



MASTERS SWIMMING NSW INC.

2016 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 2016

I would like to call 2016 a year of rebuilding, rethinking and looking towards the future in Masters Swimming NSW. Following our extremely successful 40th birthday year it was time to look towards the next 40 years (or at least the next 10 years) and do some serious planning to ensure our organisation satisfies our current membership and encourages others to become part of our “Fun, fitness and Friendship”.

It is certainly true that we have not been increasing in numbers over the past few years, and we recognise that we need to attract younger members to our organisation. So as a Board we did a lot of dissecting of figures and looking at ways of satisfying ALL our membership as well as attracting new members.

We recognise that Coaching is one of the most important aspects of Masters Swimming and so we formed a “Coaching team” led by Anne Smyth and Di Coxon Ellis as Coaching Director. Di organised coaching courses for our new coaches (we ran 3 courses in 2016) and Anne and the team worked on upskilling our current coaches and also facilitated coaches to visit clubs who put up their hand up for a visiting coach. This has seen some of our coaches visit country and city clubs and has proved to be very popular and helpful especially to our smaller clubs who do not have a regular coach. The group also ran a very successful coaching forum at State in October and has kept coaches up to date with training tips and techniques within the group. 2017 will see an extension of what was put in place in 2016 and hopefully even more coaches and clubs will be involved.

During the year we also put together a Communications team to look after the marketing of Masters Swimming NSW. This group is looking at many aspects of Marketing and gathering statistics to see what direction we should be heading. It is made up of a very keen group of volunteers who have had experience in this area and we look forward to some great results in 2017. Our facebook page has grown in popularity thanks to our keen administrators and the website is constantly changing and been updated by our webmasters ably led by Mark Hepple.

Jillian and I started meeting with Swimming NSW in early 2016 and have forged a positive relationship. We are hoping that in the future there will be a cross pollination of members and the young swimmers will see Masters Swimming as their next step after junior swimming.

Recognising that not all our membership join us to compete we organised a Dryland session at Sydney Olympic Park in August where we learned about diet (eating and drinking) in relation to our swimming and “dry land” exercises in relation to swimming in particular “swimmers shoulder” and other ailments for the older swimmer. It was a very informative morning and one we will look to repeat in future years.

During the year members of the Board visited a number of our clubs, both in the city and in the regional areas, sitting and talking with members and even joining them for a training session. We learned many things about our members and learned that not all clubs are the same and it is great that such a variety of activities are offered within our club structure.

Clary Munns continues to excel in our sport and in 2016 was named NSW Masters Athlete of the Year for her achievements in 2015 and also Australian Masters Swimmer of the year, a new award which is calculated on the FINA points and is awarded to the swimmer who achieves the most FINA points during the year in a set number of swims. Clary was also Swimmer of the Meet at both NSW championships and also at the National Championships in Melbourne.

Masters Swimming NSW supported the Brainswim in 2016. This was a fun morning at Lane Cove pool in November where about 40 NSW members from various clubs came together to earn money for the charity Brainstorm at Royal Prince Alfred researching into a cure for brain cancers. Quite a number of our members swam 10km that morning, and numerous others swam varying distances between 1-10km. It was a wonderful morning of friendship and fun, but the best part was so many swimmers getting into the water to support a great cause. Masters Swimming is about many things but this morning was one of our finest, supporting others and I hope we can be involved in years to come. Thanks to all those involved and to the many members who sponsored our swimmers.

Another highlight of 2016 (and unfortunately a low as well) was Warringah Masters putting together a 360 relay team to attempt a National record at the Warringah swim meet in September. This had never been achieved before in Australia and attracted much media attention, with the team featuring on a number of television channels and radio broadcasts. Unfortunately John William Steen died on the day prior to the meet but his life was celebrated at Warringah with his family and many friends present to honour a truly wonderful gentleman. This too was a momentous day for Masters Swimming, one of sadness but also celebrating the great friendships we make in Masters Swimming.

During 2016 we trialled new ideas such as on line entries to meets, the Hornsby twilight meet where members could enter on the day, keeping track of timekeeping hours at the long distance meet, being involved in fund raising, a photo competition to promote endurance swimming and of course our new coaching and communications committees. My thanks to all involved in these initiatives as well as to all involved in every aspect of Masters Swimming. My thanks to the Board for their continuing support, to Jillian and those who help in the office who make my life so easy, to all who officiate at our meets, to those involved in running their club and to everyone involved in Masters Swimming , we have a wonderful organisation, one which we can all be very proud of, let's keep it that way and tell others about our Fun and Friendship.

Jane Noake
President

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COUNTRY VICE PRESIDENT'S REPORT 2016

There was considerable discussion at the last (2016) AGM about promoting masters swimming in regional areas and how this could be facilitated. MSNSW, via the board, consequently sought input from clubs in the north coast region about their wishes and needs. There was little response from regional clubs, however, indicating perhaps that most are reasonably content with their current circumstances. On the other hand, off its own bat Coffs Harbour initiated an open afternoon and other activities that did attract new members, while a metropolitan club (Blue Mountains Phoenix) organised a pop-up endurance afternoon at Bathurst that was welcomed and well attended by local swimmers. This seems to confirm that what motivates and encourages masters swimmers is the practical efforts and commitment of individual club members. The board is very keen to assist clubs and regions, and can usually provide funds as well as visits, circuit coaches, stroke correction clinics and officials' courses, but can only be effective by working with and through individual local members.

In 2016, for example, the board wrote a submission to Griffith City Council in support of their building a 50 metre pool, and submitted an application for a \$5,000 grant for promoting masters swimming in the Hunter Valley region. The board was also in discussion with Masters Swimming Queensland about co-sanctioning meets, so that swimmers in northern NSW would have greater opportunities to compete in carnivals. A coach development course was held in Yamba in October and Anne Smyth and Paul Bailey both conducted very successful coaching / technique sessions in regional areas.

Eleven of the sixteen BPS carnivals in 2016 were held in metropolitan areas, which includes the central coast / Newcastle area; the other five were held in country regions. In addition to the branch (MSNSW) carnivals, the ACT held two interclub swim meets.

Of the twenty-three NSW swimmers who achieved maximum points (1005) in the very popular Endurance 1000 program, three were from Tuggeranong, two from Port Macquarie and two from Molonglo. Six Tuggeranong, two Port Macquarie and three Molonglo swimmers completed all 62 swims. Tuggeranong once again came second for the top scoring club trophy, with Port Macquarie fifth, Singleton seventh, Novocastrian eighth, Molonglo ninth, Clarence River eleventh, and Coffs Harbour twelfth. Singleton ranked third in average points per member, with Tuggeranong in seventh place, Port Macquarie eighth, Coffs Harbour ninth and Novocastrian eleventh.

Sue Wiles

Country Vice President

ADMINISTRATOR'S REPORT 2016

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. Board members were elected at the Annual General Meeting held in May 2016 which was attended by 47 registered persons representing 24 of our 51 clubs. Chris Lock from Myall Masters decided to not seek re-election and was thanked for his contribution over the past two years, this left a vacancy which was filled some time later by Kerryn Blanch, Wests Auburn Masters.

Final membership figures for 2016 were only thirteen less than 2015, with participation at swim meets remaining constant.

Prior to the Annual General Meeting in May the Board members toured clubs to provide a face-to-face opportunity for members to meet them and discuss all things 'Masters'.

The NSW State Government has been generous in approving two separate grants, one to assist in the set-up and activities of the Coaches Project team and the other specifically for Governance.

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

Promotions

Awards



Male & Female Swimmer of the Year awards were awarded at the Annual General meeting to Gary Nicholls, Coogee-Randwick Masters and Clary Munns, Blacktown City. Prize packs were donated by Vorgee.



Coach of the Year went to the ever-popular Paul Bailey from Warringah Masters. Paul has put a tremendous amount of effort into his own club but also to MSNSW as part of the coaching team and also presenter of the Club Coach course. Paul has willingly travelled around the state to hold coaching sessions for clubs that have requested the service. Official of the Year was awarded to Jamie Turner from Ryde AUSSI Masters who is ever-present at nearly all swim meets, not only officiating on pool deck but also competing. Jamie is on the committee of her own club and volunteers at the branch office so proving to be a great all-rounder for MSNSW.



August saw Sport NSW awarding MSNSW the Sport Volunteer Management trophy in the State Sporting Organisation category.

Recognition

Many members of MSNSW were recognised for their work and dedication during 2016. These included, but are not limited to, Paul Bailey (Gary Stutsel Award), Ruth Fitzpatrick (Administration Award), Jillian Pateman (Ian Davis Award) and Sue Wiles (Betty Grant Award). The branch offers congratulations to all these plus all those nominated.

Technical Officials all need to be recognised, congratulated and thanked as our swim meets cannot proceed without them. They are all volunteers and put in many hours in all weathers to ensure members are safe, competition adheres to rules and swimmers are in the right place at the right time and do their very best.

A new club joined our ranks, Maccabi Masters but one withdrew and we said goodbye to Cook and Philip Masters.

And while we said a very sad farewell to several members who died throughout 2016 one name is known by many—Jack Matheson from Shoalhaven Seahawks was three months short of his 99th birthday when he died in July. RIP Jack Matheson!

Marketing

Warringah Masters received state wide media coverage for a record attempt at the 360+ men's medley relay. This news kept the membership enthralled in the weeks leading up to the swim. Sadly, one of the team died before the competition and, although this was the worst outcome, the swim meet was spent celebrating his life and strong friendships, a bittersweet event with his family enjoying the camaraderie that goes with being embraced by the Masters Swimming family. Vale John William Steen.



Masters Swimming Australia provided a Swim into Spring campaign toolkit for all clubs to boost their membership and assist in marketing any activities. This opportunity was taken up by a few MSNSW clubs and gave them assistance with ideas, formatting and media images.



Brainswim Charity event—at Lane Cove pool in November. MSNSW supported this charity event with swimmers, volunteers and promotion. Prizes were donated by Vorgee.



Swimming Australia loaded our clubs into their Swimfinder website so online enquiries can go direct to clubs.

A call went out to the membership asking for volunteers to set up a Communication Committee and immediately got more than six pairs of hands. The team will help to develop and implement marketing campaigns and promotions and have already had success in the identification of key audiences by liaising with Swimming NSW. This team will come into full force in 2017 but have already started the ball rolling by surveying members and researching our social media and website activity.

A photo competition was held for the Endurance 1000 program and this winning entry came in from Clarence River Masters. Yes, they are participating in distance events in these conditions with intrepid timekeepers!



Vorgee again funded the MSNSW events calendar, printed for each member, and provided male & female Swimmer of the Meet prizes at the Branch Championships. For this we are extremely grateful. They are a great support and wonderful to work with.



Programs & Activities

Technology Team

The volunteer Webmaster team maintain an interesting and up to date website ensuring relevant information is available to members in a timely fashion. All this behind-the-scenes activity provides MSNSW members with facts, news, ideas and information in a consistent format with Masters Swimming Australia. Online entries were introduced utilising the existing Sports TG platform and its simplicity of use and the member's familiarity with the system helped ease the process. The Treasurers of host clubs accessed the weekly settlements as they do with membership payments and it took away the need for clubs to chase payments and reconcile accounts.

Facebook

A volunteer Facebook team administer our social media platforms and are constantly communicating, updating and sourcing information and relevant material. With over 2070 likes our page continues to amuse, educate and keep us 'social'. This only happens because of an active couple of members that attend most swim meets and are willing to take the time and make the effort to film, snap and chat then post and follow up.

