



KONAZ Competitive Swimming – Welcome & Information

Contact Details

- **Training Location:** Bijlmer Sportcentrum, Anton de Komplein 157, Amsterdam Zuidoost
 - **General Questions:** wedstrijdzwemmen@konaz.nl
 - **Payments:** penningmeester@konaz.nl
 - **Events:** evenementen@konaz.nl
 - **Board Contact:** bestuur@konaz.nl
 - **Membership & Cancellations:** ledenadministratie@konaz.nl
 - **Confidential Advisor:** vertrouwenspersoon@konaz.nl (Annemarie Hoekstra)
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Welcome to KONAZ

Welcome to the oldest swimming club in Europe—possibly the most diverse in the Netherlands! Whether you're a beginner or aiming for national championships, our focus is on fun, development, and doing your best.

We train four evenings a week. Beginners start with two sessions; as you progress, you can train more often. All our coaches are certified or in training, have a Certificate of Good Conduct (VOG), and follow Amsterdam's Safe Sport Code of Conduct.

We are a volunteer-run club. Most coaches and board members do this alongside regular jobs. We ask all members and parents to contribute—there are many ways to help and get to know the club.

Training Schedule

Day	Time	Lanes	Notes
Monday	18:45–20:15	2–6	
Wednesday	19:00–20:30	1–6	Includes entry group
Thursday	18:45–20:15	2–5	
Friday	18:45–20:30	1–6	Includes entry group

- Changing rooms open at 18:30
- Wait for a coach before entering the pool
- Setup and cleanup are done together

- Progression through lanes depends on skill, behavior, age, and availability
 - Coaches decide lane assignments
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Coaches

- Marielle Beers
 - Yury Fillippov
 - Annemarie Hoekstra
 - Jefferey Goedar
 - Vlad Paturca
 - Luciano van Wilgen
 - Sam Lievesly
 - Renate Smoes
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Code of Conduct

We want everyone to feel safe and respected. We follow:

- Amsterdam's Safe Sport Code
- KNZB's "Code Blauw"

Key Rules:

- Be on time
- Set up and clean up together
- Enter the water only with coach permission
- Respect others and listen to coaches
- No swearing, rough play, or inappropriate behavior
- No filming/photos in changing rooms or pool without consent
- Shower briefly before and after training
- Leave changing rooms promptly

Violations may lead to warnings or being sent home.

About the Club

KONAZ is a member-based club affiliated with the KNZB. The board is elected by members and consists of volunteers—often parents or senior swimmers.

Current Board:

- Chair: Marielle Beers
- Treasurer: Jacqueline Hissink
- Events: Maarten Quist
- Website & Swimmer Rep: Dave Rook
- Secretary: (vacant)

Departments:

- Learn-to-swim (Noorderparkbad & Bijlmer)
- Women's swimming (Drostenburg)
- Competitive swimming (Bijlmer)

We also have committees for events, competitions, and administration. Want to help? Whether you're a great organizer, content creator, or just have a big car—there's a role for you!

 Competitions**Types:**

- Under 12 Meets
- KNZB League
- Junior/Youth/Senior Meets
- Qualifying Meets (Provincial/National)
- Tournaments (open to all, space permitting)

Age Categories (2025–2026):

- Juniors 1–2: Born 2013–2012
- Juniors 3–4: Born 2011–2010
- Youth 1–2: Born 2009–2008
- Seniors: Born 2007 or earlier
- Under 20: For some championship events

Invitations and cancellations via: wedstrijdsecretariaat@konaz.nl

 Fees & Participation

- **Annual Fee:** €400–€416 (billed in 4 terms via NIKKI)
- **Monthly Option:** Available at a higher rate

- **Start Fee Deposit:** Required for competitions
- **City Pass Holders:** May qualify for reduced fees (€50/year + start fees)
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Cancellations:

- Email ledenadministratie@konaz.nl and cc wedstrijdzwemmen@konaz.nl
 - Only possible before January 1 for mid-year exit
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 Club Activities

We also organize:

- Zwem4daagse (May holiday)
- Summer BBQ (Gaasperplas)
- New Year's Drinks
- Training Camp / Germany Weekend

Events Committee:

Maarten Quist, Ciska van Ravenswaaij, Claire Fichtner
Interested?

Contact: evenementen@konaz.nl
