

Welcome

Thank you for your interest in the Aquablitz Toongabbie Swimming Club. This information pack contains details about our club and membership options.

If you are interested in trying the Swim Races, AquaBlitz offers a free 60 day Come & Try Membership that will allow you to enter our Friday Club Race nights.

Details on how to register for the free 60 day Come & Try membership can be found in this information booklet.

Introduction from our Club President

In 2010 Toongabbie Swim Club changed its name to AquaBlitz Toongabbie Swim Club. The swim club was established in 1972 and has a proud history of providing an opportunity for all to have fun and engage in competitive swimming.

Over the years the club has boasted fantastic membership numbers and has provided many champions.

We offer a fun and safe environment in which all members have the opportunity to participate and achieve regardless of age, ability and motivation.

AquaBlitz Toongabbie Swim Club offers:

- Club racing on Friday night at Royal Life Saving Aquatic Academy Seven Hills
- the opportunity to compete at external swimming carnivals
- fun social activities for all to get involved in

AquaBlitz Toongabbie is affiliated with Swimming NSW and Swimming Metro South West and is one of the largest clubs in the Swimming Metro South West area.

Our team regularly achieves great results at all levels of competition. Our members regularly represent at Area, Metropolitan, State and National level.

The coaches at Royal Life Saving Aquatic Academy prepare the athletes to achieve their goals.

The club has qualified referees and technical officials that enable Friday club results to be official times.

Further information about the club has been included in this pack or you are welcome to come and speak to us on a Friday night.

See you next time on pool deck.

Brad Fahey
Club President
AquaBlitz Toongabbie Swim Club

Membership

Membership is purchased through Swim Central <https://swimcentral.swimming.org.au/home>. In this information pack you will find documentation on how to set up a Swim Central profile and how to purchase an AquaBlitz membership.

The swimming season runs from 1st October to 30th September each year and memberships are available for purchase now in Swim Central.

The below table outlines the current membership cost:

2024/2025 AquaBlitz Full Swimmer	\$223.30
2024/2025 AquaBlitz Club Only Swimmer	\$158.98
2024/2025 AquaBlitz Dry Member	\$54.60
60 Day Come & Try Membership	free

AquaBlitz Club Only Swimmer: For swimmers wishing to participate in AquaBlitz club nights and AquaBlitz hosted meets. Suitable for those looking to try out competitive swimming, but not yet ready to swim at Inter-club, Area or State meets.

AquaBlitz Full Swimmer: Essential for club members who wish to compete at Inter-club, Area, State or National meets

AquaBlitz Dry Member: Perfect for parents, guardians, committee members, volunteers or Technical Officials who wish to enjoy some of the benefits that Swimming NSW have to offer, without having to dive into the pool. *This membership is compulsory for parents or guardians of swimmers under 18 years of age.*

60 Day Come & Try Membership: For swimmers wishing to try out swim racing, but not yet ready to commit to a paid membership.

Friday Club Night

Friday club nights are **free** to enter for all swimming members. We generally race every second week from August to May and have breaks for the school holiday and also a two month break over Winter.

If there is an external meet occurring on a weekend, that most of our members are attending, we won't host a club night that week either.

On standard club nights we run events for 25m, 50m, 100m and 200m of all four strokes, Freestyle, Backstroke, Breaststroke and Butterfly. We also run 100m and 200m individual medley events.

On selected club nights during the season we will run 400m freestyle, 400m individual medley, 800m freestyle and 1500m freestyle events. These events will require the coaches approval prior to entry and are usually limited to swimmers who need a qualifying time for an area, state or national competition.

Swimmers can choose a **maximum of three** races at each club night.

Parents/Carers are required to assist with timekeeping

Progression Times

We encourage all our new swimmers to start with a 25m or 50m race as there is progression times that needs to be met prior to advancing to the longer distance.

Progression Times				
Stroke	25m to 50m	50m to 100m	100m to 200m	200m to 400m
Freestyle	25.00	52.00	1:32.00	3:10.00
Butterfly	26.00	55.00	1:45.00	
Backstroke	30.00	58.00	1:45.00	
Breaststroke	32.00	1:02.00	2:02.00	
Medley			1:50.00	3:00.00

AquaBlitz Hosted Meets

AquaBlitz holds two qualifying meets per year, a Short Course Meet in late July and a Long Course Meet in early October.

The Short Course Meet is held in two 25m pools at the Sydney Olympic Aquatic Centre at Homebush. AquaBlitz is the only club in New South Wales that runs their Short Course Meet across two pools. The pools are split into ages groups, 12 & Under and 13 & Over.

The Long Course Meet is held in a 50m pool at the Sydney Olympic Aquatic Centre.

Entry into the AquaBlitz qualifying meets will depend on the achievement qualifying times and attract entry fees payable via Swim Central.

Target Meets

AquaBlitz competes at selected external meets during the year. These are known as Target Meets. Our coaches will be in attendance at Target Meets to support and provide feedback to swimmers.

Examples of Target Meets we have historically attended as a club have been:

- NSW Junior State Short Course Championships September
- Metro South West Long Course Championships October
- Metro South West Open Water Championships November
- NSW Junior Metropolitan Long Course Championships November
- Metro South West Speedo Sprint Heats February
- Merrylands SwimFest February
- NSW Junior State Long Course Championships March
- Metro South West Short Course Championships May

Entry to external meets will depend on the achievement of qualifying times and attract entry fees payable via Swim Central.

Coaches will advise swimmers of upcoming Target Meets and these will also be loaded into our club calendar on the Stack Team App.