It's all about finding the fun and friendship in our sport!

Coaching Team

Three Club Coach courses were presented during the year by Di Coxon-Ellis and a professional team of volunteers including Vicky Watson, John Kulhan and Paul Bailey. Two courses were held in Sydney and one at Yamba on the far north coast.

The Board of MSNSW put together a Coaches Project team with financial assistance from the NSW State Government providing a small grant. This team organised a coach's forum to get all coaches talking, a coach workshop with well-known Masters Coach Mark Morgan and have been able to send a coach to any MSNSW club that asked for a visit. These trips have been followed up with programs and advice to members.

March saw another coaching development workshop, this time at Ryde Eastwood Leagues club.

Endurance 1000 Recorder

The 2016 Endurance 1000 results have been finalised after a lot of work by both the Branch Endurance 1000 Recorder Jenny Whiteley, and the National Recorder Pauline Samson. MSNSW had twenty three members gain maximum points and fourteen others achieved all 62 swims. Some clubs logged 100% participation!

Safety

It is highly recommended that clubs organize CPR and/or First Aid courses for their membership, this not only provides assistance in a time of need but gives everyone added confidence that they could lend a hand. To encourage CPR qualifications the branch held a course at Sports House after a dryland training session with a Sports Dietician and Sports Physiologist. It is hoped with this blend and mix of activities to the membership that nearly all members can be engaged with our sport at some level.

Technical and Training Team

Our qualified technical team is made up of well trained and well respected volunteer professionals. Clubs are asked to train all their members to the minimum Timekeeper qualification and encourage everyone to take on responsibility to assist at swim meets. Training courses are free and while often held at swim meets they can also be arranged to be presented at a time and place convenient to members.

Swim Meets

Throughout NSW and the ACT eighteen sanctioned meets were held in 2016. The calendar was made up of seven long-course and eleven short-course meets.

The long course championships were conducted at SOPAC over two days with 293 swimmers booked in to compete from 45 clubs.

The branch relay meet in July was held in the short-course diving pool at SOPAC, attracting 257 swimmers from 16 clubs, the branch long-distance long-course championships were held in November at Blacktown with 81 swimmers from 23 clubs and the short course championships were held in October over two days at the Peninsula Leisure Centre in Woy Woy attracting 190 competitors from 35 clubs.

At the long distance Championships every entrant (or proxy) was required to log time as a timekeeper to get their swim times recorded. This worked well and the day ran smoothly because of the constant supply of willing TK's. The meet finished earlier than expected and there was only 1 call over the speakers for TK's all day.

With the introduction of online entries for interclub meets it was recognised that there is no need for late entries to be accommodated.

<h3>Acknowledgements</h3>

<p>Mark Hepple guided NSW into online entries utilising the existing Sports TG console. Mark trialled and tested systems that others knew little about and provided video assistance to simplify the process for those new to online entries. Most members see Mark at swim meets in an office squirreling over a keyboard and staring at a screen but outside of those events he volunteers hundreds of hours redesigning, rescripting documents and reorganising our website. He provides fabulous advice and supports the branch office in too many ways. His hours of labour often go unnoticed but never unappreciated.</p>
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MSNSW acknowledges the work of its many volunteers in assisting to conduct the business in all areas of the Branch, in the office, at meets and in all clubs. This includes, but is not limited to, two facebook administrators, three webmasters and two office assistants and the many, many officials and timekeepers that consistently provide professional service to our organisation.

We continue to have two fabulous and dedicated members volunteering their time to assist in the branch office —Kevin Stirling and Jamie Turner—and I am most grateful to them. They get allocated the onerous tasks, counting, stocktaking, checking and collating, even standing out in the weather to provide carpark access at the Annual General Meeting. They also provide sage advice and chatty company, thank you Jamie and Kevin!

We again enjoyed the assistance from volunteers through Volunteering NSW at branch championships with timekeeping and are most appreciative of their presence. Most are regulars with us and deserve special mention.

My thanks also go to the national General Manager, Projects Manager and Administration Manager at Masters Swimming Australia in Melbourne for their consistent support throughout 2016. Thank you Noeleen, Lynne and Kath, it is a joy working with you, I look forward to Jane Barnes getting stronger and fitter and then back into the national office sometime soon.

I thank my fellow admins in all other branches whose friendship and advice is invaluable and always available.

Jillian Pateman
Administrator



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

BOARD REPORT
FOR THE YEAR ENDED 31 DECEMBER 2016

Your committee members submit the financial report of The NSW Association of Aussi Master Swimming Clubs Inc. for the financial year ended 31 December 2016.

1. General Information

Committee members

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

Chris Lock	Jon Hawton
Kari Baynes	Tony Tooher
Stuart Meares	Sue Wiles
Jane Noake	Kerryn Blanch

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 \$1,123 (2015: deficit \$4,226)

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

Committee Member

Committee Member

Dated this

day of

2017.

**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 2016. 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 \$1,123. The income of the Association fell across all operating sectors for the period. Expenditure also fell for the period.

The surplus and additional corpus has increased the Association's asset base with net assets of approximately \$221,400 and liquid funds of \$248,659.

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

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 2016 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:

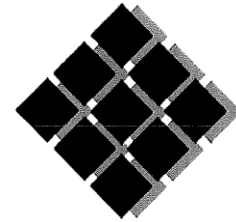
Committee Member

Committee Member

Dated this

day of

2017.



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

Report on Financial Report

We have reviewed the accompanying annual financial report, being a special purpose financial report, of The NSW Association of Aussi Masters Swimming Clubs Inc., which comprises the assets and liabilities Statement as at 31 December 2016, the income statement, statement of changes in equity and statement of cash flows for the year ended on that date, notes comprising a summary of significant accounting policies, other explanatory information and the certificate by the members of the committee. The financial report has been prepared to fulfil the financial reporting requirements of the committee under the constitution.

Committee Members' Responsibility for the Financial Report

The committee of the association is responsible for the preparation and fair presentation of the financial report in accordance with the requirements of the constitution, and for such internal control as committee determines is necessary to enable the preparation of financial report that is free from material misstatement, whether due to fraud or error.

Assurance Practitioner's Responsibility

Our responsibility is to express a conclusion on the accompanying financial report. We conducted our review in accordance with Standard on Review Engagements ASRE 2400, *Review of a Financial Report Performed by an Assurance Practitioner Who is not the Auditor of the Entity*. ASRE 2400 requires us to conclude whether anything has come to our attention that causes us to believe that the financial report, taken as a whole, are not prepared in all material respects in accordance with the applicable financial reporting framework. This Standard also requires us to comply with relevant ethical requirements.

A review of financial statements in accordance with ASRE 2400 is a limited assurance engagement. The assurance practitioner performs procedures, primarily consisting of making enquiries of management and others within the association, as appropriate, and applying analytical procedures, and evaluates the evidence obtained.

The procedures performed in a review are substantially less than those performed in an audit conducted in accordance with Australian Auditing Standards. Accordingly, we do not express an audit opinion on the financial report.

Conclusion

Based on our review, nothing has come to our attention that causes us to believe that this financial report does not present fairly, in all material respects, the financial position of The NSW Association of Aussi Masters Swimming Clubs Inc. as at 31 December 2016, and of its financial performance and cash flows for the year then ended, in accordance with the requirements of the Association.

Basis of Accounting, and Restriction on Distribution and Use

Without modifying our conclusion, we draw attention to Note 1 (a) to the financial report, which describes the basis of accounting. The financial report is prepared to assist the committee to comply with the financial reporting requirements under the constitution. As a result, the financial report may not be suitable for another purpose. Our report is intended solely for members and should not be distributed or used by parties other than the members.

W.W. VICK & CO.

Chartered Accountants

Peter P. Vlahopol
Partner

Dated:

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

INCOME STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2016

	2016	2015
	\$	\$
Income		
Registrations - State	40251	42,218
Surplus at Carnivals	5,090	9,413
Other Income	500	500
Affiliation Fees	1,930	2,110
Interest Received	2,005	3,422
NSW Government Grant	20,000	20,000
Total income	<u>69,776</u>	<u>77,663</u>
Expenditure		
Administration & General Expenses	2,864	2,742
Aerobic Production	1,384	2,515
Anniversary Dinner	-	5,276
Archival Expenses	-	9,525
Coaching Costs	687	1,766
Computer Expenses	5,461	4,761
Depreciation	811	1,395
Insurance	325	300
Membership & Officials' Development	2,742	838
Postage	502	455
Printing & Stationery	370	499
Promotional Expenses	-	76
Repairs & Maintenance	-	144
Review Fees	2,200	2,200
Salaries & Wages	46,300	44,684
Superannuation	4,623	4,343
Telephone	-	370
Top 10 Production	384	-
Total expenses	<u>68,653</u>	<u>81,889</u>
Surplus/(Deficit) before income tax	1,123	(4,226)
Income tax expense	-	-
Surplus/(Deficit) after income tax	<u>1,123</u>	<u>(4,226)</u>
Retained surplus at the beginning of the financial year	216,469	220,695
Retained surplus at the end of the financial year	<u><u>\$217,592</u></u>	<u><u>\$216,469</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 2016

	NOTE	RETAINED EARNINGS	RESERVE - BETTY GRANT LEGACY	CORPUS	TOTAL
		\$	\$	\$	\$
Balance 1 January 2016		220,695	1,000	532	222,227
Deficit for the 2015 year		<u>(4,226)</u>	<u>-</u>	<u>-</u>	<u>(4,226)</u>
Balance 31 December 2015		216,469	1,000	532	218,001
Surplus for the 2016 year		1,123	-	-	1,123
Corpus received from Cook and Phillip Masters	10	<u>-</u>	<u>-</u>	<u>2,260</u>	<u>2,260</u>
Balance 31 December 2016		<u><u>\$217,592</u></u>	<u><u>\$1,000</u></u>	<u><u>\$2,792</u></u>	<u><u>\$221,384</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

ASSETS AND LIABILITIES STATEMENT
AS AT 31 DECEMBER 2016

	Note	2016 \$	2015 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	2	248,659	228,032
Trade and other receivables	3	20,000	20,000
Inventories		1,842	2,224
TOTAL CURRENT ASSETS		<u>270,501</u>	<u>250,256</u>
NON-CURRENT ASSETS			
Plant & equipment	4	1,350	2,161
TOTAL NON-CURRENT ASSETS		<u>1,350</u>	<u>2,161</u>
TOTAL ASSETS		<u>271,851</u>	<u>252,417</u>
LIABILITIES			
CURRENT LIABILITIES			
Trade and other payables	5	50,467	34,416
TOTAL CURRENT LIABILITIES		<u>50,467</u>	<u>34,416</u>
TOTAL LIABILITIES		<u>50,467</u>	<u>34,416</u>
NET ASSETS		<u>221,384</u>	<u>218,001</u>
MEMBERS' FUNDS			
Reserve - Betty Grant Legacy		1,000	1,000
Corpus	10	2,792	532
Retained surplus		217,592	216,469
TOTAL MEMBERS' FUNDS		<u>\$221,384</u>	<u>\$218,001</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 2016

