

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

December 2011- January 2012

The President's Pen

This month's newsletter looks packed full of stories and information. Thank you to those members who have contributed and worked on the newsletter during the year.

I had the pleasure of spending a week in Hervey Bay last month, which nicely coincided with the Maryborough/Hervey Bay swim meet, which was very enjoyable, although a little cool for Hervey Bay. I also had the pleasure of joining the Hervey Bay club in one of their training sessions. It is always interesting to see the sort of programs other clubs are swimming, if you have the opportunity.

It was with great sadness that, as most members know, Keith Brown passed away last month after a year-long fight with cancer. Keith had been a member of our club for many, many years and will be sadly missed.

The committee has been working hard on a number of initiatives. You will notice in this newsletter, and on the notice board proposals for the new Toowoomba Tadpoles clothing range. We do need a minimum number to make an order, so please show your support for the club by ordering a shirt, shorts or tracksuit (what a great Christmas surprise).

To complement MSQ's participation and improvement programs, we have started the Toowoomba Tadpoles participation and improvement programs. These programs, obviously, aim at encouraging participation in club activities and improvement in your swimming. All members are encouraged to be involved in these programs, and for the most part, the main requirement swimming. There are also chances of prizes on offer for those who participate and qualify.

Masters Swimming Queensland have produced a DVD for Masters' swimmers. Please be sure to pick up your copy from swimming (if you haven't already).

Please keep an eye on the noticeboard (at the end of the seating area) for latest information.

Membership renewals are now due for 2012, and need to be paid before the end of the year. All memberships now have to be processed online. If you have access to the internet please renew your membership online, and save our registrar considerable time consuming work. If however you are unable to renew online, Bill Waterhouse will process your membership renewal for you.

I wish you and your family a very festive and safe Christmas, a happy start to the New Year, and great swimming into 2012.

President
Stephen Gray



28Years of Masters Swimming 1983–2011

<http://www.toowoombatadpoles.org.au>

**Christmas BBQ and Water Polo game:
Sunday 11 December**

Last session 2011: Thursday 22 December

First session 2012: Monday 2 January



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ps When you are thinking about your New Year resolutions, be sure to have one that includes swimming.



The Captain's Report



As the year comes to end, I'd like to thank all who have supported me throughout, especially those on the committee, who I have needed to help make my job a little easier. My first year as Captain has been at times a challenge, but overall, a rewarding experience. It has been great to get to know other members of this wonderful club and to see the encouraging results that they achieve at different swim meets.

In saying that, recently 4 swimmers competed at the **Brisbane Southside meet** on the 19th Nov. and had outstanding results and were fine ambassadors for our club.

Ann Todd- 3 firsts and 2 seconds - 2nd overall in age group

Dorothy Stevens - 5 firsts - 1st overall in age group

Barbara Lawes - 2 firsts, 2 seconds and 1 third - 3rd overall in age group

Hugh Stevens - 1 first, 2 seconds and 2 thirds - 3rd overall in age group



I think, all would agree that those results are outstanding. The club finished 6th overall (188 points) from 17 participating clubs and only just pipped for 5th place by 2 points from Albany Creek.

Finally, on behalf of my family, I'd like to wish all members and their families a happy, safe and joyous festive season.

Hope to see all again in the New Year.

All the best and until next time, don't forget

Fitness, Fun and Friendship!!!!!!

Wayne

Social snippets

Facebook

Come and join Toowoomba Tadpoles on Facebook.

Members can go to the website and click on the Facebook icon and request to be a friend (if you already have a Facebook account)

<http://www.toowoombatadpoles.org.au>



Life Membership

Nominations for Life Membership (Toowoomba Tadpoles) will open in January 2012. If you wish to nominate a member for Life Membership (Toowoomba Tadpoles) please complete a nomination form and return to the Secretary (Marien Stark) by 12 February 2012. The committee will announce any endorsed life memberships at the AGM on 4 March 2012.

BBQ breakfast in October-



Thanks Lennie for being our cook



Training information- Mini meets

What is a mini meet:

Toowoomba Tadpoles have historically held regular mini meets at swim sessions, so swimmers could practice their race swimming (especially starts, turns and finishes) and check how their times were going in a no pressure environment. We haven't consistently held many over the past few years, but in 2012 a mini meet will be programmed for each month. These swims are totally optional, and if you don't wish participate (although I do encourage everyone to have a go), an alternative swim program will be available to do. Typically the session will consist of a warm up swim for about 15 to 20 minutes, then a series of timed "races" consisting of 2 x25m, 2x50m and a 100m swim (strokes and number of swims of your choosing), with a short break between each swim.

