

## Some Website Tips:



Find your SSC information at:

<http://www.paulsadlerswimland.com/SSC/Home.aspx>

## Some tips and updates in this document:

- ***Club Calendar*** - finding your Meet Information, Confirmed Entries and Results
- **The New *Swimmer Statistics*** function for personal best times, swim history, graphs and more!
- **Keeping up with the News**
- **Frequently Asked Questions & Glossary**
- **Policies and Behaviours**

Go to the Club Calendar for Meet Schedule, Meet Information, Confirmed Entries and Meet Results

Upcoming meets and information about those meets are listed on our Club Calendar. This is maintained by our Head Coach Peter Howes and our Swim Meet Coordinator Tim Burgess.

The section also shows you confirmed entries.

Results for each Swim Meet are posted against the listed event in the Calendar/Swim Meets section of our website. This usually happens within 5 days of the event, and often includes some extra information put in by our Head Coach that may not be available from the swim club that hosted the meet.

Just click on the underlined links within the Calendar. Stay tuned, as a changed and improved method for completing meet entries is coming soon - this process will also be able to be found within the same section of the website. There are even instructions here for how to pay for meets by electronic banking, and meet goal setting forms for swimmers.

Paul Sadler Swimland Est. 1972  
...the survival specialists

LOCATIONS PROGRAMS **SSC** ABOUT US FAQs CONTACT EMPLOYMENT SEARCH

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- About SSC
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South District - CD, HP, NW, ROW

[Download PDF Meet Schedule](#) Swimmer Stats Online  
[Meet Goal Setting \(Blank Form\)](#)  
[SSC Electronic Banking Instructions](#)

DATE	MEET	LOCATION	INFO	ENTRIES	RESULTS
JUNE 21	ROUND 1 SSC PB Aggregate Series	PSS Carrum Downs	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JUNE 27	Vicentre SC Meet	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JUNE 28	CA Tritons SC Meet	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JULY 12	Lilydale SC ENC Meet	Kilsyth	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JULY 17	SV Winter Interclub SC #1	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JULY 18-19	SV Open/SWD SC Championships	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a> <a href="#">RELAYS</a>	<a href="#">RESULTS</a>
JUL 19 AUG 2	FINA World Championships	Rome, Italy	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JULY ..	SV Winter Interclub SC #2	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>

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http://www.paulsadlerswimland.com/SSC/Club-Calendar.aspx

[Just click on the links in the Calendar - here's a calendar example](#)

## Metro South District - CD, HP, NW, ROW

[Download PDF Meet Schedule](#)

[Swimmer Stats Online](#)

[Meet Goal Setting \(Blank Form\)](#)

[SSC Electronic Banking Instructions](#)

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JUNE 21	ROUND 1 SSC PB Aggregate Series	PSS Carrum Downs	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JUNE 27	Vicentre SC Meet	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JUNE 28	CA Tritons SC Meet	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JULY 12	Lilydale SC ENC Meet	Kilsyth	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JULY 17	SV Winter Interclub SC #1	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JULY 18-19	SV Open/SWD SC Championships	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES RELAYS</a>	<a href="#">RESULTS</a>
JUL19 AUG2	FINA World Championships	Rome, Italy	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JULY 24	SV Winter Interclub SC #2	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JULY 25	Nunawading JX Meet	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
JULY 31	SV Winter Interclub SC #3	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
AUG 1-2	ACT SC Champs	AIS Canberra	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
AUG 2	Western Region SC Meet	Maribyrnong	<a href="#">INFO</a>	<a href="#">ENTRIES RELAYS</a>	<a href="#">RESULTS</a>
AUG 7	SV Winter Interclub SC #4	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
AUG 8-12	AUS National SC Champs	Hobart, TAS	<a href="#">INFO</a>	NO ENTRIES	<a href="#">RESULTS</a>
AUG 14	SV Winter Interclub SC #5	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
AUG 15	Bayside SC Meet	Mentone	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
AUG 16	CD Squad Carnival	PSS CD	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
AUG 22	ROUND 2 SSC PB Aggregate Series	PSS CD	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
AUG 30	Klim Swim Trojans ENC	Cheltenham	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
SEPT 5-6	State Age SC Champ	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
SEPT 12	SSC SC Intraclub	PSS Narre Warren	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
SEPT 27	Bayside LC Meet	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
OCT 11	MLC LC Meet	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
OCT 17-18	Vic Open Water Champs	Hazelwood	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
OCT 31	Vicentre LC Meet	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
NOV 1	Maribyrnong & Moonee Valley LC Meet	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
NOV 7-8	SV LC Distance Meet	MSAC	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>
NOV 8	Haileybury Encouragement Meet	Haileybury	<a href="#">INFO</a>	<a href="#">ENTRIES</a>	<a href="#">RESULTS</a>

## [Swimmer Statistics - a great new section of our Site](#)

### ***Want to know your best times, and how much you've improved for all strokes and distances?***

As a new feature on the website, Swimmer Statistics lets you check out all your current best times and the history of your swims for long course (50m pool) and short course (25m pool) competitions using the [Swimmer Statistics](#) section of our website. First, find and click on the [Swimmer Statistics](#) link (see below). Then click on 'Athletes', select the letter for your surname, click on 'Times' next to your name, change the 'Course' field on the left to select either short course events (SC) or long course events (LC), and you will see all your personal best times, and easily print them out. An example appears below. Click on individual buttons on the left to get more detail on your best times for each particular stroke and distance.