	Note	2016 \$	2015 \$
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from customers		107,848	98,163
Payments to suppliers and employees		(91,486)	(114,592)
Interest Received		2,005	3,422
Net cash provided by/(used in) operating activities	6	<u>(18,367)</u>	<u>(13,007)</u>
CASH FLOWS FROM FINANCING ACTIVITIES			
Corpus received from Cook and Phillip Masters	10	<u>2,260</u>	<u>-</u>
Net cash provided by financing activities		<u>2,260</u>	<u>-</u>
NET INCREASE/(DECREASE) IN CASH HELD			
Cash and cash equivalents at beginning of financial year		20,627	(13,007)
		228,032	241,039
Cash and cash equivalents at end of financial year	2	<u><u>\$248,659</u></u>	<u><u>\$228,032</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 2016

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 2016

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 2016

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 2016

	2016	2015
	\$	\$
2. Cash and Cash Equivalents		
Cash on Hand - Imprest Account	200	200
ANZ Bank	248,459	227,832
Total cash and cash equivalents	<u><u>\$248,659</u></u>	<u><u>\$228,032</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	10,072	10,072
Less: Accumulated Depreciation	(8,722)	(7,911)
Total property, plant and equipment	<u><u>\$1,350</u></u>	<u><u>\$2,161</u></u>
5. Trade and Other Payables		
Current		
Unsecured liabilities		
Creditors and Accruals	6,700	2,544
Affiliation fees in advance	1,540	1,400
Government Grant in advance	21,540	10,000
PAYG Tax Payable	1,464	1,464
State Registrations Received in Advance	19,223	19,008
Total current trade and other payables	<u><u>\$50,467</u></u>	<u><u>\$34,416</u></u>
6. Cash Flow Information		
Reconciliation of cash flows from operating activities with deficit:		
Surplus/(Deficit) for the year	1,123	(4,226)
Non-cash flows in surplus:		
depreciation	811	1,395
Changes in assets and liabilities:		
(increase)/decrease in trade and other receivables	-	700
(increase)/decrease in inventories	382	(915)
increase/(decrease) in trade and other payables	16,051	(9,961)
Cash flows (used in)/from operating activities	<u><u>\$18,367</u></u>	<u><u>\$(13,007)</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 2016

7. Contingent Liabilities and Contingent Assets

In the opinion of the Committee of Management, the Association did not have any contingencies at 31 December 2016 (31 December 2015: None)

8. Events after the end of the Reporting Period

The financial report was authorised for issue on 27 March 2017 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.
Quad 1
Level 2
8 Parkview Drive
SYDNEY OLYMPIC PARK NSW 2127

The principal place of business is:
Quad 1
Level 2
8 Parkview Drive
SYDNEY OLYMPIC PARK NSW 2127

10. Corpus

The increase in the Corpus Account has occurred as a result of all surplus funds of Cook and Phillip Masters being paid into The NSW Association of Aussi Master Swimming Club Inc. on the cancellation of their incorporation on 24 January 2016.

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

CERTIFICATE BY MEMBERS OF THE 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 2017.

The accompanying notes form part of these financial statements

COACHING DIRECTOR'S REPORT 2016

Congratulations to the President and Board for the initiative of setting up a Coaching group / team led by Anne Smyth. Anne has provided a Coaching Group summary:

A coaching group was established in 2016 with the aim of providing support to coaches. Members of the team are: Di Coxon Ellis (coaching director) Anne Smyth (team leader) Caroline Makin, Paul Bailey, Bill Moorcroft, Greg Gourley, John Kulhan and Jane Lawrence.

Initiatives have been:

- Visiting club coach sessions have been held at Griffith, Molonglo, Blue Mountains and Singleton.
- Contact with coaches through emails sharing information.
- Coaching resources available online. Coaching webpage has been updated with coaching resources and programs.
- Workshops have been held for coaches. A Starts Turns Workshop was run in September at Tuggeranong and a Coaching workshop run by Mark Morgan in late November at Knox was well attended.
- A Coaching Forum was held at State Short course at Woy Woy in October and provided an effective platform for the sharing of ideas.

These initiatives are a start to building a strong supportive network for coaches in NSW.

Anne's awesome job has freed up the BCD role to concentrate on my area of responsibility within that team namely coach accreditation and reaccreditation so I will report on same.

The Masters Club Coach accreditation has three components (1) an online Club Coach course, (2) a face-to-face one day workshop and (3) supervised on-deck coaching.

In 2016 three course workshops for Club Coach were conducted in NSW. The first Club Coach course was held at Sports House, Sydney Olympic Park and Ryde Aquatic Centre on 21 February 2016 with 7 participants. Presenters were Di Coxon-Ellis, Vicky Watson and John Kulhan.

Second workshop was also at SOP and Ryde AC on 14 August with seven participants with the same three presenters and Paul Bailey as a trainee presenter.

Third workshop was held at Yamba with four participants. John, Di and Paul were the presenters.

After the workshops participants are required to complete the workbook, log their coaching hours and pass a CPR course then submit all with a signed Code of Behaviour form and they are an accredited Club Coach.

As a result of these 2016 workshops we had 5 new accreditations in 2016 – Tony Curran, Madeleine Fleming, Jane Noake, Dawn Gledhill and Christina Echols. Many of the other nine trainees are close to completion and we hope for a 100% completion rate as in 2015.

Those who previously completed Intro Coach can count the 10 hours practical coaching towards their Club Coach course – Dawn Gledhill, Rachel Ireland, Alan Lawrence, Helen Hamilton, Andrew Hill, Mark Holmes, Paul Mason, Michael Moroney, Misa Nakata and Jane Noake. Dawn and Jane attended the February Club Coach workshop course and are both now accredited Club Coaches. Alan and Helen completed the October workshop.

In 2016 we had 8 Club Coach reaccreditations – John Smith Cessnock, Sonia Fawdry Tamworth, Bill Moorcroft Warringah, Di Coxon-Ellis Hills, Vassili Efimov and Cath Rogers from Wett Ones plus Ken Morrison and Kaye Turner from Qld club Twin Towns and Ben Jenkinson who is not attached to a masters club..

Professional Development:

A very successful Coach Development Session was conducted on the 19 March 2016 at Ryde Eastwood Leagues Club. Thanks to John Kulhan and Graham Hill for assisting me in the coaching and Jane Noake, Greg Lewin, Deanne Doran, Jan Shannon and Russell McLeod for helping the 14 swimmers in the water.

Paul Bailey, John Kulhan and I completed the online Masters Club Coach course this year as it is a prerequisite for the coaches so the presenters also need to complete it. Vicky Watson has completed this course previously.

Paul Bailey and I completed the Mentor course through NSW Sport & Recreation. Paul Bailey completed the Presenters and Assessors courses and has joined our team of presenters in NSW.

MSNSW Coach of the year 2016:

Congratulations to a worthy recipient Paul Bailey and his nomination has been forwarded to Masters Swimming Australia. The national award is presented at the ASCTA Conference at the Gold Coast.

In the latter part of 2016 the National Coaching Committee revised the criteria and the assessment process of the National COTY and is another reminder 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.

Reminder to clubs that you can recognise your coach if they are not a member of your club by paying for their coach membership for MSA. It is only \$10 pa and they become part of the Masters Swimming fraternity.

Once again credit to Jillian Pateman for her administrative support in the organisation of workshops and professional development.

Thanks also to Mark Hepple for introducing me to the Dropbox method of maintaining the MSNSW Coaches Register. Mark Hepple has also done a wonderful job revamping the website utilising tabs and adding supplied pdfs under a 'download section. As an email will be sent directing attention to this page when the uploads are added, I try to update the BCD tab regularly.

I also acknowledge the continued support of previous Branch Coaching Directors, John Kulhan and Vicky Watson in presenting the Club Coach course. John assesses all the workbooks from the courses, for consistency sake. Also a big thank you to Paul Bailey, now on board as a presenter but also as an invaluable support in all areas of coaching.

Di Coxon-Ellis

MSNSW Branch Coaching Director



COMMUNICATIONS COMMITTEE REPORT 2016

The Communications Committee was established in December 2016. There are four members, led by Board Member Kari Baynes, who bring a mix of marketing and communications expertise from a broad range of industries. Their swimming experience varies and includes current Masters and ocean swimmers and former competitive swimmers:

- Craig Magnusson
- Peter Kaupert
- Jade Lish
- Diana Watts

The clear brief for the Communications Committee is to raise the profile of Masters Swimming NSW and grow the membership base.

The Committee identified a need for more detailed data around MSNSW's Membership and how members interact and communicate with the organisation before embarking on any marketing activity. In general, a more robust set of data is required to understand membership demographics and participation – such as the number of new members each year, the number of outgoing members, the ages of these member groups – to monitor churn and success at attracting new members.

The first activity undertaken by the Committee was an online survey sent to members to find out why they joined MSNSW, what they liked and disliked about the organisation and what other sports they do. A similar survey was sent to non-members.

There was an impressive and enthusiastic response with 194 members completing the survey, demonstrating strong engagement and commitment to MSNSW. Key findings and opportunities:

- 50 percent of respondents were aged over 51 years and only 5 percent were under 30;
- 58 percent heard about Masters through word of mouth/a friend and almost 30 percent discovered their Masters Club by visiting a local pool. No-one found out about Masters from Facebook or via an ocean swim yet 57 percent of members and 35 percent of non-members (20 respondents) have done at least one ocean swim. Clearly there's a big opportunity to target new members via the ocean swim community and via Facebook, where we have an existing base of engaged swimmers who aren't all members;
- Cycling, going to the gym and running are the top three other sports done by members, highlighting an opportunity to partner with a gym to attract new members;
- There's a perception among some non-members that Masters swimming is very serious and focused on competing – hence the need to market the organisation's focus on fitness, friendship and fun;
- Suggested improvements include: recruiting younger swimmers, more social interaction, and looking after new members to ensure they feel welcome and are integrated into the team.

In 2017, the Communications Committee will deliver a marketing and communications strategy outlining suggested segments to target new members, how to leverage its current assets both online and offline and recommendations for budget and resources.

TECHNICAL COMMITTEE REPORT 2016

2016 saw a continuation of almost 100% compliance with the Rules of Swimming by our competitive members. No doubt this is due to a combination of factors including active coaching, attention to detail by swimmers and help from officials. Because of this the only major technical challenge for MSNSW is ensuring the continuity of a willing pool of officials. The work being done by Di and Noel Partridge and many others in enrolling and training new officials is critical to achieving this objective. We just need more effort from clubs to encourage their members and friends to enrol in these courses and to support their candidates through to accreditation.

In October 2016 the National Technical Committee (NTC) submitted a draft of the Rules of Swimming that was then adopted at the National Mid-Year Meeting. The revision was to align our MSA Rules more closely with the Swimming Australia Limited (SAL) Rules. The reasons given for this were:

- to make it easier to adopt rule changes made by FINA (this was never a problem during my time on the NTC despite FINA's many changes);
- to assist the process of co-sanctioning meets with SAL and its affiliates.

Unfortunately while these changes have little impact on swimmers they will require a great deal of effort from the NTC to update training and operational documents for referees and everyone involved in organising and running our competitions. The major cause for this upheaval is the deletion of the position of Meet Referee from the revised Rules. There is no sign of this work having been completed as at the 9th April even though it is six months since the changes were adopted. They should have been ready for the 1st January when the rules came into effect.

The other change that will need further clarification is the striking out of rule SW 4.5M which instructed the referee how to alert swimmers in the event of a technical false start (note there were two technical false starts in the one heat at the MSNSW LC Championships held on the weekend of the 9th and 10th April)

At the same National Mid-Year meeting a new General Rule was introduced that would have affected every member capable of recording a time in the National Top Ten. The rule in question is GR 15.1.1 that initially read:

"GR 15.1.1 For National Top Ten times to be recognised by the MSA National Recorder, the individual(s) must be swimming for their MSA Club, using their MSA registration number and the Meet must be advertised on a calendar of events."