Proposed dates for 2012

Sunday 22 January
Monday 13 February
Wednesday 21 March
Thursday 19 April
Sunday 20 May
Monday 18 June
Wednesday 18 July
Thursday 16 August
Sunday 2 September
Monday 15 October
Wednesday 15 November
Thursday 6 December



Stroke correction

Our monthly stroke correction sessions will resume in 2012. Watch the noticeboard for details.

Bronze medallion

We will be holding some bronze medallion training and assessment early in the New Year. Watch the board for dates and times.

MSX, Participation and Improvement Programs

Masters Swimming Queensland have introduced some new initiative programs, for Queensland Masters Swimmers, aimed at participation, improvement and excellence in swimming. All members are encouraged to participate in the programs, and those who do (and qualify) will have their name submitted for the major prize MSQ prize draws.

The MSX – MSQ Swimmers excellence program: This program is recognises swimmers who achieve certain swim times for different events. If you swim a predetermined swim time (reaching a bronze, silver, gold or platinum level, you will receive an award and your name will automatically go into the draw for a trip for two to Italy. Times recorded from swim meets and aerobics are eligible. This program finishes on 31 December 2011. For more info see the notice board or

<https://assets.clubsonline.com.au/assets/console/document/documents/MSX%20Program.pdf>

See details on the next page for the Toowoomba Tadpoles programs...

Tadpoles Participation and Improvement Programs

Participation Program

Purpose

The purpose of the Toowoomba Tadpoles Participation Program is to encourage members to more fully participate in a variety of club swimming activities. The program will run from 1 September 2011 to 31 May 2012.

Criteria

All Toowoomba Tadpoles members are eligible to participate in this participation program, however to be eligible for the final club prize for this program the member must show participation across at least two areas of the program. Members achieving at least 20 points across at least two areas of the program will qualify for entry into the MSQ Participation Program and be eligible for those prizes as well (chance to win a trip to Bali). The program is specifically aimed at increasing/rewarding participation.

Areas of Program

1. Club Training Sessions – Over the period of the program, where the member attends two sessions (including on deck) in a week – 1 point, attends three sessions in a week. 2 points, or 4 sessions in the week 3 points.
2. Swim Meets – Where a member attends (this includes helping but not swimming) a home swim meet 3 points, away swim meet 10 points.
3. Aerobic Swims – Where a member obtains points from aerobic swims – 1 point per swim..
4. Mini Meet - Participate in a mini meet (at training session) – 1 point.
5. Distance – Total distance (km), as recorded in lane warriors, multiplied by age divided by 1000 – number of points (rounded up to next whole number)-

Prizes

The club committee will draw a random prize winner from the point scorers each month (starting January). Prize is to be a \$25 voucher per month.

At the end of the program the club committee will award prizes to the highest three achieving participants.

Improvement Program

Purpose

The purpose of the Toowoomba Tadpoles Improvement Program is to encourage members to improve or show consistency in their standard of swimming activities. The program will run from 1 September 2011 to 31 May 2012.

Criteria

All Toowoomba Tadpoles members are eligible to participate in the improvement program, however to be eligible for the final club prize for this program the member must qualify across at least two areas of the program. Members achieving in at least two areas will qualify for entry into the MSQ Improvement Program and be eligible for those prizes as well (chance to win a trip to Bali). The program is specifically aimed at increasing/rewarding improvement and/or consistency in swimming.

Areas of Program

1. Obvious improvement – The member will shows improvement (based on previous records) in swimming, either though PB's, or in aerobic swims, or mini meets, or swim meets.
2. Records – Setting a State, National or World record.
3. Aerobic Swims – Where a member shows consistency or improvement in aerobic swims (each stroke/distance is treated separately).
4. Meet a bronze standard level or higher set in the MSX program.
5. Show improvement or consistency in stroke, technique, or endurance as identified by the coach.
6. Show improvement or consistency in starts or turns as identified by the coach.