Inter-Club Meets

There are many other external meets hosted by other swim clubs during the swimming season. Your AquaBlitz Full Swimmer membership will allow you to enter these meets.

Entry to other external meets will depend on the achievement of qualifying times and attract entry fees payable via Swim Central.

We encourage all swimmers to discuss entries into external meets with their coaches prior to entry. This is important to ensure the meet is appropriate and aligned with the coaching plan.

Club Championship / Mini Meet

AquaBlitz runs a Club Championship mini meet each year. This mini meet is held over two—four weeks in May and June each year. Entry into the mini meet is free for all members.

Club Championship trophies are awarded at our Annual Presentation night held in late November / early December.

Social Events

An Annual Presentation night is held each year in late November / early December. At the Presentation Night swimmers are recognised for their achievement during the previous swimming season. The Presentation night is a catered event that is free to all members.

An Annual Fun day is usually organised around January each year. The club Executive Committee will make the decision on the location and timing of the event and communicate with members via an email.

Uniforms

Each new member will be given one white AquaBlitz swimming cap that is to be worn when competing at swimming competitions. Additional or replacement caps can be purchased for \$10.

Swimmers qualifying for and competing in a State level event for the first time will receive one representative T-Shirt and one silver AquaBlitz swimming cap that is to be worn when competing at State competitions.

Swimmers qualifying for and competing in a National level event will receive a club uniform and one personalised silver AquaBlitz swimming cap that is to be worn when competing at National competitions.

Executive Committee Contacts

Please contact our executive committee members below for answers to any specific questions:

General enquires email our Secretary Anthea Garbert:

secretary1.aquablitz@gmail.com

Membership enquires email our Registrar Doris Farrugia :

registrar.aquablitz@gmail.com

Friday club night enquires email our Race Secretary Amanda Carlisle

fridayracesecretary.AquaBlitz@outlook.com

Uniform enquires email our Vice President Karen Lawrence:

vicepresident.aquablitz@gmail.com

How To Register with Swim Central

To join Swim Central as a brand-new member, please follow the below steps to register and login.

Please note, if you are registering an account for your child who is under 18, you must first register yourself and then create a family group.

You will then be able to add your child into your family group.

1) Navigate to Swim Central <https://swimcentral.swimming.org.au/> and at the bottom of the screen Select 'Register for an account'.

2) Enter your preferred e-mail, personal details and create a password that contains at least 8 characters, with at least 1 uppercase letter and 1 number and select Register.

Alternatively you can register using your Google, Facebook or Apple account but only if you **do not** already have an existing account.

The image displays two side-by-side screenshots of the Swim Central website's user interface.

The left screenshot, titled "Login to your account", features a dark blue header. Below it, the "Login with:" section offers three social media login options: Google, Facebook, and Apple. A link "OR CONTINUE WITH" is positioned below these options. The form includes fields for "Email" and "Password", a "Remember password" checkbox (checked), and a "Forgot password?" link. A prominent green "Login" button is centered at the bottom. A red rectangular box highlights the link "Don't have a login? Register for an account" at the very bottom of the page.

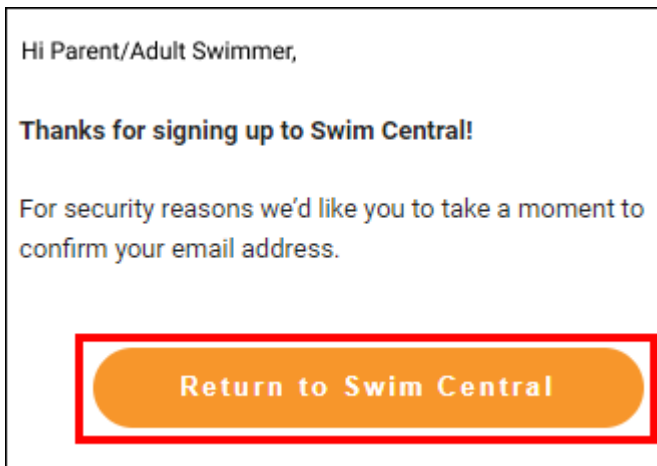
The right screenshot, titled "Sign Up for an account", also has a dark blue header. The "Sign up with:" section provides the same Google, Facebook, and Apple login options, with an "OR CONTINUE WITH" link below. The registration form includes fields for "Your email" (with a note "Must be parent or primary account holder"), "First name" and "Last name", "Date of birth", "Postcode", and "Gender" (with "Female" selected). A "Create Password" field is also present. A green "Register" button is highlighted with a red rectangular box. At the bottom, there is a link "Already have an account? Log In".

3) A confirmation email will be sent to the registered email address from **noreply@mail.swimcentral.swimming.org.au**

4) You will need to access your inbox and click the confirmation link in the email before proceeding.

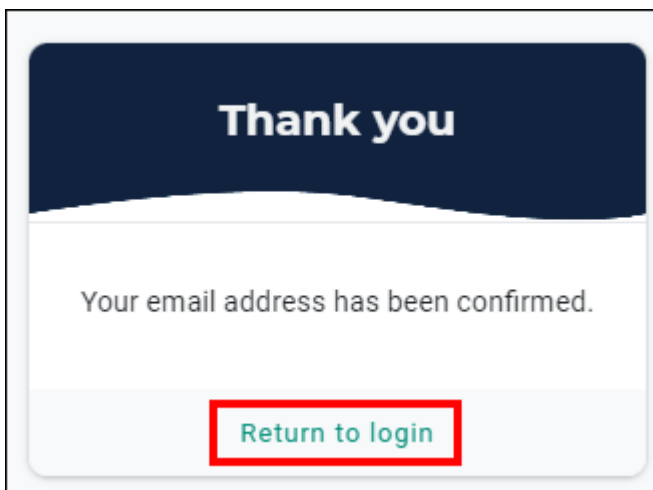
Please check your spam/junk folders if you do not see an e-mail in your inbox within a few minutes.