This rule would have wiped out a 42 year old convention adopted at the first National Meeting of Masters Swimming in Australia, namely that swimmers may record times for Top Ten in their club's internal swims. Fortunately the repercussions of the rule have been recognised, including the fact that it contradicted existing rule GR 15.2. A motion has been put before the National AGM on the weekend of 9th April and it looks as though the situation will be corrected by striking out the words "and the Meet must be advertised on a calendar of events".

Rule GR 15.1.1 and the changes made in aligning our rules closer to SAL's, highlight the need to **closely examine all of the implications before changing or adding to the existing rules.**

I trust I can continue to be of service to MSNSW and its competitive members in the coming year.

Gary Stutsel
Technical Director

TRAINING COORDINATOR'S REPORT 2016

I start with a big thank you to all the members, friends, relatives and volunteers who time kept constantly for Masters Swimming New South Wales (MSNSW). It would be nice to see all these people become qualified time keepers. It is easy to qualify as a timekeeper now, just contact Diane Partridge (DiP) for the short cut online course.

Mark Hepple has developed a complete new data base which is saved in Dropbox which allows Mark, Jillian and DiP to access. The advantage is when I update the database each month it now only has to be done once. I can also now email targeted groups of officials. This data base has allowed me to add an extra table to my report. Thank you Mark, this certainly has streamlined the administration of officials within MSNSW.

Thank you to all officials who officiated at our twenty two swim meets. MSNSW has a contingent of 91 active officials 36 less than 2015. Chief Timekeeper and above who offer their services at MSNSW swim meets. Congratulations to these officials for their outstanding team work throughout the year. It would be nice to have another forty officials join the officials' team. It is amazing how much fun officials can have. The pay of self-satisfaction is very rewarding.

Congratulations to the twenty one officials who gained their accreditation in 2016. Of the 21 officials fourteen were time keepers. I urge these time keepers to progress to other positions. A decrease of five compared to 2015.

It was pleasing to see that no swim meets were cancelled in 2016 due to the inability to fulfil the official's criteria. This does not mean that MSNSW clubs can rest on their laurels. MSNSW can never have too many officials.

There were fifteen courses offered ten less than last year because presenters were sitting at the pool an hour before warmup with no candidates even when they said they will attend. A total of forty three candidates attended these courses, eleven less than 2015. The question needs to be asked, why has only twenty five candidates of the forty three candidates completed their competencies? Thank you to all the dedicated mentors, presenters and co-ordinators. Port Macquarie was the majority of qualifying candidates in 2016.

Inspector of Turns and Starters had their turn to re-accredit in 2016. Finally all officials are now accepting of re-accrediting every four years. All twenty three Inspector of Turns re-accredited and all seventeen Starters re-accredited. This is an excellent result. Officials need to remember their certificate has an expiry date printed on it. Remember re-accreditation is the recommendation from FINA.

I would like to thank all the wonderful dedicated non swimming volunteers, MSNSW board for your support, Jillian Pateman, State Administrator and Gary Stutsel, Technical Director for their many hours of work during 2016. All are valued members of MSNSW.

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 and so are your mature age children and grandchildren.

Current Qualified Officials	2016
Timekeepers	222
Chief Timekeepers	49
Marshal/Check Starter/Clerk of Course	55
Starter	17
Inspector of Turns	23
Judge of Strokes	6
Referee	17

Please note some officials are accredited in multiple positions.

Officials Positions	Accredited in 2016
Timekeepers	11
Chief Timekeepers	4
Marshal/Check Starter/Clerk of Course	3
Starter	2
Inspector of Turns	1
Judge of Strokes	0
Referee	0

Please note some candidates accredited in multiple positions.

Courses	Number of Courses	Candidates in 2016
Timekeepers (including General Principles of Officiating 1&2 requiring no training hours)	4	24
Chief Timekeepers	2	3
Marshal/Check Starter/Clerk of Course	2	2
Starter	3	11
Inspector of Turns (including General Principles of Officiating 3 & 4 requiring no training hours)	2	1
Judge of Strokes	1	1
Referee	1	1

Please note some candidates participated in multiple courses.

Coordinators were:	Presenters were:
Ruth Fitzpatrick	Ruth Fitzpatrick
Christopher Lock	Christopher Lock
Diane Partridge	Neil Keele
	Diane Partridge
	Noel Partridge
	Heather Rouen

Diane Partridge
NSW Training Coordinator

ENDURANCE RECORDER'S REPORT 2016

STATS: Participants = 450, Females = 239, Males = 211,
No: Clubs = 45 (5 more than last year)

Trophy for Club Scoring Highest Number of Points:

An exact replicate of last year with Campbelltown again claiming the lead from Tuggeranong for the Trophy of 'Highest number of aggregated e1000 points' with Wests Auburn grabbing 3rd spot. *(Campbelltown attained more than 2500 additional points than their 2015 tally).*

Club Code	Club Name	Points	Average Points	F-Points	M-Points	Participants	Female	Male	Members
NCT	Campbelltown	16312	652.48	8573	7739	25	14	11	25
NTN	Tuggeranong	10130	107.77	7829	2301	38	26	12	94
NWS	Wests Auburn	5796	414.00	2654	3142	10	4	6	14

The Highest Average Points per Club Award:

Campbelltown hit the top spot again with the highest average points for e1000 swims based on number of club members (n=25 – NB: 100% of their member participated in e1000). They were followed again this year by Tuggeranong (n=14). The 'average points' totals were higher than last year for these 2 clubs). Coming in third was new comer, Singleton (n=8).

Club Code	Club Name	Average Points	Points	F-Points	M-Points	Participants	Female	Male	Members
NCT	Campbelltown	652.48	16312	8573	7739	25	14	11	25
NTN	Tuggeranong	414.00	5796	2654	3142	10	4	6	14
NSN	Singleton	402.88	3223	2290	933	7	5	2	8

Swimmers with Maximum Points 2016 (1005)

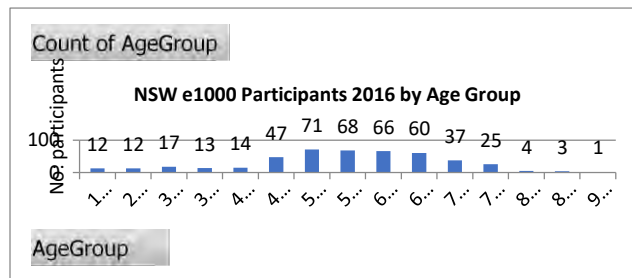
There were 23 swimmers who achieved maximum points {2 more than last year}

Member	Club	Age	Age Group	Points
BURGESS , KATRINA	NTN	49	45-49	1005
DAVIS , ADRIAN	NPM	65	65-69	1005
DAY , BRENDA	NTN	67	65-69	1005
GRIFFITHS , ROBIN	NBM	62	60-64	1005
HOUGH , KAY	NCT	67	65-69	1005
KAUPERT , PETER	NWG	75	75-79	1005
KING , DAVID	NCL	63	60-64	1005
LEWIS , KATE	NCT	28	25-29	1005
LLEWELLYN , GEOFFREY	NCN	83	80-84	1005
MCLEOD , RUSSELL	NCT	66	65-69	1005
MCMURTRIE , WENDY	NPM	49	45-49	1005
MURPHY , GEOFFREY	NTR	61	60-64	1005
O'NEILL , IMOGEN	NCL	27	25-29	1005
OKE , JOHN	NCN	76	75-79	1005
PARKINSON , MICHAEL	NWS	46	45-49	1005
PELOSA , JAMES	NCT	54	50-54	1005
REID , ANN	NTN	54	50-54	1005
ROUEN , HEATHER	NCT	60	60-64	1005
SAVIANE , ANITA	NCS	73	70-74	1005
SINDEN , OWEN	NCT	61	60-64	1005
TAYLOR , BEN	NCT	48	45-49	1005
WHITELEY , JENNY	NRY	58	55-59	1005
WOODHAMS , NICK	NWG	65	65-69	1005

Swimmers with Maximum Swims (62)

A further 15 swimmers achieved maximum swims {6 > last year}

Member	Club	Age	Age Group	Points
SHEPPARD , WENDY	NCL	56	55-59	973
BALE , DAVID	NTN	43	40-44	938
PATEMAN , JILLIAN	NBM	57	55-59	914
GENOVESE , KERRI	NCL	55	55-59	894
TEUNISSEN , ANDREA	NTN	56	55-59	845
CAMPBELL , DONNA	NTN	54	50-54	833
PREISS , HANS	NCT	67	65-69	809
HENSON , KATHRYN	NCL	54	50-54	784
MORRISON , HILARY	NWS	70	70-74	734
KULHAN , JOHN	NTR	65	65-69	675
COLYER , TANYA	NCN	56	55-59	672
BLANCH , KERRYNN	NWS	43	40-44	653
BAKER , DIANE	NCT	63	60-64	624
ANDERSON , CASSIE	NWS	36	35-39	529
SWEETING , BRUCE	NCL	52	50-54	502



Jenny Whiteley
NSW e1000 Recorder

Supported by the



BRANCH MEET RECORDER'S REPORT 2016

Swim Meet System

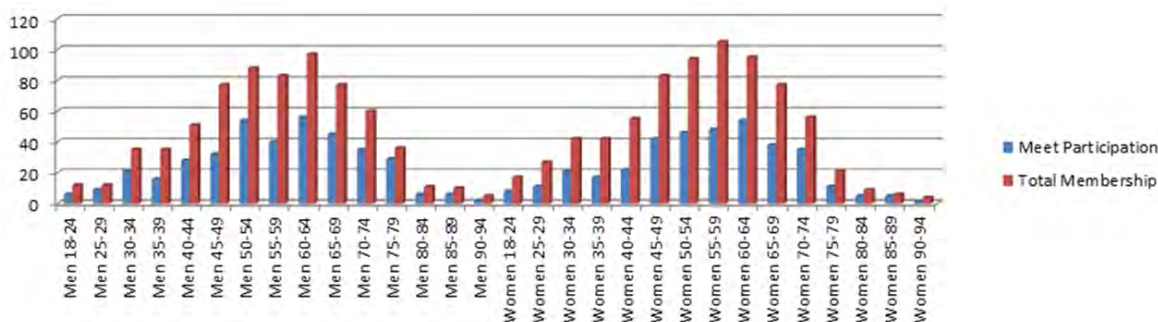
In the year 2016, I officiated at 11 interclub meets, three State Championships, and the State Relay meet. My role for each of these includes setup of the meet database and Team Manager files, setup of the online entry system, the compilation of entries, programme preparation, report preparation for 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.

At each of the Branch Championship meets, results have been made available in “real-time” on our own [Live Results website](#), accessible poolside on smart phones and tablets.

An additional 7 meets were conducted by host clubs using their own licenced software and equipment. For each of these meets my role includes the setup of the meet database, complete with current registrations and latest available records, Team Manager files, the setup of the online entry system & compilation of entries where applicable, checking post-meet 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.

53% of our total membership participated in one or more swim meets during 2016. This is a slight reduction from the previous year (56%) and figures for earlier years include a rate of 61% in 2002.

Below is a chart of 2016 meet participation by age group and gender.