Prizes

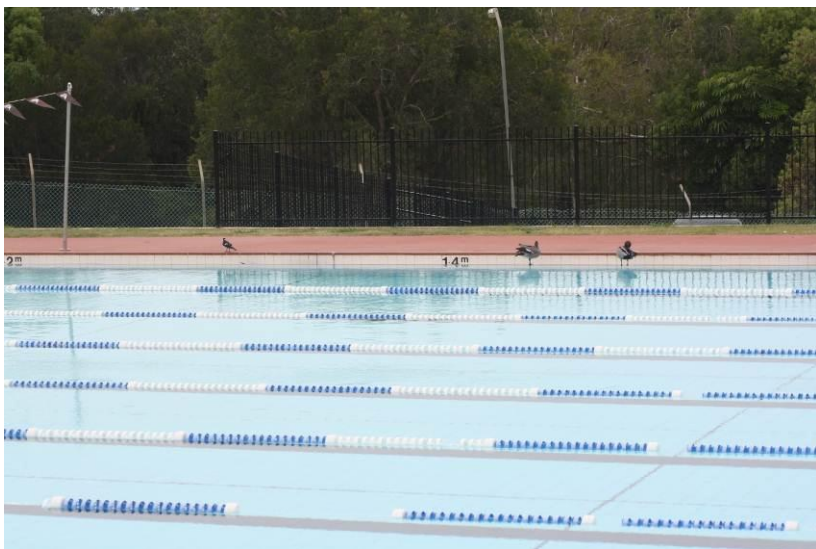
At the end of the program, a prize will be drawn at random from eligible members who participated in this program.

At the end of the program the club committee will finalise a list of eligible participants to be submitted to MSQ for a chance to win a trip to Bali.

Redlands Bayside Report

The Swim Meet at Redlands Bayside on the 29.10.2011 has been and gone and went well. Represented by 4 of our Toowoomba Tadpoles were our Club President Stephen Gray and our other swimmers Peter McMonagle, Debi McMaster and Colleen Parravicini who was having her 1st Masters swim meet, all swimmers swam well they took out both 200 metre mixed relays, some swimmers went away with PB's where others were just happy with the way they swam Stephen 1st for his age group, Peter 1st for his age group, Debi 2nd and Colleen 3rd for their age groups. Over all Weather, was great, water was nice, swimmers were happy and even a couple of ducks and pee wees decided it was a good time to just have a bit of a swim Great Day way to go Toowoomba Tadpoles. Just a little note I was lucky enough to be in the presence of a very amazing lady and had the honours of taking this photo she swam 100metres Breast Stroke very inspirational.

Debi McMaster





AUSSI Open water swim at Ballina- John's story:

I travelled to Ballina on Saturday 24 September for the Queensland AUSSI Open Water Swim which was held the next day. I had intended going in the 2.5km swim in the 70-75 years age group, but the water was 20°C so I elected to go in the 1.25 km event instead. The water was generally unclear, as can be the case in open water; otherwise it was not choppy or tidal. I finished feeling pleased with my efforts and received a silver medal. I enjoyed meeting a number of members from other clubs, some I had previously known. A group of other "senior swimmers" known as the "BallinaTitanics" were also there for their usual Sunday morning swim and get-together. I joined them for an enjoyable brunch at the "Shawsy Hotel. Later on I drove through the Northern Rivers area and had a surf at Burleigh which finished off a great day.

John Power

Taddie Tails

At the recent Redlands swim meet Stephen Gray swam the 50m butterfly and got to the end and was told he had just swum in the wrong heat. He replied, no I am in heat 3. Referee: This is heat 2. Oops. Apparently Stephen was so focused on the swim that he didn't realise that there was no swimmer in the heat before him and just took to the blocks when the whistle blew.

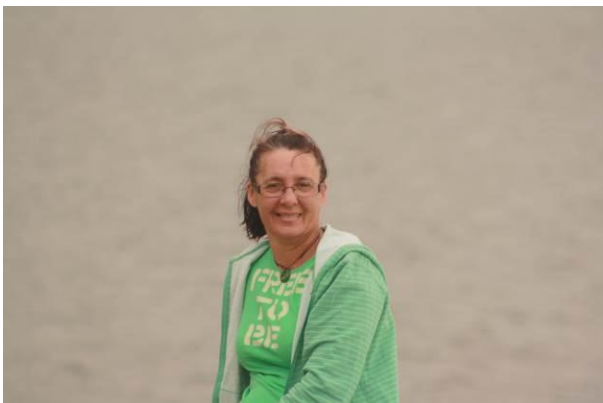
Also at Redlands, Debi McMaster swam the 50m freestyle anchor leg in the medley relay, bringing the team home in first place. Debi then moved over to the warm down lane, to warm down. Peter asked her what she was doing, the 4 x 50 freestyle relay is next and about to start, and she was swimming in it. Turns out Debi didn't know she had been nominated for the second relay as well.

