



MASTERS SWIMMING NSW INC.

2013 ANNUAL REPORT

Life Members:

Ken Ford (dec)
Brian Hird
Sue Johnstone
George McGilvray (dec)
Jane Noake
Helen Rubin
Beryl Stenhouse
Gary Stutsel
Margaret (Peg) Wilson (dec)

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PRESIDENT'S REPORT 2013

Masters Swimming NSW had an outstanding year in 2013 for many reasons, and I am proud to say "we ran the best National Championships ever" (well at least we believe that). The National Championships had been 2 years in the making, the committee was formed 2 years before, technical officials were being trained up in the years prior, we had many discussions with clubs about encouraging our swimmers to compete, and we had made the commitment that our championships would be "fun" as well as competitive. At the championships in April we had 460 swimmers from NSW and this was a fantastic effort which we should be very proud of, plus we had many more of our members and families who volunteered their time to make the championships a success. Congratulations to everyone in NSW and my thanks to the committee for the championships who all worked so hard to make the event a success.

BUT this was not the only event we ran in 2013. We still had our 3 State championships Meets and our Relay Meet- all of which were a great success. Particular mention of the Relay Meet which saw our first tie ever between Warringah and Seaside Pirates for the overall pointscore. We ran a modified State Long course championships in March in conjunction with the Blacktown club as a warm up for Nationals and we held our Long Distance Short course meet at the Knox pool for the first time and this was a great venue for this Meet. Our clubs also held 15 BPS Meets during the year, meaning there was great variety and lots of opportunities for our swimmers to compete when and where they were able.

My thanks to all the members who devote so much time to running their club carnivals, without you we would not be able to give our members such variety and choice, and I am sure we would not have so many successful clubs in NSW.

At our State championships in March we recognised and congratulated our 2012 Coach of the Year, Wendy Seale from Ryde, 2012 Official of the Year Di Partridge from Cessnock and the Ian Davis Award winner for 2012 Jodie Burke from Seaside Pirates. Congratulations to these outstanding members of Masters Swimming NSW and also to all the other coaches and officials in NSW, some of whom do not get the recognition that they deserve. We urge all clubs to think about nominating their coaches and officials for these awards when the opportunity arises later in the year.

Jenny Whiteley was awarded the female swimmer of the Meet at the National championships for her outstanding performances during the 4 days of Nationals, but Jenny had an extraordinary year in 2013. Jenny broke at least 7 world records, 45 Branch records and 38 National records during 2013. She was a finalist in the NSW Sports Federations Master Athlete of the Year award and she was inducted into the international Masters Hall of Fame, at a presentation dinner in California in September. Jenny is also our Endurance recorder in NSW. We are so proud of Jenny and her achievements not only in 2013 but over many years and we are so pleased to see her recognised by the Masters world.

At our AGM in May we recognised and congratulated the clubs who had performed consistently during 2012 in BPS competitions, our club of the Year for 2012, Tuggeranong, our Gary Stutsel award winner for his contribution to Masters Swimming NSW - Roger Dietrich our Facebook administrator and our swimmers of the year in 2012.

Facebook has really put us on the map in 2013, thanks to the work of our Facebook administrators led by Roger Dietrich. The National championships was probably the highlight of our year in facebook posts but the great work has continued during the entire year and I can always be sure that there is a picture of the warm up at every carnival (or at least the first event) on facebook before I have even left the water, which means that everyone is kept up with what is going on at our events. Our Live results on our website is also another way of keeping in touch with our championships results if you are not at the pool, and this has proved very popular for everyone in NSW (and far wider I expect).

My thanks to Mark Hepple who is continually looking at ways to improve our image and keep us in front of everyone. Not only is Mark our recorder, but he is actively involved in the website and was responsible for moving all our information to our new website during 2013. Mark was solely responsible for the entries and the program for the National championships, and managed to get the program on the website in less than 3 days after the entries closed. Mark is continuously working behind the scenes (in the back room), we have Mark's expertise to thank for our efficiency in keeping everyone informed with results and information at our Meets and recording and keeping our swimmers happy with their results.

Our coaching director Di Coxon Ellis organised an Intro club course in July, and the Board is looking at holding a coaches forum sometime during 2014 as we recognise that coaches are the life blood of our organisation. We need to encourage our members to become coaches and we need to keep our coaches up to date with the latest techniques and information.

My thanks to Gary Stutsel and Di Partridge who keep our technical officials in check. We are continuously looking for members to become technical officials to ease the burden on the present officials and to ensure succession planning. The Board has offered Vorgee prizes to the club or clubs who can train and accredit the most officials during the early part of 2014 as we believe this is important for our organisation to grow. Di Partridge is always willing to explain to any member who may be interested the path to becoming an accredited official.

Thank you to the many officials in NSW, most of whom were on pool deck during the National championships and the other state meets held during 2013. We certainly have a wonderful pool of officials but we can always do with more.

My thanks to the NSW Board for their work during 2013, and in particular to Jillian Pateman who works hard "in the back room". She is always one step in front of me and I rarely have to remember anything these days as Jillian has already thought about it. Her efficiency and her work ethic are second to none.

The Board has made the decision to employ a part time Sport Development officer in 2014 in an attempt to get the message out about Masters Swimming in NSW. There have been a number of members who have come to us with ideas on how to do this, and Simon Watkins our Development officer will coordinate with these members to try and tell "the world" about the "fun, fitness and friendship" of Masters swimming.

I look forward to an exciting year in 2014 and hope that everyone gets what they want out of Masters Swimming.

Jane Noake
President

COUNTRY VICE PRESIDENT'S REPORT 2013

MSNSW remains committed to catering to the needs of adult swimmers throughout NSW and the ACT, which of course includes those outside the major east-coast metropolitan centres of Sydney, Newcastle and Canberra. Only two of the BPS carnivals that clubs hosted in 2013 were outside that east coast region: Clarence River at Yamba and Port Macquarie. Two swimmers, both from Port Macquarie, took part in the two branch short-course carnivals in late 2013 and swimmers from eight country clubs outside the east-coast region came to SOPAC for the national championships in April: Bushrangers, Coffs Harbour, Clarence River, Dubbo, Orange Jets, Bidgee, Port Macquarie and Tamworth.

Very few members took advantage of the board's offer of Go Country subsidies to help with travel and accommodation expenses. These subsidies were offered to encourage country members to participate in branch carnivals in the Sydney, Hunter or Canberra areas.

The board has been looking at the possibility of working with clubs outside the east-coast areas to develop regional connections through invitational meets or swim clinics or come-and-try days. In late 2013, Jillian Pateman, Sue Johnstone and I visited Orange to explore such options for drawing together adult swimmers from surrounding towns and cities and this initiative seems like a worthwhile idea for the board to pursue in regional NSW as a long-term project.

The country clubs that have for some time been hosting annual carnivals—Gosford, Cessnock, Ettalong, Tuggeranong, Lake Macquarie, Novocastrian and Raymond Terrace—continued to do so, and successfully. Tuggeranong in the ACT was very active. In addition to their two other local combined carnivals, Tuggeranong held a very successful mini-meet in August as an alternative to whole-day carnivals. This ACT interclub swim took up only two hours and three lanes and was designed as a training ground for new officials and new competitors. It is certainly a worthwhile initiative that other clubs could consider as an enticer, both for potential members and for their own members who have reservations about competing in an actual carnival.

On the topic of potential members, Ettalong took advantage of the board's offer of funding to help run a promotion campaign, including introductory training sessions for adult swimmers. Such campaigns require a certain commitment of time and effort from members and Ettalong worked hard to make their presence felt in the Central Coast.

The Endurance 1000 program is an excellent way for members to maintain fitness and challenge themselves and for country clubs to keep swimming together. Tuggeranong Vikings (14,446 points) was the top-scoring Endurance 1000 club in 2013, edging out Campbelltown Collegians by a nail-biting

457 points. Novocastrian Masters touched in fifth place, with Molonglo eighth, Ettalong ninth, Clarence River tenth and Port Macquarie thirteenth; these placings were in a total of fifty clubs.

Swimmers kept plugging away at their H₂O mileage, recording all their training swims, quiet swims and carnival swims and ticking off Vorgee Million Metres tile-stones. Congratulations to Lynne Johnston (Clarence River), Pamela Nix (Nelson Bay), Caroline Makin, Anne Smyth and Cecelia Kaye (all Tuggeranong), Richard Brandish and Marion Dreyer (both Ettalong) and Robert Burggraaff (Raymond Terrace).

Meanwhile, country club members were also hard at work on pool deck. Between them, five country clubs gained accreditation for 48 positions as officials, far outpacing the Sydney metropolitan clubs' efforts. Accredited officials at all levels are vital for our organisation; without them we can't run carnivals, it's as simple as that. So a big thank you to those clubs and their members who are willing to work towards gaining accreditation.

Coaches are also crucial to masters swimming and MSNSW is continuing to look at ways of making coaching courses, accreditation and re-accreditation more accessible. Four country members accredited as coaches in 2013—Helen Hamilton and Alan Lawrence (both Clarence River) and Anne Smyth and Mary-Liz Partridge (both Tuggeranong)—while Sonia Fawdry (Tamworth) re-accredited. Again, our thanks to you all for stepping into this vital role.

Finally, the board was very pleased that three of 2013's volunteer of the month have been country club nominations: Annette Britten (Tuggeranong), Helmut Klein (Clarence River) and Marion Dreyer (Ettalong).

To everyone who volunteers their time and efforts to keep their clubs running swimmingly, you deserve our thanks.

Sue Wiles

Country Vice President

NATIONAL BOARD DELEGATE'S REPORT 2013

The General Meeting of MSA was held in Melbourne on October 26th and 27th.

Attendance:

Craig Smith NBM – President	Lynne Malone – WA Delegate
Gerry Tucker NBM – Finance Director	Robert Harris – SA Delegate
David Cummins NBM	Moiria Wigley – NT Delegate
Therese Crollick NBM	Jon Hawton – NSW Delegate
John Pollock NBM	Pauline Samson – TAS Delegate
Noeleen Dix – General Manager	
John Barrett – QLD Delegate	
Archer Talbot – VIC Delegate	

Reports presented on:

President's report	General Manager's report
Finance report	Branch reports
Coaching Committee	Swim Meet Committee
Technical Committee	National Recorder

Notices of Motions:

10.1 NOTICES OF MOTION PROPOSED BY THE National Board of Management:

10.1.1 Motion: That C14.8 be inserted "The Association shall prepare and retain accurate minutes of general meetings of the Association and the Board".

10.1.2 Motion: That the current clauses C14.8 – C14.20 be renumbered if the above motion is accepted.

10.1.3 Motion: That "General Rights of Members" be inserted at C9.

10.1.4 Motion: That the current clauses from C9 onwards be renumbered if the above motion is accepted.

The motions above were individually moved by David Cummins and seconded by Lynne Malone.
CARRIED

10.2 Notice of Motion proposed by Masters Swimming South Australia: Motion: Masters Swimming South Australia proposes a motion to amend OWS Rule 1.1

"OWS1.1: Masters Open Water Swimming shall be defined as any competition up to and including 5km that takes place in rivers, lakes, oceans or water channels, dams or rowing courses."

Discussion was had around the motion with a general feeling that it would not be carried, hence it was moved an amendment to the motion to:

"OWS1.1: Masters Open Water Swimming shall be defined as any competition up to and including 10km that takes place in rivers, lakes, oceans or water channels, dams or rowing courses."

This was put to the meeting that the amended motion becomes the motion and it was CARRIED.

Thus OWS1.1 has been changed as noted in the amended motion above.

10.3 NOTICES OF MOTION PROPOSED by the National Board of Management on the recommendation of the NTC

10.3.1 Swimmers delaying the start of a race.

It was proposed, and seconded, that SW 4.6M be reworded adding underlined words as follows:

"SW 4.6M Where a swimmer makes little or no attempt to take up and/or hold a starting position following the Referee's long whistle or the Starter's command, the Starter and the Referee shall consider this to be a disqualifiable infraction."

The motion was put to the meeting and it was CARRIED.

10.3.2 Swimming form strokes in Freestyle events.

It was unanimously decided that swimmers should not be able to be timed for form strokes in Freestyle events at a meet if the same event was available as a form stroke. The reason being they could possibly be unfairly paced.

So it was moved, and seconded, that SW 5.4M be deleted and that SW 10.17M be established as a new rule.

"SW 10.17M In freestyle events, except as in SW 3.6.2M, if a swimmer may nominate a form stroke or medley for sealed handicap, Top Ten, Award Swims or record attempt purposes, when the nominated form stroke/distance event is not available elsewhere in the program. The swimmer shall comply with all the rules relating to that the nominated stroke or strokes. The swimmer must notify the Meet Referee of their intention to swim other than freestyle in the event by the close of entries for the Meet."

GR 8.4.4 would need to change: "Subject to SW 5.4M" to "Subject to SW 10.17m".

10.3.3 Breaststroke kick in Butterfly in the Individual Medley.

After lengthy and vigorous debate the NTC agreed that rule SW 8.3.2M does not apply to the butterfly leg of the 400m and 800m Individual Medley but the rule needs to be changed to make this quite clear to swimmers and officials.

It was moved, and seconded, that SW 8.3.1M and SW 8.3.2M be amended to read:

"SW 8.3.1M For Butterfly events up to and including 200m Butterfly, only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. SW 8.3.2M For Butterfly events longer than 200m, up to two breaststroke kicks are permitted per arm pull, except that two breaststroke kicks are permitted prior to the turn and the finish without an arm pull."

The motion was put to the meeting and it was CARRIED.

10.3.4 FINA Swimming and FINA Masters Rules changes that affect Masters Swimming rules, following the July 2013 FINA Swimming and FINA Masters Rules Congresses.

After discussion and some grammatical changes to the original motion, the motion was put to the meeting and it was CARRIED.

Other Items of Discussion

National Championships

The final report from the 2013 National Championships was tabled and well received by the meeting.

This was accepted.

The 2014 National Championships was discussed and planning was well underway. There was discussion on an ANZAC ceremony to be held on ANZAC Day during the meet.

There was discussion on the 2015 National Championships and the difficulties that MSV were having on securing a booking. MST have agreed to host the event. It will be a short course event due to issues of reconfiguring the pool after another event being held just before the planned dates.

There was discussion on a proposed new trophy and it was agreed to introduce a Life Members Trophy for clubs with 5–20 members and a President's Trophy for clubs with 21–50 members.

Strategic Plan

The latest version of the Strategic Plan was tabled and discussed and was the members carried the motion to receive the plan.

2014/15 Swim Series

There was discussion on introducing a swim series including the measurement of scoring system with approval being given for this to be introduced.

OWS Manual

The latest draft of the OWS Organisers Manual was tabled. Craig Smith provided the background to the meeting on the document.

It was moved that the document be accepted so that it can be amended with the suggested grammatical corrections and any additions recommended by legal advice which was carried.

2014 National Swim Camp

A background paper on a National Swim Camp was tabled and discussed.

Member Protection Policy and Procedures

A final draft was tabled and discussed.

It was moved to that the policy be accepted and was eventually carried.

Masters Swimming Membership Categories – VO, CO & TO

A background paper was tabled following the request from the last meeting about providing a membership category for non-swimming contributors to our organisation. Technical Officials, coaches and volunteers.

It was moved that to create this national membership category and this was carried.

Jon Hawton

NSW/ACT Delegate

ADMINISTRATOR'S REPORT 2013

Governance

Masters Swimming NSW is governed by a Board of seven members assisted by position holders in Endurance, Coaching, Recording, Safety, Technical, Training and Technology. Current Board members were elected at the Annual General Meeting held in May 2013. Stuart Ellicott from Hornsby Masters stood down and Owen Sinden, from Campbelltown Collegians, was voted on.

MSNSW offices, located at Sports House in Sydney Olympic Park, remain rent free; we pay for outgoings.

Membership figures for 2013 were consistent with previous years finishing at nearly 1600 and participation numbers at meets was very encouraging.

Promotions

The 38th National Championships in April at SOPAC was an overriding success due to the sheer hard work put in by volunteer committee members that managed to cover a lot of groundwork prior to the event. Sponsors came on board and provided bags and products. Officials, Volunteers, Raffle holders and Happy Hour hosts all contributed to the four days of events. The work load on a few was huge and they responded with high energy and gusto. A separate report can be read on the success, trials and tribulations of this enormous effort. All feedback was positive and facebook posts, along with the streaming of live results, was a highlight.

State funding was not granted from the Office of Education and Communities, Sport and Recreation Division, but regional members were still offered an opportunity to apply for assistance with travel and accommodation expenses to attend State Championships.

Awards

Jenny Whiteley was inducted into the International Masters Hall of Fame, at a presentation dinner in California in 2013. Jenny was also nominated for Masters Athlete of the Year in the NSW Sports Federation Annual Sports Awards. The Masters Swimming National Championships was a finalist in the Event of the Year category.

During 2013 several members of MSNSW were recognized for their work and dedication during 2012. These included, but not limited to, Roger Dietrich (Gary Stutsel Award), Diane Partridge (Official of the year), Barbara Briggs (Administration Award), Wendy Seale (Coach of the Year), Jodie Burke (Ian Davis Award) and Ruth Fitzpatrick (Betty Grant Award). The branch offers congratulations to all these plus the many others nominated and to the eleven Volunteer of the Month recipients.

Programs & Activities

Technology Team

This team continued their tasks of uploading swim meet programs to the website prior to meets and listing results promptly afterwards. *Splash-e*, the MSNSW newsletter, has taken its final bow and news and information is now disseminated through the website, facebook and a single page Monthly News. Primarily communication with club committees is via this Monthly News, written following every Board meeting and includes any associated documents. These documents are also posted on the website and Facebook each month.

The Webmasters team spent a tremendous amount of time successfully working towards the changeover of our website. Now each tab is systematically being edited following research for new layouts, information and updated data.

Facebook

This has proved to be an instant way to be updated on results and activities of our swimmers. During 2013 the volunteer team of FB Administrators grew to allow the site to be monitored constantly and updated regularly. The initial Administrator, Roger Dietrich, attended the Branch Administrators conference in Melbourne and was assisted by the MSNSW Board to attend training with Impactiv8 on an intense Social Media course. Ideas were put into action and the site grew to a point now where it has over 800 likes. There is a lot of activity on the site and creates interest in our sport.

Coaching Team

Our thanks go to Di Coxon-Ellis for organising another Intro Coach course at Olympic Park in July 2013 ably assisted by John Kulhan and Vicky Watson. Di updates information under the Programs/Coaching tab on the website.

Endurance 1000 Recorder

Jenny Whiteley continues to volunteer to hold the position of Branch Endurance Recorder and coped brilliantly with the new system and our foibles. There were 50 clubs participating in the e1000 program in 2013. This is around twice as many as those that participated in the old Aerobics Program because the new system automatically loads in any race meet swims $\geq 400\text{m}$ and it is much simpler to use. There was a total of 570 participants with an even spread of female participants (286) to male participants (284). Females achieved more points than the males. There were 24 swimmers who achieved maximum points (1005 points) with 14 males and 10 females ranging in age from 25 – to 80 years! In addition, another 13 swimmers (10 females, 3 males) achieved the maximum number of swims.

MSNSW thanks Pauline Samson for her tireless efforts in keeping us all up to speed with the new program. It is recognized that Pauline has a huge workload and she remains patient with us and the minutiae of typos, edits and data overloads. Thank you Pauline for watching over us.

Safety

The Branch Safety Coordinator, Jodie Burke, continued to ensure that clubs follow the national safety guidelines, particularly in completing Incident Report Forms at all club and interclub activities.

Jodie requests annual safety reports from clubs and is assisted by Jamie Turner in compiling an annual report of safety activities and initiatives that are happening at club level. Jodie is proactive regarding possible heat concerns at outdoor meets and liaises with host clubs in the week prior to their meet to ensure the Sun Safety policy is adhered to.

Technical and Training Team

The end of 2013 brought new rules from FINA that had to be presented to all Officials in a timely manner. To this end Gary Stutsel, Technical Director, and Di Partridge, Training Coordinator conducted a three hour workshop for Referees, Inspectors of Turns and Coaches in October regarding the implementation of rules and consistent interpretation of all swim rules. Two more information sessions were run before swim meets for swimmers, coaches and any officials who were interested.

Throughout the year Di Partridge organised training courses on request and provided support and continuing education for all technical officials. Fifty four officials gained their accreditation in 2013 and this was pleasing as it was twenty seven more than 2012. Thanks go to the members of this team and all those who coordinated and presented courses during the year. MSNSW continues to have a healthy base of officials on which to call on.

Swim Meets

22 sanctioned meets were held throughout the NSW and ACT in 2013 including the 38th National Championships in April.

The calendar was made up of 11 long course and 11 short course meets.

The Branch Long Course Championships buddied up with Blacktown City Masters in March just prior to the National Championships with 314 entries from 43 clubs including inter-staters.

The Branch relay meet in July was held in the short course Diving Pool at SOPAC, attracting 287 swimmers from 14 clubs.

The Branch long-distance short-course championships were held in September at Knox Grammar, with 110 swimmers from 30 clubs.

The Branch short-course championships were held in October over two days at Canberra in the ACT. They attracted 206 competitors from 32 clubs.

Acknowledgements

We have two dedicated members who volunteer their time on a regular basis to assist in the branch office, Kevin Stirling and Jamie Turner and I thank them for their work, their company and their fun sense of humour. Both have an ability to brighten a dull day at the same time as lightening a heavy workload. I wouldn't want to do it without them.

We again had the assistance of Volunteering NSW at Branch championships with timekeeping and running and are most appreciative of their presence. They provided a most colourful presence during the National Championships resplendent in gold polo shirts.

Many thanks also to the National General Manager and Administration Managers for their consistent support throughout 2013 often on a daily basis. Thank you Noeleen, Emma and Jane for your endless patience and guidance in so many areas.

Jillian Pateman
Administrator



The 38th National Championships were officially opened by Her Excellency Professor Marie Bashir AC CVO, Governor of New South Wales.



*The Governor is seen here with the youngest and oldest competitors
Kade Burgess, 18, and Jack Matheson, 96*

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472**

**BOARD REPORT
FOR THE YEAR ENDED 31 DECEMBER 2013**

Your committee members submit the financial report of The NSW Association of Aussi Master Swimming Clubs Inc. for the financial year ended 31 December 2013.