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 from swim meet results and Endurance 1000 data throughout the year, plus additional manual entries from club time trials and non-MSA meets that are submitted by club recorders at the end of the year.

In 2016, a total of 760 times were recorded manually for 75 swimmers from 10 clubs.

Swim Meet Entries

In 2016, online entries became mandatory for all Branch Championship meets and were embraced as an option for 10 interclub meets with great success.

The Board has resolved that, for all sanctioned swim meets:

- from 2017 no late entries will be accepted;
- from 2017 no manual entries by club summary sheet, or any other means, will be accepted, and;
- from 2018 all entries will be by online entry only.

It is envisaged that the use of 'online entry only' will enable the extension of meet closing dates to one week prior the meet, rather than two weeks. Other benefits of online entries are listed at the end of this report.

Swim Meet Flyers

In late 2016, I undertook a project to provide some consistency in the presentation of information within flyers for swim meets sanctioned by Masters Swimming NSW. A draft of the style guide was produced.

This includes the use of such measures as:

- standard wording/phrasing
- some standard formatting (min. font sizes etc.)
- grouping of like information
- standard positioning of certain information within the same area of the page in each flyer.

It is hoped that this will assist both members and Race Secretaries with the selection of, and entry to events, by being able to more easily locate relevant information within each flyer.

This has been overwhelmingly well received by club organisers and at the time of writing, all published 2017 flyers conform to the style guide and many more are in the pipeline.

Mark Hepple

MSNSW Meet Recorder

Benefits of the Online Entry System for Swimmers:

- Swimmers can enter 'online' at their convenience
- Easy to use - a one-step process to go online, pick the meet to attend, the events you wish to swim, and pay in just a few minutes without having to print, manually fill out and send paper forms
- No more emails, phone calls or payment worries.
- Swimmers receive a receipt of payment and confirmation of their entry
- Swimmers can update their own personal details at the time when entering a swim meet
- Entries do not incur a surcharge when paying by credit card or PayPal
- Step-by-step instructions, FAQ's, and even a webinar type video are available on the MSNSW website.

Benefits of the Online Entry System for Competing Clubs:

- Club Race Secretaries benefit from reduced workload and stress levels of compiling and submitting manual entries or electronic entry files
- Saves time on data entry and back-and-forth communications
- No money handling at club level, no need to track down payments
- Gets rid of email chains and phone tag trying to figure out which swimmers are going to which meets and what events they wish to swim
- Club relay organisers can go online at any time to view the "confirmed entrants" list to assist with the compilation of relay teams

Benefits of the Online Entry System for Host Clubs:

- Real-time reports - Traditionally, host clubs have not known how many entrants they have for their meet until the close of entries. An online entry system offers the ability to watch entries flow into the database in real-time. Comprehensive reporting of entries is available by status (pending/unpaid/approved/withdrawn/etc.), age, gender, region, trends over time
- No more headaches due to late entries from lost emails or manual forms
- Potentially, no money handling at club level and no need to track down late payments. Payments go directly to your club bank account, with weekly settlements and reports available to view or download.
- Small fee deducted directly from entry fees paid by credit card or Paypal by IMG covers internet payment gateway and bank merchant fees
- Option to input manual entries and payments into the back-end of the system without incurring CC fees
- You can email any, or all, entrants directly from the IMG console

RECORDS RECORDER'S REPORT 2016

World Records

Two World Records were approved in 2016 to Clary Munns from Blacktown City Masters Swim Club. Congratulations Clary!

April	Clary Munns	200m Butterfly	LC	3:35.36	70-74
May	Clary Munns	200m Butterfly	SC	3:26.57	70-74

National Records

62 National records were recognised throughout the year, 26 to women and 36 to men plus 5 Relay records.

Congratulations to:

Russell Merrick, Pam Munday, Paul Wyatt, Nicolai Morris, Cameron Horn, Jenny Whiteley, Paul Lemmon, Jenna Freeman, Stephen Lamy, Clary Munns, Gary Nicholls, Alan Brown, Peter Kaupert and Ian Jeffery.

Relay teams:

Seaside Pirates	200-239	4 x 100m	Free	women	SC
Warringah Masters	240-279	4 x 100m	Medley	men	LC
Warringah Masters	280-319	4 x 100m	Medley	men	SC
Warringah Masters	280-319	4 x 25m	Medley	mixed	SC
Warringah Masters	280-319	4 x 50m	Medley	mixed	SC
Warringah Masters	320-359	4 x 100m	Free	mixed	LC
Warringah Masters	320-359	4 x 100m	Medley	mixed	LC

Branch Records

2016 saw 119 individual branch records made or broken and 18 relay records achieved.

There was a wider split this year with 50 going to women and 69 to men.

The statistics in regards to pool length showed 52 of these records being attained in long course with 67 in short course pools.

The spread across the **age groups** looked like this:

20-24	5	25-29	3
30-34	0	35-39	1
40-44	5	45-49	9
50-54	1	55-59	17
60-64	1	65-69	11
70-74	40	75-79	14
80-84	3	85-89	1
90-94	8	95-99	0

All **strokes** were targeted:

31 in Backstroke

15 in Breaststroke

36 in Butterfly

21 in Freestyle

16 in Individual Medley

Lastly a look at what **distances** were popular with record breakers in 2016:

9 for 25m

19 for 50m

17 for 100m

21 for 200m

19 for 400m

17 for 800m

17 for 1500m

The branch relay records were made by (in alphabetical order) Blacktown City, Blue Mountains Phoenix, Manly, North Shore, Port Macquarie, Ryde, Seaside Pirates and Warringah.

It is inspirational to watch these swimmers and to witness the joy and know of the hard work that goes on behind the efforts.

My congratulations to you, one and all.

Jillian Pateman

Records Recorder

Supported by the



SAFETY COORDINATOR'S REPORT 2016

Thank you to the Masters Swimming NSW Board for their support and ensuring our training and competition pool decks remain safe at all times. Also, my unwavering thanks to Jamie Turner from Ryde AUSSI Masters for compiling the Clubs Safety summaries again this year.

Congratulations and thank you to the 24 Safety Officers that submitted a 2016 Safety Report, it is from this information that we learn how proactive our clubs are and how high they rate the importance of safety for our members.

Incidents/Accidents

How would you respond to an emergency on pool deck? Conducting a first aid course for your club members is important! In 2016 MSNSW offered a CPR course at Sports House, many thanks to Marilyn Earp and Kerry Blanch for conducting this essential class. If clubs and members are interested in getting qualified they are welcome to contact the branch office.

MEMBERS WITH QUALIFICATIONS

Of the 24/50 clubs that sent in a Safety report, 152 members are qualified in CPR, many with 25% of members holding a current certificate.

Incident Reporting

Clubs MUST ensure incident forms are completed and emailed to the MSNSW branch office as soon as possible after any incident. Incident forms are available on the Masters Swimming NSW website. Meet Directors have incident forms available at all MSNSW meets and I encourage Meet Referees to carry one.

Warm Up Supervisors (WUS)

All clubs that responded with a 2016 safety report pay attention to the importance of warm-up and swim down periods at training sessions.

Thank you to our Clubs who adhere to the MSNSW Safety policy of having Warm Up Supervisors present in the warm up lane during competition time.

Meet Directors and Meet Referees continue to ensure that we have WUS present at all times at the warm up lane/pool during competition and I encourage members to volunteer at meets for this essential role.

I also ask that swimmers respect advice or requests from the WUS, they are there for your safety!

Medical Notification

There is an At Risk Notification form available on the website so members can keep their club, coach or a meet referee alert to any health conditions they may have. This needs to be given to the Referee before you swim, it is concerning that problems have occurred during an event and medical aid is delayed because of lack of knowledge. If you have an issue, notify an Official—please.

Emergency contact information

From the safety reports received most clubs have immediate access to member's emergency contact information but there are a few that rely on phone or computer access.

Medical Disability Certificates (MD)

If you or your fellow swimmers have physical difficulty in performing correct butterfly or breaststroke you can lodge an MD certificate.

The disability may be permanent or temporary and must prevent the swimmer from doing one of the stipulated actions in butterfly and/or breaststroke according to the Rules of Masters Swimming Australia.

A swimmer with a non-manifest disability shall provide a medical certificate stating the swimming action (s) that may/will be affected. The certificate must be signed by an eligible healthcare practitioner.

MSNSW has a unique Swimwear Medical Disability form for those who need to wear a constructed suit or have extra binding. If, for medical reasons your swimsuit does not comply with FINA rules please lodge a MD certificate.

This masters swimmer has a medical reason for being unable to comply with Masters Swimming Australia Rule GR16—Swimwear, which requires that only one swimsuit, made of traditional textile fabric (permeable) and without zippers or fasteners, be worn and disallows "items other than caps, goggles and swimsuits covering the body and not part of the swimsuit", including taping and prosthetics.

This is NOT a Masters Swimming Australia exemption and, like the MD, would not be accepted at interstate or National competition.

Slip, slop, slap, seek & slide

Sun protection is important as nearly all skin cancers are preventable. For information on skin cancer prevention visit Cancer Council NSW's website:

<http://www.cancercouncil.com.au/cancer-prevention/sun-protection/sports-groups-sun-protection/>.

They have a FREE SunSmart app for you to download to check UV levels on the go plus advice about sunscreen.

What can we do better?

Here's some ideas from those clubs that lodged a safety report:

- The Coach conducted a First Aid course
- Specialised training on the conduct of diving/turns & relay changes
- Ensured a no-diving rule was respected
- Assisted members onto starting blocks at training
- Reviewed and refined the roles & responsibilities of club/pool staff in emergencies
- Reviewed safety procedures with ALL members
- Conducted Bronze Medallion course
- Alternate lanes swim clockwise/anti-clockwise

Yours in safety,

Jodie Burke

Branch Safety Officer

WEBMASTER'S REPORT 2016

The MSNSW website continues to be the main source of information about the organisation for our members and the wider public.