Not only were the Tadpoles winning in the pool at Redlands, but also in the raffles, with Deb, Colleen and Stephen picking up prizes.



Member profile: Debi McMaster

Debi McMaster is a new member of the Tadpoles of around about 4 months, and in that time she has competed in 2 swim meets and has been very happy with her progress, Debi rides horses and works in motels as a cleaner, being able to swim has helped her in ways of fitness and above all new friendships. Debi came across the Toowoomba Tadpoles through a very good friend of hers Colleen Parravicini ,until then she had not been in a pool since she was young. In her spare time she also likes to take photos and has been taken some shots of the swimming meets and training.



Member profiles: Malcolm and Dorothy Stevens

(The beginning of Toowoomba Tadpoles)

An article published in the Courier Mail with a photo of 3 or 4 old blokes finishing a 10km swim. They were members of Brisbane AUSSI Clubs and the contact of the Queensland President, Fred Knudsen was given. I thought I can swim 10km and rang Fred. He told me that the Brisbane Southside Masters were holding a carnival at Chandler in a couple of weeks' time "why not come and have a look-see?" That I did, and found it was great fun and a wonderfully friendly group. It was also great exercise and I was longing for an ale. Invited to the barbeque by the lake I thought, oh well water will do amongst this health conscious lot, only to find my concern soon allayed.

After that I published a notice in the Chronicle calling a meeting at the Aquatic Centre for folk interested in forming an AUSSI club. Mrs Vera Simons, a wonderful worker from Toowoomba Swimming Association and her daughter came and five other folk. So the club was formed in time for 5 to go to the National Titles at Chandler. We did quite well and a glittering presentation and dinner was held at the Mayfair Crest Hotel. The champion ocean swimmer Linda McGill presented the medals to the men and oh what a hug! I forget now who the male Olympian was who presented the medals to the women (with kisses). It was the end of a great day.

Malcolm won silver overall at that meet (to the surprise of others in his age group for he was unknown) but realised he would have to learn butterfly to win any more medals. Over the years he had great successes- in the top 10 at the World Swim in Montreal in 1994, Swimmer of the Meet, Brisbane Southside Masters 1997 and National Record in 200m Butterfly!

For me, Dorothy, I would only do 3 swims at those first National titles. I have enjoyed the social aspect, fun and fitness, most importantly. My doctor says I am reasonably good nick for 82. My best achievements have been in this, the third decade, being part of the 320+ Relay in 2009 and 2006, setting the National Records!

Malcolm and Dorothy Stevens



Aerobics

The year is coming to a close very fast so those with outstanding 400 and 800 metre swims you may have young Lionel tapping you on the shoulder wanting to know when you will be doing it.

If you didn't try any aerobic swims this year than just think about trying some aerobics for 2012, it is not as hard as some of the Wednesday night training programs and you may learn something about yourself and what you are capable of.

Lane Warriors

Wondering why you are asked how many laps you swam at the end of a training session? Lane Warriors is the answer.

Masters Swimming Queensland (MSQ) has an initiative to track the number of metres you complete this year, the Lane Warriors Award. You can record distances swum anywhere anytime (please add a date for the 'away' swims.).

The record sheets are in the white folder at the desk and are added in and updated regularly. You can see your own log details if you wish.

Congratulations to all you who have contributed to the Lane Warriors total. The figures have exceeded what I expected and we still have about 3 weeks of the swimming year to go.

It's hard to do a drum roll in a newsletter but here goes nothing.....



Total metres to the 27/11/2011

4,235,825

Lou



Lionel





The Registrars' Ramblings



Happy Birthday to all the following Tadpoles:
May you enjoy your birthday celebrations and still swim well the next day!