1. General Information

Committee members

The names of committee members throughout the year and at the date of this report:

Stuart Ellicott	Jon Hawton
Neil Keele	Tony Tooher
Stuart Meares	Sue Wiles
Jane Noake	Owen Sinden

Principal Activities

The principal activities of the Association during the financial year were the promotion of sport, in particular that of being a national organisation founded to encourage all adults regardless of age or ability, to swim regularly in order to promote fitness and improve this general health.

Significant Changes

No significant change in the nature of these activities occurred during the year.

2. Operating Results and Review of Operations for the Year

Operating Result

The surplus of the Association for the financial year after providing for income tax amounted to \$33,873 (2012: \$3,750)

Signed in accordance with a resolution of the Members of the Committee:

Committee Member

Committee Member

Dated this day of 2014.

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472**

TREASURER'S REPORT

**To the Members of
The NSW Association of AUSSI Masters Swimming Clubs Inc.**

I have pleasure in submitting the financial report for the year ended 31 December 2013. Whilst the report gives a clear view of the result for the year and of the financial position of the association at year end, I would like to make the following comments.

The activities of the association throughout the year resulted in a surplus of \$33,873 which was largely due to our hosting of a successful National Swim. Expenses for the year were down slightly.

The surplus has allowed the Association to strengthen its asset base with net assets of approximately \$227,343 and liquid funds of \$235,989.

I would like to thank the Committee and Jillian for their hard work and assistance.

Stuart Meares
Honorary Treasurer

THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472

STATEMENT BY MEMBERS OF THE BOARD

The committee has determined that the Association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In the opinion of the committee the financial report:

1. Presents fairly the financial position of the NSW Association of AUSSI Master Swimming Clubs Incorporated as at 31 December 2013 and its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that the NSW Association of AUSSI Master Swimming Clubs Incorporated will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the committee and is signed for and on behalf of the committee by:

Committee Member

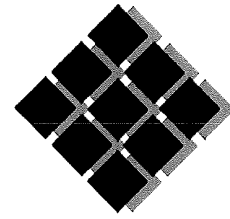
Committee Member

Dated this day of 2014.

W. W. Vick & Co.

Chartered Accountants

ABN 14 568 923 714



THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC. INDEPENDENT ASSURANCE PRACTITIONER'S REVIEW REPORT TO THE MEMBERS

Report on the 2013 Financial Report

We have reviewed the accompanying 2013 annual financial report of The NSW Association of Aussi Masters Swimming Clubs Inc., which comprises the balance sheet as at 31 December 2013, and the income statement, statement of changes in equity and cash flow statement for the year ended on that date, the notes to the financial statements, other selected explanatory notes and the declaration of the board of management.

Board Members' Responsibility for the 2013 Financial Report

The board of management of the Association are responsible for the preparation and fair presentation of the 2013 financial report in accordance with The Associations Incorporation Act New South Wales. This responsibility includes establishing and maintaining internal control relevant to the preparation and fair presentation of the 2013 financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

Assurance Practitioner's Responsibility

Our responsibility is to express a conclusion on the 2013 financial report based on our review. We conducted our review in accordance with Standard on Review Engagements ASRE 2400, *Reviews of a Financial Report Performed by an Assurance Practitioner Who is not the Auditors of the Entity* in order to state whether, on the basis of the procedures described, anything has come to our attention that causes us to believe that the financial report is not presented fairly, in all material respects, in accordance with The Associations Incorporation Act New South Wales. ASRE 2400 requires us to comply with the requirements of the applicable code of professional conduct of a professional accounting body.

A review of a 2013 financial report consists of making enquiries, primarily of persons responsible for financial and accounting matters, and applying analytical and other review procedures. A review is substantially less in scope than an audit conducted in accordance with Australian Auditing Standards and consequently does not enable us to obtain assurance that we would become aware of all significant matters that might be identified in an audit. Accordingly, we do not express an audit opinion.

Independence

In conducting our review, we have complied with the independence requirements of the Institute of Chartered Accountants in Australia.

Conclusion

Based on our review, which is not an audit, nothing has come to our attention that causes us to believe that the financial report of The NSW Association of Aussie Masters Swimming Clubs Inc. does not present fairly, in all material respects, or give a true and fair view of the financial position of the Incorporated Association as at 31 December 2013, and of its financial performance and its cash flows for the year ended on that date, in accordance with the financial reporting requirements of the Associations Incorporation Act New South Wales.

W.W. VICK & CO.

Chartered Accountants

Peter P. Vlahopol
Partner

THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472

INCOME STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2013

	2013	2012
	\$	\$
Income		
Registrations - State	40,462	40,412
Surplus at Carnivals	7,030	6,311
Other Income	839	1,554
Affiliation Fees	2,120	2,360
Interest Received	4,883	6,384
National Swim 2013	30,547	-
NSW Government Grant	20,000	20,000
Total income	<u>105,881</u>	<u>77,021</u>
Expenditure		
Administration & General Expenses	2,243	2,574
Aerobic Production	1,422	1,587
Affiliations Fees - National	225	245
Coaching Costs	781	356
Computer Expenses	4,627	5,732
Depreciation	1,869	1,208
Insurance	403	-
Membership & Officials' Development	7,537	7,580
Newsletters	-	268
Postage	423	510
Printing & Stationery	1,911	1,831
Promotional Expenses	320	2,869
Review Fees	2,180	1,980
Salaries & Wages	42,000	42,000
Superannuation	5,140	3,343
Telephone	531	528
Top 10 Production	396	660
Total expenses	<u>72,008</u>	<u>73,271</u>
Surplus before income tax	33,873	3,750
Income tax expense	-	-
Surplus after income tax	<u>33,873</u>	<u>3,750</u>
Retained surplus at the beginning of the financial year	191,938	188,188
Retained surplus at the end of the financial year	<u><u>225,811</u></u>	<u><u>191,938</u></u>

The accompanying notes form part of these financial statements.

THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472

**STATEMENT OF CHANGES IN EQUITY
FOR THE YEAR ENDED 31 DECEMBER 2013**

	RETAINED EARNINGS	RESERVE - BETTY GRANT LEGACY	CORPUS	TOTAL
	\$	\$	\$	\$
Balance 1 January 2012	188,188	1,000	532	189,720
Surplus for the 2012 year	3,750	-	-	3,750
Balance 31 December 2012	191,938	1,000	532	193,470
Surplus for the 2013 year	33,873	-	-	33,873
Balance 31 December 2013	\$225,811	\$1,000	\$532	\$227,343

The accompanying notes form part of these financial statements.

THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472

ASSETS AND LIABILITIES STATEMENT
AS AT 31 DECEMBER 2013

	Note	2013 \$	2012 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	2	235,989	198,205
Trade and other receivables	3	20,000	20,000
Inventories		1,503	1,458
TOTAL CURRENT ASSETS		<u>257,492</u>	<u>219,663</u>
NON-CURRENT ASSETS			
Plant & equipment	4	5,655	5,923
TOTAL NON-CURRENT ASSETS		<u>5,655</u>	<u>5,923</u>
TOTAL ASSETS		<u>263,147</u>	<u>225,586</u>
LIABILITIES			
CURRENT LIABILITIES			
Trade and other payables	5	35,804	32,116
TOTAL CURRENT LIABILITIES		<u>35,804</u>	<u>32,116</u>
TOTAL LIABILITIES		<u>35,804</u>	<u>32,116</u>
NET ASSETS		<u>\$227,343</u>	<u>\$193,470</u>
MEMBERS' FUNDS			
Reserve - Betty Grant Legacy		1,000	1,000
Corpus		532	532
Retained surplus		225,811	191,938
TOTAL MEMBERS' FUNDS		<u>\$227,343</u>	<u>\$193,470</u>

The accompanying notes form part of these financial statements.

THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2013

	Note	2013 \$	2012 \$
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from customers		127,396	102,151
Payments to suppliers and employees		(92,894)	(102,371)
Interest Received		4,883	6,384
Nest cash provided by/(used in) operating activities	6	<u>39,385</u>	<u>6,164</u>
CASH FLOWS FROM INVESTING ACTIVITIES			
Sale of/(payments for) plant and equipment		<u>(1,601)</u>	<u>(2,230)</u>
Net cash provided by/(used in) investing activities		<u>(1,601)</u>	<u>(2,230)</u>
NET INCREASE/(DECREASE) IN CASH HELD			
Cash and cash equivalents at beginning of financial year		37,784	3,934
		198,205	194,271
Cash and cash equivalents at end of financial year	2	<u><u>\$235,989</u></u>	<u><u>\$198,205</u></u>

The accompanying notes form part of these financial statements

THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2013

1. Summary of Significant Accounting Policies

(a) Basis of preparation

This financial report is a special purpose financial statements prepared in order to satisfy the financial reporting requirements of the Associations Incorporations Act (NSW) 2009 and Associations Incorporation Regulation (NSW) 2010. The committee has determined that the Not-For Profit Associations is not a reporting entity.

The financial report has been prepared on an accruals basis and is based on historic costs and does not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

The following signification accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this financial report.

(b) Property, Plant and Equipment

Property, plant and equipment is carried at cost less, where applicable, any accumulated depreciation.

The depreciable amount of all property, plant and equipment is depreciated over the useful lives of the assets to the Association commencing from the time the asset is held ready for use.

Leasehold Improvements are amortised over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

(c) Impairment of Non-Financial Assets

At the end of each reporting period, the Association reviews the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value in use, is compared to the asset's carrying value. Any excess of the asset's carrying value over its recoverable amount is expensed to the income statement.

THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2013

1. Summary of Significant Accounting Policies (continued)

(d) Financial Assets

Investments held are originally recognised at cost, which includes transaction costs. They are subsequently measured at fair value which is equivalent to their market bid price at the end of the reporting period. Movements in fair value are recognised through an equity reserve.

(e) Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at call with bank, other short-term highly liquid investments with original maturities of three months or less.

(f) Income Tax

The Association is exempt from income tax under Division 50 of the Income Tax Assessment Act 1997.

(g) Revenue and other Income

The Association recognises revenue when the amount of revenue can be reliably measured, it is probable that future economic benefits will flow to the entity and specific criteria have been met for each of The NSW Association of Aussi Masters Swimming Club Inc's activities as discussed below.

Revenue is measured at the fair value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed. Any consideration deferred is treated as the provision of finance and is discounted at a rate of interest that is generally accepted in the market for similar arrangements. The difference between the amount initially recognised and the amount ultimately received is interest revenue.

THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2013

1. Summary of Significant Accounting Policies (continued)

Grant Revenue

Grant revenue is recognised in the income statement when the entity obtains control of the grant, it is probable that the economic benefits gained from the grant will flow to the entity and the amount of the grant can be measured reliably.

When grant revenue is received whereby the entity incurs an obligation to deliver economic value directly back to the contributor, this is considered a reciprocal transaction and the grant revenue is recognised in the statement of financial position as a liability until the service has been delivered to the contributor, otherwise the grant is recognised as income on receipt.

The NSW Association of Aussi Master Swimming Clubs Inc. receives non-reciprocal contributions of assets from the government and other parties for zero or a normal value. These assets are recognised at fair value on the date of acquisition in the statement of financial position, with a corresponding amount of income recognised in the income statement.

Interest Revenue

Interest revenue is recognised using the effective interest rate method, which for floating rate financial assets is the rate inherent in the instrument.

All revenue is stated inclusive of the amount of goods and services tax (GST).

(h) Goods and Services Tax (GST)

Revenue, expenses and assets are recognised inclusive of the amount of GST, as the Association is not registered for GST reporting. In these circumstances, the GST is recognised as part of the cost of acquisition of the asset or as part of the expense. Receivables and payables in the statement of financial position are shown inclusive of GST.

THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2013**

	2013	2012
	\$	\$
2. Cash and Cash Equivalents		
Cash on Hand - Imprest Account	200	200
ANZ Bank	235,789	198,005
Total cash and cash equivalents	<u><u>\$235,989</u></u>	<u><u>\$198,205</u></u>
3. Trade and Other Receivables		
Current		
Government subsidies receivable	20,000	20,000
Total current trade and other receivables	<u><u>\$20,000</u></u>	<u><u>\$20,000</u></u>
4. Property, Plant and Equipment		
Office Equipment - at cost	32,886	31,286
Less: Accumulated Depreciation	(27,231)	(25,363)
Total property, plant and equipment	<u><u>\$5,655</u></u>	<u><u>\$5,923</u></u>
5. Trade and Other Payables		
Current		
Unsecured liabilities		
Creditors	2,090	2,000
Affiliation fees in advance	1,730	1,200
Government Grant in advance	13,462	13,890
PAYG Tax Payable	1,554	1,554
State Registrations Received in Advance	16,968	13,472
Total current trade and other payables	<u><u>\$35,804</u></u>	<u><u>\$32,116</u></u>
6. Cash Flow Information		
Reconciliation of cash flows from operating activities with net surplus:		
Surplus for the year	33,873	3,750
Non-cash flows in surplus:		
depreciation	1,869	1,208
Changes in assets and liabilities:		
(increase)/decrease in inventories	(45)	(730)
increase/(decrease) in trade and other payables	3,688	1,936
Cash flows from operating activities	<u><u>\$39,385</u></u>	<u><u>\$6,164</u></u>

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2013**

7. Contingent Liabilities and Contingent Assets

In the opinion of the Committee of Management, the Association did not have any contingencies at 31 December 2013 (31 December 2012: None)

8. Events after the end of the Reporting Period

The financial report was authorised for issue on 14 April 2014 by the Committee of Management.

No matters of circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the Association, the results of those operations or the state of affairs of the Association in future financial years.

9. Association Details

The registered office of the Association is:
The NSW Association of Aussi Masters Swimming Club Inc.
Ground Floor
Sport House
6A Figtree Drive
SYDNEY OLYMPIC PARK NSW 2127

The principal place of business is:
Ground Floor
Sport House
6A Figtree Drive
SYDNEY OLYMPIC PARK NSW 2127

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
ABN 42 468 116 472**

CERTIFICATE BY MEMBERS OF COMMITTEE

I, Stuart Meares of Chatswood certify that:

- a) I am a committee member of the Association, and
- b) I am duly authorised by the committee to make this statement, and
- c) The attached financial statement was submitted to the members at the Annual General Meeting.

Stuart Meares (Committee Member)

Dated this day of 2014.

The accompanying notes form part of this financial report

COACHING DIRECTOR'S REPORT 2013

Commencing in 2013 we requested that all MSNSW clubs complete a Club Coach annual report. This will facilitate knowing who is actively coaching our members and ascertain whether clubs need assistance in accessing a coach for motivation, stroke correction or improving our enjoyment of the sport. Unfortunately less than one third of the clubs complied with this request. From those that did (and I thank them sincerely) I could ascertain that there are a very wide variety of programmes offered - from sessions every day with a roster of coaches to just one session per week. Many clubs do not have a masters coach and rely on volunteers or the coach provided by the Aquatic Centre. Some are obligated to use the Centre's coaches. I do see that there are some very dedicated volunteers out there without whom their club would not exist.

In future, I would appreciate every club complying with this request to complete an annual report and encourage you to ask for assistance if needed and to offer any suggestions for improvement in running our programs.

In 2013 we again conducted two Intro Coach courses:

The first was conducted in February at Lakeside Leisure Centre, Tuggeranong, ACT with eight participants.

Congratulations Caroline Makin, Anne Smythe and Mary-Liz Partridge from Tuggeranong and Peter McGee of Wett Ones for completing all requirements from this Intro Coach course.

The second course for the year was held at Sports House and SOPAC at the end of July with ten participants. Thanks to the Ryde swimmers who were the "bodies in the water" for the practical session.

Congratulations to Mark Holmes (Wett Ones) and Dawn Gledhill (Manly) for completing all requirements from this course.

Congratulations also to Alan Lawrence and Helen Hamilton of Clarence River Masters and Paul Bailey from Warringah for completing all requirements from the Intro Coach courses held in 2012.

In summary, during 2013 we had nine coaches gain the Intro Coach accreditation from the four courses conducted so far for MSNSW.

The first Club Coach course to be run in NSW is planned for July 2014.

We had fifteen renew their accreditation, noting that all former Level 1 Masters Coaches reaccredit at the Club Coach level.

Congratulations to reaccredited coaches for 2013: Wendy Cook (Ettalong), Darryl Aynsley (formerly Hills), John Wynberg (North Sydney), Marg Wilby (Penrith), Vicky Watson (Ryde), Louise Price (formerly Seaside Pirates), Sonia Fawdry (Tamworth), John Kulhan (Trinity), Brenda Day (Tuggeranong), Gordon Whyte, Bill Moorcroft, Jan Shannon & Roshani Ainkaran (Warringah), Danny Crowe (Wett Ones) and Ruth Wall (Wyong).

In 2013 I have utilised the IMGSTG database to contact coaches to advise those who needed to renew their accreditation. This resulted in a better response as shown by the increased number reaccrediting. Please be aware of the expiry date of your accreditation and send in your updating documents, a copy of your current CPR with the signed Coaches Code of Behaviour to the Branch Office. All these documents are available on the National website.

In 2013 we had 63 accredited Club Coaches (Level 1M) and 14 Intro Coaches.

I would encourage all coaches to look at the MSNSW coaching page to access the resources and to keep in touch with other coaches.

Personally I completed the Club Coach pre-requisite – the Intermediate Coaching General Principles course - by correspondence. Thank you to the MSNSW Board for funding this course. I completed this so that I was aware of the modules covered outside of the Masters course.

Towards the end of 2013, many coaches attended the workshops conducted by Diane Partridge and Gary Stutsel on the new rules. I encourage all coaches to familiarise themselves with these rule changes and pass them onto their swimmers.

MSNSW Coach of the year 2013:

Thanks to clubs who made an effort to nominate their coaches. Congratulations to Peter Johnston of Merrylands ASC for winning this award in a very close contest. Please remember that recognition is a way of thanking your coach for the time and effort they put into your club and nomination for awards is recognition in itself.

I would also like to thank Jillian Pateman for her support in the admin part of organising courses and the accrediting and reaccrediting process.

I also acknowledge the continued support of previous Branch Coaching Directors, John Kulhan and Vicky Watson, assisting with courses and advice, particularly John who is assessing all the workbooks from the courses, for consistency sake.

Di Coxon-Ellis
MSNSW Branch Coaching Director



TECHNICAL COMMITTEE REPORT 2013

2013 was an action packed year from a technical point of view. Firstly the National Technical Committee (NTC), which includes in its nine members three NSW officials, Di Partridge, Neil Keele and Gary Stutsel (Committee Secretary), met in Sydney on the 21st April. The NTC made a number of decisions, some major and some not so. Chief amongst them was to review and then streamline all of the Officials Courses.

This was done course by course throughout the year with major input and comment from NSW representatives and was so involved that it was not completed until March 2014. Another major decision involved the order in which courses can be completed. Now, after accreditation as a Timekeeper, trainee officials can elect to complete any of the other courses except Referee. This will allow intending officials to elect to work in the position that interests them most. The position of Referee still requires accreditation in all other positions as a prerequisite.

In early April the NTC was alerted by John Kulhan to proposed revolutionary changes to the FINA Rules that would flow on to Masters Swimming Australia (MSA) and of course MS New South Wales. FINA met in July in Barcelona, Spain and adopted a number of changes, eleven of which affected our Rules. Fortunately all but one of these was sensible and due to common sense (and possibly social media pressure) the most outlandish change was rejected. One of the changes actually confused matters as it was poorly worded, but a subsequent clarification has rectified this problem. At the October MSA Board Meeting the eleven changes and four others submitted by the NTC were adopted and came into effect in NSW on the 1st January 2014.

One major point for swimmers is that they need to be aware that FINA will not recognise times set at a meet where non-registered swimmers have competed, e.g. Masters Games.

In anticipation of the rule changes a Workshop for officials, coaches and club captains was organised at Homebush on the 9th November. Thanks to Jillian Pateman for making this happen and to Di Partridge and Gary Stutsel for running the sessions. Subsequent presentations of the rule changes with questions and answer sessions were held before the Novocastrian and Raymond Terrace swim meets.

A summary of the rule changes has been inserted in each swim meet program and on the website and this has been tweaked several times to remove perceived ambiguities. At a meet level it has been pleasing to note that disqualifications are at an all time low with false starts and relay changeovers the major concerns. There were also a few breaches of the swimwear rules and it is obvious that these need wider attention. Examples were two costumes, zippered costumes, watches, and two swim caps. Coaches and clubs will need to focus attention on these areas to ensure that swimmers efforts receive the recognition they deserve.

As indicated in Di Partridge's Training Co-ordinator's Report there is a growing base of accredited Timekeepers and a small but steady number of officials progressing beyond that level. More of these people need to be brought right through to Referee accreditation because as I seem to say every year "none of us is getting any younger".

As I said at the beginning 2013 was an action packed year.

Gary Stutsel
Branch Technical Director

TRAINING COORDINATOR'S REPORT 2013

2013 was the year of no Re-accreditation for any officials, everyone was able to catch their breath and just get on with it. The dedication of officials being up-to-date by attending re-accreditation workshops over the past four years meant NSW was able to field a highly competent professional team of officials for the National Swim which was hosted by Masters Swimming NSW (MSNSW). I would like to thank all those officials as you contributed to this very successful swim meet.

I attended my first National Technical Committee (NTC) meeting in April and after listening to each State give an account of how they approached officials and conduct swim meets and the number of officials in each state, MSNSW does it the best and is streets ahead of the other states. This is not an excuse to stop or slow down we must keep striving for excellence. Congratulations to all officials and keep up the good work.

In an effort to recruit more officials nationally the NTC proposed changes to the pathway of becoming an official and this was endorsed by the National Board. Everyone must qualify as a Timekeeper and then you are able to qualify in the other positions in any order except for referee which you must qualify in all positions before completing a referee's course.

FINA endorsed several rule changes in 2013 and these changes filtered down to Masters Swimming Australia/NSW. Gary Stutsel Technical Director and I conducted a three hour workshop for Referees, Inspectors of Turns and Coaches at Sports House in October regarding the new rules, first time competition swimmers, difficult swim scenarios and consistent interpretation of all swim rules. Gary and I then conducted two more information sessions on the new rules before swim meets for swimmers, coaches and any officials who were interested. Workshop and information sessions were attended by many.