A number of new features/upgrades were introduced during the year, including:

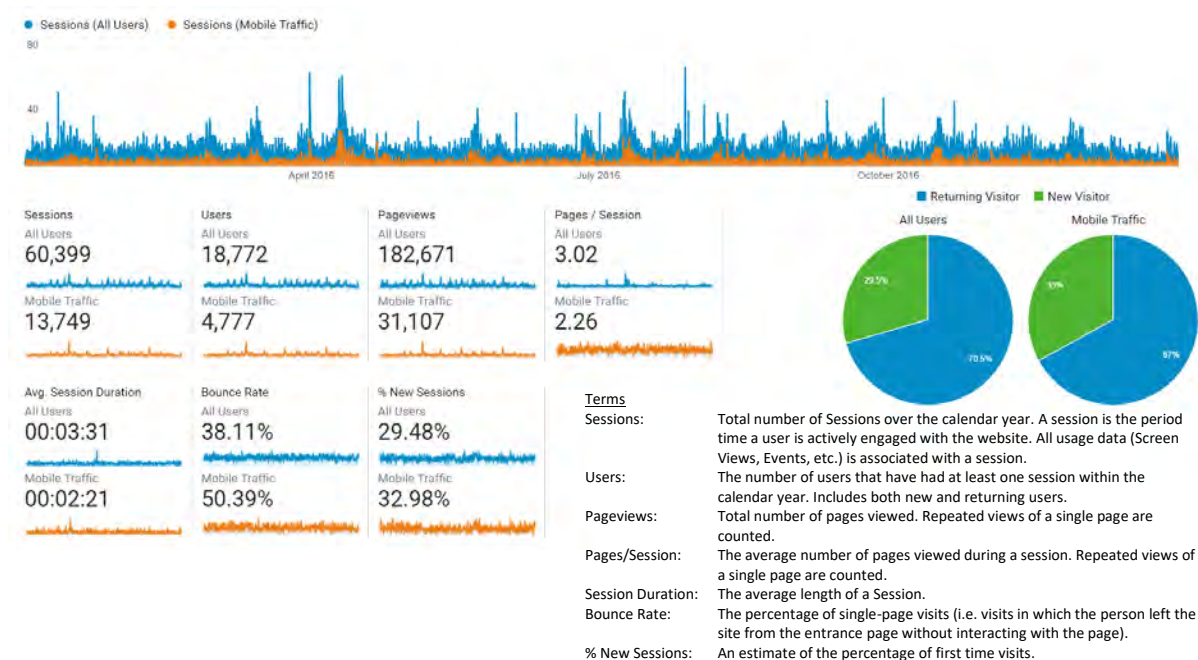
- **Clubs List** page upgrade, with club lists under tabs by geographic region and the addition of a “word cloud” of club names, where the colour and font size represents the relative membership numbers for each club.
- **Coaching** page upgrade.
- **FAQ** page added under the Competition tab.
- **Online forms** added to Forms page under the Downloads tab, for Club Registration and Club Committee notification.
- **Banner Advertising** added to “most visited” pages as a service to members and a source of income.
- **Embedding of PDF documents** within pages is now being used wherever possible to simplify viewing of information.

We would appreciate receiving any feedback from our readers, with ideas of what they would like to see or anything they do not like about the website. An online **feedback form** is available for this purpose.

We also ask that clubs send stories with photographs that can be featured in the news section of the website and/or Facebook. These may be uploaded via the online form on the **Picture Galleries** page, or emailed to webmaster@mastersswimmingnsw.org.au.

Website Statistics

The usage statistics have grown compared to 2015, with sessions increasing by 12½%, pageviews increasing by 18%, and users increasing by 21%.



Full statistics for the top 25 visited pages are listed below:

Rank	Page	Pageviews	Unique Pageviews	Avg. Time on Page	Entrances	Bounce Rate	% Exit
1	/ Index (Home)						
	All Users	43,022 (23.55%)	33,008 (23.81%)	0:01:14	31,565 (52.32%)	25.10%	27.92%
	Mobile Traffic	8,466 (27.22%)	6,085 (24.66%)	0:01:25	5,544 (40.33%)	32.15%	34.43%
2	/Downloads/Swim-Meet-Programmes						
	All Users	14,813 (8.11%)	12,425 (8.96%)	0:03:47	5,808 (9.63%)	69.16%	61.88%
	Mobile Traffic	2,975 (9.56%)	2,578 (10.45%)	0:03:30	1,787 (13.00%)	76.27%	71.53%
3	/Competition/Events/Meet-Calendar						
	All Users	14,742 (8.07%)	11,348 (8.19%)	0:00:48	4,162 (6.90%)	26.13%	19.08%
	Mobile Traffic	2,531 (8.14%)	2,034 (8.24%)	0:00:52	1,146 (8.34%)	36.04%	27.74%
4	/Competition/Results/MSNSW-Swim-Meet-Results						
	All Users	13,208 (7.23%)	10,217 (7.37%)	0:03:38	3,876 (6.42%)	57.53%	49.02%
	Mobile Traffic	2,604 (8.37%)	2,013 (8.16%)	0:03:12	1,184 (8.61%)	62.84%	55.80%
5	/Home						
	All Users	7,975 (4.37%)	5,195 (3.75%)	0:01:32	2,231 (3.70%)	28.42%	25.54%
	Mobile Traffic	877 (2.82%)	654 (2.65%)	0:02:32	519 (3.78%)	55.58%	48.46%
6	/Clubs/Clubs-List						
	All Users	5,493 (3.01%)	3,666 (2.64%)	0:01:26	2,069 (3.43%)	42.66%	31.44%
	Mobile Traffic	1,354 (4.35%)	1,002 (4.06%)	0:01:26	736 (5.35%)	46.06%	39.14%
7	/Competition						
	All Users	4,234 (2.32%)	3,289 (2.37%)	0:00:19	569 (0.94%)	35.73%	10.18%
	Mobile Traffic	176 (0.57%)	142 (0.58%)	0:00:27	9 (0.07%)	40.00%	10.80%
8	/About-Us/Membership						
	All Users	4,071 (2.23%)	3,329 (2.40%)	0:03:46	840 (1.39%)	69.19%	52.71%
	Mobile Traffic	787 (2.53%)	670 (2.71%)	0:02:51	186 (1.35%)	70.43%	53.24%
9	/Competition/Events/Events						
	All Users	4,067 (2.23%)	3,105 (2.24%)	0:00:37	471 (0.78%)	20.38%	9.71%
	Mobile Traffic	471 (1.51%)	378 (1.53%)	0:00:37	109 (0.79%)	19.27%	14.65%
10	/Competition/Results/MSNSW-Live-Results						
	All Users	2,523 (1.38%)	2,038 (1.47%)	0:03:45	700 (1.16%)	66.00%	50.42%
	Mobile Traffic	871 (2.80%)	674 (2.73%)	0:04:22	348 (2.53%)	69.25%	58.44%
11	/Competition/Events/Events/nsw-short-course-championships-5						
	All Users	2,217 (1.21%)	1,849 (1.33%)	0:03:25	268 (0.44%)	65.56%	49.62%
	Mobile Traffic	500 (1.61%)	423 (1.71%)	0:03:03	101 (0.73%)	65.35%	54.60%
12	/Competition/Events/Events/msnsw-long-course-championships-3						
	All Users	2,065 (1.13%)	1,709 (1.23%)	0:03:52	285 (0.47%)	69.82%	52.78%
	Mobile Traffic	465 (1.49%)	371 (1.50%)	0:03:16	107 (0.78%)	73.83%	50.75%
13	/Competition/Results/Swimmer-Profiles						
	All Users	1,926 (1.05%)	1,676 (1.21%)	0:03:19	235 (0.39%)	61.86%	46.26%
	Mobile Traffic	244 (0.78%)	204 (0.83%)	0:03:48	75 (0.55%)	71.05%	57.38%
14	/National-Championships						
	All Users	1,703 (0.93%)	1,482 (1.07%)	0:02:59	438 (0.73%)	75.11%	53.55%
	Mobile Traffic	449 (1.44%)	413 (1.67%)	0:01:51	131 (0.95%)	81.68%	46.99%
15	/Competition/Results/BPS-Scoreboard						
	All Users	1,444 (0.79%)	1,253 (0.90%)	0:02:13	210 (0.35%)	57.14%	35.18%
	Mobile Traffic	184 (0.59%)	151 (0.61%)	0:01:44	77 (0.56%)	75.32%	55.98%
16	/Competition/Events/Events/msnsw-long-course-championships						
	All Users	1,379 (0.75%)	1,105 (0.80%)	0:01:49	329 (0.55%)	42.47%	34.59%
	Mobile Traffic	234 (0.75%)	191 (0.77%)	0:01:26	75 (0.55%)	63.16%	45.73%
17	/Awards						
	All Users	1,342 (0.73%)	809 (0.58%)	0:00:40	83 (0.14%)	28.92%	7.68%
	Mobile Traffic	80 (0.26%)	59 (0.24%)	0:00:54	7 (0.05%)	42.86%	10.00%
18	/Competition/Events/Events/ettalong-pelicans-bps-3						
	All Users	1,214 (0.66%)	964 (0.70%)	0:02:30	104 (0.17%)	64.42%	38.30%
	Mobile Traffic	258 (0.83%)	203 (0.82%)	0:01:50	33 (0.24%)	75.76%	47.29%
19	/Competition/Events/Events/seaside-pirates-bps-meet						
	All Users	1,207 (0.66%)	1,008 (0.73%)	0:02:59	180 (0.30%)	62.78%	44.24%
	Mobile Traffic	279 (0.90%)	234 (0.95%)	0:02:50	87 (0.63%)	66.67%	49.46%
20	/Picture-Galleries						
	All Users	1,204 (0.66%)	942 (0.68%)	0:02:09	57 (0.09%)	57.89%	31.98%
	Mobile Traffic	85 (0.27%)	65 (0.26%)	0:01:15	2 (0.01%)	100.00%	29.41%
21	/Competition/Events/Events/novocastrian-bps-5						
	All Users	1,178 (0.64%)	971 (0.70%)	0:03:17	145 (0.24%)	68.97%	45.76%
	Mobile Traffic	192 (0.62%)	160 (0.65%)	0:02:24	37 (0.27%)	70.27%	47.40%
22	/Clubs/Clubs-List/Greater-Sydney-819						
	All Users	1,167 (0.64%)	857 (0.62%)	0:02:31	3 (0.00%)	33.33%	39.93%
	Mobile Traffic	218 (0.70%)	177 (0.72%)	0:03:28	0 (0.00%)	0.00%	52.29%
23	/Downloads						
	All Users	1,165 (0.64%)	1,036 (0.75%)	0:00:13	116 (0.19%)	43.97%	8.76%
	Mobile Traffic	27 (0.09%)	25 (0.10%)	0:00:15	2 (0.01%)	50.00%	7.41%
24	/Competition/Events/Events/warringah-bps-2						
	All Users	1,158 (0.63%)	965 (0.70%)	0:03:26	164 (0.27%)	67.07%	45.34%
	Mobile Traffic	226 (0.73%)	181 (0.73%)	0:03:10	51 (0.37%)	74.51%	51.77%
25	/Competition/Events/Events/ryde-bps-meet-2						
	All Users	1,151 (0.63%)	950 (0.69%)	0:02:41	120 (0.20%)	62.50%	39.79%
	Mobile Traffic	200 (0.64%)	178 (0.72%)	0:02:13	58 (0.42%)	72.41%	51.00%

After the Home page, the most common pages visited relate to swim meets - Programmes, Calendar & Results.

Membership and Club List pages again round out the list of most visited.

These statistics do not include the links to external sites such as the MSA Results Portal, Endurance 1000 or Million Metres.

Our website is the work of a team that includes Mark Hepple, Lindsay Brice, Jillian Pateman and Marie Taylor, with assistance from Peter Gregory.

We would like to take this opportunity to thank Ingenium Internet and Spin Internet Services for their roles in hosting our website and email service.

Mark Hepple

iNGENiUM iNTERNET



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MEETINGS 2016

NSW Branch at National Meetings

During 2016 Jon Hawton, as Branch Delegate, attended both the National Annual General Meeting in April after the National Championships in Melbourne, Victoria and the Spring General Meeting held in October in Melbourne.

In July 2016 Jillian Pateman attended the National Branch Administrator's meeting in Melbourne.

NSW Board

The Board of Masters Swimming NSW met on eleven occasions throughout 2016 at Sports House, 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	11	0	11
Sue Wiles	Vice President Country	11	0	11
Stuart Meares	Treasurer	11	0	11
Jon Hawton	Board Member	9	2	11
Kari Baynes	Board Member	10	1	11
Chris Lock	Board Member from May	2	1	3
Kerryn Blanch	Board Member from May	6	1	7
Jillian Pateman	Administrator / Minute Taker	11	0	11

Annual General Meeting

This was held in the Lachlan & Murray rooms at Sports House, Sydney Olympic Park on 14 May 2016 and was attended by the Board, 24 delegates from Member Clubs and 15 Registered persons, including four Life Members.

