Friday Night Club

It’s hard to believe but Friday night club is upon us again. This document has been constructed to assist you with all you need to know about club night.

Nominating for Club
- There are three ways you can nominate
  1. Online at www.nundahsharks.com.au
     - Click on the “Nominate for Club” Button located on the home page and follow the prompts.
  2. Email at racesecretary@nundahsharks.com.au
     - Simply email your child’s nomination through to this address ONLY
  3. In person at the Canteen
     - Find your child’s name on the document located at the canteen each week and write the appropriate nomination.

PLEASE NOTE:
- **ALL NOMINATIONS MUST BE SUBMITTED BY 6.00pm THURSDAY EVENING (THE NIGHT BEFORE THE RESPECTIVE CLUB EVENING):** A team of volunteers spend a couple of hours each Thursday night putting the program together so please support them by nominating early
- **NOVICE SWIMMERS DO NOT NEED TO NOMINATE:** If your child is swimming novice, they simply need to turn up on a Friday evening and make their way to marshalling when called over the PA.
- **YOU MUST NOMINATE EACH WEEK:** This allows each child to try different strokes and distances. Please note however, once you do a 50m event, you cannot return to 25m events.

Club Night
- Club Night starts at 6.15pm with a free swim for the kids and BBQ dinner available. The official program commences at 6.45pm SHARP.
- Swimmers may participate in the following events:
  1. Freestyle (25m, 50m or 100m)
  2. Backstroke (25m, 50m or 100m)
  3. Breaststroke (25m, 50m or 100m)
  4. Butterfly (25m, 50m or 100m)
  5. IM (100m)
- Each week Freestyle is always first and the IM is always last, but the remaining three strokes change order. The first two strokes each week (Freestyle and one other) will be the novice events on that respective week.
- **VOLUNTEERS are a must each club night, without them we cannot operate.** We need your help with our BBQ, Canteen and Time Keeping.

Please refer to your handbook (which can be downloaded from our website) for additional information.

Experience the **Difference.**

Enjoyment. Participation. Success.