The official's calendar didn't attract many candidates. I found clubs who organised courses for their members were more successful (something to do with club spirit). I have used Facebook to advertise courses but I have noticed that it is not fully utilised by MSNSW members so still not capturing the membership.

I would like to thank the dedicated mentors, course participants, presenters and co-ordinators. A thankyou must go to Jillian Pateman, State Administrator and Gary Stutsel, officials and trainees who officiated at 26 MSNSW Swim Meets during 2013. What a great team of professionals. You are all appreciated by MSNSW members and we must not forget the dedication by our volunteers who are not members of our movement.

Congratulations to the fifty four officials who gained their accreditation in 2013 and this was pleasing as it was twenty seven more than 2012 even with a decrease in course applications. Candidates came from Castle Hill, Clarence River, Myall, Ryde, Tuggeranong, Warringah and Wett Ones. I hope to see the 43 timekeepers, progress to other official positions in 2014.

Officials Positions	Accredited in 2013
Timekeepers	43
Chief Timekeepers	5
Marshal, Check Starter/Clerk of Course	5
Starter	0
Inspector of Turns	0
Judge of Strokes	1
Referee	0

Please note some candidates accredited in multiple positions.

Courses	Number of Courses	Candidates in 2013
Timekeepers	4	50
General Principles of Officiating 1&2 (requiring no training hours)	4	50
Chief Timekeepers	3	6
Marshal, Check Starter/Clerk of Course	4	10
Starter	0	0
Inspector of Turns	0	0
Judge of Strokes	0	0
General Principles of Officiating 3 & 4 (requiring no training hours)	0	0
Referee	0	0

Please note some candidates participated in multiple courses.

Coordinators were:	Presenters were:
Leon Bobako	Diane Partridge
Ray Burrige	Noel Partridge
Diane Partridge	Audrey Stutsel
Yvonne Perkins	Gary Stutsel
Gary Stutsel	Jamie Turner
Jamie Turner	Robert Wattus

My usual parting statement: all swimmers should consider becoming an official. Without officials, swim meets would not be conducted in a professional manner allowing every swimmer the opportunity to swim to the best of their ability. Friends of swimmers are also welcome to become officials.

Diane Partridge
Training Coordinator

ENDURANCE RECORDER'S REPORT 2013

A much easier year for managing e1000 swims with only a few small hiccoughs with the new system.

There were 50 clubs participating in the e1000 program. This is around twice as many as those that participated in the old Aerobics Program because the new system automatically loads in any race meet swims $\geq 400\text{m}$ and it is much simpler to use.

There was a total of 570 e1000 participants with an even spread of female participants (286) to male participants (284). Females achieved more points than the males. The age groups with the highest percentage of overall points, (between 9 – 12 % for each group) were: females 60-64, then 50-54 and 55-59, then males 60-64 years.

Swimmers with Maximum Points / Swims:

There were 24 swimmers who achieved maximum points (1005 points) with 14 males and 10 females ranging in age from 25 – to 80 years!

In addition, another 13 swimmers (10 females, 3 males) achieved the maximum number of swims.

The Trophy for Highest Points:

This year Tuggeranong, with a large number of members (90), was able to sneak into number one position in front of Campbelltown (29 members) for the Trophy of 'Highest number of e1000 points'. A surprise result occurred with the smaller club of Castle Hill RSL (22 members) achieving 3rd highest number of points.

(Historically, in 2012, it was Campbelltown, Tuggeranong and Wests Auburn).

The Best Average Points per Member Award:

Campbelltown was successful in gaining top position for the highest average points for e1000 swims based on number of club members. They were followed by Castle Hill RSL and Wests Auburn (19 members).

Club with Highest e1000 Participation Rate:

This result found Castle Hill RSL (95.5%), Campbelltown (86.2%) and Wests Auburn (78.9%) taking out the top 3 positions respectively.

It's great to see this involvement in endurance swims and hopefully it will continue to increase with some clubs already initiating innovative ways to undertake e1000 swims.

Jenny Whiteley

E1000 NSW Recorder 2013

Attached are results in table format and names of swimmers achieving maximum points and maximum swims.

2013 e1000 Endurance Program NSW Annual Summary

Clubs with most e1000 Points			
1st	NTN	Tuggeranong	14446
2nd	NCT	Campbelltown	13989
3rd	NCL	Castle Hill RSL	8975
Clubs with Highest Average e1000 Points per club member			
1st	NCT	Campbelltown	482.4
2nd	NCL	Castle Hill RSL	408.0
3rd	NWS	West's Auburn	327.3
Clubs with Highest Proportion of e1000 Participants			
1st	NCL	Castle Hill RSL	95.5
2nd	NCT	Campbelltown	86.2
3rd	NWS	West's Auburn	78.9

2013 e1000 Program: Maximum Points per swimmer. No: = 24

Maximum Points per Swimmer	Club	Age	Age Group	Points
BAILEY , PAUL	NWG	52	50-54	1005
BURGESS , KATRINA	NTN	46	45-49	1005
BURROUGH , MARK	NCL	57	55-59	1005
DAY , BRENDA	NTN	64	60-64	1005
FELLNER , ROBINA	NCL	55	55-59	1005
KAUPERT , PETER	NWG	72	70-74	1005
KING , DAVID	NCL	60	60-64	1005
LEWIS , KATE	NCT	25	25-29	1005
LLEWELLYN , GEOFFREY	NCN	80	80-84	1005
MCLEOD , RUSSELL	NCT	63	60-64	1005
MCRAE , JON	NTN	63	60-64	1005
MUNDAY , PAM	NTN	62	60-64	1005
ODELL , GRANT	NCL	54	50-54	1005
OKE , JOHN	NCN	73	70-74	1005
PARKINSON , MICHAEL	NWS	43	40-44	1005
PELOSA , JAMES	NCT	51	50-54	1005
PRICE , KEVIN	NCT	65	65-69	1005
RAPER , JEANNE	NNC	67	65-69	1005
REID , ANN	NTN	51	50-54	1005
ROUEN , HEATHER	NCT	57	55-59	1005
SINDEN , OWEN	NCT	58	55-59	1005
SMITH , MARCELLE	NCL	47	45-49	1005
WHITELEY , JENNY	NRV	55	55-59	1005
WOODHAMS , NICK	NWG	62	60-64	1005

2013 e1000 Program: Maximum Swims, but not Max Points. No:= 13

		Age Group	Max Swims	Points
PETERSON , MARGARET	NBR	75-79	62	983
ANDREWS , SCOTT	NCL	40-44	62	945
CLOUGH , CHRISTINE	NCT	55-59	62	942
GENOVESE , KERRI	NCL	50-54	62	923
SHEPPARD , WENDY	NCL	50-54	62	832
CLOUGH , STEVEN	NCT	55-59	62	784
TEUNISSEN , ANDREA	NTN	50-54	62	772
HENSON , KATHRYN	NCL	50-54	62	757
BLANCH , KERRYNN	NWS	40-44	62	726
COLYER , TANYA	NCN	50-54	62	689
KULHAN , JOHN	NTR	60-64	62	680
ANDERSON , CASSIE	NWS	30-34	62	536
MORRISON , HILARY	NWS	65-69	62	530



BRANCH MEET RECORDER'S REPORT 2013

Swim Meet System

In the year 2013, I officiated at ten Branch Point Score meets, three State Championships, the State Relay meet, one non BPS meet, and the 2013 National Championships which were hosted by MSNSW. My role for these includes the compilation of entries, programme preparation, report preparation for officials, management of results poolside, checking for broken records, submission of relevant record applications, and the uploading of results to the MSNSW website and MSA results portal.

Six BPS meets and a further four non-BPS meets were conducted by the host club using their own software licence and equipment. For each of these meets my role includes the preparation of the meet database, complete with current registrations and latest available records, post-meet checking that all broken records have been correctly identified & that relevant record applications have been submitted, then the uploading of results to the MSNSW website and MSA results portal.

Of course the big event of the year was the National Championships, held at SOPAC over 4 days in April. Much preparation work was required, including design of entry forms and website pages. 688 entries were received and a 74 page programme produced. More than half the entrants opted to download their programme from the web, reducing printing costs for the Branch, which was an innovation for the Nationals.

Another first for the Nationals was the uploading of results in real time to our LiveResults website, accessible poolside on smart phones and tablets.

Some statistics from 2103 National Championships:

- 8 world and 70 national records were broken, along with over 200 Branch records.



The use of Team Manager software for electronic entries now accounts for the vast majority of entries to swim meets. This reduces the workload of data entry by the meet recorder and minimises data entry errors.

Top Ten System

The MSA Results Portal continues to be an invaluable source of up-to-date information on member's results, Top Ten rankings and records. The database is updated automatically from swim meet data and Endurance 1000 throughout the year, and additional manual entries, from club time trials and non-MSA meets are made at the end of the year.

Mark Hepple

MSNSW Meet Recorder

RECORDS RECORDER'S REPORT 2013

World Records

There were seven occasions during 2013 when applications were sent to FINA for recognition:

April	Jenny Whiteley NRY	50m Breaststroke	LC	37.04	55-59
April	Jenny Whiteley NRY	100m Breaststroke	LC	1:23.06	55-59
April	Jenny Whiteley NRY	200m Breaststroke	LC	3:02.67	55-59
May	Jenny Whiteley NRY	50m Breaststroke	SC	36.29	55-59
May	Jenny Whiteley NRY	100m Breaststroke	SC	1:18.45	55-59
May	Jenny Whiteley NRY	200m Breaststroke	SC	2:55.48	55-59
June	Jenny Whiteley NRY	100m Individual Medley	SC	1:10.66	55-59

National Records

80 National records were recognised, 50 to women (39 to Jenny Whiteley) and 30 to men plus 14 Relays.

Congratulations (in age group order) to Monique Howard NBT, Nicholas Grinter NSA, Mitchell Patterson NSP, Georgi Kinsela NSP, Greg Phillips NSP, Daniel Beltrami NTS, Ian Jeffrey NNC, Jon Hawton NBT, Pamela Nix NNB, Neal Moores NNS, John De Vries NNS, Stuart Ellicott NHS, Clary Munns NBT, Paul Wyatt NCR, Stephen Harvey NPN, Anita Saviane NCS and Valerie Lincoln NGS.

Branch Records

2013 saw 190 individual branch records made or broken and 23 relay records achieved. There was a close split this year with 87 going to men and 96 to women. The statistics in regards to pool length in 2013 showed 83 records being attained in LC with 107 in SC pools.

The spread across the age groups looked like this:

20-24	11	25-29	8
30-34	7	35-39	8
40-44	16	45-49	9
50-54	10	55-59	63
60-64	15	65-69	15
70-74	16	75-79	5
80-84	0	85-89	2
90-94	4	95-99	1

All strokes were targeted:

35	Backstroke
46	Breaststroke
42	Butterfly
45	Freestyle
22	Individual medley

Lastly a look at what distances were popular with record breakers in 2013:

19	for 25m
35	for 50m
43	for 100m
33	for 200m
21	for 400m
23	for 800m
16	for 1500m

Most members will never achieve a record nor set out to in our ethos of fitness, friendship and fun but we do like to applaud those that are capable of it and take some inspiration from the efforts put in by these extraordinary individuals. My congratulations to you, one and all.

Jillian Pateman



SAFETY COORDINATOR'S REPORT 2013

Thank you to the tireless efforts of the NSW Masters Swimming Board for their support and ensuring our training and competition pool decks remain safe at all times.

Thank you also to Jamie Turner from Ryde Masters Swimming for compiling the Clubs Safety Summaries.

Congratulations and thank you to the Club Safety Officers and their Committees for their work in 2013.

Incidents/Accidents

In 2013 I am very pleased to report that we only saw one major incident on our pool decks. Our reported incidents included lacerations from lane ropes or stubbed toes from ladders or small injuries from tumble turns. I am also very pleased to report only two occasions of a swimmer being conveyed to Hospital.

Incident Reporting

I remind all clubs the importance of ensuring incident forms are completed and emailed to the NSW State Office as soon as possible after the incident. The NSW Board and I have had discussions in 2013 around the responsibility of the Meet Referee ensuring that the NSW Office is emailed immediately after an incident has occurred where a swimmer or an Official has been conveyed to Hospital at a Swimming Meet to ensure we can follow up on the incident as soon as practical and most importantly offer support to the Swimmer and their family.

The Incident form is available on the NSW Masters Swimming Website.

Meet Directors must have incident forms available at all NSW BPS Meets and I do encourage Meet Referees to carry an incident form also.

Warm Up Supervisors during Competition

Thank you to all Clubs who are now adhering to the NSW Safety Policy of having Warm Up Supervisors present in the warm up lane during competition time. I am pleased to say that during 2013 I didn't receive any incident notification of incidents in warm up lanes.

I ask Meet Directors and Meet Referees to continue to ensure that we have Warm Up Supervisors present at all times at the warm up lane/pool during competition.

Medical Notification

A number of Clubs have requested a Medical Form for their swimmers to complete and submit to the State Office with their Confidential Medical history and Contact details. This form is currently in draft format and will be available for swimmers and Clubs in the near future.

First Aid Certificates and Bronze Medallions

I encourage Clubs to continue to organise First Aid Certificates and Bronze Medallion courses for their Club Members. Wests Auburn Masters Swimming Club, for example, attends a Bronze Medallion Course every year. I encourage all Clubs to follow suit. A simple course on a Sunday morning can save a fellow members life.

Thank you for your assistance in 2013.

Yours in safety,

Jodie Burke
Branch Safety Officer



NSW CLUBS SAFETY REPORTS 2013						Club	Swimmer
	Safety initiatives	CPR Certs ?	Warm up / swim down procedures	Emergency contact avail?	Incidents or accidents in 2013?	Incidents	
Armidale							
Bidgee							
Blacktown City Masters	no	3	yes	no	nil	0	
Blue Mountains Phoenix	no	four	yes	no	nil	0	
Campbelltown Collegians	yes	2			nil	0	All swimmers are encouraged to monitor their blood sugars, blood pressure and pulse during meets and not compete if there is any doubt to their health. Any incident is to be recorded on our sign on book each week if anything happens
Caringbah AUSSI	yes	two	yes	yes	nil	0	Members are generally aware of the health and fitness of each other and the buddy system normally operates on club nights.
Castle Hill	no	five	yes	yes	nil	0	
Cessnock							
Clarence River Masters	yes	30		yes	nil	0	The person on deck is required to have a whistle on them at all times in case of emergency & a list of emergency contacts is held in the sign-on folder. We have emergency scenarios requiring swimmers to respond and assist with the 'casualty'. This has proven very beneficial in alerting swimmers to effective emergency response procedures.
Coffs Harbour							
Coogee Randwick							
Cook & Phillip	no	0	yes	yes	nil	0	
Cronulla Sutherland							
Dubbo							
Ettalong	yes	seven	yes	yes	nil	0	Real effort made to have contact details at all activities
Ginninderra Masters							
Gosford AUSSI Seagulls	no	3	yes	yes	nil	0	
Hills AUSSI Masters	yes	some	no		nil	0	Recommendations: MSNSW facilitate the setup of a CPR register for clubs on IMGSTG & for Hills to conduct one session on emergency procedures, safety and first aid facilities.
Hornsby							
Lake Macquarie Crocs	yes	0	yes	yes	nil	0	We upgraded all medical records
Lane Cove							
Liverpool Leatherjackets	yes	3	yes	yes	nil	0	
Maitland							
Manly Masters							
Merrylands							
Molonglo Water Dragons	no	5	yes	only BPS	1	no	
Myall							
Nelson Bay							
North Sydney AUSSI	no	eleven	yes	yes	1	1	
Novocastrian Masters	no	34	yes	yes	nil	0	
Oak Flats	no	0	yes	yes	nil	0	
Penrith AUSSI Masters	yes	four	yes	yes	1	1	Familiarisation of pool area
Picton	yes	one			nil	0	Relevant Health information on all members is being provided and filed with Wollondilly Leisure Centre. A request for the provision of a defibrillator is being considered favourably.
Port Macquarie							
Raymond Terrace							
Ryde AUSSI Masters	no	13	yes	yes	3	3	
Seaside Pirates	no	21	yes	yes	nil	0	
St George	no	5	yes	yes	nil	0	
Sutherland Sandbern							
Tamworth	no	3		yes	nil	0	
Tattersalls							
Terrey Hills							
Trinity AUSSI	yes	three	yes	yes	nil	0	Safety demonstration
Tuggeranong AUSSI	yes	10	yes	yes	1	1	An updated list of members & their next of kin is kept in a folder at the pool which coaches have access to.
Warringah Masters	yes	27	yes	yes	nil	0	Implementation of Medical Data Form. This was offered to members on a voluntary basis to provide information that would be useful for treatment by medical staff, in the event of illness or accident. The information is kept with the emergency contacts for training sessions and Carnivals.
Wests Auburn Masters	yes	6		no	2	2	Bronze Medallion course attended by six members in February.
Wett Ones	yes	some			nil	0	In March 2013, Royal Life Saving NSW conducted Wett Ones' annual CPR refresher at SUSAC.
Wollongong Masters	yes	2		yes	nil	0	Development of new member safety induction check list.
Wyong Wobbygongs	yes	seven	yes	yes	nil	0	1. A list was issued to all members of emergency contacts, instructed to take along to carnivals.
Wyong also recommends and encourages members to drink fluids & stretch before & after a training session.							2. Ensured that all medical records were up to date.
							3. Instructed by Lifeguard at the pool on a club night what to do in an emergency.

WEBMASTER'S REPORT 2013

The past year again proved to be a busy one for our webmasters.

The team had just become accustomed to the new layout and design that was introduced in 2012, when we learned it was time to change again. The system being used was the one offered by IMGSTG (the company that hosts Clubs Online). The Branch moved to that system because Masters Swimming Australia wanted a uniform approach to all websites across Australia.

However, due to some of the restrictions of that system, IMGSTG decided to move the website hosting to a new system. Webmasters had to learn a new content management system.

Originally, it was thought that all pages could be migrated into the new management system, but the differences were too great, so most of the webpage had to be rebuilt. It gave us the chance to again review the layout of many of the pages.

Features retained in the new webpage system included:

- News sections.
- Calendar section.
- Direct links the Membership Portal and the Results Portal.
- Similar menu system that we could select the how we wanted to organise the content on the webpage.
- Being able to link the webpage to the MSNSW Results Portal (which is hosted separately to the webpage).

New features include

- Facebook feed.
- Direct links to other portals, e.g. Endurance 1000, National Championships, Vorgee Million Metre Award. There is the ability to add/delete these links as required.
- The ability to organise the contents of the home page (and other pages) in blocks. Previously we could not amend the layout of the homepage.

Masters Swimming Australia set up a training session for the webmasters to be able to learn the new content management system. This was done by teleconference. It was attended by Mark Hepple, Lindsay Brice and Lynette Falconer. Unfortunately, the only times offered were in working hours and I was unable to attend. I did make the point at the time that it is imperative that this type of training is offered out of working hours to volunteers. Even though we

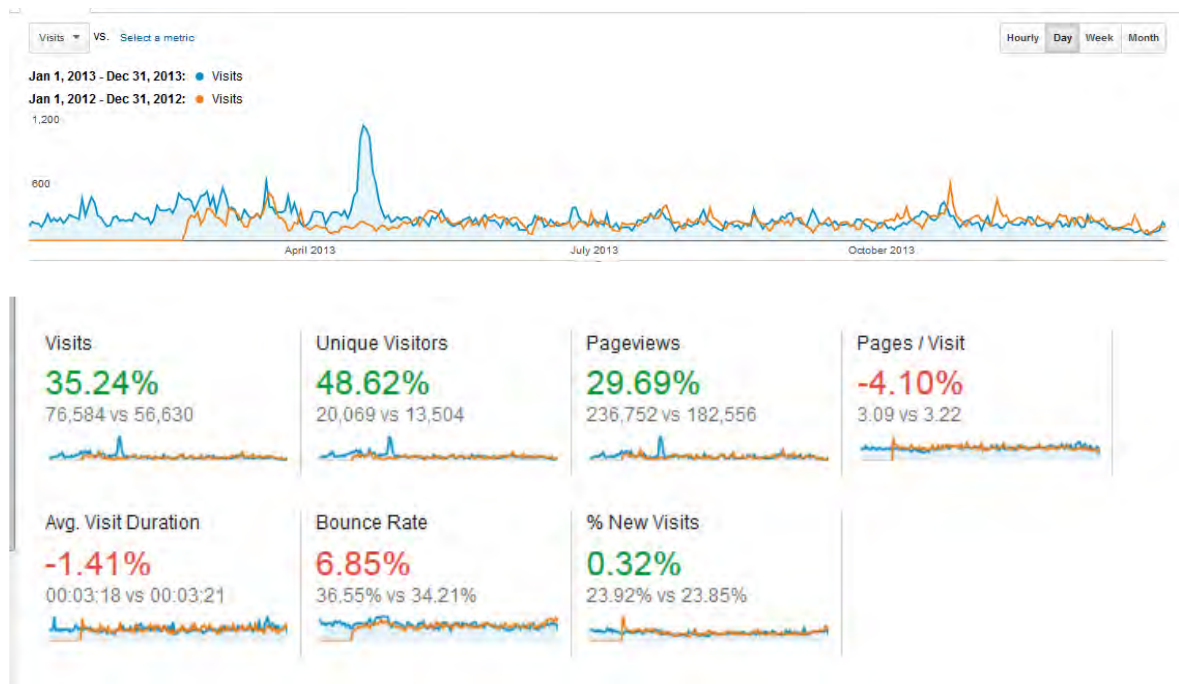
were sent a video of the teleconference, it has made my task of coming up-to-date on the new system more difficult. I would like to especially thank Mark Hepple for the ground work he did in getting the new website built. I believe we were the first state to launch the new-look website in November last year. I would also like to thank Lindsay and Lynette for their contributions, especially in helping to keep it up to-to-date.

Statistics on website usage is available through Google Analytics. During 2013 there were 76,582 visits to the website compared with 56,630 the previous year (from 18 February – 31 December).