Apologies were received from thirteen registered persons and eight clubs.

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Bidgee Masters Swimming Club

Annual Report 2016

Thanks for the opportunity of being President of the Bidgee Masters for 2016.

At the last AGM, it was resolved to try for a monthly swim meet and training session on the first Monday of each month at 6pm. At first it appeared that your president was in fact a phantom in New Zealand. These meetings always went very well and were always followed on by an interesting meal at Giuseppe's. At times during the late winter and early spring it was almost an opportunity to swim to the pool with all the floodwaters AND RAIN.

We transferred the October meet to late September and received another excellent coaching session from Anne Smythe of Canberra. I am always amazed how many tips and tricks some of these coaches have up their sleeves. For the rest of the year we had sessions set up and brought to us by a variety of members. Each session was to be noted for its uniqueness in presentation and focus. Thanks to all the members who went to the trouble of setting up session and being a coach!! We can look forward to more volunteers next year.

Despite everyone's best intentions I believe it was ONLY Robyn who managed to compete in one championship, the Nationals, which she managed to squeeze in between O/S trips and visits to the Coast.

I look forward to the Bidgee Masters finding a team for the Leeton 24 hour MS Megaswim on 11/12 March 2017. It will be great to be your host at the Leeton Pool.

Thanks to Secretary Robyn, Treasurer Di and Public Safety Officer Nancy for being our authorised officers and looking after all the necessary officialdom of a small club. It is nice to know that all these matters are dealt with by such a capable and thorough group of people.

I have really enjoyed your company of swimmers and swimming on Monday nights this year and am looking forward to 2017 for a similar round up of sessions.

I would like to this opportunity to wish all members a safe holiday period and the compliments of the Season and a successful and bit more importantly HEALTHY New Year.

Brian Munro
President



BLACKTOWN CITY MASTERS SWIMMING

Annual Report 2016

We finished the year with around 30 members. The number is steady after losing some of the older members and thankfully recruiting some younger members towards the end of the year.

We finished the year on the BPS ladder in 10th place in Division 1, down one place from the previous year.

Our major achievement for 2016 would've been winning the average points score at the NSW Long Course carnival, and finishing 5th overall, with 12 swimmers competing.

At the State Short Course carnival in Canberra we fielded 9 swimmers, finishing 7th overall.

We sent a competitive team of 14 swimmers to the Nationals in Melbourne, where we finished in 8th place overall, 6th in the average points. Our highlight of the meet was the amazing Clary Munns winning the female swimmer of the meet and setting many age group records in the process. As always, we as a group had a great time at the Nationals, making it a real social occasion and enjoying as much as we could of the local attractions in the time we had available. Our accommodation digs in Melbourne inadvertently ended up being in the same apartment block as the Seaside Pirates, so we ended up sharing some very enjoyable Breakfasts and Dinners with our like-minded friends!

On the training front, we still maintain our regular Tuesday and Thursday night club nights at the Blacktown Indoor 50m pool from 6 until 7:30pm. We still thankfully receive a full subsidy from the Blacktown Council on the lane hire fees for these sessions, meaning our swimmers only have to pay pool entry or maintain their pool membership to access our sessions. We are unable to hold a weekend session due to the popularity of the pool, though some of our members attend other weekend Masters sessions at either Blue Mountains, Penrith or Seaside Pirates sessions due to the accommodating nature of these clubs.

Unfortunately, we no longer have the services of our much loved, much respected, highly accredited coach in Leonie Talbot. The challenges of work commitments and travel from Katoomba made it too hard for Leonie to continue in the role. We would like to publicly thank Leonie for her efforts over the last few years with the club, we were so blessed to have her. (though some swimmers may breathe a sigh of relief due to some easier sets being posted up on the board!).

Currently accredited Masters Coach Scott Hay is setting the swim program with the help on pool deck from the much loved/much respected Clary Munns, assisting with the all-important stroke correction. (Congratulations also to Clary Munns on being name the NSW Masters Athlete of the Year!) We currently have a consistent training squad of around 8-14 swimmers on club nights in the 2 x lanes available to us.

We still hold fundraising BBQ'S at Blacktown Bunnings, we still find this by far the most effective form of fundraising by far if the staffing levels can be found and maintained during these days. Thankfully most members are all able to chip in and help out on these days. We were thankfully able to cut back on the number of these BBQ'S required towards the end of 2016 and into 2017 due to reduced running costs in Lane Hire and Coaching fees.

In our own Blacktown BPS Carnival, Warringah finished in 1st place, ahead of Manly, with very strong showings also from the Ryde and Penrith clubs in 3rd and 4th place. Blacktown, somewhat disappointingly could only manage 5th place. Blue Mountains Phoenix won the average points in another strong showing. Financially the carnival was a success for us after all the costings, thanks to all the Masters Clubs and swimmers and officials who continue to support our carnival.

Socially the club is in a good place, and we are trying to improve this into 2017 by holding some more regular restaurant nights and the like to get the members together more regularly outside of training and swim meets.

In 2017 a group of 10 swimmers from the club are planning a trip to South America for what should be a wonderful month long journey! (Seeing we narrowly missed out on qualifying for Rio 2106!).

Unfortunately in 2017 due to a number of circumstances we will be unable to hold our regular BPS carnival. We do apologise to our regular carnival attendees for this, we have been quite surprised by the reaction to this once the 2017 meet calendar was released. Rest assured this is only a once off and it will be back hopefully bigger and better than ever in 2018 and beyond.

Rumours continue in the Blacktown area as to what is to happen with the now ageing Blacktown Aquatic Centre. Some say it is to be knocked down and sold to developers and another new centre built in the Showground precinct. Others say it is staying and will receive an upgrade. Others say nothing is happening. The need for a 'Learn to Swim' (at least) pool in the centre is quite serious. The truth is we don't know what is happening. We eagerly await an announcement if there is one to come.

I would like to thank the continued work done by our Club secretary Remy Reinker and the committee for their efforts. Also to our regular group of carnival attendees!

Finally, I would also like to acknowledge the continued ongoing service to NSW Masters swimming from Jane Noake, Jillian Pateman and Sue Wiles.

Thanks and regards,

Scott Hay
President



Blue Mountains Phoenix

Adult Swimming Club

30 Coolabah Rd, Valley Heights, NSW 2777

Nerida Murray 4751 3422 — Sue Wiles 4757 1065 — Kathy Dobson 4782 3947

Annual Report 2016

Not a very busy year with regard to participation in local BPS swimming carnivals for Phoenix members (we placed 8th out of 15 clubs in Division 2), but we did turn up to branch championships in sufficient numbers to win two Division 2 trophies: top-scoring club at the long-distance championships in November, and the AUSSI Executive Trophy for club participation at long-course championships in April.

Two swimmers set individual records (Russell Merrick and Penelope Rossiter) and a 240+ women's relay team set a branch and national record (Jennifer Dooley, Lisa Manning, Kathryn Dobson and Nerida Murray). Four individuals made it into the FINA 2015 World Top Ten, as did two women's relay teams.

Training and endurance swims were favourite activities again this year. Thanks to the support and management skills of Jillian Pateman and Robin Griffiths every one of our 11 members completed at least one of the Endurance 1000 swims, giving us 100% participation. Jillian and Robin (maximum points) both completed all 62 swims. In this program, our small club ranked 6th in the state for total points and 5th for average points per swimmer (8th nationally).

Our club organised an open pop-up endurance session at Bathurst pool on a Sunday afternoon in July 2016. Seven swimmers from around Bathurst, Blayney and Orange came and swam timed swims with us, as did a Wests Auburn swimmer. It was very congenial and enjoyable and we did form a connection but we haven't got around to doing it again. Yet.

Our regular training sessions include non-masters swimmers as well as swimmers from other masters clubs (mostly Blacktown). The local council has contracted Mountain Swim to provide coaching throughout the Blue Mountains but this company has been having trouble finding a reliable person to coach us adults. This difficult situation was resolved towards the end of 2016 and we are very happy with our new and dedicated coach Jacqui Cabban.

During the year, it was decided that the club should (finally) incorporate, which led to a decision to take that opportunity to change our identity from a masters swimming club to an adult swimming club. While we do have some masterful swimmers in our club, we're mindful of how intimidating the word 'masters' can be for potential new members, so as of December 2016 we have become Blue Mountains Phoenix Adult Swimming Club, Inc.

Inspired by incorporation and the change in name we went the whole hog and crowd-designed a swish new club shirt, in new colours: burnt orange, midnight blue and a dash of white.

Thanks must go again to our core group of workers—Nerida Murray, Kathy Dobson, Jillian Pateman and Robin Griffiths—but it wouldn't be the friendly and welcoming club it is without every one of our valuable members.

Sue Wiles
President



Clarence River Masters Swimming Club

Annual Report 2016

The club has 68 registered members for 2016.

All training sessions are being well attended and session times and days will remain unchanged. Monday, Wednesday and Saturday in the 50mt pool at Maclean and Tuesday, Thursday and Saturday in the 25mt pool at Yamba.

In the Progressive Branch Point Score, the club is currently in 5th place from 15 clubs. Most of our points come from our own carnival and a few other carnivals members attend this year.

The club has many members in the Top 10 placings in Australia in both the 25mt and 50mt divisions.

The club now has 3 members receive certificates in the Vorgee Million Metre Club.

Our own carnival was again a huge success with 93 swimmers attend. Our club had 23 members swim and numerous others attend and help out over the weekend.

We had 37 members complete 45 swims in the annual Turtle Swim.

We have many members swimming regularly in ocean swims and handicapped surf races. Also, many members travel to Copeton Dam for their annual "swim with altitude" carnival.

Our club applied and was granted a sport and recreation grant which was used to hold a swim clinic with John Konrads. This proved very popular and we are looking at holding another in the new year.

The club continues to gain official positions, with 2 trainee starters, 4 trainee coaches and one member complete and gain her starters certificate.

The club has many social activities throughout the year. Our annual breakfast was well supported with 53 members and guests attend. We also enjoy regular breakfasts after Saturday sessions, dinner after night sessions, coffee mornings and tea parties. Also, camping and regular get togethers.

The club applied for and was approved to become sanctioned with Queensland. We hope this will see more Queenslanders attend our carnival, as they will now have their points recorded.

The club continues to give back to members with subsidised shirts, jackets, hats, annual breakfast, carnival entries and caps.

The club is able to do this from our one fund-raiser for the year, which is our carnival.

Lastly, I would like to thank all the members for your support, coaches who always turn up, members who turn up to sessions early to help with getting the pools ready, set up and pack away after sessions.

The committee again have all worked hard and well together to make this year another success. The membership numbers and one of the most successful carnivals in the state, are examples of this.

I would like to wish you all a wonderful happy, healthy Christmas and New Year and look forward to seeing you all in the pool.

Thank you,

Jane
President

Supported by the





Coffs Harbour Masters Swimming

Annual Report 2016

It is always exciting to see a Club grow and develop especially when it's your own, and you see the members grow in confidence as well. Our membership numbers have increased, there has been plenty of success in both away competition and endurance program, not only at local level but at State, National and International level without compromise to the fun and friendship aspects of the club. After winning Division 4 of the NSW Masters Swimming LC Championships in 2015, we now have been promoted to Division 3: 2nd place in 2016 at the same Championships.