December

Penny Hutchinson 8th John Power 8th Thelma Doyle 9th
Janet Etchells 24th

January

Maree Antonio 3rd Suzy Maloney 4th Trevor Gilliland 7th
Rachel Fairlamb 13th Barbara Lawes 14th Len Passier 16th
Matt Torr 30th

NEW MEMBERS

Three new members have joined our ranks during October and November; Tracey Stephens, Jason Ronan & Joanne Lee. On behalf of the committee welcome and we hope you enjoy your swimming. So if you see Tracey, Jason or Joanne ensure you welcome them to the club.

Membership now stands at 93!

MEMBERSHIP RENEWAL 2012

All memberships are due for renewal as of the 1st of January 2012. Your membership must now be paid online (a credit card is required) and I would strongly encourage all members to do this by using the following link:

https://www.clubsonline.com.au/registrationclubportal/index.cfm?fuseaction=display_main&orgid=3400

If you don't have internet access please see me and I will arrange your membership the old fashioned way. Please remember, to swim with our club (and with all Masters Swimming Clubs) you need to be covered by insurance, which for members, is included in the membership fee, and for non-members is included for up to one month during the one month trial period.

A copy of the instructions for renewing your membership is attached.

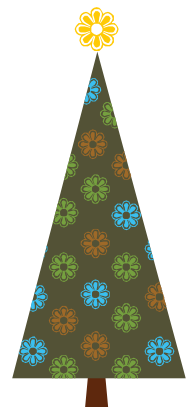
Until the next newsletter.
All the best and I hope you have a great festive season

Bill Waterhouse



Dates to remember

- Sunday 11 December 2011
Annual Christmas BBQ and Water Polo game and brief special general meeting
- Swim for Hospice 10am - 2pm, 19 February 2012





Upcoming Swim Meets in 2012

Please see the Club Captain if you are interested in going to any of these events.

This is the link to the Qld Masters swim meet calendar for 2012

MONTH	DATE	CLUB	COURSE	#	VENUE
January	22nd	River City	Short	01/12	Somerville House, South Brisbane
February	4th	Caribee Rocky Crocs	Long	02/12	Southside S P, Rockhampton
	11th	Mareeba	Long	03/12	Mareeba Memorial Pool
	18th	Gladstone Gropers	Short	04/12	John Dahl Swimming Pool
	26th	Miami	Long	05/12	Miami Olympic Pool

https://memberdesq.imgstg.com/index.cfm?fuseaction=custom_data_main&ItemID=46225&OrgID=3400

Copies of the complete 2012 swim meet calendar will be available on the desk at the pool.



Swim for Hospice 2012

Once again, in 2012 (Sunday 19 February), the Toowoomba Tadpoles will host the Toowoomba Swim for Hospice, which includes the Dr Bill Beattie Swim-a-thon and the JJ Richards Swim Relay Challenge. If you would like to swim in the swim-a-thon (swim and have friends, colleagues, family etc sponsor you per lap) nominations forms are available at the pool or on our website. Everyone/Anyone is able to swim in the swim-a-thon so please encourage your friends and family to join the fun. If you know anyone who would like to be a corporate sponsor (this can include sponsoring you to swim - eg. wouldn't it be great to have your employer sponsor the lane you are swimming in), corporate sponsorship details are also on the website.

You might also like to think about putting a team together for the JJ Richards Swim Relay Challenge.





Toowoomba Tadpoles Survey

Thank you to the 17 members who responded to our survey. While this is only a small sample of club members (less than 20 percent), I have made a summary of the responses to share with the club, and have also added some personal comments.