This included 326,752 page views (compared to 182,556 in 2012) and 20,069 unique visitors (compared to 13,504 in 2012).

The graph below shows a comparison of website usage between 2012 and 2013. The increased numbers are mainly due to the fact that the current statistics only started in mid-February 2012 when the new page was launched. Website usage has remained constant during the year, except for the period when Masters Swimming NSW hosted the National Swim. The large increase in usage at that point of time is due to people viewing the Live Results.

The most common pages used were Swim meet results, Swim meet programs, Swim meet information, Swimmer profiles, Club information, National Championships information, Calendar 2013 and Live Results. Below is a graph showing page views by day:



In addition to the webpage, Facebook continues to be a major source of information to members. Even though Facebook is administered separately to the web page, the two are closely inter-related. There are many people using both types of media, whilst others may only use one type of media. It is important for Facebook to refer back to the website, which is the official location for information on Masters Swimming. Facebook is excellent for updating readers on current information. There is also some material that is much better suited to Facebook than the Masters Swimming website, such as some of the news stories. In summary it is important that the Web Administrators and Social Media Administrators work together as a team. There have been many comments that Facebook is more active than the webpage. The main place for placing stories on the webpage is the News Section. I would like to see at least one new story a week in this section. On many occasions I have sought information from clubs, but have not had much response. I will admit that in the past year I have not been as proactive in seeking this information, largely due to time commitments. I also believe that we should not have to separately seek these stories. There should be a sharing of stories between the various forms of social media – not just one person seeking stories for Facebook and another person seeking stories for the webpage, etc.

We would again like to thank Ingenium Internet and Spin Internet Services for their roles in hosting our website. Spin Internet Services provide Masters Swimming NSW with their email hosting service.

Finally, as the website is an important communication tool for our members, as well as our image to the general public, we always appreciate receiving feedback from our 'web readers' as to their ideas what they would like to see on the webpage. I also ask that clubs send stories with a photograph that can feature in the news section of the website.

The email address is: webmaster@mastersswimmingnsw.org.au

Helen Rubin

INGENIUM INTERNET



SOCIAL MEDIA REPORT 2013

Masters Swimming NSW continued to use Social Media as a valuable promotional tool throughout 2013 and it was a very busy year for us indeed. We started the year off with 130 fans and ended the year with 674 fans on Facebook which indicated that we had tremendous growth in our Social Media presence throughout the year.

Many people that had not ever had any experience with Masters Swimming were beginning to read our page content and were gaining a valuable insight into adult swimming in NSW. A number of first time masters swimmers were also starting to attend some of our meets as a result of our Social Media existence.

A substantial part of our growth in 2013 was due to the MSNSW Board helping me to be trained online in social media management by Melbourne Social Media Consultant, Loren Bartley from Impactiv8 (www.impactiv8.com.au) in the very early part of the year. A masters swimmer herself, Loren specialises in developing social media solutions for small business and her tips and tricks were invaluable in playing a major role in the growth of our Social Media platforms.

The other part of the growth came from the 2013 National Championships which were held in April at Sydney Olympic Park Aquatic Centre and not only did this help in promoting the Nationals itself; it also helped promote adult swimming in NSW, Nationally and Worldwide. A separate report is enclosed which explains in detail the role of Social Media during the National Championships.

During the second part of the year we welcomed two other NSW members who have been invaluable in providing more quality and a bigger variety of postings to our page in addition to us having people on the ground at meets who were able to post 'live' from pool deck. One of these people is in charge of posting videos and other interesting information that he finds, and the other person is great in posting the ideal post at the ideal time as well as helping monitor and moderate the page. Our administrator, Jillian was also instrumental in posting from her office when important updates came to hand.

Towards the end of the year Masters Swimming Australia launched its new branding of our organisation in Australia and part of this was for us to get a new look website. Our Facebook feed was put on the website and this helped provide our posts, but not the discussion, to our members even if they are not Facebook users.

We continue to use Twitter, but not to the extent that we use Facebook and our posts continue to automatically go onto Twitter from our Facebook feed. We also experienced great growth on Twitter with more than 300 followers towards the end of the year.

It was clearly demonstrated through the year that our Social Media platforms were starting to become another valuable outlet in addition to our website for information with regards to Masters Swimming throughout the state. The displaying of our logo clearly categorises us as an adult swimming identity irrespective of whether it is displayed on a website or on Social Media. As a result, our Social Media sites served their purpose in driving traffic to our website in 2013.

Social Media Promotional Campaigns

There were several campaigns that we launched in throughout 2013 and one of these was to post an 'interest' message on the Facebook page of each and every university in NSW and this increased the number of 18-24 year olds looking at our page from 4% of total readership to over 40% during and for some time after the campaign.

Another was to advertise our page on Facebook itself with a free \$50 voucher that Facebook offered us and the results of this were instrumental in increasing our readership by approximately 20%. The way in which this campaign was set up had the potential to reach in excess of 4 million people in Australia that had an interest in swimming. Later in the year we paid for advertising at minimal cost and this increased our following substantially.

In addition, on Twitter we have 'followed' a lot of people that are obviously keen ocean swimmers in NSW and a lot of them have followed us back and are looking at our posts with interest, thus promoting Masters Swimming in NSW.

Demographics

We have quite an international following with some 31% of our fans coming from countries other than Australia and of our total readership, 58% are women and 42% are men. The largest audience we have is from female fans in the 35-54 age brackets at 27% of our total readership. This challenges the trend of all Facebook as this age bracket comprises only 10% of total users worldwide.

In addition to this, of our total readership 7% are over the age of 65 years and this compares to this age bracket being only about 2% of total Facebook users.

Challenges

There have been a number of challenges that have been thrown at us during our time on Facebook and most of these come from Facebook itself. Once we seem to get a particular facet worked out, usually the goalposts are moved and we then face another different challenge to overcome which restricts the amount of exposure we get to our fans.

However, the biggest challenge we have lies with the number of users that are using mobile devices. For example Facebook have 1.2 billion users worldwide and 874 million (72%) of these people use Facebook on a mobile device. This of course presents a need for our web developers to create content that is mobile friendly.

Conclusion

My very special thanks go to the two assistants that joined me through 2013 as this dramatically reduced the workload involved which was very much appreciated. I also thank Jillian, the MSNSW Board and the clubs and swimmers that provided content. I look forward to more participation from members in 2014, on Social Media of course. Thank you.

Roger Dietrich

Social Media Administrator

MEETINGS 2013

NSW Branch at National Meetings

During 2013, Jon Hawton, as the Branch Delegate, attended the Spring Board Meeting held in August in Melbourne. Outgoing Board member Stuart Ellicott attended the National Annual General meeting held in Sydney after the National Championships in April.

In July 2013 Jillian Pateman and Roger Dietrich attended the National Branch Administrator's meeting in Melbourne.

NSW Board

During 2013, the Board of Masters Swimming NSW met on eleven occasions at Sports House at Sydney Olympic Park. The attendance at these meetings was as follows:

Name	Position/s	Attended	Apologies	Possible
Jane Noake	President	11	0	11
Tony Tooher	Vice President	9	2	11
Sue Wiles	Vice President Country	11	0	11
Stuart Meares	Treasurer	11	0	11
Stuart Ellicott	Board Member until May 2013	4	0	4
Jon Hawton	Board Member	8	3	11
Neil Keele	Board Member	6	5 (overseas)	6
Owen Sinden	Board member from May 2013	5	2	7
Jillian Pateman	Administrator/ Minute taker	11	0	11

Annual General Meeting

This was held in the Ken Brown rooms at Sports House, Sydney Olympic Park on 18 May 2013 and was attended by the Board, 23 delegates from Member Clubs and 21 Registered persons, including two Life Members.

Apologies were received from twenty clubs.

NATIONAL CHAMPIONSHIPS 2013

It was one year ago today when the entries closed for our National championships (I remember the day so well). On Thursday night when we went to bed we had 333 entries and we were very worried, at the end of Friday (the closing date) we had 688 entries, a record and a number we are very proud to talk about. 460 entries from NSW, 104 from Victoria, 54 from Queensland, 38 from Western Australia, 11 from NT, 7 from South Australia and Tasmania and 4 International swimmers.

The Committee for the National championships had met monthly for 2 years prior to the event and our goal was to run a “fun event” one that everyone would remember as a fun and friendly experience.

Our Marketing committee of Chris Lock, Stuart Ellicott, Owen Sinden and Craig Magnussen started work 2 years out seeking funds from sponsorship within the private sector and by way of Government grants and also sponsorship with product in-kind. Although they visited and wrote to many companies, had many leads from our membership financial support came in the end from a very small group- Registered clubs, Mortgage Choice and from within Masters Swimming. Sustagen (Nestle) paid for the Welcome Kit Bag.

Goods in kind were received from Sustagen, 3P Learning Australia, Commonwealth Bank, “Herbs of Gold”, the Owner Builder, McDonald’s, Scorpio Holiday Units and Dettol.

Communication was probably the team’s most successful outcome, producing a glossy brochure, a large colour poster for all clubs and swimming pools and surf clubs advertising the event, a power point for potential sponsors and a website dedicated to the event.

In the months leading up to the event Jamie Turner, our Volunteer coordinator gathered names of volunteers who would be able to assist both before, during and after the event, Mark Hepple worked on the entry forms, merchandise forms and a template for the program which not only contained swimmers names, clubs and events but all other information needed by swimmers coming from interstate to swim at “our pool” Officials needed to be organised, and this was done over a year, most officials being from NSW but we did have a number of interstate visiting officials who were wonderful to work with and we appreciated greatly their input and knowledge. The website as previously mentioned was a huge source of information for the 2 years leading up to the event and much of this was due to the dedication of Mark Hepple and Helen Rubin in always keeping the information relevant and up to date. The website provided such information as

program of events, social activities, accommodation options, entry forms, merchandise order forms, newsletters and sponsorship acknowledgements. The medals and lanyards had to be ordered many months prior to entries closing, this was a difficult job, done brilliantly by Helen Rubin with only a tiny surplus at the end of the Meet.

Ruth Fitzpatrick headed the Social committee and her job involved organising the Presentation function, the Opening Ceremony and the Happy Hours.

The Opening Ceremony was particularly special as the Governor of NSW Prof. Marie Bashir opened the event and afterwards mingled and met with many of the swimmers. She added a touch of class and a friendliness that was in line with what we set out to achieve “a fun and friendly event” It was so lovely to walk around the pool with her and meet with many swimmers, the oldest Jack Mathieson and the youngest Kade from the ACT. Some of our world championship winning swimmers, some of our founders and many others who had met her at other functions. This was a really special part of the event.

Once the 688 entries were confirmed, Mark Hepple had hours of work putting the program together and uploading it to the website within 2 days of the closing date, so swimmers could check their events and start planning their time in Sydney. An email was sent to all club contacts advising them of the program on the website and giving them 6 days to advise any corrections before final seeding of the program.

During the event heat sheets for all events were loaded to the MSNSW Live Results app available from all smartphones, tablets and computers.

It was also the busiest time for the Committee, confirming the schedules for officials, for volunteers, organising food for officials, getting the programs printed- this year we asked swimmers to let us know if they required a printed program (due to the availability of the program on the website) , we only needed to have 300 printed, organising the numbers for the Presentation function, ordering merchandise and officials and volunteers shirts and making sure nothing was forgotten.

The welcome packs were put together in the days leading up to the event by a wonderful group of volunteers and swimmers and transported to the pool ready for the registration on Wednesday morning. Fortunately Wednesday was the 800m swim only so this meant registration was quite orderly as people came to swim, picked up their bag and lanyard in plenty of time for their event. Thursday morning was the busiest time at registration but the many volunteers on the registration desk made this an easy process for everyone.

For the first time, Social Media played a huge role in the Masters Swimming National Championships. The promotion started almost a year before the start of the championships and closer to the date various aspects of what was about to happen, preparations, swimmer profiles and news items were continually posted on our Facebook site. Throughout the Nationals we posted updates from pool deck and records were continuously announced via the site. We thank our NSW Facebook administrator Roger Dietrich for the work he put into this site before, during and after the nationals, bringing the event closer to those who were not able to attend.

We had over 60 volunteers working for us during the event, many of whom have been with us since the World Masters Games in 2009, we could not have run such a successful event without these wonderful people and their equally wonderful coordinator Jamie Turner.

We had 54 officials on pool deck during the event, 9 of whom were visitors from Interstate. Our 2 Meet Referees Di Partridge and Sue Johnstone complimented each other and ran a wonderful meet, my thanks to both of them and their team of officials for running such a “friendly” meet yet an efficient one.

The events in the pool ran pretty much to time and most swimmers were able to get away to the Happy Hours each night which were run by some of our clubs, Warringah, Wett Ones and Merrylands at the Brewery opposite the pool.

Our announcer Julie Robinson certainly kept us all informed of what was going on in and out of the pool at all times and she was a breath of fresh air to work with during the event.

The Presentation function on Saturday night was in a venue within walking distance from the pool and it was a great night to end off a wonderful week, well organised by Ruth and her team from Manly Masters and we all appreciated being able to mix with our fellow swimmers (with their clothes on).

A special mention of Cathy Codling our financial director who worked behind the scenes collecting the money, paying the bills, putting together reports and balancing the books. And none of the success could have been achieved without the help of Jillian Pateman in the NSW office who was always 2 steps ahead or behind us, picking up the pieces and getting us going, she was amazing.

I believe we achieved our goal of running the “fun and friendly” championships and this was due to our wonderful membership in NSW, not just the people who helped on the committee or behind the scenes but everyone who competed and enjoyed the event.

NATIONAL CHAMPIONSHIPS 2013

ROLE OF SOCIAL MEDIA

For the first time, Social Media played a role in the Masters Swimming National Championships, which were held at Sydney Olympic Park Aquatic Centre on April 17-20, 2013. Masters Swimming NSW as hosts of the National Championships were responsible for the promotion of the event and were able to promote it on their social media platforms of Facebook and Twitter.

The promotion started almost a year before the start of the Championships with us starting the exercise pretty much when the logo for the event was first released, which enabled us to brand any posts that were put on our Facebook page clearly identifiable as National Championships posts.

At a later date, an events page was set up on our Facebook account which had the power to generate interest in the event and promote social interactivity with members of our community indicating whether they were attending or not and invite their swimming friends, whether they were club mates who were attending or just friends who love swimming.

This had the added advantage of important messages being posted to the events page being delivered via email directly to all those people that had been active in the events page, which enabled messages to get out quicker to the people that were participating.

Closer to the start date and about a week before, we highlighted various aspects of what was about to happen and we posted swimmer profiles of the eldest and youngest swimmers which was aimed at giving the participants an idea of who they were likely to meet at Nationals and create further interest in the event.

Social media also allowed participants to see at first hand the work that went into the preparations prior to the Nationals, for example photos of the preparation of the welcome packs were posted as it was happening at SOPAC on the day before the start of the event. Our social media administrator was able to do this even though he was working on his farm nearly 500km from the Olympic precinct.

Throughout the Nationals we were able to post updates from pool deck and when anything outstanding happened it was highlighted on our Facebook page. For example records, both National and World were posted as they happened giving our followers, particularly those that could not attend instant information.

In addition, to make the experience of the event more stimulating, we posted many interesting stories which had the specific purpose of trying to break up the information that was going out to our community and make the content more interesting.

A call also was also put out for photos to be emailed to us, and people sent photos from their smartphones which were then shared and published on our page. An example of this was a young girl who watched Olympian, James Magnussen train at SOPAC on one of the mornings before the day's events, and who had a photo of her with him published on our page.

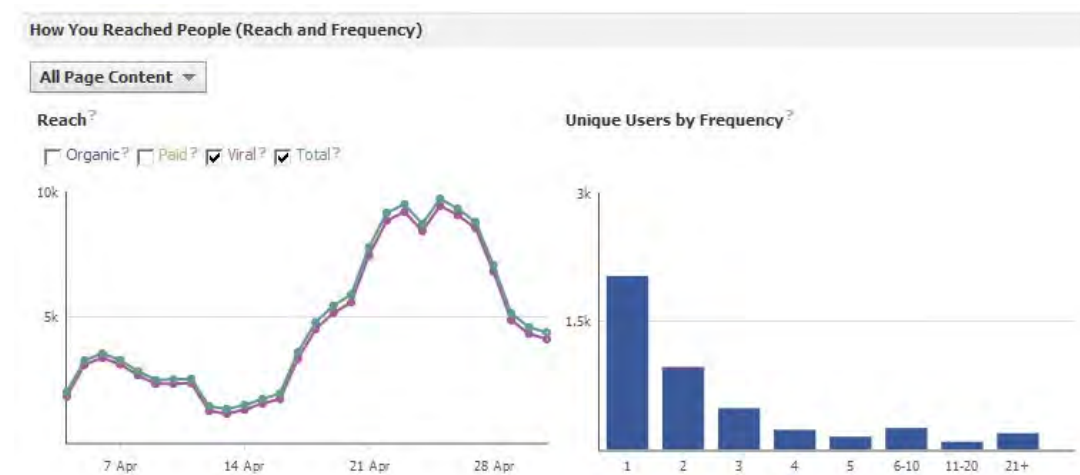
The use of Facebook's inbuilt photo platform also enabled an album of Nationals photos to be created and more than 100 photos were published in this album.

We also placed sponsors logos at strategic locations on our page which gave them the best opportunity to be seen and so they received some return on their investment. The major sponsors were incorporated on our timeline cover photo which is the most prominent position on our page.

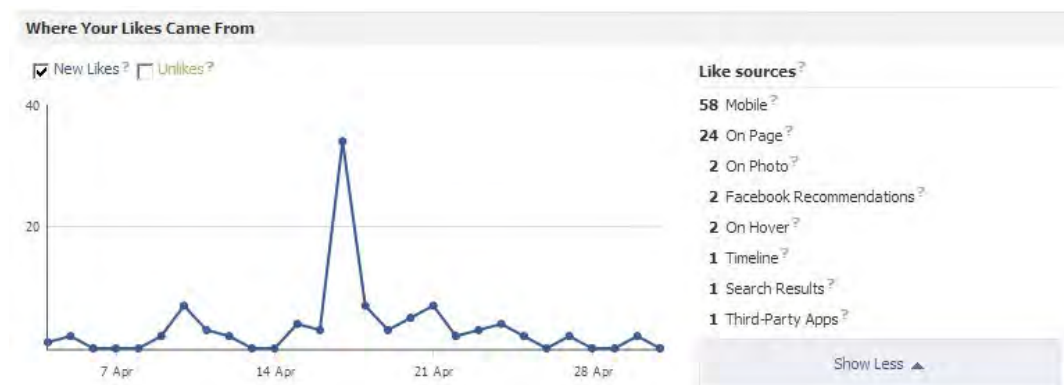
Nationals Social Media Statistics

The time leading up to the National Championships, during the event and after the Championships has been by far the busiest that we have experienced in the time in which we have had a Social Media presence. It also enabled our page to experience tremendous growth and following from the masters swimming community.

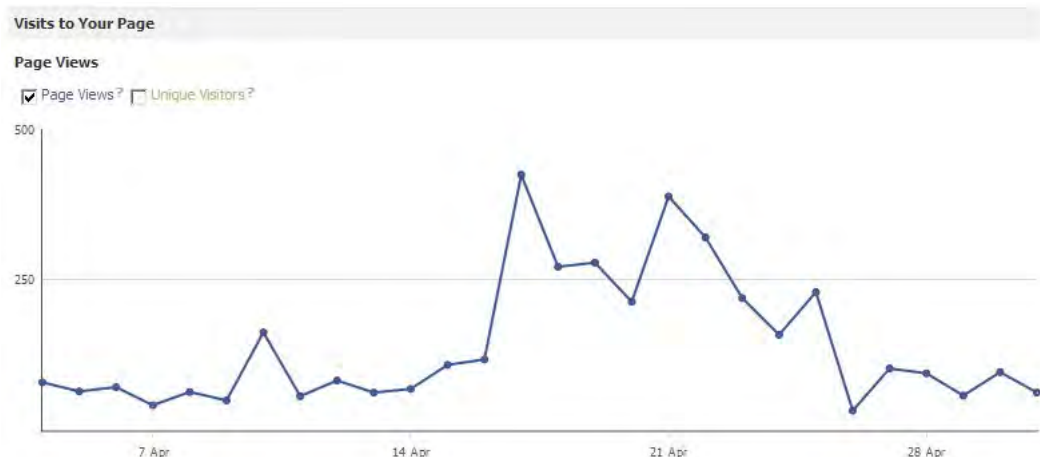
An example of this is the 'reach' (i.e. the number of unique, first time people that have seen content) of our Facebook page increased from 1300 to nearly 10,000. The Facebook graph demonstrates this below.



Further growth areas in which we experienced were with the number of 'fans' that we picked up during the Nationals. On one day alone and over the period of about half an hour we picked up 34 new 'likes' when the announcer, Julie Robinson set the crowd a challenge to like our page and reach a certain number within a specific timeframe.



The graph below also sets out the number of page views that our page had during the Nationals and really speaks for itself, however whilst just under 500 views on one day might seem low, the main viewing of our content would have been on peoples timeline which is separate to people clicking on the actual page to view content.



Other key statistics were the number of 'friends of fans' on our page which increased during and following the Nationals from about 60,000 to nearly 130,000 as our fan base increased, and we saw other statistics increase by more than 400%.

Conclusion

The statistics very clearly show the power of social media and the potential it has to promote our sport throughout the community.

Social Media is a highly effective marketing tool and is somewhat different to the traditional means of communication and is also different to a website in that it has its own key purpose of building and bringing closer together the community of a particular organisation or sport.

I believe that we have achieved this by the way in which we used social media throughout the 2013 National Championships and it is also demonstrated by the response to our presence by the masters swimming community.

The 2013 Masters Swimming National Championships were a huge success, however no one element or person can be singled out as the reason for the success, as I believe that the whole team involved had their job to do, and did that job without sufferance or complaint under the very able leadership of MSNSW President, Jane Noake.

I thank Masters Swimming Australia and Masters Swimming NSW for entrusting me to carry out my very small role to the best of my ability.