5) Select 'Return to Swim Central' from the e-mail to confirm your e-mail address.



6) A new window will pop up to show you that your email address has been confirmed.

7) Click 'Return to Login' and the system login screen will appear.



8) Enter your newly registered e-mail and password then select **Login**.

Login to your account

Login with:

Google Facebook Apple

OR CONTINUE WITH

Email

Password

Remember password [Forgot password?](#)

Login

[Don't have a login? Register for an account](#)

9) Agree to the Terms and Conditions.

You will now be logged in to Swim Central.

10) From your personal dashboard you will see a Get Started with Swim Central Checklist.

Item 1 on the checklist is mandatory, however please step through and complete any of the other applicable items on the checklist.

Hi Parent/Adult Swimmer,

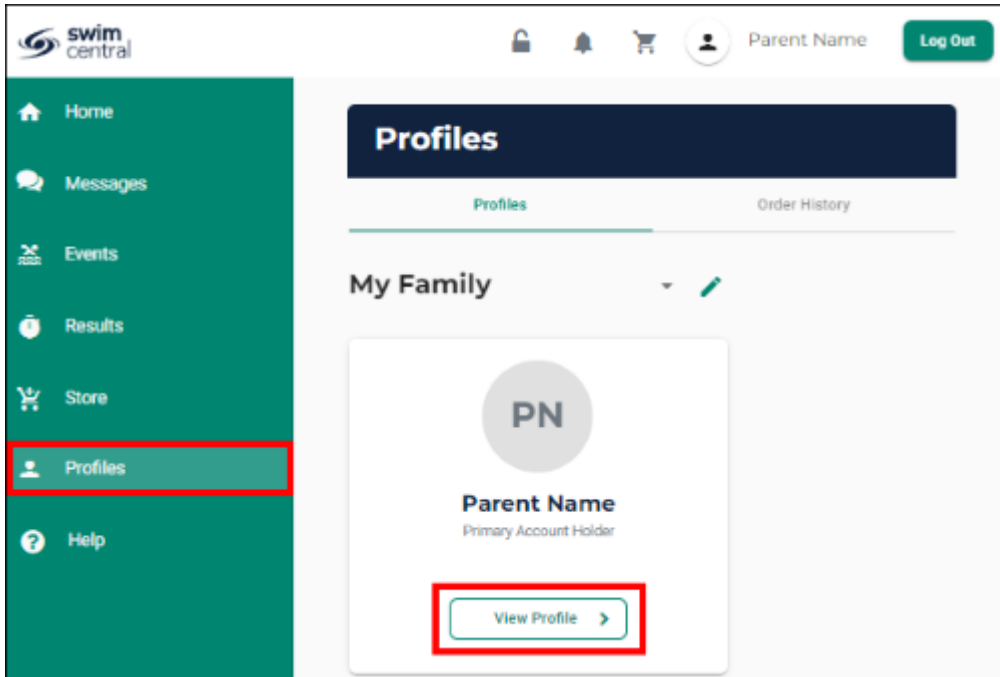
Complete these short steps to get started with Swim Central

- 1 Complete your profile and add emergency contacts** >
This is our legal obligation
- 2 Create profiles for dependants (optional)
- 3 Buy a membership with a Club or Association
- 4 Browse upcoming events and start participating

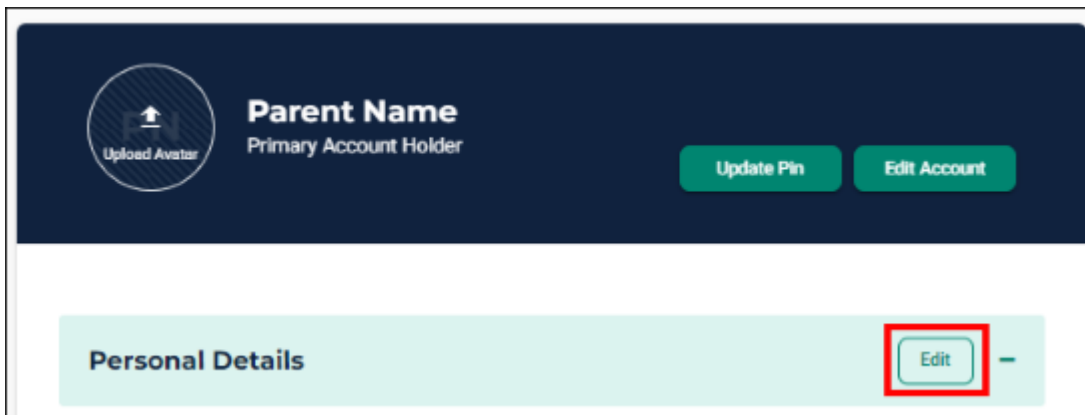
How To Edit Personal Details

- 1) Login to Swim Central and from the menu select 'Profiles'.
- 2) Select 'View Profile', for the Primary Account Holder Profile and enter your PIN if required.

For all other profiles, a PIN is not required.



- 3) Select 'Edit'



- 5) Update any relevant information by toggling through the icons at the top of the page.

To update your Email, Profile's First and Last Name, Date of Birth please contact your State Administrator. Details [Here](#)

NB. Any fields highlighted in red are mandatory fields.