- Mostly our members have joined for fitness, but also for fun, friendship and social reasons, and remain with the club for the same reasons, and some also for competition swimming.
The objectives of Masters swimming is fun, fitness and friendship. The committee aims to maintain this objective in club activities. It is important for all members to make new swimmers (and visitors) welcome which I think that members do pretty well. Competition swimming is important for some swimmers, because it is a way for them to set goals and maintain their motivation.
- Half of the responders swim once per week with the club, and indicated that the club offered sufficient swim sessions, and members enjoyed the programs offered.
The club offers four swim sessions per week. Some sessions are better attended than others and there are also seasonal fluctuations. Ideally, we need to average about 20 swimmers per session to be able to maintain our current \$3 swim fee.
There is also a fine balance between not having too many swimmers per lane (I know it starts to get crowded with four or five swimmers per lane), and having enough swimmers to continue to be able to maintain sessions. If we ever find we start to have too many swimmers at sessions, we may have the opportunity to start new sessions.
In previous years we have offered programs at the Highfields Pool, which has attracted new swimmers, but no new members. In providing new sessions, or sessions at different locations (let's say we wanted to run some sessions at Milne Bay), we need to have volunteers to run the session, and enough swimmers to make the session worthwhile.
- One third of the responses indicated they knew a member before joining.
Many of our new members join the club without knowing anyone. Some new members only stay a short while, for various reasons, and we have a core group of about 70 long term members. It is good to see members are bringing friends along to swim with them and join the club. It is important that we all make an effort to welcome new swimmers to the club.
- Members believe the fees (swim fee and membership fee) are reasonable.
\$70 of the \$82 annual membership fee makes up the fee contribution to Masters Swimming Australia and Masters Swimming Queensland (and I understand that insurance takes a big slice of this). The committee has been able to keep the club portion of the membership fee low (\$12), primarily through the use email, instead of printing and posting information (like our newsletter) to members.
- Some members have swam at swim meets, however many found that they were busy with other commitments. Some members feel they are not good enough to go to swim meets, and turns and starts need to be learnt/practiced.
Swim meets can be fun and a great way to challenge yourself, and push yourself that little bit more. There are no qualifying times that need to be swum to go to a swim meet. While it is always nice to get a placing at a meet, for many of us we are swimming against the clock and our previous best times. Winning is sometimes just finishing the race, or doing a personal best time. It is important for us, as a club, to support other club swim meets, if we in turn would like to have our club swim meet supported by them (Club Challenge for 2012 – At least one member of Toowoomba Tadpoles attend each local (South East) swim for 2012). Having said that I know what a daunting feeling it is to swim in a swim meet, especially for the first time. The committee will program some club mini meets in during the year to get in some practice, and also increase opportunities to practice starts and turns.
- A small number of members participate in aerobic swims, but others don't because they don't know enough about them, can't do strokes or would rather do the program.
- The aerobic program is a national program of swims and club point competition. Points are allocated for swims (there is a range of distances and all strokes) and go toward our club's total. Based on what I have seen at normal swim sessions all members are capable of swimming the freestyle range of swims.. These swims also give you a benchmark to show you how your swimming is going. Members should not feel obligated to do them, however, I encourage all members to participate and give them a go. The

important objective is completing the swim, not the time you do, and if you need a break half way through, you can take one. You don't know till you try, and you might even surprise yourself.

- Members enjoy having a swim coach, but would like to see more stroke correction at swim sessions. The committee has tried to hire a specialised swim coach (for one session a week) where possible to give members more variety in the programs and that extra encouragement. Some of our members have undertaken the masters coaching course, and try to give swimmers pointers where they can. The stroke correction sessions that we have held on a Saturday, have worked out well, although have only attended by a small number of members. (Saturday was a time that Andrew (the coach) was available (as he was not available week nights) and the committee will look at trying to continue something similar next year. We will also be looking for a new Monday night coach as Georgie will be moving to St George to take up her teaching career next year.

The responses raised some good thought provoking points for the committee to consider. Thank you to those who took the time to respond.

Stephen Gray
President.

Editor's addition

It seems that my editor's role has extended to sourcing club clothing. I have managed to negotiate a range of reasonably priced items for our club members to order, purchase and wear. The next step is to have members look at the items and place orders. I'll have samples for sizing available on Sunday 11 December (at the Christmas breaky). The designs are on the next page and also the noticeboard at the pool.



Regards Sue



Committee contacts

Pres.: Stephen Gray 4639 5665 president@toowoombatadpoles.org.au

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Swim meet director: Paula de Keyzer 0402 159 512

info@ToowoombaTadpoles.org.au

www.toowoombatadpoles.org.au

**Remember to pay your \$3 and sign
the book before entering the water.**

Fun, Fitness and Friendship

Proposed club clothing



All items include embroidered Tadpole logo

"Aerosport" fabric- polyester cotton blend

- Polo shirt \$28
- Tee \$24
- Shorts \$20
- Tracksuit pants \$39
- Tracksuit jacket \$63

