honest effort as being as important as winning so that the result of each game is accepted without undue disappointment.
• Your promotion of the ideals of good sporting behaviour and a sense of fair play will only maximise the enjoyment the children derive from playing competitive games. Applaud good play by the team you support and by members of the opposing team.
• Recognise and support the value and importance of coaches. They give of their time and resources to provide recreational activities for your child. Vindictive criticism of coaches damages the player/coach relationship and may destroy the good we seek to achieve.
• Any breach of good sporting behaviour by, or apparent complaint against any official of another CIC school should only be voiced through your school administration on a Principal to Principal basis.