Personal Details **Contact** ¹ **Address** ¹ X

Personal

Email
testxemail9@gmail.com

Home Phone

Work Phone

Mobile *
Mobile Required

Subscribe to Marketing List

Emergency Contact

Emergency Name *
Emergency Name Required

Emergency Number *
Emergency Number Required

Update Details

6) Once fields are completed select 'Update Details'.

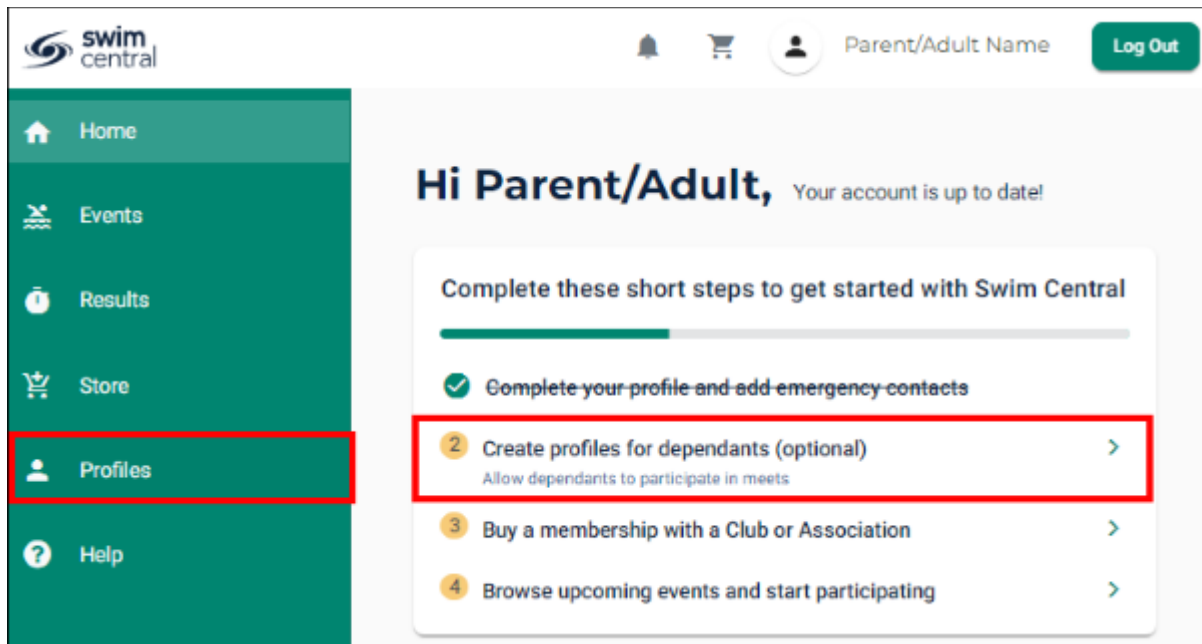
It is not possible to update details if any mandatory fields are left blank.

7) A pop-up screen will appear displaying, 'Profile Updated'

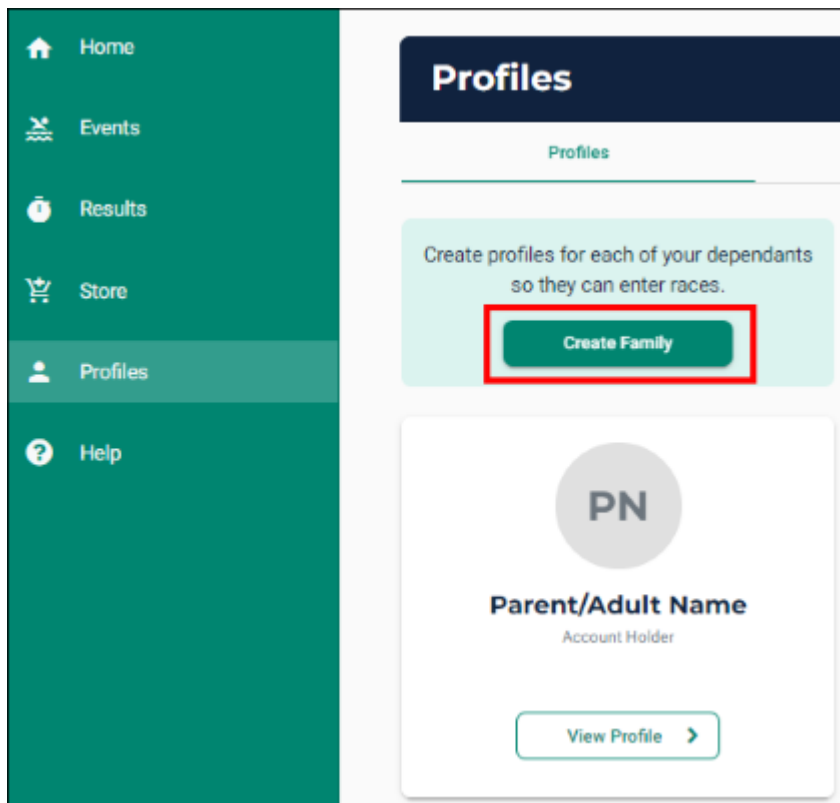
How To Create A Family Group

Once you have registered and created your own profile in Swim Central, you have the option to create a family group to add and track all child/dependant profiles, join an existing family group, or maintain an independent profile that is not attached to a family group.