Yours in Swimming,

Roger Dietrich

Social Media Administrator

Armidale AUSSI Masters Swimming Club

Annual Report 2013

The AGM was held on the 29th November 2013 at the Coughing Gherkin, Armidale. Meeting commenced at 6.00 pm with nine members in attendance and one apology. The AGM was followed by dinner.

Discussion was had on the year just gone.

Club members are to be encouraged to participate in other clubs swims. Plans are in place to tackle the Byron Bay ocean swim as well as a carnival.

No accidents occurred in the past twelve months.

Sally Croker

Outgoing Secretary



Bidgee Masters Swimming Club

Annual Report 2013

I am happy to report some competitive participation from members of the Bidgee Masters in 2013, however we are yet to resume a regular training schedule.

Robyn Hoare and Brian Munro swam in NSW and Australian titles, both earning medals in fantastic individual efforts. Robyn won 2 medals at the Nationals and 3 medals at the State Long Course while Brian competed in the Nationals and won 4 medals at the State Short Course Championships.

Pam Williams and Di Robinson teamed up to swim in the Leeton Mega swim, congratulations to the girls for a wonderful effort raising much needed funds for MS.

We were able to have an AGM / Christmas party that was both well attended and positive for our clubs increased activity planned for 2014. Special thanks goes to Robyn Hoare for her continued hard work in keeping all members updated with events and information from the world of Masters Swimming.

Paul Rogerson
President



Blacktown City Masters Swimming Incorporated



Annual Report 2013

Our Club ended the year with only 41 members plus 3 2nd claim members. This is consistent with membership numbers last year but there were a few new members who are now active members in the club with new and fresh ideas and enthusiasm. The lower than expected carnival attendance rate resulted in a further drop in placing down to 13th place in the 1st Division with 1,521 points. Despite this we still managed to win the Biddy Hall trophy for the 2nd time and the Executive trophy for the 1st time as recognition of our participation in State carnivals. Congratulations to all swimmers who attended carnivals on a regular basis even travelling to country areas to support those clubs. On a sadder note our long time member, Eileen Meldrum, passed away in March 2013. Her family have sponsored the new Eileen Meldrum Memorial trophy which will be awarded for the first time at our carnival in March 2014 for the 100m backstroke event.

Leonie Talbot continued to coach the squad on the training nights on Tuesday, and Thursdays and is successfully balancing her work and our training schedule. Scott Hay also assists with the preparation of training session whenever Leonie was not available. The main training session is each Tuesday, from 6.00pm to 7.30pm at the Blacktown Aquatic Centre in Blacktown. Additional training is on Thursdays during the same times as Tuesdays. The staff at the Blacktown Aquatic Centre has continued to support us and allowed us to use up to 3 dedicated lanes for training during the summer period but during winter we have to make do with only 2 lanes, occasionally we were given 3 lanes. During the year club members have hosted 2 fund raising BBQ's at Bunnings in Seven Hills to assist the club with some of the costs to run the club including lane hire fees for training nights.

Clary Munns maintained her top form with national and NSW records for the long course 1,500m Breaststroke and the short course 800m Backstroke. Jon Hawton also powered on with national and NSW records for the long course 1,500 Backstroke and the short course 800m Backstroke. One of our newer members, Monique Howard got her first national and NSW record for the 25m Freestyle event. We hope to see more of our swimmers on the national and state records listing in the future.

The Club did not hold its own BPS carnival but combined this with the NSW State Championship on Sunday, 24th March 2013. Every one of our swimmers put in their best effort to ensure that we could at least win this carnival but in the end we managed a 5th place with Seaside Pirates the point's winners. At least we managed to win the average points. We would like to thank MS NSW for their support to successfully run a combined carnival.

Once again, Sue Reinker managed to arrange a successful Xmas party for the members in addition to other social event like the well attended harbour cruise and a fun filled camping weekend on Cockatoo Island. Some of these social events are attracting some ex-swimmers and potential new members to our club.

Remy Reinker
Secretary



Blue Mountains Phoenix

aussi masters swimming nsw

30 COOLABAH RD, VALLEY HEIGHTS, NSW 2777

NERIDA MURRAY +751 3422 – SUE WILES +757 1063

Annual Report 2013

In recent years quite a contender in Division 2, Blue Mountains Phoenix took the opportunity in 2013 to pop back into Division 3. From a creditable 4th in Division 2 in 2012 with 1450 points, we ended up 13th (i.e. last) in Division 3 in 2013 with a mere 298 points. Not the original plan, of course, but circumstances were such that very few of our 12 members managed to swim at many carnivals. The year started off well enough but injuries and travel were the main reasons that it was really left up to Jillian Pateman to single-handedly keep up the good work in the latter half of the year.

The committee remained much the same as in previous years but there was a major change in our coaching arrangements. Those Phoenix swimmers who were still up to it or hadn't gone travelling kept up their training. However, towards the end of the year our coaches' long-term contract with Blue Mountains City Council expired and for several weeks we experienced considerable anxiety about being left coach-less, after having had benefited for several years from consistently excellent coach-led training. It all panned out in the end, with training session times remaining the same. We have a few new coaches and a new coaching company—Mountain Swim—and our sessions continue to be peopled by both Masters and non-Masters swimmers. They are held on Tuesdays and Thursdays 5.45–7.30 am at Katoomba pool and on Saturdays 8.00–9.30 am, in summer at Glenbrook pool (LC) and in winter at Springwood (SC).

We are planning on clambering back up the divisional ladder in 2014, so watch this space.

CAMPBELLTOWN COLLEGIANS AUSSI MASTERS SWIMMING CLUB



Annual Report 2013

2013 was an interesting year; our club numbers thinned out a bit during the year but our Sunday morning swims were still well attended. Swimmers gain points for attendance, improving swim times and winning club handicap races, all of which go towards the major club trophies for the year - points score, improvement and attendance. However, at the time of writing, only the club's rather secretive race recorder, Russell McLeod, knew the winners of these trophies, so announcements will have to wait.

One addition to the list of trophies for 2013 is an Encouragement Award, something we probably should have introduced years ago. A secret ballot has been held but Russell is the only one who knows. Like most of the trophy winners, we'll all find out at the club's presentation BBQ.

We do, however, know the winner of the club spirit award, this year going to Heather Rouen. Every Sunday, Heather is the first to the pool and helps set up for the morning's swims. She is also our unofficial club coach and one who is held in the highest regard. Heather was a member of the Australian Women's water polo team for ten years so she is a pretty reasonable swimmer too.

Our 2013 carnival was very successful and a huge thank-you to club members and friends who helped out. It was a wonderful team effort, with the winning club being... Campbelltown! Congratulations to Tuggeranong (ACT) for winning the visitor's trophy and to our sister club, Picton, for taking out the average points score.

For all the fun we have at club level, Campbelltown has a thoroughly-deserved reputation for excellence in endurance swimming. In 2013 we finished an extremely creditable 2nd place nationally in the Australian endurance swimming points score and, for the 13th consecutive year, Campbelltown won the NSW endurance swimming award as well (13 consecutive years, can you believe it? That's more than St George's winning run in rugby league, they only won 11 in a row!). Kudos to our endurance recorder, Russell McLeod, for keeping us all up-to-date on our swims.

Congratulations to our NSW and Australian endurance swimming champions, Katie Lewis, Heather Rouen, Russell McLeod, Jim Pelosa, Kevin Price and Owen Sinden, plus honourable mentions to Chris and Steve Clough for gaining maximum swims, and to Helga Duncan, Pat Lewis, Hans Preiss, Marguerite Davidson, Kay Hough, Diane Baker, Mark Thompson, Bev Conley, Barbara Briggs and Linda Beveridge, who all gained a lot of points for the club. In all, a brilliant team effort.

New South Wales hosted the national championships at Homebush in April. A big thank you to Diane Baker, Bev Conley, Heather Rouen and Kevin Stirling for volunteering during the event. Congratulations to Katie Lewis, winner of seven gold medals, as well as winner of her age group - a wonderful performance!

The sick list... Pat Lewis has had a difficult time but came charging back at the Nationals in April. She is still struggling but just try to keep her out of the pool!!! Helga Duncan took months off for a tour of Europe but has a serious leg injury which has kept one of our best swimmers out of the water.

So, on to the most important part of Campbelltown Masters Swimming Club? It's our social activities, organised by Lesley and Mark Thompson. We had a total of 17 functions; one common thread was following the budding career of club secretary Barbara Briggs' grand daughter, country and western singer Corinne Rushby.

Our social list - Australia Day BBQ at the Thompson's; a pub night for Corinne Rushby at Picton; our annual presentation BBQ hosted by Diane Baker; 'Men in Black' concert at Campbelltown; Hayden Berry fundraiser; War Horse stage show; a Big "0" birthday for Di Baker; Campbelltown Dance Club; Frankie Valli and The Beach Boys at Canley Vale; Tom Burlinson show at Mittagong; Motor Neurone Disease fundraiser at Campbelltown; a bon voyage BBQ for Steve and Chris Clough hosted by Kay Hough; The Wharf Review at Casula Powerhouse; Corinne Rushby at The Oaks; our Christmas Dinner at Picton and, finally, our annual Kris Kringle BBQ on the Sunday before Christmas. Thanks again to Lesley and Mark Thompson for your organisation and enthusiasm - social events are the best part of our club!

Being President of Campbelltown Masters Swimming Club is a real honour. It's just a wonderful group of people - why else would anyone in their right mind get out of bed at 6.00am on a Sunday morning to start swimming at 7.00am? There's only one reason... it's the members - fun and friendship, always supportive and, at times, some swimming, plus lots of social activities.

Thank you to all club members for another memorable year. Thank you, too, to all the members who hold positions in the club - the workload is shared and we all appreciate your efforts.

Owen Sinden
President



Diane Baker was a volunteer at the National Championships, Homebush



Pat and Katie Lewis at the National Championships, Homebush

Caringbah AUSSI Inc.

Annual Report 2013

2013 has been an interesting and varied year for the club. Although the club membership remains small (7 full members and 12 associate members), there have been a number of varied activities for the members. Club members have been involved in regular training sessions, aerobic swims, carnivals and social events.

Club night swims have continued on Monday nights. Attendance has generally been good with a regular core of dedicated swimmers. The winter months continue to provide challenges as Monday nights seem to be continually cold, wet and generally unpleasant. The smaller warmer pool continues to be popular and much discussion continues along with the swimming. We have been able to continue our arrangement with Caringbah pool where we have a lane in each pool allocated to us during the winter months and two lanes in the main pool during the summer months.

Caringbah club was involved in a few carnivals during 2013. Unfortunately, unforeseen events made attendance at the carnivals, which had been regularly supported in the past, difficult this year. The most significant carnivals were those at North Sydney, Wett Ones, Seaside Pirates and Ryde where members swam well and achieved good placings in their events. Unfortunately, we were unable to field the minimum number of competitors to register for Average Club Point awards at any of the meets this year. We were also represented at the State championships by 3 members. New members Gary Baker and Kerry de Coque joined me at Homebush for the carnival. Good results were achieved by all swimmers. Success was also achieved in 2 State carnivals. Caringbah won the State Long Course 4th division club trophy for 2012 and 2013. Both championships were held at Blacktown.

The Endurance 1000 program (e1000) was supported during the year. Four members recorded regular swims as part of the program. The fourth Monday of each month was scheduled for time trials as part of the program. Improvement was obvious as the standard of times improved significantly during the year. It is hoped that the program will continue to be supported in the future.

Two social events have been organised. Attendance at both dinners at the GyMEA Tradies Club was good with members enjoying the social occasions.

The future of the club in its present format is of some concern. The small numbers of full members of Masters Swimming, the small numbers involved in Masters Swimming activities, the changing demographics of the club's membership and the inability of our club to provide activities commensurate with other swimming clubs in the area require evaluation of the club's future in its present format.

Many thanks are due to the members of the committee who have worked co-operatively and enthusiastically throughout the year. With such a small membership, it seems that each member has a job and that contributes to a friendly and positive environment in the club. Thanks are especially due to Lynette for her work as secretary, Barbara as vice-president and minutes secretary, Alan as treasurer and race secretary. All have done fine jobs in attending to all the tasks that have come their way.

Peter Sheean
President



Castle Hill RSL Masters Swimming Club

Annual Report 2013

Castle Hill is progressing very nicely in Masters and I think that the main reason for this is the enjoyment that we get from attending the Masters Carnivals. We started off in Division 4, when we joined in 2009, and very quickly were leading in the point score. By 2010 we had progressed into Division 1 and maintained a very steady position. By 2013 we were coming 7th or 8th in the point score at most carnivals.

The club has regular training sessions at the Castle Hill RSL pool each Sunday and for most of 2013 has included a session at Stanhope Gardens. This is all under the guidance of our coach Robina Fellner, who is also a Masters Swimmer.

The majority of members did the Endurance Swimming Programme and in 2012 the club came third in the overall position. 2013 was an even better year as everyone worked extremely hard to get the maximum points and 5 swimmers achieved this.

We have our 2 social functions each year and this is at the Baulkham Hills Tafe. The dinners are held in the Restaurant and the three course meals are superb. They are always a sell out as they are first class. We also have 2 presentation dinners at the club, Winter and Summer as well as our Christmas function. We are very fortunate as the RSL Club is most supportive.

We have had one of our members, Russell Albertyn, set a State Record in 100m Breaststroke at the Ryde Short Course Carnival in 2013. Heather Cachia has passed the Timekeepers Course as well as the Chief Timekeepers and in 2012 came first in the BPS age group point score and second in 2013. So as you can see it is a club where lots are happening and a great effort to put Castle Hill on the "Masters Map".

The reason for achieving these goals is that so much enjoyment is gained from being part of the "Masters Family". Let's hope that each year this will continue to grow as more people hear of Masters and the enjoyment that it gives everyone in health and fitness.

Heather Cachia



Clarence River Masters Swimming Club Inc.

Annual Report 2013

2013 has again been a very successful year for our club. Our membership is the highest it has ever been with 76 members to date. I asked some new members how they had found us and their answer was the posters at the pools and the helpful staff at both pools. Easy advertising!

Our sessions at Maclean on Monday, Wednesday and Saturday, and Yamba on Tuesday, Thursday and Saturday have all been busy and with the warmer weather the lanes are filling up. We trialled an extra daytime session in Yamba, after Maclean pool closed for winter, and this proved very popular. I think we may look at doing this again next year.

Again the club had some excellent results from carnivals. We had 6 attend the Nationals, 3 at Qld State titles, 9 at River City Sprint meet, 11 at Port Macquarie, 8 at Newcastle, 18 at Miami and a whopping 33 at our own carnival. We also had 15 swimmers participate in the Wests Auburn Turtle swims. We also had a number of swimmers do endurance swims, with good results. We are currently in 2nd place in Division 2 in the Branch point score. It would be great to get the club into Division 1.

We had a sprint night at Maclean pool early this year, which was good fun, with some great swims. Our next sprint night is on next Thursday, in Yamba, combined with our Christmas party.

Our carnival in June was a huge success, with the weather being kind to us, for a change! The new shelter at the pool was a hit with everyone. Swimmers and officials were nice and warm and everyone was happy. It's always such a fun carnival, with loads of laughs. We all should be very proud of our carnival, I think it's one of the best organised events on the calendar!

What about that relay? The "State of Origin" wow, that was the best yet, wasn't it? Maybe because we won! And what a finish!! I can still hear the crowd cheering! Let's keep that trophy in NSW!

The dinner/presentation was again successful and Tina Turner's "Simply the Best" was outstanding entertainment.

The recovery lunch at the Tavern on the Monday was just what we needed after such a big build up to the carnival. Should definitely do this again next year. We continue to provide members with free caps, subsidised shirts, jackets, carnival fees, annual brekky out, which was the biggest and best yet.

We have continued our sponsorship of young swimmers in Yamba and Maclean. We have had two members, Karen and Helmut, awarded volunteer of the month.

I would like to thank our coaches, Gary, Robyn, Dubbo, Karen, Helen, Linda and Ray, who give up their time to be on deck to provide programs and advice.

Also thank you to all the members who do their turn on deck and help setting up and locking up after sessions. Also to the non-swimmers who volunteer their time for us, the husbands, wives, partners and friends.

Lastly I would like to thank my wonderful committee for working tireless for our club. As I said last year, this is one of the best committees I have been on, and I think the success of the club reflects this.

And remember, it's all about "FUN, FITNESS AND FRIENDSHIP".

Jane Lawrence
President



Coffs Harbour

Masters Swimming Club

Annual Report 2013

Coffs membership has held solid around the high ten mark, give or take a few champions. 2013 saw four of our lovely ladies compete at the National titles coming away with numerous club records, a handful, or two, of medals and a state NSW record to Zoe Dowsett. Most carnivals unfortunately mean a lengthy travel and accommodation cost to our members so attendance is far and few between for our members. We do however frequent the Port Macquarie carnival as well as the icy Yamba meet.

Unfortunately with our few members it makes it hard for us to host a carnival regularly, but you never know what may be down the track!

We do however meet regularly at a 25m pool and brush off some of the cobwebs. This has been very successful for the club by enticing some of our ex-champions back into the pool. We hope to also get our act together and participate in the Vorgee swims.

So if you happen to be in this great town of ours please drop in and say hi. You can catch all our shenanigans on our great web site: www.coffsmasters.com.au.

See you in the pool.

Jamie Marschke
President





Cronulla Sutherland Masters Swimming Club

Annual Report 2013

During 2013, Cronulla Sutherland Masters Swimming Club has continued to swim at Sutherland Leisure Centre on Thursday nights, mostly with small numbers as many of our 17 members prefer to train at other venues.

Anita has been actively coaching those who have come and they have benefited from a varied programme with much individual attention during the summer months. However, numbers were so small during winter that Endurance 1000 swims were the main activity. Anita has also emailed weekly Club News so we are all aware of what is happening.

There were some swimmers from Cronulla Sutherland in 2013 at both interclub and championship carnivals. However, most members are content to maintain fitness through swimming without competing. Race Secretary Stephen has ensured that swimmers are kept aware of upcoming carnivals by emailing carnival flyers and reminding them when entries are due.

- We came 20th out of 40 clubs in the NSW Long Course Championships earlier in the year, with Anita, Stephen and Greg swimming.
- At the Nationals, represented by Margaret, Caron, Connie, Barbara, Anita, Stephen and Greg, we came 37th out of 97 clubs as well as 39th out of 47 clubs in the Average Points per Swimmer.
- At the NSW Long Distance Championships, we came 10th out of 28 clubs, with Anita, Caron and Stephen swimming.
- At the NSW Short Course Championships, we came 12th out of 28 clubs as well as 10th out of 16 clubs in the Average Points per Swimmer, represented by Caron, Anita, Stephen, Greg and Albert.

Carol and Anita have continued to officiate at many interclub carnivals where their expertise is appreciated.

The challenge of endurance swimming has been taken up by some members and in 2013 we came 11th out of 50 clubs in NSW with 1657 points scored by 7 of our 17 members. In the Average Points per Swimmer, we came 7th in NSW. Thank you, Barbara for doing the recording. Andrew again completed the 5000m Wests Auburn Turtle Postal Swim this year, with the pool staff giving him lots of encouragement.

We have been able to continue to have supper after our swim, and thank Sutherland Leisure Centre for making their CT room available for this.

Many thanks especially to Anita, Lann and the club committee and regular swimmers for all the work they have done during the year.

Beryl Stenhouse
Secretary

Ettalong Pelicans



Masters Swimming Club Inc.

PO Box 3071, UMINA BEACH NSW 2257

Annual Report 2013

For those people who involve themselves strongly, 2013 was again a busy year with many satisfying aspects of the Club's life.

Membership

With numbers continuing a slow decline to the mid-twenties, some members pushed for a membership drive. The club, with some welcome financial help from State Masters, set out to attract new members. Marion Dreyer organised the printing of handouts and posters for the "Come and Try Day" in late October. Marion, Kevin Haskell, Julie West and Colleen Garland put considerable effort into this whole campaign. About 30 posters were distributed to a variety of organisations and the handouts made permanently available at P.L.C. where there is also a permanent sign. Early indications are that new members will join and it has made us more aware of a constant need to recruit new people. Marion remains the driving force of the club's efforts and the recognition by State as "Volunteer of the Month" was certainly appreciated. Russell Thompson has looked after registration for many years, but his ill health forced him to step aside. Fortunately, Johanna Kingma has stepped into the position. Another new feature has been the development of a website for the club by Richard Braddish and we hope to show recent and historical photos of club activities.

Training and Competition

The club's main session at Peninsula Leisure Centre continues on Thursdays at 7 p.m. with lane groups following coach Wendy Cook's printed routines. About half our membership attend regularly and members have a drink and a chat afterwards. Heavy use of the PLC competition pool by other user groups during the summer make it hard to organise other sessions. Another small group have been swimming at Terrigal, under Tony Curran, however their main focus is Surf Club competitions.

Competitions

Club members enjoyed their involvement in the National championships at SOPAC. Success came with a win in the 100 metres Butterfly for Cheryl Rix in the 50-54 years and Julie West also scored gold in the 55-59 years in the 100 metre Fly. These two ladies and Cameron Horn also scored other medals. Four people also enjoyed their participation as officials, particularly as the whole event was so well organised.

World

At the FINA World Championships, Marion and our erstwhile member Paul Lemmon swam. Paul, as usual, performed to his high standards and in the 800 metre Free only an ex-Olympian beat him, and he won gold in the Open Water Swim. Finally Paul was recognised as the Masters Athlete of the Year for 2013 for these outstanding results.

Inter Club Meets

A regular if small group of swimmers enjoy their swims at club events mainly at "Northern" venues. Johanna Kingma, Marion Dreyer, Kevin Haskell, Julie West, Colleen Garland and Gordon Ferguson were frequently involved. They, and also Opal Eddy, also like being part of the officials group at these Meets. Open Water swims and Surf events distract some members, mainly Central Coast events, although Marion "does the lot" including some Sydney swims at various beaches.

Endurance 100

A group swim regularly on Monday afternoons with ensuing good totals. For most of the year, Johanna, Marion, Colleen, Gordon and Russell Thompson were working through the lists with Colleen's work as an ever willing timekeeper greatly appreciated.