When you have selected what you want once, and have it looking how you want, you can even save that page as a favourite within Internet Explorer, so you can go back to it more easily next time.

You can also click on the 'Graph Results' button to graph your swims and show how much you are improving over time (see next pages).

The screenshot displays the Paul Sadler Swimland website. The header includes the logo "Paul Sadler Swimland Est. 1992 ...the survival specialists" and a navigation menu with links for LOCATIONS, PROGRAMS, SSC, ABOUT US, FAQs, CONTACT, EMPLOYMENT, and SEARCH. The SSC menu is expanded, showing options like SSC Home, About SSC, Club Calendar/Swim Meets, Membership, Swimmer Statistics (highlighted), News, Policies & Behaviours, Merchandise, FAQs, and Glossary. A circular call-to-action button says "QUESTIONS ABOUT CLUB? Click here to get some answers!". The main content area features a welcome message from Shona Osborne, President, and a "SSC NEWS" section with three news items: "SSC HOLIDAY PROGRAM TERM 3", "SSC SUCCEEDS AT THE AIS", and "JUNIOR EXCELLENCE PROGRAM". A "YOUR DETAILS A CLICK AWAY!!" link is also present. The footer contains contact information and a copyright notice for Paul Sadler Swimland Pty Ltd.

Here's an example of a list of best times for each stroke for swimmer Samantha Swimland...

You see a full list of current best times.

You can then click on any button on the left for a history of times for a specific stroke and distance.

If you desire, you can even get the 'split' times for sections of the swim if they are available - just click on the 'splits' link.

Hy-Tek's Team Stats *Online* for Swimland Swim Club Version 2.0C

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[Meet Results](#)
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SAMANTHA SWIMLAND Print Results    Export to PSM-R    Graph Results