1) Login to Swim Central and select 'Create a Family' from your Get Started checklist or alternatively click on 'Profiles' from the menu



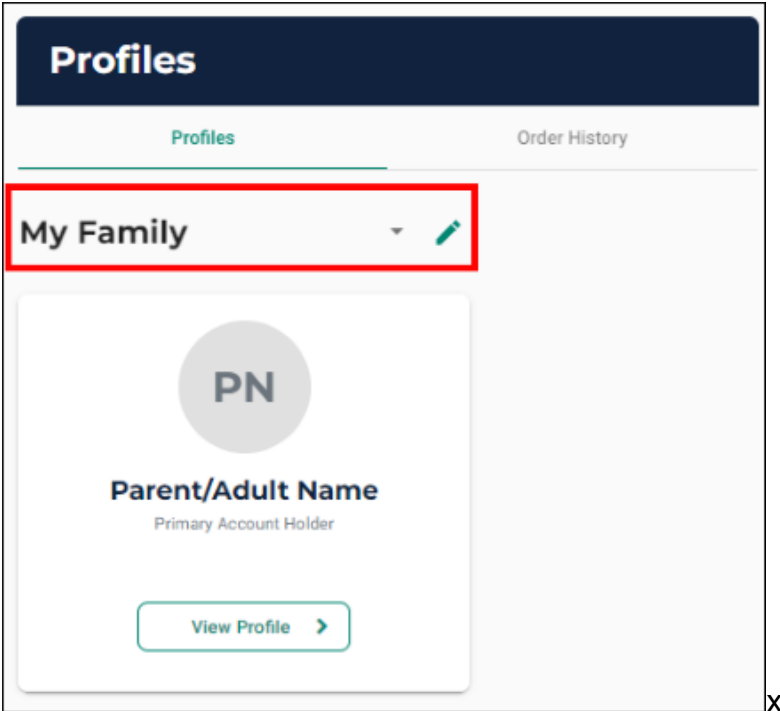
2) Select 'Create Family'



- 3) Input a name for your family group.
- 4) Add a Parental PIN that will control the authority features within the family group
- 5) Confirm your eligibility as a guardian
- 6) Select 'Create'.

You can now [add a dependant](#) or an account holder.

To Edit the family name, from the Profiles page select the pen icon and update the name then select 'Update'.

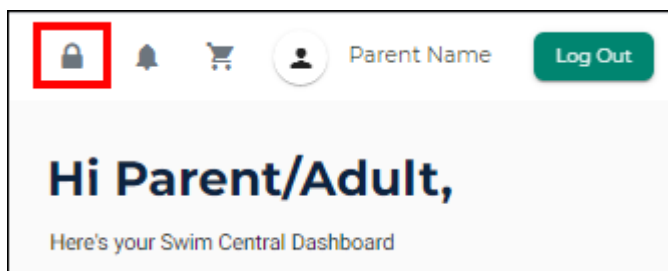


How To Purchase Aquablitz Toongabbie Membership

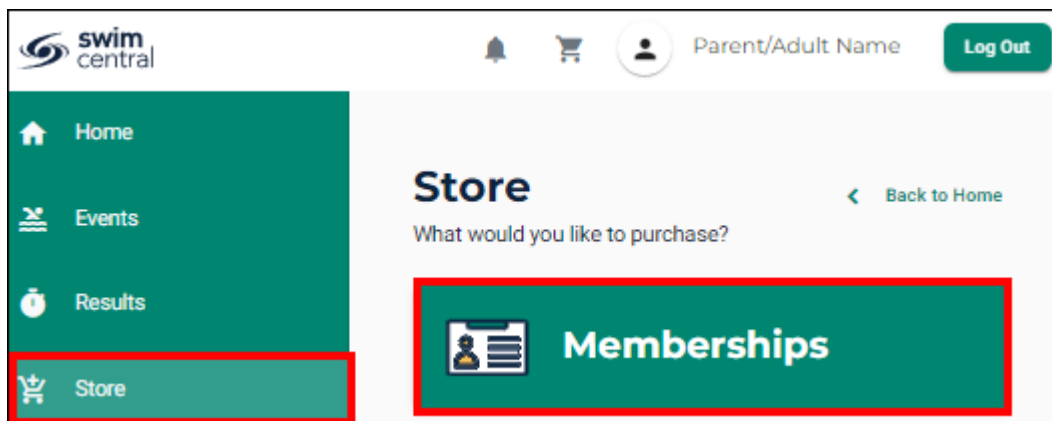
To join Aquablitz Toongabbie Swim Club, individuals will be required to purchase a membership through Swim Central.

It is mandatory for Parents/Guardians to have an active Aquablitz Dry membership. Failure to hold an active membership may result in your dependant's membership being suspended.

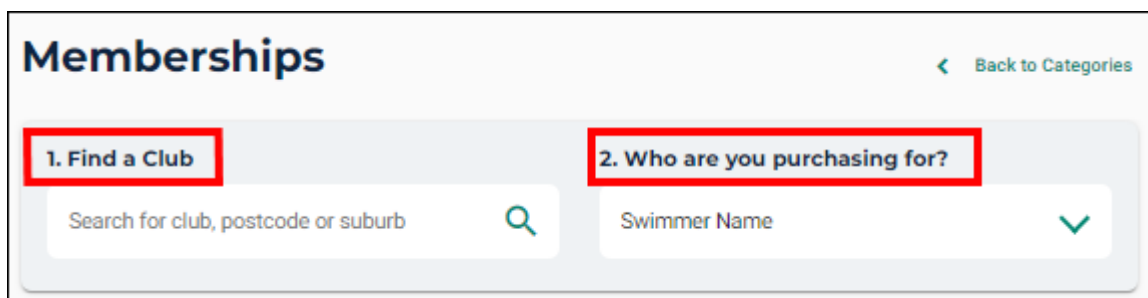
- 1) Login to Swim Central and click on the padlock icon at the top right corner of the page, enter your 'PIN' if required
NB. If you are an individual not attached to a family group there will be no padlock or pin