Russell has been our coordinator for quite a few years, but sadly later in the year he suffered a very significant illness and has had to relinquish his 2 positions. Johanna was able to sort out our annual results with Russell's help. The program links nicely with the Million Metre Award. Late in the year Richard Braddish hit the 2 million total scoring a beaut shirt and deserved kudos.

Another award related to swimming was the First Service Excellency Award from Coast and Valley Swimming Association (an SAL Area) to Gordon Ferguson for being a qualified and involved referee for 40 years through Woy Woy Swim Club and Ettalong Pelicans.

Annual Meet

Our club's annual IBPS Meet again went well; we would like to think because of good organisation, a really good venue and kind weather. As usual the highly competent officials from quite a few clubs were a significant factor.

A.G.M., held late in the year, saw most office bearers re-elected. Kevin Haskell, Gordon Ferguson, Colleen Garland, Opal Eddy, Wendy Cook, Marion Dreyer, Johanna Kingma and Julie West continue to take up executive positions. The main topics discussed were greater involvement in Interclub Meets, continuing recruitment of new members and organising more social events with new Social Secretary, Julie West, coordinating.

Gordon Ferguson
Secretary

Gosford City Seagulls AUSSI Masters Swimming Club Inc.

Annual Report 2013

The start of the calendar year 2013 could not have been more momentous for the Gosford City Seagulls Swimming Club. Following another successful Gosford BPS Carnival on 19th January, 2013, our long serving President and Life Member, Neil Keele resigned all of his responsibilities and Committee positions at the end of January, in preparation for his planned long service leave which he was taking overseas. In response to Neil's sudden decision, the Club decided to continue with the current Committee administration, installing Rob Lewis as the Acting President, with all other positions taking on more responsibilities.

Due to declining active membership, Rob decided to call on as many current and past members to use a qualitative market research survey – to find out what issues they felt needed to be addressed, and what activities they would like to see introduced into the calendar for 2013.

In summary, the Survey highlighted the following issues:

- **Members wanted more variety in the weekly swimming activities**, focusing on fun, fitness, and healthy competition
- **AUSSI Masters Fees and Events**. Some current members were interested in joining the Gosford Seagulls Swimming Club as Social Members, still taking part in the weekly swims, but not the AUSSI Masters BPS events
- **Coaching** - Many were keen for the Club to look at some **coaching** as part of our sessions.
- **Alternative night for the Club Swimming**

These findings were put to an EGM and the Club decided to investigate each finding over the ensuing months. In most instances the changes requested were adopted, bar the issue of Social Membership, which is under consideration from the Masters Swimming NSW Board.

- In April May, the Club introduced "squad-training" nights and instituted fitness sessions, including a variety of sprints, races and relays. We still complete in Endurance 1000 Swims - when possible - in our calendar.
- In June, our resident non-accredited Coach started to help some members with their strokes (especially breaststroke). It is planned that in 2014, Col Hodgson, who has been our Coach for some months, applies to AUSSI Masters to gain his Coach's Accreditation.
- We now swim on Monday nights, for fitness, fun and relaxation!

What impact have these changes made for the Club?

In January 2013, we had a maximum of 5 active AUSSI Masters swimming members. In January 2014, we will have 18 active AUSSI Masters swimming members. We have more involvement from members in the administration of the Club and its activities. We are growing the Club with each month – which augurs well for the future. Thanks to the support from the excellent Seagulls Committee – Gay Grillmeier, Val Lincoln, Peter Ray, Paul Stalgis, Col Hodgson, Mike Stringfellow and help from Col Bullard, Dave Faunce, David Ferrington, Steve Mead and Paul Munns – we're really going places.

We look forward to our great partnership with the AUSSI Masters Team at Homebush, especially the assistance and advice from Jillian Pateman and the Board – going forward into 2014.



Annual Report 2013

Hills has been fortunate to see several new members join our Club this year and we welcome them with open arms. Our numbers are 21 members for the year.

Our representation at swim meets has improved in 2013 and a few Hills statistics for 2013 (no of swimmers) Placing/no of clubs: Gosford (2) 33/36; Campbelltown (1) 22/23; Nationals at SOPAC (2) 84/100; NSW Branch at Blacktown (2) 27/40; Ettalong (2) 25/32; Manly (6) 9/31 [our best effort for the year]; Ryde (5) 14/32; Warringah (1) 22/24; MSNSW Short Course at CISAC (1) 26/30; Port Mac (1) 19/19 and Novos (1) 27/27. The members that did participate were Mark Hepple, Marg Davey, Tony Howe, John Wendt, Janet Shearer, Kim Chapman, Marion Wait, Melita Sutton, and Di Coxon-Ellis. We also had many club members participate in the Wests Auburn Turtle Postal Swim at the beginning of the year. They were Kim Chapman, Sarnia Rusbridge, Freya and Sammy Shearer, Melita Sutton, Stuart Haywood, Phillip Smilie and John Wendt.

Our club did not conduct a meet in 2013 but will be hosting one in September 2014. However Di Coxon-Ellis and Colvin Ellis represented the club as officials at many meets during the year including the National swim, the Long Course Championships, Wett Ones, Branch Relay meet, Pirates, Ryde, Port Macquarie, Raymond Terrace and Wests Auburn. Mark Hepple continues his fine work as MSNSW recorder at many meets and sets up the programs and TM Lite files for most meets in NSW and did a fantastic job at the National Championships with countless hours pre, during and post meet. Your expertise is invaluable and much appreciated Mark.

Hills is in a sound position thanks to the leadership of President Melita Sutton, Tony Howe as Race Secretary keeping us posted and financially to Treasurer John Wendt and assistant Kim Chapman.

Our official Club training night is Tuesday night at the Galston Aquatic Centre when we are coached by one of the Centre's coaches. Many of the members participate in the Endurance 1000 program, led by Sarnia Rusbridge who also records our race night times for Top Ten.

Our social calendar included three events this year with a bistro dinner at the Dural Country club prior to the AGM in February, a lunch at the Wildpear Café at Dural in August, thanks to Stuart Haywood and our Christmas party hosted by Lorraine Mooring at her delightful property in Glenorie. Thank you Lorraine.

Once again Hills AUSSI has been kept afloat by the stalwarts of many years without whom the Club could not function. Besides those already mentioned, our volunteers include Freya, Janet & Sam Shearer.

At the very end of 2013 we said our final goodbye to our much loved Hilda Lindfield who passed away on December 26, one day prior to her 94th birthday. All Hills members feel that they are a better person for having known Hilda. Our sympathies go to Hilda's daughter, Val and grandchildren, Chloe, Mark, Adam and Ben. We may be lucky enough to get them as members one day. They are all good swimmers and received the support of Hilda all their lives and were proud of their Nan and awed by her swag of medals from Branch, National and World swims. Mark Hepple included a pictorial tribute with comments from Hills members on the MSNSW website. Thank you Mark.

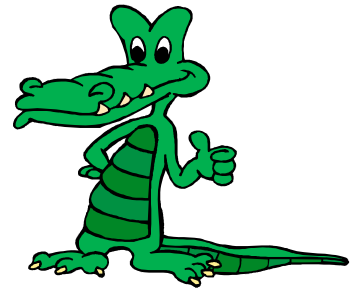
In 2014 we hope to inspire more participation in all aspects of Masters swimming, swim meets, endurance, postal and maybe even ocean swims.

Once again Hills members thank the dedicated volunteers and staff of Masters Swimming NSW and Masters Swimming Australia for their contribution in 2013.

Melita Sutton and Di Coxon-Ellis
President & Registrar

Vale Hilda Lindfield





LAKE MACQUARIE CROCS MASTERS SWIMMING INC.

Annual Report 2013

The 2013 year has once again been another successful year for our club and its members. Overall membership of the club has steadily increased beyond forty (40) members and strong performances at the NSW Branch Pointscore carnivals at Cessnock and Gosford at the beginning of the year saw the club get away to a great start to the competition.



Lake Macquarie Croc members at the 2014 Gosford Carnival with the 2012 Branch Pointscore Trophy for Division 3

Our regular swim training sessions on a Thursday evening between 6.30pm and 7.30pm at the Toronto Swim Centre have remained very busy during the year with over twenty (20) swimmers at times attending the sessions. Informal training sessions continue to be undertaken by a number of club members on Tuesdays and Saturday mornings and at other venues closer to where members reside.

Peter Willis took on the difficult task this year of trying to convince our members that we needed a new uniform and as the accompanying photograph shows he was overwhelmingly successful.

The club has continued to retain the services of the Manager of the Toronto Swim Centre, Ben Jenkinson as our swim training coach for Thursday evenings. His expertise is greatly valued by all our members and he was successful in extending his lease of the swimming centre for a further term to enable us to continue our association with him.

Our own NSW Branch Pointscore carnival was held on 26 October 2013 at the Toronto Swim Centre and proved to be a resounding success. The club was represented by twenty (20) swimmers at this carnival and the results paved the way for the club to be successful in taking out the Division Two NSW Branch Pointscore in 2013.

On the social front our members continue to have a once a month meeting after our training session with the bar-b-que substituting for dinner at the local club. This is always popular and a great way to wind down and enjoy one another's company. Our Christmas party was again held in December at the Toronto Country Club (Kilabens Restaurant) which proved to be an excellent venue and where we enjoyed a first class meal.

Our members especially look forward during the year to attending the Masters Swimming carnival at Port Macquarie in particular and this will continue to be a highlight of our year.

We remain in a sound financial position and I will take the opportunity to again thank Allan Foster our Treasurer and part-time Secretary for utilising his organisational skills and business acumen to maintain our financial records and keep on top of our responsibilities to NSW Masters Swimming.

Overall members of the club continue to have a great time getting fitter and healthier through our love of swimming and we look forward to the 2014 year.

Rod Sandell
President

Lane Cove Masters Swimming Club Inc.

Annual Report 2013

Lane Cove Masters Swimming has been a member of Masters Swimming NSW for 35 years. It has always been a small Club dedicated to the ideals of "fun, friendship & fitness" and has a great group of swimmers.

Membership

As forecast last year, we had a good increase of seven members during the year bringing our membership to 24 (including 2 life members) plus one second claim member.

Club Venue & Sessions

We meet in the Lane Cove Aquatic Centre and train all year in the centre's 50m pool (heated) outside. The Centre includes a 7 lane 50m outdoor pool, 8 lane 25m indoor pool, teaching pool, spa, sauna and fitness centre.

We swim on Tuesday nights commencing 6.30pm to about 7.30pm in 3 lanes, Nos. 5, 6, and 7.

We have a regular booking in the Bistro of Longueville Hotel immediately opposite the pool for an after swim dinner, etc. All members and family/friends are welcome to join the "regulars" in this activity.

Prospective Members & Visitors

Prospective members and visitors from other Clubs are most welcome to our activities. Simply arrive at 6.30 pm and introduce yourself to the Coach to be welcomed by the Members.

Coach

Our very popular coach John De Vries is providing hard training programs for our members and excellent stroke correction. We have three lanes operating with different programs to suit our needs.

Interclub Meets

This year with our increased membership our members competed in eleven carnivals over the year. At the NSW LC championships 6 medals were won and at the Nationals in April our swimmers won a further 5 medals.

This has been our best result in Interclub point score for many years and we hope to improve in 2014. Our entries in the latter part of 2013 were curtailed by the "Sydney Flu" which knocked out several of our keen swimmers.

The Club entered our first relay team for some years at the Warringah Carnival.

Our Interclub swimmers who competed were Robert Adam, Jennie Burgess, Hugo Foong, John Notley, Greg Solomons, Emma Stack, Susanne Stembridge and Michael Warnock. Other members also competed in open water events.

Committee

Our Committee Members continued with dual positions as in previous years with Evelyn Kelly as President/Secretary, and John Notley Treasurer/Recorder. However we welcome Hugo Foong as Club Captain, Emma Stack to Publicity and Michaelynne Holmes as Safety Officer, all of whom have taken up some of the administrative load.

Evelyn Kelly

President / Secretary



Liverpool Leatherjackets Masters Swimming Club

Annual Report 2013

Liverpool Leatherjackets continue to grow; we are a small club with 12 members and a few social swimmers.

2013 we had our highest attendance for swimming carnivals which was very pleasing.

Special thanks to Sean Donovan, our Coach and most important member. The Leatherjackets swim Tuesday nights and Sunday mornings at the Whitlam centre, Liverpool using 3 lanes. The A Team, Road Runner and Speedy Gonzales looking after all levels of swimming ability.

During the year we had a number of social dinners which were well attended and a Christmas party at our President Craig Williams' house.

Thanks to Craig, our race secretary Anissa and active members like Jenny who have done the time keeping course and always help out at BPS meets.

The Leatherjackets are looking forward to the new year attending more carnivals and open water swims.

Todd McEvoy
Secretary



Office of
Communities
Sport & Recreation





Manly Masters Swimming Club

Annual Report 2013

Over the year the club experienced some highs and lows, with the usual good performances in the pool, and a great spirit of camaraderie among the members. But this was overshadowed to a degree with the sad loss of some members who had a long association with the club.

Eileen Price, a former member who had excelled in the pool; Jamie Jenkins, a life member of the club and champion swimmer, and David Lawler, who still features as the current National Record holder in the 80-84 age group for the 1500m long course, and the 200m short course freestyle events as well as holding a number of State records for 800m and 1500m freestyle events, some of which have stood since the year 2000, all passed away during the year and will be sadly missed by us.

Although we welcomed some new recruits during the year our numbers fell to 57 from the previous year's 65. The Northern Beaches and Peninsula area has a significant number of surf life-saving clubs and amateur swimming clubs in existence which can cater for people's swimming activities, and in fact several of our members belong to more than one such club. This proliferation of clubs makes it a constant challenge to recruit new members to the Masters movement. However, the committee and club members are constantly working to recruit wherever they can.

Under the guidance of our coaches, Jon Mealor and Mia Lillenthal, about half our membership attend the 8am Saturday morning training sessions at the Harbord Diggers Club in Freshwater. The Diggers also provide squad training on a Tuesday night for the general public and several of our members attend.

Members participated in 17 carnivals, being the National Titles, State Carnivals and 13 branch point score meets. The highlight club performance for the year was placing 3rd overall and second on average points at the State Short Course Championship meet.

There were many good performances throughout the year. Tony Goodwin set National records in the 100 Breast and Butterfly and State records in the 50 Breast and Fly.

Forty seven swimmers made it into either National or State Top 10 and there were 93 Personal Best times set. These results are a reflection of the coaching program and members desire to continuously improve.

Our new club swimming costumes made their debut at the Warringah Carnival and by all reports proved to be very well received.

The pool was not the only focus as the club held several social events, which included; dinner at the Brookvale TAFE College and the annual Christmas dinner and awards night held at the Harbord Bowling Club. Two BBQ's were run at Bunnings Balgowlah during the year in order to raise funds. In November the normal Saturday morning training session was replaced by a Time-trial session followed by a club BBQ down on Freshwater Beach. Special thanks goes to our hard working social group led by Katherine Woodburn.

The Manly Masters Swimming Club web-site: (<http://www.manly-masters-swimming.org.au>), diligently and expertly maintained by Lindsay Brice, provides a tremendous window for all to look into the details of the club.

The committee and members ensured that the club continued to thrive within an environment of fun, fitness and team spirit and all look forward to a successful 2014.

Ted Samojlowicz
Club President





Merrylands A.S.C. Inc.

Annual Report 2013

2013 saw our club celebrate its 45th Anniversary and sixth year affiliated with Masters Swimming NSW.

Membership

8 Members

Club Sessions and Venues

Merrylands Swimming Centre

Coaching: Tuesday & Thursday Evenings 5:30pm to 7pm
Saturday Mornings 9am to 10am

Club Races: Saturday Mornings 7am to 9am

Interclub Meets

Members attended the following meets:

- Central Coast
- North Sydney
- Blacktown
- NSW Long Course Championships
- Australian Masters Championships
- Ettalong
- Manly
- NSW Short Course Championships
- NSW Long Distance Championships

Achievements of Members

Our club participated in numerous meets, and for some of our members it was the first time they had competed in carnivals. One of our members, Tricia Johnston, also won her first ever medal which was very exciting for the team.

Merrylands participated in 5 BPS carnivals and enjoyed the competition but also enjoyed travelling to different areas and meeting lots of new people. We had our first Age Champion in the BPS competition as Alison Sakurovs won the 25-29yrs Age Group.

Six members participated in the National Championships in Sydney a successful meet with lots of PBs and medals. Ian Wilson, Club President, was a standout performer and achieved 12 PBs during the championships. Merrylands hosted one of the "Happy Hour" events with trivia and prizes after swimming was finished for the day and much fun was had by all.

Merrylands have had a successful year, winning Division 3 at the State Long and Short Course Championships and the Long Distance Championships.

Peter Johnston was awarded with the 2013 Masters Swimming NSW Coach of the Year and the club is very proud of this achievement.

Many of the Merrylands Masters competed in ocean swims during the warmer months and enjoyed the different challenges involved in open water swimming. The swims were always followed by a well-earned greasy burger.

Outside of the pool Merrylands Masters also celebrated the marriage of two members, Peter Johnston and Alison Sakurovs, who are now expecting their first child.

We look forward to achieving many more great results in 2014!



Molonglo Water Dragons, ACT/NSW

Annual Report 2013

2013 was a busy and fulfilling year for our club. The regular training sessions at the Canberra Olympic Pool and Queanbeyan Pool continued to be well attended and there was stronger representation of our club at the swim meets in Canberra than has been the case in recent years. Also, there was a core group of members – Gary Stutsel, John Collis and Mary Liz Partridge - who travelled inter-state throughout the year to attend meets in NSW and Queensland.

Key to the success of our training sessions has been the high quality coaching we continued to receive from the cadre of coaches. Les Worthington, who coached at both Queanbeyan and Civic, has been our longest standing and one of our most committed coaches – ably managed by Mary Liz Partridge.

Also important was the ongoing interest in the timed 400 metre swim program managed by Gary Stutsel. This helped to dramatically increase Molonglo's involvement in the Endurance 1000 Program. While the majority of swims were done by a small but dedicated group, we had far more swimmers involved in 2013 than ever before. As in past years John Oke managed the data entry involved in this national program. Other key events attended (including with a number of personal bests and medals) were: the Tuggeranong Challenge, the NSW/ACT Short Course and Long Course championships, the National Championships and the Great Barrier Reef Masters Games in Cairns. The continued support of our sister club in Canberra, the Tuggeranong Vikings Masters Swimming Club, continued to be very much appreciated not only for the enduring friendships, but also the friendly rivalry and therefore the inspiration to improve our pace!

Important to the overall success of our club was our social activity during the year. Weekly dinners after training were well attended and enjoyed by swimmers in both Canberra and Queanbeyan. Both groups came together for our very successful Fun Awards Night at the Canberra Bowling Club on 25 September. Almost 40 people attended including partners and family. This success was due to the creativity and hard work of Carol Croce and John Collis.

Every year we lose a few members due to moves inter-state or due to family and other commitments becoming more demanding, and 2013 was no different. There is therefore an ongoing need for the club to promote its activities and attract new members. In this regard the establishment of our new club website (<http://www.molonglowaterdragons.org.au>) during the year was a big step forward. John Collis, supported by Gary Stutsel, was a key driver in making that happen.

Overall, the club finished the year with a strong financial position and demonstrated growth in net assets, a continuing dedicated core membership and a new website. Altogether this promises a prosperous year ahead, with the prospect of increased membership and participation in competitions and other local and interstate swim events.

Go Dragons!

Peter Coggins
President

Margaret Larkin
Secretary



Myall Masters Swimming Club Inc.

Annual Report 2013

Our Club has once again enjoyed a very successful year, both competitively and socially. Our swimming membership is growing and by end of the year 2013/14, we anticipate 42 swimming, plus 6 social members, this we feel is a good number in our aging community of 3,500 people.

We continue to enjoy exclusive use of the Tea Gardens Pool on Monday evenings from 5.30pm to 7.00pm during the summer months of October through to April under the guidance of Master Coach, Leon Bobako and Assist Peter Kellaway.

During the winter period our pool is closed however our enthusiastic members continue car-pooling for the 110 kms return trip to Lakeside Leisure Centre at least once a week.

The Tea Gardens Hotel has generously continued its support for our club; this includes discounts for accommodation, food and beverages. Also a cash donation which assists in providing member benefits such as swimming aids, equipment, sports clothing and administrative expenses. We greatly value this support.

INTERCLUB MEETS: Our club was promoted to Division 2 Status in the Point Score Tally during 2013. This is due to our strong performance and support at local Meets... Gosford, Cessnock, Kurri Kurri, Ettalong, Novocastrian, Hunter Festival of Sport, Raymond Terrace and Port Macquarie. Additional member participation during the year has also helped and has been most encouraging to the Club's Coaching Team.

SOCIAL ACTIVITIES: The end-of-season Presentation Night in April 2013 was, again, a great success and well attended. Thanks to our Social Secretary, Kerry Patterson, for her organisation and planning and also the Catering Team at the T.G Hotel.

AWARDS: This year we have continued the Handicap Series competition over 10 alternate Swim nights. This attracts the competitive nature of our members in the 25 metre Sprint. The winner of this series was Ali Harrison. The Annual Awards... for The Club Member of the year was... Chris Sefton and The Encouragement Award of the year went to... Mike Craven.

This year we subsidised club shirts and swim caps to all members, both of these items being well received.

COMMUNITY ACTIVITY: Due to the response from the 2012 Seniors Learn-to-Swim Programme we ran another programme in November 2013 over a 5-day period, free-of-charge to the participants.

This series of Learn-to-Swim Sessions is one of the projects funded from grants awarded by Mid Coast Water.

TENTH ANNIVERSARY SWIM MEET: We are excited and are looking forward to celebrating (our 10th year as Masters Swimmers) with the first Masters Swim Meet at Tea Gardens, on 8th February 2014. We hope that this will be the first of many Masters Swimming meets at our local pool.

My sincere thanks to our Masters Coach, Leon Bobako, the Committee and all members for their contribution and enthusiastic support in 2013. Without this the club would not be an enjoyable, functioning group of people.

Here's to looking forward to a rewarding year in 2014 and the continuation of our swimming for fun, fitness and friendship.