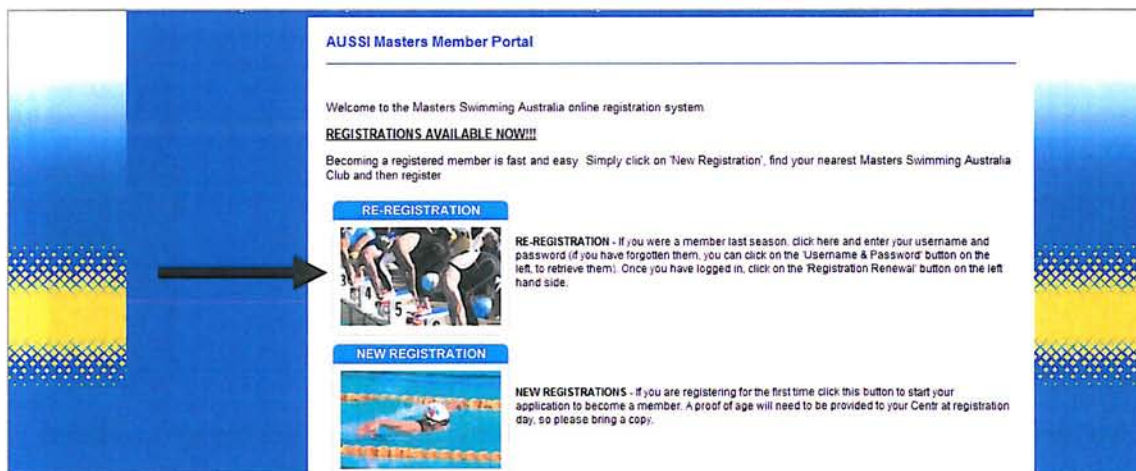
Available in sizes XS-XXL

STEP BY STEP GUIDE FOR MEMBERS TO PAY THEIR MEMBERSHIP ONLINE

1. Go to the Masters Swimming Australia website at <http://www.mastersswimming.org.au> and click on the square titled MEMBER PORTAL with the picture of swimmers arm in arm.



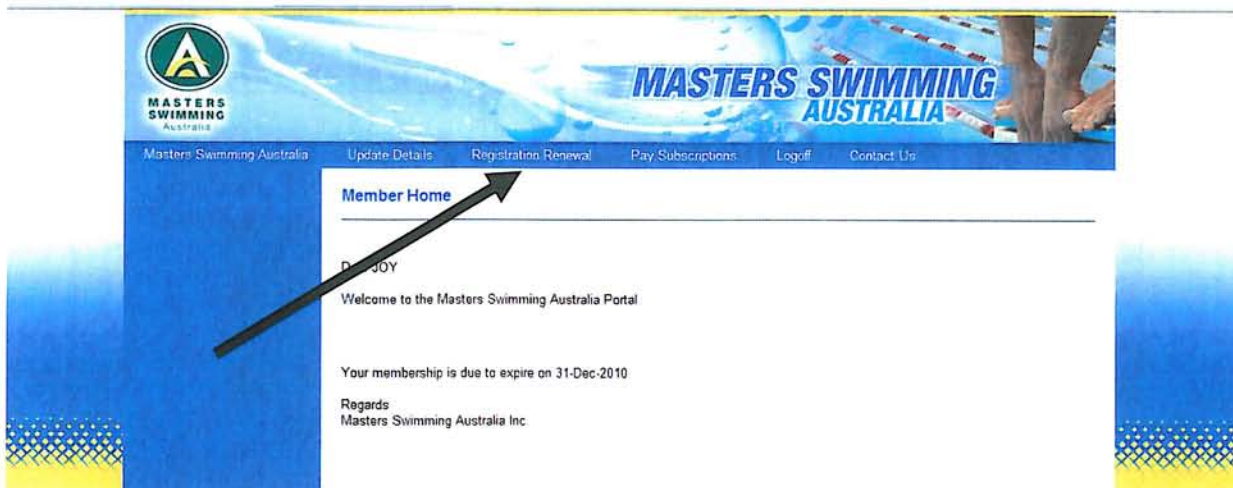
2. This will take you through to the members portal. You now need to choose re-registration



3. If you have clicked on the re-registration button you will now have to put in your username and password. If you have forgotten your username and password read the note at the end of this document.