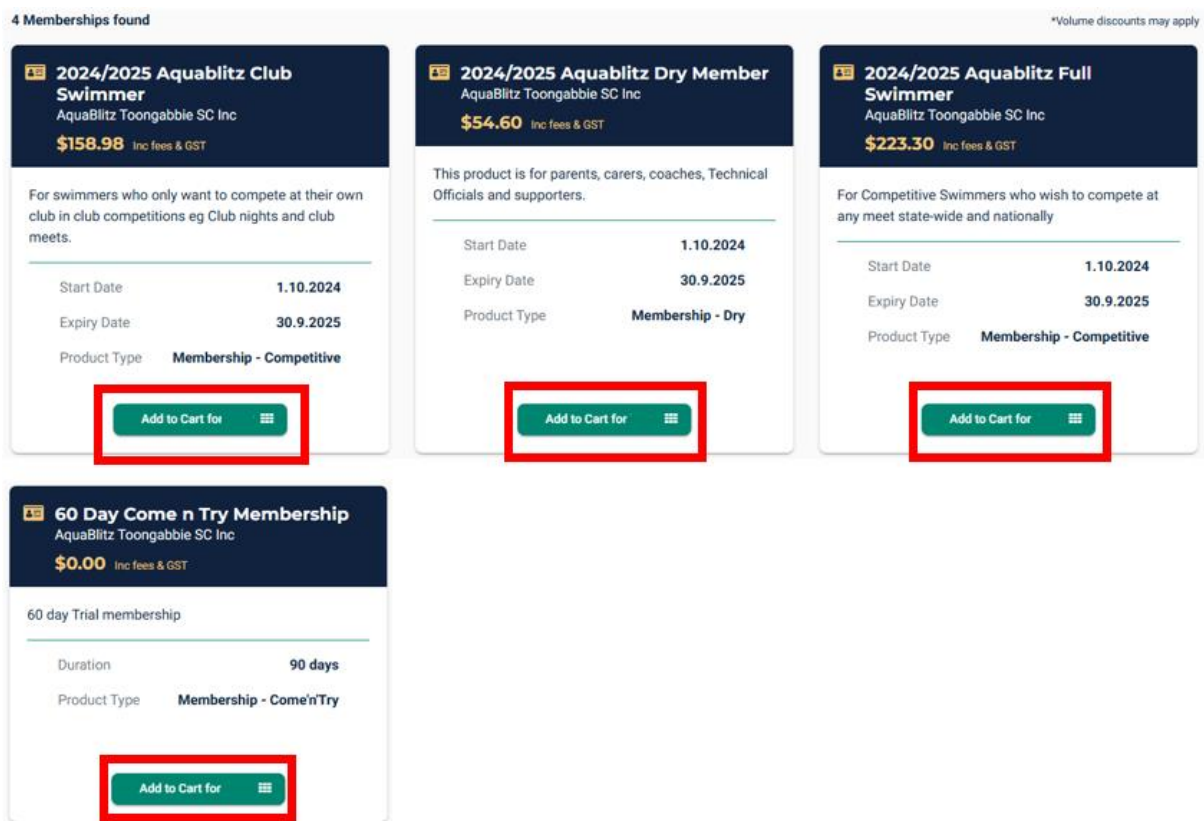
- 2) From the menu options select Store, select Memberships



- 3) Search for Aquablitz in the Find a Club field.
- 4) Select the member who you are purchasing a membership for



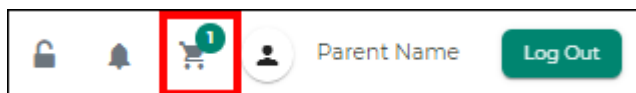
5) A list of available memberships will be displayed.



6) Select the appropriate membership by clicking 'Add to Cart for **xxx**' at the bottom of the membership product tile

7) Continue to add memberships to your cart by selecting the member and finding the appropriate membership then adding it to your cart accordingly.

8) Once all memberships have been added to your cart, click on the "Shopping Trolley" icon located at the top of the page.



9) At the Checkout

1. Confirm all details are correct and assigned to the correct member
2. Enter name on credit card
3. Enter card number, expiry date and CVC
4. Read and agree with Terms and Conditions
5. Select 'Buy Now'

Checkout

[Continue Shopping](#)

CN Child 1 [Delete All](#)

Membership Product Name
Club Name ✕

subtotal **\$XXX.XX**

GST \$13.20
Fees \$1.95

TOTAL \$XXX.XX*
*includes components

Payment Method

[Credit](#)

Name on Card
Parent Name 2

3 Visa 4242 exp. 4/24
[Use a different Credit Card](#)

4 Agree with [Terms & Conditions](#)
 Remember card details

5 [Buy Now](#)

10) A screen will display saying 'Thank you for your purchase' along with a summary of your purchases. Additionally, a confirmation email will be sent to your registered email address.

Thank you for your purchase

Child Name

Membership Product Name **\$XXX.XX**
Club Name

GST \$13.20
Fees \$1.95

TOTAL \$XXX.XX*
*includes components

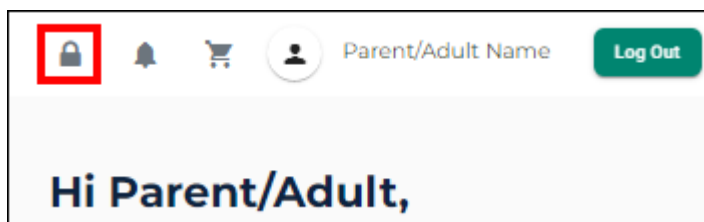
[Go to Purchases](#) [Continue Shopping](#)

How to Enter Friday Club Night and Other Meets

To participate in Friday Club Night races or other upcoming swim meets, participants will need to enter the meet via Swim Central.