Peter Kellaway
President





Annual Report 2013

North Sydney Masters rolled through another year with many of its longstanding traditions as previous years. We learn as we go and improve where we can, but in general, we stick to the things that have worked well over the years. The club has a small core competitive group both in the pool and at the ocean swims, but the largest group of all is the one that shows up at the pool for our sessions held 4 times per week and to the social happenings throughout the year. In total, we had 97 fully paid club members in 2013.

Highlights of our social calendar were club fun days, trivia night, our annual weekend to Mollymook (gamely organised by long-standing members Brian Travers and Bob Hayter) and BOTH our Christmas parties – Christmas in July and the real Christmas party. This year's highlight was our very own Santa Claus surprising everyone on a warm December evening at Waverton Bowls (aka our coach, Stephen Badger). The majority of our social calendar is meticulously organized by our 2 social coordinators – Stephan Wall and Momo Kono. Other committee members (namely Luke Parr) are always on hand to assist with social pizza nights and lunches at the pool.

In the pool, our own carnival, our club fun days and the State Relay Carnival remain the primary focus to allow new members to become familiar with racing in different formats, while many of our members enjoy the annual tour of Sydney's finest beaches (and harbor venues) through participation in multiple ocean swims.

Our annual club carnival was run by our new meet director Jac Oxley. Her project management experience showed and the meet ran very smoothly and profitably, raising ~\$1600 for the club. This is the most important carnival for our club, not just from a fundraising point of view, but also because, for many of our members, it is the only carnival they participate in for the year. We are proud of the numbers we get from our own club and were happy to once more walk away with the carnival trophy.

Our coaching staff of Steve Badger (head coach), John Wynberg and Hiroto Homma with substitute coaching from Alvin Parr-Whalley and Kevin Porter has allowed the club to provide consistent coaching 4 sessions per week. All coaches are committed to helping the swimmers meet their goals, whatever they may be.

This year, the North Sydney pool closed for almost 2 months during the winter and we were able to secure time at Monte Sant' Angelo College on Mondays and Wednesday's and Lane Cove outdoor pool on Sundays as a substitute.

The indoor pool at Monte was well received by our membership in the winter months (using their staff coaches) and the club will look to continue training for 6-8 weeks 2 evenings a week during the coldest days of winter at this great venue.

Participation in both carnivals and ocean swims is a direct result of the encouragement and cajoling from our dedicated open water & pool captains (Joe Watson, Helen White & John DeVries) as well as our coaches.

The annual awards given out at the Christmas Party were awarded as follows:

Award	2013
Gordon Cozins Award (Total Points)	John DeVries
Baggiest Costume (Bob Hayter) Award	Mary Fewings
Mort Bagley Award (Most Improved Male)	Laurence Norman
Most Improved Female Swimmer	Anne Iverach
Ocean Swimmer	Katie Price
Male Pool Swimmer	Neil Moores
Female Pool Swimmer	Sarah Koch
Relay Team of the Year	John Kain, John Wynberg, Neal Moores, Greg Phillips
Others	Most consistent attendance Trevor Beswick

Other volunteers that made 2013 the success it was include Matthew Leditschke as statistician, Pete Gregory as Digital Communications and as race secretary, John Kain as treasurer, Luke Parr as secretary, Jen Langgons on membership, Melanie Speet as equipment coordinator, Bevin Aston as vice president and Roz Elliot as safety and training officer as well as our committee general member Alice Wilson. With our strong membership and commitment of our volunteers, we look forward to another successful year in 2013.

Christina Echols
President



Novocastrian Masters Swimming Inc.

Annual Report 2013

Overall the club membership has fallen slightly through 2013 with the club finishing the year with 53 members. Our home pool is located *Wests Balance Health Club* and they have continued their valued support of our club.

Our Monday training nights are well attended and Adam Beisler, our enthusiastic coach, continues to encourage members to improve fitness, style and lung capacity with a mixture of exhortation, humour and encouragement.

In the Division One BPS competition we ended up in second place behind Ryde.

During the year our swimming success was obvious from the participation and enjoyment by the members at the various meets. We had a good roll up at the 2013 National Championships in Sydney where we placed 8th in the total score and 6th in the average point score with 18 swimmers accumulating 22 gold, 21 silver and 21 bronze medals. During the year we had 4 of our swimmers (Craig Clarke, Ann Campbell, Ian Jeffery and Wendy Gordon) achieve 12 state records between them and Ian Jeffery set 2 national records. Jeanne Raper and Michael Hickerton also won their age division BPS point score. In addition we had three of our men's relay teams set new national records in the 4x100 freestyle.

Aerobics remains an integral part of club activities with time each month allocated for aerobic swims. In addition, the club held a special weekend swim morning to facilitate some longer distance aerobic swims and which also incorporated informal social activity that added friendship and fun to the fitness aspect.

Our home meet in November was attended by approximately 162 swimmers. It was great that people from distant clubs came along and supported our event. As the meet was run in conjunction with the Lake Macquarie Masters Games the club presented medals for top three placegetters and these proved popular with swimmers. A big thank you must go to all the volunteer officials headed up by Meet Director, Phil Murray and Meet Referee, Di Partridge. The support and skill of all the officials made for a well run meet and their help is greatly appreciated.

Other important club activities included the social interaction afforded by our attendance at Port Macquarie and Clarence River meets. However, unfortunately with the memory of some seriously bad weather in previous years, attendance at the meet at Yamba was down in numbers. We also had a dinner with some of the Warringah club members after our meet and a Christmas social get together at Wests Club at Mayfield.

Our club will continue to thrive in 2014 with enthusiastic members carrying forward the principles of fun, fitness and friendship.

Mike Cockrem
Hon. President

Oak Flats AUSSI Masters Inc
“Swimming for fitness and fun”



Oak Flats Blue Swimmers

Annual Report 2013

Oak Flats is a small club that has survived for many years. Our members have been together for what feels like forever but we have always enjoyed our swimming and social nights out.

2013 started with a ‘bang’ that was a tornado that went through Kiama and closed the Leisure Centre there for 7 months so training for our group was disrupted. Some of the crew joined a group at Dapto pool that train three mornings a week but a few could not manage the early rises so chose to swim at Oak Flats pool through the day. It was great to have Kiama pool open again mid September & training is now back in full swing.

We enjoy swims in Minnamurra river (always with the tide) then a BBQ lunch or breakfast at the local café. Dinner out at our favourite restaurant is always a fun night.

We were most excited early in the year to be presented with the trophy for Branch Average Point Score in Division 3 for 2012! The trophy has been shared around the members as we all contributed to the winning.

Some of us swam at the State Championships and all got medals. The highlight was the Canberra meet in October where three of our swimmers competed and came away with a medal each for all five swims. That is fifteen medals from three swimmers, a great effort and a most enjoyable weekend away.

Narelle Day
President





Penrith Masters Swimming

Annual Report 2013

This past season has been our most successful one since our club started, finishing in eighth position in Division One.

Our champion open water swimmer and club coach Lester Gollan started the season again conquering the Rottnest Channel in a time of 6hrs 43mins in fairly hard conditions.

A great effort.

Stephen Harvey had a great year receiving National and State records in butterfly.

We had 21 members this season with nearly all competing at different times throughout the season with Sally Hatcher and Steven de Lorenzo competing in most BPS meets.

We had a good turnout for Nationals with most of our swimmers achieving PB's or just swimming well and enjoying the atmosphere.

Unfortunately we have lost two of our best lady swimmers.

Kim Brennan has moved to Port Macquarie and Ingrid Van Der Wel has moved to Perth.

Both ladies have swum very well for our club and are greatly missed.

We still train at Dive In Academy every Saturday morning at 6-30 am under the watchful eye of our coach Lester who does a great job, then off for some breakfast and a chat. A good way to start the weekend.

We had a few social events throughout the season, mainly dinner and movie nights which are always enjoyable.

Garry Fletcher
Secretary

Picton Masters

Annual Report 2013

Membership

This year Picton Masters had 9 registered swimmers, all being returning members.

Club Sessions

Picton Masters swimmers train with Fitness Squad at Wollondilly Community Leisure Centre in Picton. Sessions are run on Monday and Saturday mornings as well as Tuesday and Thursday evenings. The squads are coached by Ken Morrison and Anna Barnes. Members race alongside Picton Swimming Club on Friday evenings, following their own program of events.

Interclub Meets

Campbelltown, Cessnock, Clarence River, Ettalong, Hunter Festival of Sport, Lake Macquarie, Manly, North Sydney, Ryde, Warringah, Wett Ones

NSW State SC – 6 swimmers

- ~ Elly Ramon – 4 gold, 1 bronze
- ~ Daniel Rumsey – 1 gold, 1 silver, 1 bronze
- ~ Roger Haines – 2 bronze
- ~ Scott Bidewell – 1 gold, 3 silver

MSNSW Relay Carnival

- ~ Bronze - 1

NSW State LC – 4 swimmers

- ~ Elly Ramon – 3 silver
- ~ Annie Cooke – 3 bronze
- ~ Roger Haines – 1 silver, 1 bronze

National Championships – 7 swimmers

- ~ Thomas Sinclair – 1 bronze
- ~ Jayde Livingstone – 2 bronze
- ~ Anna Barnes – 1 gold, 2 silver, 3 bronze
- ~ Elly Ramon – 1 bronze
- ~ Daniel Rumsey – 3 bronze

World Masters Games, Italy – 1 swimmer

- ~ Annie Cooke – 3 gold, 1 silver, 1 bronze

Down Syndrome World Championships, Italy – 1 swimmer

- ~ Daniel Rumsey – 2 gold, 1 silver,

Social Activities

Members enjoyed several get togethers during the year, including breakfasts, lunches and BBQ's.



RYDE AUSSI MASTERS SWIMMERS Inc. (RAMS)

Inaugurated 7th November, 1981
Affiliated with Masters Swimming NSW 24th November, 1981
Incorporated 14th October, 1999
ABN 20 075 220 716

Annual Report 2013

Memberships: The club currently has 81 members (41 males, 40 females), an increase of 12 from last year. Thanks must go to our outgoing president, Christopher Lock, who is moving north but will continue masters swimming with Myall Masters. Under his leadership the club has continued its wonderful success and we would like to acknowledge his many contributions to club activities. The club also thanks all members of the committee and the large number of other members who generously gave their time to help organise club activities over the year.

Club Sessions and Venues: Regular training nights are Monday and Wednesday, 7:30-8:30 pm at Ryde Aquatic Leisure Centre. Wednesday night includes a social gathering for tea, coffee and biscuits at the conclusion of the training session. The club was again fortunate to have two regular coaches this year, Greg Lewin and Wendy Seale, who coordinated a mix of training sessions and drills preparing members for all major events. Our coaches assist and encourage all members, regardless of ability, from high achieving swimmers to those learning a form stroke for the first time.

Two training camps were held in 2013. Daniel Pringle arranged one at Nelson Bay on the June long weekend which included 6 training sessions. Nelson Bay Dolphins were invited to both swim and BBQ with Ryde members. Susan Leech organised the other at Thredbo on the October long weekend. This camp was run by our two coaches, Greg Lewin and Wendy Seale, and included 6 training sessions with swimmers from Ryde, Tuggeranong and Bushrangers.

Interclub Meets: Ryde AUSSI Masters has distinguished itself this year, successfully competing in world, national and state competitions. For the first time in its 32-year history, Ryde won the Division 1 Branch Points Score trophy which included winning the Visitors' Trophy at both Warringah and Novocastrian Carnivals – also for the first time. These results have been achieved not only through some outstanding individual efforts but also from a strong sense of team spirit amongst our members of all age groups and abilities. Everyone is encouraged to attend carnivals regardless of their ability and, as a result, they have become great social occasions for our members. Of the 96 clubs participating at the National Championships, Ryde achieved 6th place where Jenny Whiteley was named female swimmer of the National Championships meet, having broken world, national and state records. Ryde was placed 4th at the NSW Relay meet and 8th at the State Short Course Championships.

Endurance: Helen Rubin and Jenny Whiteley completed all the swims in the Endurance 1000 program. Endurance swimming was also incorporated into the Nelson Bay training weekend, with swimmers present completing at least two endurance swims that weekend. Another successful charity swim-a-thon was held this year at the Epping pool and Jamie Turner achieved her 2 million metres. Participation in oceans swims has also increased.

Achievements of members: The club successfully competed at the National Championships with an impressive 15 gold, 31 silver and 19 bronze medals. Jenny Whiteley currently holds 3 world records, 4 national records and was a member of the winning 4x50 women's 160-199 medley relay team at Nationals. This year Jenny was inducted into the International Swimming Hall of Fame, was a finalist in the NSW Masters Athlete of the Year 2013 Sports Awards (conducted by the NSW Sports Federation), and was the first female to finish a 10-km swim in Bali in July. Helen Rubin won a bronze medal at the Torino 2013 World Masters Games in her 200m Butterfly swim, 60-64 years age group. Michael Bradford holds the State records for 400 and 800 Freestyle; Grant Whiteley the State records for 25m Freestyle, Backstroke and Butterfly; and Ryde holds the State 4x50 women's 160-199 medley relay record (Catherine Todd, Vicky Watson, Natalie Clarence, Jenny Whiteley). 203 National top ten rankings were achieved by 27 of our swimmers: 11 male and 16 female (both long and short course results). Five members were listed in this year's "Most Active Swimmers" category: Jamie Turner and Khyiah Angel first in their age groups while Yvette Cotton, Christopher Lock and Helen Rubin second in their age groups.

Wendy Seale received the NSW Coach of the Year Award while Greg Lewin (March), Diana Hill (May), Jamie Turner (August), received Volunteer of the Month awards. Greg Lewin was also a finalist in the Branch Administration Award for outstanding contribution to club administration.

Social activities:

1. The club attended the dinner at the completion of the National Championships for both participants and members.
 2. Swim-a-thon organised: raising more than \$2,000 for Parkinson's Disease.
 3. Trivial night.
 4. Annual Christmas party which includes the presentation of club awards.
- *One of the club's aims for 2014 is to increase the number of qualified carnival officials.*

Ryde club members have participated in international, national and branch events in the spirit of **fun, friendship and fitness**.

Lesla Colburn
Secretary



Annual Report 2013

Seaside Pirates had an outstanding year in 2013, with all 88 members of the club contributing to the variety of activities that we organised during the year. Our offerings during the year were aimed so that everyone in the Club could take part in an activity that suited them and their family life, we recognise that everyone is at a different point in their life and cannot devote their entire life to the pool.

The first activity for 2013 was our Shelley Beach swim in January where we had around 35 Pirates, family and friends swim from Shelley Beach to Manly and back and then enjoy a BBQ. Blessed by the weather, it was a lovely way to spend a Sunday afternoon and especially enjoyable to be able to share the swim with many members of our family.

We booked a number of training sessions on a Saturday afternoon at the Knox pool in January, February and March leading up to State and Nationals. These proved very popular and we thank Graham Hill our coaching coordinator, for coaching most of these sessions and giving us valuable experience in a long course pool before the championships.

For the very first time we held a Pirate training camp in the Blue Mountains in February which saw us undertake 3 long training sessions in the Katoomba pool on Saturday and Sunday, joined by some members of Blue Mountains Phoenix on the Saturday. Our thanks to Cathy and Staffan for coaching these sessions- they were so hard we needed a little R & R between them, that being food and drink and a little bushwalking. We had a couple of very enjoyable Pirate dinners on Friday and Saturday night and were delighted to have some of our "country" Pirates join us for the weekend- Mark from Dubbo, Brian from Leeton and Matt from Singleton.

At our AGM in late February we announced the "Swimming Achiever award" for 2012 which was presented to Cathy Codling for her many achievements during 2012 but particularly her World championship winning swim in the 50m freestyle in Riccione. The Club Member of the Year was presented jointly to Staffan Wensing and Graham Hill for their considerable efforts in and out of the pool during 2012.

Our club champions for 2012, Helen Wallace, Linda Buckley, Jane Noake, Sandi Rigby, Richard Burchfield, Richard Vander Reyden, Staffan Wensing, Willy Watkins, Mark Patterson and Bill Atkinson were also presented with their awards for their achievements at our club championships in 2012.

Our first major carnival of the year was State Long Course held at Blacktown. We treated this as a warm up for Nationals having a team of 31 Pirates for the one day meet. We had the company of a few new Pirates for this meet- Dayle, Emma, Cameron and James returning after a few years overseas. This was our first victory for the year- State Long Course champions and was a testament to the hard work put in by the entire club.

At the Long Course championships Jodie Burke was announced as winner of the Ian Davis award for 2012, which was presented to her by Jerry Scelzi, Ian's partner, a great testament to Jodie's involvement in Masters swimming not only with Pirates, NSW and in the ACT.

The National Championships were held in Sydney for the first time in 11 years and we all trained hard for this event having a record 51 entries for the Meet. Unfortunately due to illness and other commitments not everyone was able to swim at the Meet but we had a great team of Pirates and all thoroughly enjoyed the 4 days of the Meet in April. There were many, many great swims, many, many medals, some records, and a bit of Piracy but the best thing about the event was the camaraderie of our team. Every time a Pirate was in the water you could hear cheering from the stands, and it didn't matter whether you came 1st or last you were acknowledged as part of our great club. Our thanks must go to our wonderful coaches who prepared us so well for this event and also to the many Pirates who worked tirelessly to make

the event possible. We won the Runners up trophy at the event- being beaten narrowly by Powerpoints, and we also won the 72-120 relay trophy. Congratulations to our entire team, as well as all our supporters, it was a great club effort and we deserve to be extremely proud of what we achieved.



At the first carnival after Nationals one of our newer members, Joern Sauer, broke the 25m butterfly record for his age group- the first of many records we hope to see from Joern.

After the Nationals was a time for celebration and Pirates do celebrations very well. This time Staffan and Cecelia opened up their new home for the Pirates, around 50 of them with family and friends were present, for the celebration. It was a wonderful night, great food, great wine, great stories and even a video of Pirates swimming at Nationals, a great way to toast our success.

The Relay Meet in July at SOPAC was our next big success. We had 41 Pirates swimming and 49 relays entered. This Meet is always fun and this year was no different. Our teams set a number of National and Branch records and at the end of the Meet the Pirates and Warringah both ended up with the same overall points so both were declared winners, a fitting end to a great Meet.

Our Pirates Meet in August was again held at the Knox school pool which proved a winner last year. This year we had more swimmers and it was again a great Meet. Everyone seems to love this pool so we hope the Meet grows each year. Thanks to all the Pirates who contributed to the success of this Meet, not only in the pool but out of the pool as well.

The Long Distance Championships in September was also held at Knox and we had 11 Pirates competing with some great racing particularly in the 1500m freestyle, where Cameron, Steve, James, Emma and Sandra in particular raced each other to some great times. Sandi, Shane, Mark, Jane, Jodie and Craig also came away with gold and silver medals making it a particularly successful day for the Pirate team. We were named Long Distance 1st division champions for 2013 as well, so another great result for our club in 2013.

We had good numbers at the Warringah carnival this year and our congratulations to Georgi who won the medley shoot out and Staffan who was runner up (by a fingernail) in the men's medley shoot out.

For the Short Course Championships in Canberra we put together a team of 17 Pirates who travelled to Canberra for the weekend away. We stayed in a super location just out of Canberra with a lake to watch over while we cooked our BBQ on Saturday night. A very relaxing and enjoyable weekend was had by all. We all swam well and achieved some great results but Tuggeranong came out on top of these Championships, congratulations to a "coming" club. We'll deal with you next year!

Our last event of the year was the 100x100's held at Knox on December 29th which saw 32 Pirates and friends swim (and mostly complete) the 100x100's and then enjoy a BBQ brunch after the swim. This excellent event closed off a very successful, and importantly, enjoyable year for our Club.

Sutherland Sandbern Masters Swim Club Inc.

PO Box 1053 Sutherland NSW 1499

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



Annual Report 2013

Membership

In 2013 we had 68 financial Sandbern members of which 45 were registered with Masters NSW.

Club Sessions/Venue

We regularly swim at the Sutherland Leisure Centre. Sessions are 0800-0930 and 0930-1100 Mon – Fri, with an extra session from 0500 to 0630 on Mon, Wed and Fri. There are two evening sessions, Tue and Thu, 1830-2000. There is also a session on Sat morning 0730-0900.

Carnivals

We had a consistently good participation level throughout the year and we were very pleased to finish 6th in Division 1 of the BPS Competition.

We enjoyed some great weekends away in Ettalong (BPS), Yamba (BPS), Canberra (SC Champs) and Port Macquarie.

Social

During 2013 we enjoyed many social gatherings after training and carnivals. As well as our customary Christmas lunch, we had our inaugural Christmas dinner presentation night at Tradies in GyMEA. This was a great night and hopefully the first of many more in the years to come.

Highlights

We were thrilled that Colin Stanford finished at the top of the points across all ages in NSW for the year! Congratulations Colin on an awesome achievement!

Also during 2013, we became incorporated and established our own website as well as Facebook page.

Summary

Our members range from 21 to 86 yrs and cover all levels of swimming, but with one thing in common – we always like to enjoy ourselves.

New members are always welcome, whether for fun, fitness or competition!

Paul Vallis
Secretary

Tamworth AUSSI Masters Swimming Club

Annual Report 2013

Tamworth AUSSI Masters cracked double figures again this year with 10 registered members.

Our Wednesday night program of Training, Aerobic, Race/Time Trial, Drills and Stroke Correction continues to be rotated each week.

In March this year Team Agnew, the father and daughter team (Kingsley and Kate), headed to South West Rocks to compete in the 2.7km ocean swim.

Martin continued to keep Tamworth on the board with a few points by attending both long and short course carnivals throughout the year.

In September Team Agnew again maintained their enthusiasm to compete in the Port Macquarie Half Iron Man event performing the 1.9km swimming leg of this event, and apparently the water was a tad chilly to say the least.

In December we headed to The Tamworth Hotel for our annual Christmas party. The evening gathering was enjoyed by all.

There is some exciting news on the 2014 horizon for all those that enjoy swimming, water polo, water aerobics, learn to swim, etc as Tamworth will be gaining a new indoor pool complex which is due for completion in March.

This will be an 8 lane 25m indoor pool facility with a smaller pool for learn to swim lessons, a gym and a crèche, which is being built privately by the owner of the current premises we training in, 360 Fitness Club.