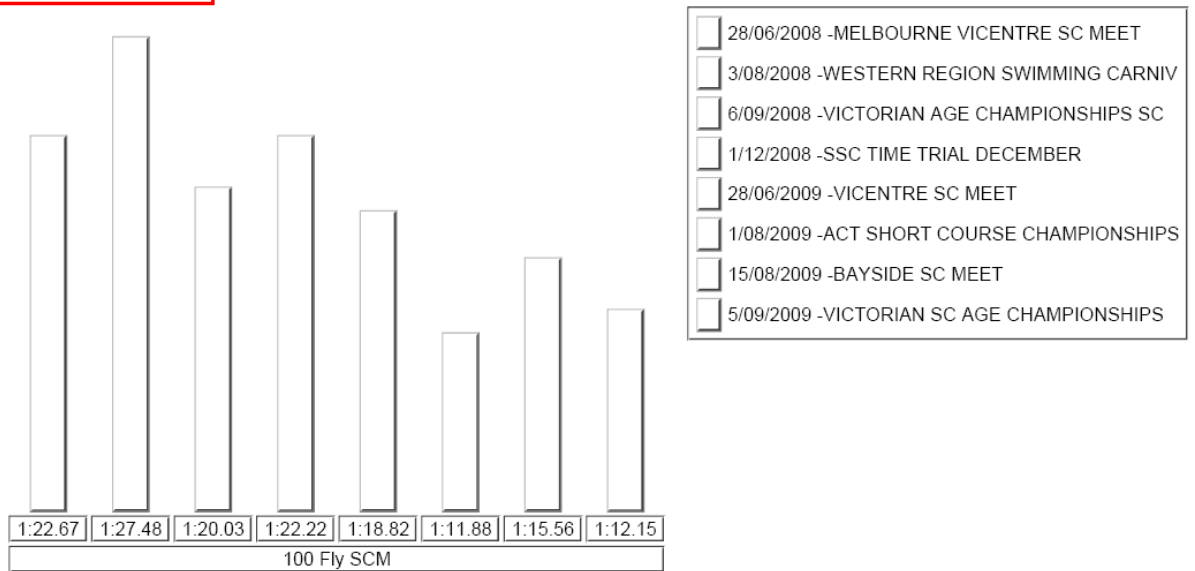
Fastest **1**

Course	SCM		Dist	Stroke	P/F	Time	Std	Place	Pts	Date	Meet
		<a href="#">Splits</a>	50S	Free	F	31.04	VIC			1/08/2009	ACT SHORT COURSE CHAMPIONSHIPS
All Events		<a href="#">Splits</a>	100S	Free	F	1:06.19	VIC	7	14	1/08/2009	ACT SHORT COURSE CHAMPIONSHIPS
25 Free	25 Breast	<a href="#">Splits</a>	200S	Free	F	2:26.54	VIC	1	20	15/08/2009	BAYSIDE SC MEET
50 Free	50 Breast	<a href="#">Splits</a>	400S	Free	F	5:09.85	CTY	6	13	15/08/2009	BAYSIDE SC MEET
100 Free	100 Breas	<a href="#">Splits</a>	800S	Free	F	11:36.89				1/11/2008	SSC TIME TRIAL NOVEMBER
200 Free	200 Breas	<a href="#">Splits</a>	1500S	Free	F	22:09.30				1/11/2008	SSC TIME TRIAL NOVEMBER
400 Free	25 Fly	<a href="#">Splits</a>	50S	Back	F	34.33	VIC	9		1/08/2009	ACT SHORT COURSE CHAMPIONSHIPS
500 Free	50 Fly	<a href="#">Splits</a>	100S	Back	F	1:16.68	VIC	22		28/06/2009	VICENTRE SC MEET
800 Free	100 Fly	<a href="#">Splits</a>	200S	Back	F	2:41.85	VIC	14		27/06/2009	CA TRITONS SC MEET
1000 Free	200 Fly	<a href="#">Splits</a>	50S	Breast	F	40.69				5/09/2009	VICTORIAN SC AGE CHAMPIONSHIPS
1500 Free	100 IM	<a href="#">Splits</a>	100S	Breast	F	1:26.19	VIC	29		5/09/2009	VICTORIAN SC AGE CHAMPIONSHIPS
1650 Free	200 IM	<a href="#">Splits</a>	200S	Breast	F	3:07.14	VIC	24		5/09/2009	VICTORIAN SC AGE CHAMPIONSHIPS
25 Back	400 IM	<a href="#">Splits</a>	50S	Fly	F	32.29	VIC	7	14	1/08/2009	ACT SHORT COURSE CHAMPIONSHIPS
50 Back	1 Mtr Dive	<a href="#">Splits</a>	100S	Fly	F	1:11.88	VIC	4	23	1/08/2009	ACT SHORT COURSE CHAMPIONSHIPS
100 Back	3 Mtr Dive	<a href="#">Splits</a>	200S	Fly	F	2:44.62	VIC	9	4	5/09/2009	VICTORIAN SC AGE CHAMPIONSHIPS
200 Back	Platform	<a href="#">Splits</a>	399S	Fly	F	6:59.19				1/01/2009	SSC TIME TRIAL JANUARY
		<a href="#">Splits</a>	100S	IM	F	1:15.14	VIC	14		28/06/2009	VICENTRE SC MEET
		<a href="#">Splits</a>	200S	IM	F	2:41.03	VIC	32		5/09/2009	VICTORIAN SC AGE CHAMPIONSHIPS
		<a href="#">Splits</a>	400S	IM	F	5:57.64	VIC	14		28/06/2009	VICENTRE SC MEET
		<a href="#">Splits</a>	2000S	IM	F	32:45.97				1/08/2009	SSC TIME TRIAL AUGUST

Done Internet 125%

Here's an example of a graph showing the progression of Samantha's times for the 100 Fly in short course (SC=25m) pools - this was produced by selecting the '100 Fly' button on the left, and then selecting 'Graph Results'.

SAMANTHA  
SWIMLAND



## [Keeping Up With the News! - News items and the SSC Newsletter](#)

News information now comes more frequently, thanks to the coordination of our Communications Officer, Susie Hawke. Check out the news section for occasional easy to read updates on upcoming programs (like SSC holiday programs), some meet reports, and some other important information on new developments and things like fundraising activities - remembering that SSC is a non-profit organisation, who depends on the assistance of fundraising activities.

Of course, SSC now sends more frequent club newsletters by email to our current members. Just make sure your email address is current. You can maintain your email address at the Member Portal section of our site - which you will find within the updated Membership section of the site - just find and click on the link.

## [Frequently Asked Questions and the Glossary](#)

Our FAQ section has answers to many questions you may want answered, particularly if you are a newer member to the Club. This section is being updated progressively. Check it out from time to time to see if it helps answer questions you are unsure about.

The Glossary link takes you to a list of common swimming terms and explains them in simple English - which can be very helpful, especially for newer members, but even for those who have been around a while!

## [Policies and Behaviours](#)

Current policies and behavioural requirements can be found in the updated *Policies and Behaviours* section of our site. SSC develops and updates Policies regarding how our Club will operate and sets minimum standards for how all our people are expected to behave. This is to make sure SSC provides a supportive environment where our swimmers can enjoy their swimming and strive to improve and meet their own goals. We encourage you to check out this section. All members need to be familiar with the behavioural guidelines and expectations. The section also includes SSC's grievance procedure.