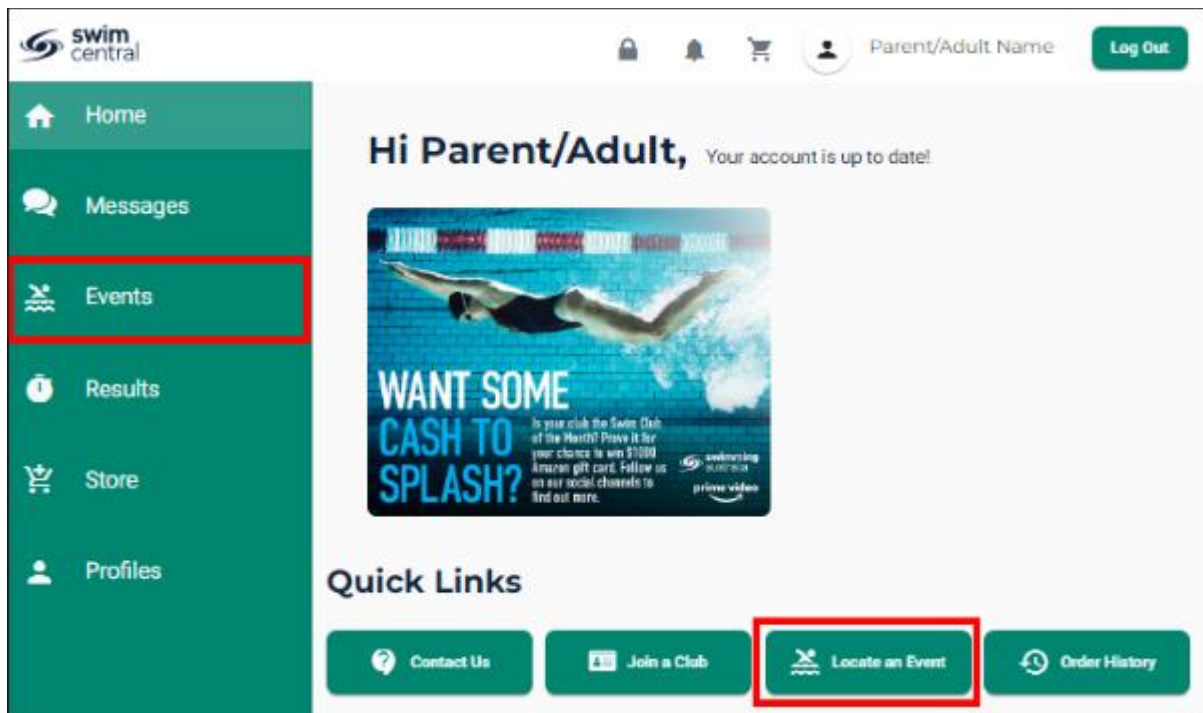
1) Login to Swim Central, select the padlock at the top right corner and enter your 'PIN'

NB. If you are an individual not attached to a family group purchasing for yourself you will not require a pin



FINDING A MEET

2) Select 'Events' from the left-hand menu, alternatively select locate an event from the quick links



3) From the My Events tab select the date the of the meet from the calendar

A blue dot indicates there is a meet

4) Select 'View Event' next to the meet you wish to nominate for

5) If you are looking to enter a meet that is not shown on my events calendar, please contact your coach to confirm the event is a target meet.

Events Calendar

← **December 2021** →

MO	TU	WE	TH	FR	SA	SU
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Tuesday 14th December

- **Swim Meet Name** View Event

Meet Location
Entries close 8:30am - 10.12.2021

6) The 'Entries' tab shows a list of eligible entries

7) The 'Details' tab shows additional event information.

8) Select the swimmer you wish to enter

9) Confirm you are representing the correct club. If you need to change the primary membership please click 'Change Primary membership' and update accordingly

Swim Meet Name 📍 Meet Location

Meet Type | Course Type 📅 Meet Date

ENTRIES ← ← **DETAILS**

Nominee: Swimmer Sessions: All Eligible Sessions

You are currently representing: Club Name [Change Primary Membership](#) ←

Swim Meet Name

Meet Type | Course Type

📍 Meet Location

📅 Meet Date

ENTRIES
 PRODUCTS
 DETAILS

Nominee
 Swimmer

Sessions
 All Eligible Sessions

You are currently representing:

Club Name [Change Primary Membership](#)

Day 1 - Session 1 - 10:00am Make Payment

1%

Event 6A	Entered ✕	Open Womens 50M Backstroke Fnl	QT 1:00.00	Entry Time 32.90	\$5.00
				L	<input checked="" type="checkbox"/>
Event 5A		Open Womens 50M Freestyle Fnl	QT 50.00	Entry Time 29.28	\$5.00
				L	<input type="checkbox"/>
Event 7A	Max	Open Womens 50M Breaststroke Fnl	QT 1:05.00	Entry Time 41.63	\$5.00
				L	<input type="checkbox"/>
Event 8A	Ineligible	Open Womens 50M Butterfly Fnl	QT 27.00	Ineligible?	\$5.00
					<input type="checkbox"/>

10) A list of all eligible events for the swimmer to enter based on their age and gender will appear.

11) If the competitor/swimmer does not meet the qualification time, an 'Ineligible' tag will display

12) Races already entered will display with 'Entered'

13) If a swimmer or session duration has reached its limit a 'Max' status tag will display for that event.