Sonia Fawdry
Club Captain



Trinity AUSSI Masters Swim Club

Annual Report 2013

In 2013 we again saw falling numbers within our club. We have a core number of 27 members, which again was slightly down on last year.

At Trinity, we hold our club nights from 7pm to 9pm in the Trinity Grammar school pool at Summer Hill. During the night we have training and stroke correction for all level of swimmers provided by our coach and club captain, John Kulhan. This is followed by a few races to keep everyone in top form. On the last club night of the month we have a short program and then a light supper to keep us as social as possible. It is here that we discuss our swimming techniques and future events. Of course we also discuss the latest topics in the news and latest gossips.

At Trinity Grammar a new 50 metre indoor pool is under construction and we hope to have a carnival there in the near future.

Unfortunately we did not hold our carnival for the first time in many years. We found with our smaller numbers and our aging population that it is too difficult to run a carnival each year. We have decided to cut it back to every two years. We have scheduled it in for June, 2014. We hope it attracts many swimmers, as has happened in many years past.

Some of our members participated in the Endurance 1000 program. Congratulations to John Kulhan who gained maximum participation points by completing every possible swim. We also had John compete in the 5km West Auburn swim. Also congratulations to George Constanti who swam all the freestyle, backstroke and breaststroke events in E1000. We also had eight other people who swam the 5km Turtle swim as two relay teams. Each swam 1.25kms each. Congratulations!

It was great to see Trinity enter a relay team into the National Championships. Troy Racklyeft, Anthony Cornish, Jeff White and John Kulhan swam well in both the freestyle and medley relays.

At Trinity we are a social bunch and enjoy ourselves whenever we are out and about. This year we had our Christmas Party at Ashfield RSL. We had a great night and we need to thank Daphne Kulhan for arranging it.

In conclusion we wish everyone in AUSSI good health and keep up the swimming.

Regards
Geoff Murphy

Tuggeranong Vikings Masters

Annual Report 2013

2013 has been another amazing year for Tuggeranong Vikings Masters Swimming Club.

We have once again swum in numerous rivers and lakes and harbours and oceans, as well as many, many, many swimming pools, with much Fitness, Friendship and Fun along the way.

We had a sudden increase of new swimmers in lane one in need of stroke development early in 2013, especially at our Sunday nights session, and addressed this by putting two coaches on for Sunday night sessions. One coach focused on lane one swimmers, while also coaching lane two, which enabled the other coach to work with lanes 3 – 5, meaning their training was then more focused. The overall benefit for the club was the retention of the new swimmers, with our membership peaking at 96, the highest it has been for some time.

Over the year, the club continued to swim with great success, achieving a number of individual State and National records, a huge number of club records and a significant number of National Top Ten results. Our training sessions, which are Sunday, Tuesday and Thursday evenings and Thursday mornings, continue to attract good numbers, with Sunday nights being the most popular having 25 – 30 swimmers in the water some nights. This is a great reflection on the coaches, as the swimmers would not be there in the numbers they are, if the coaching was not working. We also run two Endurance sessions each week and these are held on Tuesday and Saturday mornings.

Members managed to compete in the following events during 2013:

Tathra Wharf to Waves, Cole Classic open water in Sydney Harbour, Sri Chinmoy Lake Swims in Burley Griffin, Husky Ocean Classic, Nth Sydney BPS, Cessnock BPS, Campbelltown BPS, Trithegong Ocean swim, Narrandera Riverina Rush 10km Lake Swim, NSW State Long Course Championships, 38th Masters Swimming National Championships, Ettalong BPS, Wett Ones BPS, Clarence River BPS, 2 x ACT Interclub, Manly BPS, Hunter Festival of Sport, Mastering Freestyle workshop with Brenton Ford, NSW State Relay Championships, Ryde BPS, NSW Long Distance Short Course Championships, Tuggeranong Challenge, 14th Australian Masters Games, Thredbo Training Camp, NSW State Short Course Championships, Port Macquarie BPS, National Capital 9km Lake Burley Griffin Swim, West Auburn BPS.

Members also competed in the following postal swim events:

British Long Distance Swimming Association One Hour Swim, Wests Auburn 5000m Turtle Swim, Bunbury 3 x 400m Winter Postal Swim, Tuggeranong Trifecta and the Aquajets Taskmaster.

2012 Endurance Program Results

The results for the 2012 Endurance Program were announced early in 2013, with Tuggeranong Vikings placing 5th Nationally and 2nd in NSW with a total of 13,352 points. A great effort by all the swimmers who come along and do these swims. Brenda Day, Lily Gilroy, Atsuko McGowan, Jon McRae, Pam Munday, and Ann Reid completed all 62 swims and achieved maximum points, and Andrea Teunissen completed all 62 swims.

Awards presented to Tuggeranong Vikings in 2013

The club was presented with the 2012 NSW Masters Swimming Club of the Year award. The Club of the Year award is one of the most prestigious awarded within the Masters Swimming NSW Branch, and is the result of the MSNSW Board noting the tremendous effort that a club has put into its promotion, participation and camaraderie at swim meets, as well as members taking on time-keeping and technical official responsibilities and undertaking technical official qualification courses.

Roger Dietrich was announced as the winner of the Gary Stutsel Award for contributing the most to the advancement of Masters Swimming in NSW in 2012. Roger planned, then set up the MSNSW Social Media networks on the platforms of Facebook and Twitter and has continued to be the Social Media Administrator late 2013. MSNSW saw the opportunity to use the social media platforms as a promotional tool for Masters Swimming across the state.

Other Awards and Achievements:

Three members achieved induction to the Million Metres Club, they are Anne Smyth, Cecelia Kaye and Caroline Makin.

Anne Smyth, Jeanette Droop, Caroline Makin and Leisa Cass undertook the NSW Masters Swimming coaching course, and Anne Smyth, Jeanette Droop, Caroline Makin, Bill Eversham, Greg Gourley, Jon McRae and Leisa Cass undertook a number of technical officials qualification courses covering timekeeping, chief timekeeper, marshalling, check starter and clerk of the course.

ANNUAL AWARDS

Gill and David Buckley Encouragement Award - Deborah Johns

In 2013 we had a new encouragement award, as the committee agreed that the Gill and David Buckley award should be solely for a Thursday morning swimmer, and that there should be an encouragement award for an evening session swimmer.

Tuggeranong Masters Swimming Encouragement Award - Annette Byron

Most Improved - Bill Eversham

Judy Gallagher Memorial Trophy for Swimmer of the Year - Caroline Makin

Postal Swimmer of the Year - Ann Reid

Iron Person of the Year - Alan Duus

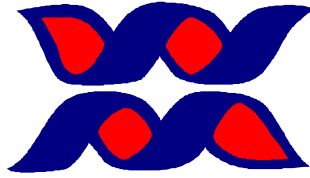
Club Person of the Year - Annette Britten

The committee continues to work well together to support the club and the members. Unfortunately, lane hire under the 'new' management continued to be an issue, with resolution only coming in the final months of 2013.

Our website is updated with our swim results on a regular basis and many new swimmers find us through the website, telling us that the variety of activities we participate in and the availability of training sessions is one of the things that attracts them to our club.

For 2014, we look forward to the challenge of running our first ever Branch Point Score meet on 20th September 2014.

Leisa Cass
President



WARRINGAH MASTERS

Annual Report 2013

Warringah's membership contracted in 2013 to 105, from a high of 114 in 2012. However, we did regain the position of the largest club in NSW, followed by North Sydney (95), Wett Ones (91), and Tuggeranong (90).

We continue to use the same training format we have been using for the last three years or so, namely hour long sessions on Sunday mornings and Wednesday evenings, both at the Warringah Aquatic Centre. The Sunday morning sessions with an average attendance of 30 to 40 members are conducted in eight lanes and supervised by at least three coaches on pool deck under the tutelage of our Fitness Director, Nick Woodhams. The Wednesday sessions with between 12 and 18 members are conducted in four lanes at the same venue, under the supervision of Gordon Whyte, and one other coach. In addition we have an hour long Aerobic Session in two lanes before our main session on Sunday morning, for those members who participate in the Aerobic 1000 competition. In addition, Nick has continued to organise separate stroke correction sessions with instruction from elite swimmers.

Although we failed to retain the Division 'A' BPS Carnival Pointscore trophy, a number of our swimmers performed very well in the individual rankings. Most notable was Peter Kaupert who finished 2nd overall, and Paul Bailey, Tony Tooher and Graham Campbell who all finished in the top 20. Congratulations to both Ryde and Novocastrians for a consistent and successful campaign.

In the Championship Competitions we drew with Seaside Pirates in the Relay Championships, but relinquished the other trophies. Congratulations to Seaside Pirates, Tuggeranong and Seaside Pirates again for their wins in the Long Course, Short Course and Long Distance Championships respectively.

On the records front, five of our swimmers broke Branch records, John William Steen (4), Peter Kaupert (3), Mark Morgan (2), and Hugh Rothwell (1). In addition Warringah relay teams broke 4 National and 2 Branch Relay records, and won the Harry Fowler Trophy for the most outstanding performance by a relay team at the State Short Course Championships.

The highlight of the year for many members of the club was the National Championships held at SOPAC. Twenty nine members competed, and brought home a swag of medals. Our most successful competitor was John William Steen who bagged a septet. I would like to take this opportunity on behalf of all our members who participated, to thank Jane Noake and the organising committee for the time and effort they put into organising an exceptional and very enjoyable carnival.

Forty eight Warringah members appeared in the national Top Ten in 2013, with a total of 387 entries, including 48 first places. The most prolific women, as was the case in 2012 were Patricia Appleby, Diana Moore, and Violet Wilkinson. Amongst the men, Peter Kaupert, Stuart Meares, and John William Steen achieved the most mention. Peter Kaupert was the standout with 18 first places.

Thirty eight members participated in the Endurance 1000 aerobics competition, amassing a total of 5246 points for 6th place. Peter Kaupert, and Nick Woodhams achieved maximum points by completing the whole programme. Congratulations to Tuggeranong and Campbelltown for their success.

Our thanks again go to Marilyn Earp for conducting CPR update courses for our coaches and other members who do not have the opportunity to remain proficient through work or their surf club. In all 27 members are qualified in CPR, and five of those also have more advanced qualifications.

Two hundred and two swimmers entered our BPS Carnival, the highlight as usual was the Tony Tooher organised 'Medley Shootout'. The Aqua Shop in Gordon again came to the party as our major sponsor for the event with some very generous donations for our raffle prizes. The staff at the Warringah Aquatic Centre also gave us their full support on the day.

Warringah would again like to thank Jane Noake, the Branch Executive, and Jillian Pateman for their help and encouragement throughout the year. We would also like to thank Tony Tooher and Stuart Meares for again putting up their hands to sit on the State Executive on our behalf.

Wilson Gamble
President





West's Auburn Masters

Annual Report 2013

MEMBERSHIP

We had 19 financial members at the end of 2013. We average about 6 swimmers at most sessions, but thanks must go to our most regular member, who is always on deck for timing, opening and closing – Maureen Hall. We are working closely with Dooleys (Lidcombe Catholic Club) and Brad at the Aquatic Centre to try and build our membership numbers.

CLUB SESSIONS & VENUE

We swim at the Ruth Everuss Aquatic Centre (Auburn) on Wednesdays at 7:00pm, Fridays at 7:00pm, and Sundays at 9:00am. During winter this year we swam at Birrong pool. We have a wonderful coach (Kerryn Blanch), who has provided all of us with individual programs to follow whenever we can get to a pool. We have six members with Bronze Medallion qualifications.

INTERCLUB MEETS

We were represented at nine BPS carnivals in NSW this year, as well as Nationals (Sydney), State (Blacktown, Knox and CISAC) and Masters Games (Geelong). Club officials were on deck at many carnivals (we have a number of qualified officials).

WESTS LONG DISTANCE LONG COURSE CARNIVAL

A very successful carnival, with 28 clubs represented. The weather was good to us, and some great swims were completed. Six National and four state records were set or broken. Next year we will hold a BPS Carnival, as long as our pool remains open (possible re-construction).

WESTS POSTAL SWIM

We held our annual 5000m postal swim again this year. We had a weaker response than last year, with 24 individual swims and 24 relays. We hope for many more swimmers in 2014.

ENDURANCE 1000

16 of our 19 members participated in the National Endurance 1000 Scheme (84%), giving us a total of over 6000 points, at an average of 327. One member (Michael Parkinson) scored maximum points, while Cassie Anderson, Kerry Blanch and Hillary Morrison completed all swims.

CLUB COMPETITIONS

We run two competitions within the club. One is a short distance point scoring competition (200, 100, 50, 25m) where eight swims per month score points. The other is a club record breaking competition which was very keenly contested this year.

ACHIEVEMENTS

Most of our swimmers will have their times entered for the Top Ten competition.

SOCIAL ACTIVITIES

Our presentation day was at Dooleys. Our Christmas party was at our pool. We venture to Dooleys (Lidcombe Catholic Club) every first Friday of the month (after swimming), and for pizza every third Friday of the month.

Terry Gaaney
Treasurer





Annual Report 2013

Committee 2013 Year

The following committee was elected at the AGM in November 2012:

President	Pascal Blanquer
Vice President	Vacant
Secretary	Frank Markus
Treasurer	Kari Baynes
Registrar and Race Secretary	Vassili Efimov
Female Swimmers Representative	Lindy Woodrow
Male Swimmers Representative	Frank Markus
Safety Officer	Lindy Woodrow
PR and Fundraising	Stephen Hendriks
ABC Coordinator	Bill Dunk
Social Secretary	Nick Westaway
Non-Portfolio	Oscar Perez Concha
Non-Portfolio	Ryan Bennett

Nick Westaway joined the committee during the course of the year.

Membership 2012

The club consisted of 88 members, including 17 female swimmers as at 12 October 2013, which is a decrease of 5 members from the end of last year. The number of female swimmers has remained at 17. It is an encouraging sign that overall numbers are remaining strong over the last few years.

Treasury

The club ended the financial year with total assets of \$2,986.44 and a net profit of -\$7,075.86 (due to \$10,000 transferred from club account into Term Deposit accounts). The club has finished the year in a strong position, thanks in large part to a very successful Carnival and club raffle, a Bunnings BBQ and other fundraising activities and sponsorship donations.

Carnivals

As at 12 October, the club had scored 1857 points which puts us in 8th place in Division 1. The Wett Ones members participated in 10 carnivals throughout the year, including:

North Sydney; Blacktown; NSW Long Course Championship Olympic Park; Ettalong; Wett Ones Sydney University pool; Trinity; Manly Warringah; Central Coast (Gosford). (Results = 1st at our own Carnival, 2nd at Gosford, 6th in North Sydney).

The Wett Ones Carnival was again a great success for the club. The number of registrants was lower this year (170) as expected due to the calendar (post Nationals). The program was modified to try to reduce the overall length of the carnival and it was reduced 30 minutes or so – next year we will combine 200m events as one 200m event to further reduce the carnival time period.

Individual results

The Wett Ones had 28 members ranked in the National and State Top 10 for their age group:

- National and State – Tracey Clay, Lou Lou Stanley, Cath Rogers, Tristan Hartley, Nick Westaway, Mark Holmes (1st – 400 IM), Ryan Bennett, Nori Fujikawa (1st – 200 breast), Nick Ward, Ricardo Schwanz, Vassili Efimov, Haydn Wood, Damon Kendrick (1st – 1,500 free), Wayne Sherson, Brad Cherrie
- State only – Michelle Daley, Mi Weekes, Lindy Woodrow, Cecily Black, Belinda Hurdis, Tristan Bray, Gi Singh, Pascal Blanquer, Oscar Perez-Concha, Joshua Barnes, Matt Webster, Lawrence Powderly, Ken Ryan

Coached swimming – Sydney University

The club's heartfelt thanks are extended to head coach Danny Crowe; and assistant coaches Catherine Rogers and Vassili Efimov. During the 2012-2013 season Peter McGee completed his coaching course and he is now a part of the coaching team. Following Peter, two other members (Nick Westaway, Mark Holmes) have started their Master Swimming coach training this year.

During the 2012-2013 season our Club ran a Breaststroke Master Class, given by James Etter and by former world record holder Matt Jaukovic.

Andrew Boy Charlton Saturday Morning Swims

Thanks to Bill Dunk and Bob Nagel for running the Andrew Boy Charlton sessions on Saturday mornings during the 2012-2013 season. The Wett Ones have confirmed and paid for 2 lanes per session for the 2013-2014 season, which will go to the 12th of April.

Communications

The website (www.wettones.org) acts as a primary means of communication with our membership, together with our Yahoo Group email list and our Facebook page. The Facebook page usage has significantly increased over the last few years. Pictures from carnivals, ocean swims or other social events are often shared via our facebook page. Also it is used to discuss specific topics for the members such as Darwin Out-Games.

Masters NSW has also significantly increased their activity on Facebook and we have been working closely with them to update them of any news related to our club for them to share it to the other masters clubs.

A Drop-box account has also been created for the club to store and share some of the information of the club. Currently its use is starting at the committee level but we will look into expanding its content and its access.

Safety

The Wett Ones organised a CPR training course in 2013 for members and coaches. No safety incidents were reported at training sessions this year or at the 2013 Carnival. Further details are provided in our annual Safety Report

Social & fundraising

Wett Ones' primary fundraising activities were once again a Bunnings BBQ and the Wett Ones BPS Carnival. One Bunnings BBQ was held in October 2013. The club wishes to thank all those members who organised and assisted in running the BBQ, which raised approximately \$1,300. Several social activities were planned throughout the year in addition to our weekly pub nights, held after training on Wednesdays; traditional stay at Pearl Beach in conjunction with the Central Coast BPS; the Xmas party; Fair Day stall; Mardi Gras parade (group of members took part in the parade along with Melbourne Glamour-heads and Brisbane Aqualicious); regular attendance of some of our members to the Ocean Swim season; large group taking part in the world first Nudie Swim; participation in a swim camp organised in Melbourne by the Glamour-heads; participation in the fundraising Quiz for the Mardi Gras Queen Film Festival; group outing to an AFL Swans Game.

Pascal Blanquer
President



MASTERS SWIMMING

President:	Lynne Matthias
Secretary:	Robin Henze
Treasurer:	Doreen Walton

All Correspondence to Secretary: Unit 5, 16-20 New Dapto Road, Wollongong. 2500

Annual Report 2013

This last year was pretty quiet but there were some great moments. Members of our club attended club swims, State long and short course, State long distance and the 38th Nationals held at SOPAC. Karline also competed in the Masters Games in Cairns in the middle of the year. Our club is currently ranked fourth in Division 3 which I think is great as we are a very small club.

Our weekly swim is still held at Corrimal pool on Sunday mornings and we organised an open day in October to invite people who had shown interest in the past to join us.... but no one turned up! We also organised an article and photo promoting our club in the local newspaper, with little result. I think I can say now that we have exhausted all avenues of recruiting new members.

The National Masters Championships was a great success and our effort at manning the medals table was appreciated and I thank Robin, Karline, Doreen and Roger who gave up their time to do this.

I want to welcome Sascha and Adam to our club and I hope they enjoy swimming with us and the social side of our club as well. It was very different and great to be able to enter two Mixed Relay teams at the State short course carnival in Canberra, thanks to Sascha and Ross. Also, thank you Ross for the great photos and one historic video of my butterfly event that will never be attempted again I might add, for our facebook page.

Once again we have enjoyed some great social events thanks to the social committee and thanks to Doreen we now have a Club Facebook page. I think this is great because it is another means of communicating and keeping in touch with members and sharing photos and events that we have enjoyed together as a club.

Thank you Sue, for all your hard work and dedication as an official at Club, State and National competitions and we hope you are back on your feet very soon. Also, thank you to the executive officers for their support throughout the year.

Have a great Christmas and New Year everyone, and I hope to see everyone well and swimming their best next year.

Lynne Matthias
Club President



Annual Report 2013

As the old saying goes where has the year gone? Who knows, quite a few of us can't wait to say farewell to the unlucky 13 and bring on 2014. One of the great celebrations for the year was the birth of Jade and Alan Mifsud's beautiful baby boy Brodie. They are going to have their hands full with two little very active red heads and hopefully new recruitments in years to come. On a sad note we say Vale to one of our esteemed members Greg Martin who contributed so much to the Club over the years.

Membership for the year was stable with 20 members registered. We welcomed a new member to the Club Byron O'Loughlin, we hope you have an enjoyable time with us. Congratulations to Paul Sinfield for completing his Paramedic training and sadly he has taken up a transfer to the country, hopefully we will still catch up at Meets.

On the Carnivals side there has been a big decline in the number of members attending meets due to health issues, family and other commitments sadly to say. To our dedicated members Aileen Williams, Ron Cowley and George Brown thank you for carrying the Banner and only missing a couple of Meets all year. Hopefully next year the Wobbies will be back in full force again.

On the social side our Annual picnic to Sandy Bay was held in February, a little disappointing by numbers but for those who attended a great time was had by all. Christmas we celebrated at the Chinese restaurant at Toukley nearly taking over the place, the highlight of the night was the Kris Kringle gifts swap with lots of laughter and fun.

The Club meets at Toukley Aquatic Centre, Header Street, Toukley on Mondays 6.30 to 7.30pm followed by cake and chat. Other training sessions our members attend are the Adult Fitness Squads organized by the pool on Tues/Thurs evenings 6.30 to 7.30.

Wyong would like to thank the staff and all the dedicated people who help to keep this wonderful organization running and giving so much of their time in helping out the Masters swimming community. Wishing you all the best for 2014.

Ruth Wall
President

CLUBS THAT DID NOT SUBMIT AN ANNUAL REPORT FOR 2013

Cessnock Masters
Coogee-Randwick Masters
Cook & Phillip Masters
Dubbo Redfin
Ginninderra Masters
Hornsby Masters
Hunter AUSSI Masters
Hurstville Aquatic Swim Club
Jets Swim Club (Masters)
Maitland AUSSI Masters
Nelson Bay Dolphins
Port Macquarie Masters Swimming
Raymond Terrace
Shoalhaven Seahawks
Singleton Masters
SLC Aquadot
St George Masters
Tattersalls Club
Terrey Hills Terriers