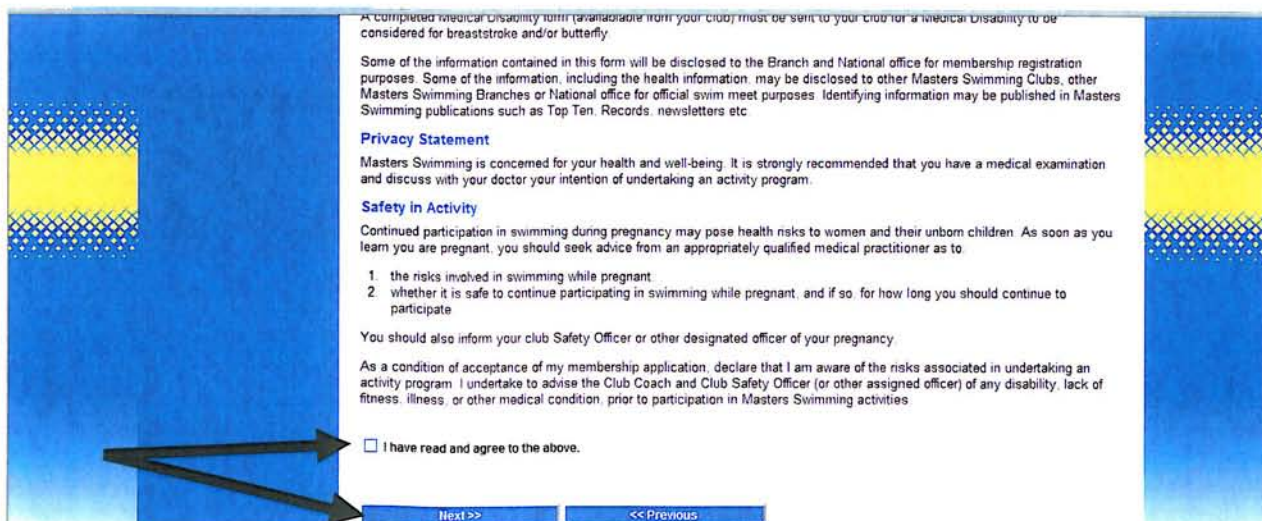
4. Once you have entered your username and password you need to click on the heading Registration Renewal



5. You then choose the subscription that you are paying for. Hover your mouse over the blue box to show the word NEXT and click on it.



6. Read the Masters Swimming declaration regarding medical disability forms, privacy statement and Safety in Activity. You will be expected to check the box that you have read and agree with this information. After checking the box click NEXT.



7. Check that your personal information is correct. Once you have checked your information click NEXT.

New Registration

Login

Title: *

First Name: *

Initial:

Last Name: *

Address: *

Suburb: *

State: *

Postcode: *

Country: *

* At Least One Telephone Contact Number Must Be Entered

	Area Code:	Number:
Business:	<input type="text"/>	<input type="text"/>
Direct:	<input type="text"/>	<input type="text"/>
Private:	<input type="text"/>	<input type="text"/>

8. With the 2011 ruling that online payments are the only form of payment accepted from the 1st September 2011. By clicking on the pay online option, you can pay with a credit or debit card.

Registration Renewal

Submit Application & Pay Online << Previous

Payment Processing

Credit Card Statement

Security

9. After you have chosen to pay online you need to input your credit/debit card information, it shows clearly how much will be charged to your credit/debit card. Click on NEXT. Your credit card will be charged at this time.

New Registration

Credit Card Information

Credit Card Type: * Mastercard

Card Number (Do Not Enter Spaces Between Numbers): *

Cardholder's Name: * Sarah Roach

Expiry Date: * 01 2009

Total To Be Charged To Card: \$66.00

Next >> << Previous

Secured by Thawte 2009-10-01

10. You will now receive a receipt for your payment that can be used as proof of membership. You need to contact your club and inform them that you have paid online, they will go on to the system and make you active. All swimmers to be considered a registered member need to be both FINANCIAL and ACTIVE.

[*Forgotten your username and password?](#)

Scroll down to the heading *Forgotten your Password?* and click on the [CLICK HERE](#) option. It will take you through to a page where you need to input your email address that is saved in Clubs Online, the system will automatically send you an email with your username and password. If you cannot remember your email click on [CONTACT US](#) and call the office on the number provided.