14) QT: Is the minimum qualification time required to enter the race. N/A means there is no qualification time.

15) If there are no qualification time, or the swimmer meets the qualification time, a '+' icon will be displayed. Select '+'

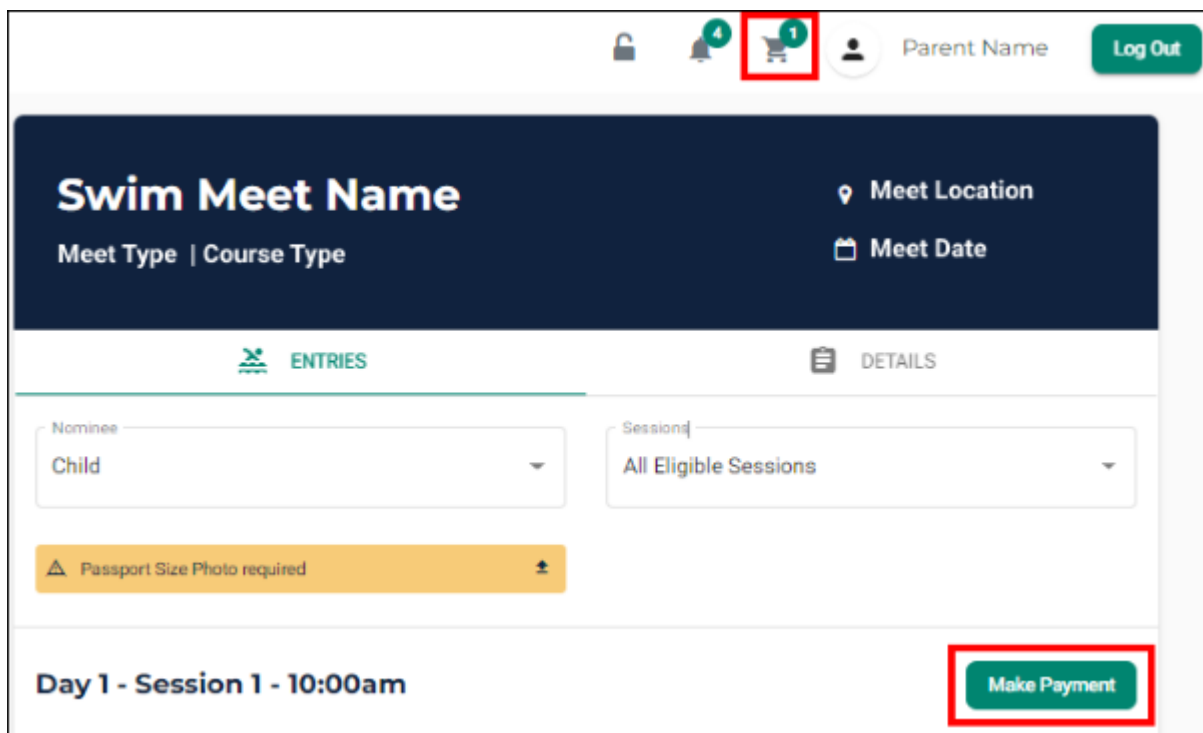


16) If there is a fee for the event it will be shown. NB. Aquablitz club night entries are free.

17) To complete entries for another swimmer for the same meet select the next swimmer from the Nominee box

18) You will see the total number of events entered displayed in the Shopping Cart item count as you go along.

19) Once entries have been added to the cart, select the cart icon or click 'Make Payment'



20) You will see a confirmation screen listing all events you entered for each swimmer and which meets have been entered.

21) Confirm all entries and, if necessary, remove any unwanted items by selecting the 'X'

NB Aquablitz Club Nights are free to enter. The Payment Method box will show 'No Payment Needed'

Checkout < Continue Shopping

Swimmer Name [Delete All](#)

Mixed 50M Freestyle Fnl 1-8 **\$0.00**
Aquablitz Club Night 2023-24 Wk 23-13 Sep 24
AquaBlitz Toongabbie SC Inc

BALANCE OWING **\$0.00***
Inc GST & Fees
*Inc Components

Payment Method

No Payment Needed

These products do not require payment to be provided. Continue with purchase when you are ready.

Agree with [Terms & Conditions](#)

Complete Purchase

22) if you are entering a meet that has an entry fee, you will need to enter payment details.

Checkout < Continue Shopping

Child [Delete All](#)

Mens 50M Freestyle Fnl 1-5B **\$2.27**
Swim Meet Name
Brisbane Swimming Association

GST **\$0.21**

Fees **\$0.06**

BALANCE OWING **\$2.27***
Inc GST & Fees
*Inc Components

Payment Method

Credit

Name on Card
Parent Name

Visa 4242 exp. 4/24
[Use a different Credit Card](#)

Agree with Terms & Conditions

Remember card details

Buy Now

23) Select Agree with Terms & Conditions in the payment method window


24) Select 'Buy Now' or 'Complete Purchase' button to complete the purchase.

25) A 'Thank you for your purchase' screen will display and an email confirmation will be sent to your inbox verifying that your purchase is complete.

26) You can also select 'Go to Purchases' where you will see that the purchase status is set to completed for the transaction.

Thank you for your purchase

Child Name

 Swim Meet Name: Mens 50M Freestyle Fnl 1-5B \$2.27 Brisbane Swimming Association	
GST	\$0.21
Fees	\$0.06
TOTAL PAID	\$2.27*

Inc GST & Fees
*Inc Components

[Go to Purchases](#) [Continue Shopping](#)