From the fitness aspect, there are sessions available to meet all needs from pain to peace of mind. Daniel Bannerman has continued his four sessions a week aimed at aerobic fitness for Masters and others. Danny Kollen has added his Masters only form stroke sharpening session for new and old swimmers. The Saturday afternoon Endurance program has helped many members gain that elusive aspect of swimming: internal fortitude. With 4 lanes available, and about 80% of member participating in a 90 minute session, our organizational skills have come into play. Occasional stormy accompaniments by both weather and cheering along with some healthy competition have made the sessions lively. While several members train with other coaches at other pools for convenience and compete with other clubs in other disciplines, we are very grateful and most appreciative of the time and effort given by Danny and Daniel to our small club and the use of the Park Beach Rd Aquatic Centre as a base.

All members of the Committee have done duties capably this year. Special appreciation must be given for the CHMS Facebook page with training program, comments, coming attractions, results and feedback, photos and videos and quirky notes. Leanne and Grant de Costa have special skills out of the pool, and have provided a wonderful format for the social side of the club. Even without personal interest, it's a great read! In her role as Secretary, Leanne has done a sterling job in getting us into the local newspapers and generally keeping the year on track.

Our Open Day in August was very successful, and a great way to introduce people to the culture of Masters Swimming. With more members in the club we come to understand where there are barriers to fitness, how challenges bring success and how a team support network can offer value and quality. Having the biggest NSW Club participating and being able to enter multiple relay teams in an event (Pan Pacific Masters Games, Gold Coast) was a big step in the club's growth. In future, I hope we will continue to have much more than individual entry events in events far and near. Due to the calibre of our swimmers, there will always be medal winners. The majority of members rise to personal challenge, and success that may not be so evident comes as a result.

Keep on swimming through 2017.

Hilary Young



Cronulla Sutherland Masters Swimming Club

Annual Report 2016

During 2016, Cronulla Sutherland Masters Swimming Club has continued to swim at Sutherland Leisure Centre on Thursday nights, mostly with small numbers.

Anita has kept us in touch with what's happening by emailing Club News at frequent intervals, while Stephen has emailed carnival programmes and closing dates.

There were few swimmers from Cronulla Sutherland in 2016 at carnivals, although some swam for their second claim clubs. However, most members are content to maintain fitness through swimming without competing. We came 24th out of 37 clubs in the NSW Long Course Championships earlier in the year, with Stephen and Greg competing.

Carol has continued to officiate as a referee at many interclub carnivals where her expertise is appreciated.

The challenge of endurance swimming was taken up in 2015 by 5 members - Anita, Lann, Barbara, Andrew and Stephen. Congratulations to Anita, who scored 1005 points, making a major contribution to the club's 1572 points which gave the club 13th place out of 47 clubs in NSW. Thank you, Barbara, for again doing the recording.

Several members completed the Bunbury Postal Swim, including Andrew, Lann, Anita and Barbara.

Many thanks especially to Anita, Lann and the club committee and regular swimmers for all the work they have done during the year. Keep enjoying your swimming and remember to try to recruit more members.

Beryl Stenhouse
Secretary

Dubbo Redfin AUSSI Masters Swimming Club



Annual Report 2016

5 swimmers, 1 carnival a year and a coffee every Saturday at 8:30am during summer season.

Report finished.

Peter Gallagher

Supported by the





2016 Annual Report

Membership

There are nine members of the club and several more people who enjoy undertaking swim training with us.

Training

Training occurs at CISAC every weekday within the window 0530-0730hrs and on Saturday until 0900hrs. Training also occurs Tues and Thurs evenings from 1830-1930hrs.

2016 was a year of growth with a hope that this can continue in 2017. Several individuals were able to compete in interclub events both within the ACT and more widely. Joan Bratton performed admirably placing in some of these events. A few swimmers decided to compete against the juniors in club nights which were a lot of fun.

The focus of our activities remained the regular swim training sessions. These sessions were a great opportunity to improve our strokes with coaches Aminda, Bronte and Sophie. Sometimes we were able to and race each other during sprint sessions. It's a great time for fitness and fun.

In 2017 we hope to participate in several ACT interclub events as a team, race the juniors at Club nights and build a community through social events.

Supported by the





GOSFORD CITY SEAGULLS AUSSI MASTERS SWIMMING CLUB Inc.

Annual Report 2016

In 2016, we had a number of our members - who are of the retiring age, go way on overseas trips as "grey nomads". Our numbers have declined in spite of our ongoing marketing efforts within the Gosford Pool, the Central Coast Council and local Doctors and Physiotherapist's Surgeries.

Again, according to our Members' wishes, our regular swimmers have built up their fitness through squad-training and competitive sprint relay competitions. We have regularly had six to eight swimmers attending each night. Our Club is focusing on fitness and fun - and the regular swimmers are "lapping" this up!

Unfortunately, our attendance at Masters meets declined. We market the coming events through the Masters Newsletters.

We have set up a Facebook page. We would like to express an interest in combining our details for a Masters NSW Swimming Website portal, where we submit material, managed through a Central Web-Master.

With the demographics of the Gosford City Seagulls membership moving to the mid-sixties, the Gosford Seagulls Committee are now marketing to a younger audience in 2016. We are hoping to build up some momentum with the local Business Chamber, the Local Council and businesses around Gosford.

Rob Lewis
President





Hills Masters Swimming Inc

Annual Report 2016

In 2016 Hills AUSSI Masters continued to receive sponsorship from the *Glenorie RSL Club*. We used the dollars to grow our member numbers, only by a few, to 24 members.

We had our fabulous new logo (as above) designed by Krunch Designs and are on track to order our new club polo shirts also from Krunch Designs.

To start at the end of the year, our focus in 2016 was to celebrate the 40th anniversary of Hills as a group of swimmers. On November we invited all past members, MSNSW Life Members and all other club members to join us at our sponsors Glenorie RSL in celebrating one of the oldest groups in Masters Swimming. A group of Adult swimmers started at Sun Valley Pool at West Pennant Hills in 1976 as the basis of the Hills Club which has waxed and waned of the 40 years. We numbered over 70 swimmers in our heyday but in 2017 we number 24 members (3 more than 2015). We really enjoyed sharing memories with past (not old) members, watching the PowerPoint presentation of photos (thanks *Freya Shearer*), checking out the memorabilia, playing the masters swimming and 1976 trivia. Oh, and the great food from the Glenorie RSL chefs!

On the day, we said farewell to Life Member and long term Treasurer, *John Wendt* but we hope it is not the last we see of John as he has only moved to inner western Sydney.

Thanks to *Lorraine Mooring* for her contribution to the 40th anniversary in decorating the function room and sharing her 1976 Dolomite with us to flag the way.

Hills had a total of eight representatives (1/3 of our membership) take part in swim meets but only at five swim meets on the MSNSW calendar (Mark Hepple swam at 6 meets for his second claim club).

Hills stats for 2016: Meet (no of swimmers) Placing/no of clubs:

Blacktown (4) 17/28; Manly (4) 8/27; Hills Long Distance (7) 7/19; Seaside Pirates (1) 20/22; Warringah (1) 23/28;

We also had six club members participate in the Wests Auburn Turtle Postal Swim, one as an individual 5000m swim and five others in a relay.

2016 was the second year we conducted our own postal swim "Swimming up Hills" which ran from 1 September through to 30 November –with the exciting introduction of online entries for the first time for a postal event. Thanks to *Mark Hepple* for his fantastic efforts in inaugurating online entries for this postal swim plus collating results and producing certificates. We almost doubled entries from 12 in 2015 to 22 in 2016. Four Hills members took part in this swim plus 8 other NSW swimmers, 7 from Queensland and 1 each from USA, ACT and Victoria. We thank Jillian in MSNSW for promoting the swim and we hope to attract even more swimmers in 2017.

Again we are struggling to entice members to becoming officials so have opted not to conduct a BPS or Long Distance Swim Meet in 2017. We request that MSNSW acknowledge the difficulties for a small club to have such a large percentage of officials present to conduct a meet. However Hills did conduct a successful Long Distance meet in July 2016 and thanks go to the Hills stalwarts and to the visiting officials who made this possible. A big thank you to *Woolworths Kellyville, Cherrybrook and Glenorie* stores for their gift cards for our officials. We hope that the 19 clubs who attended enjoyed the relaxed atmosphere and hospitality of Hills members and great staff of *Galston Aquatic Centre*. We now have a separate LTS pool so the temperature is more suitable for a meet. We had a great sausage sizzle with a gold coin donation made possible by sponsorship from *Glenorie Butchers* and *Glenorie RSL* sponsorship dollars also.

Hills keeps 'rolling along' with the hard work of:

- Our leader, President *Phillip Smilie*;
- *Di Coxon-Ellis* as Secretary/ Fitness Director/ Registrar and 40th anniversary organiser;
- *Di* and *Colvin Ellis* represent the club as officials and *Di* continues to volunteer as Branch Coaching Director;
- *Tony Howe* as Minutes Secretary/ Race Secretary and one of our club officials at meets;
- Treasurer *Kim Chapman* keeping an eye on all things financial with the help of *Melita Sutton* overseeing the 'books';
- *Mark Hepple* continues his fantastic work as MSNSW recorder, on the website and assistance with online docs. We are proud of the countless hours Mark devotes to Masters Swimming;
- *Sarnia Rusbridge* who records our Endurance Swims and race night times for Top Ten;
- *Janet Shearer* Club Captain, catering and welcoming new members.

Our official Club training session is at 7pm on Tuesday night at the Galston Aquatic Centre when we are coached by *Debra Francia*, one of the Centre's coaches. Deb attended the Masters Swimming Club Coach in August 2016 at SOP and has almost completed the requirements to becoming a fully accredited Masters Coach to add to her SAL qualifications. Deb has inspired a few new swimmers to join masters and is a great advocate for our club.

In 2017, we again hope to inspire more participation in all aspects of Masters swimming, swim meets and the Endurance 1000 swim program and encourage members to log their ks for the Vorgee Million Metre awards.

As always, Hills thanks the dedicated volunteers and admin personnel of Masters Swimming NSW and Masters Swimming Australia for their contribution in 2016.

Di Coxon-Ellis

Secretary/ Fitness Director/ Registrar





Liverpool Leatherjackets Masters Swimming Club

Annual Report 2016

Membership

This year Liverpool Leatherjackets Masters had 15 registered swimmers, 3 being new members at the end of the year taking up the 16month option

Most of our swimmers are at training mainly to improve their fitness with more than one on the road to recovery from injuries or illness and a few Tri-athletes and Open water swimmers maintaining their competition fitness.

Club Sessions

The club trains on Tuesday nights from 7-8.30 pm and Sunday Mornings 8.00-9.30am at the Whitlam Centre in Liverpool staying in the outdoor 50m pool while ever it is open and moving indoors for the rest of the year.

Interclub Meets attended

Blacktown, Campbelltown, Ettalong, Myall, Hornsby, Tuggeranong, Ryde, Western Suburbs, NSW State Long Course and Relay.

NSW State LC – 1 swimmer

Vesna Mirkovic

NSW State Relay – 4 swimmers

Robert Donovan

Sean Donovan

Anissa Abela

Jenny Shay

Social Activities

Members enjoyed several gatherings during the year.

Supported by the





Manly Masters Swimming Club

Annual Report 2016

2016 was another positive year for Manly Masters. We came through a chilly patch in September to now having record numbers attending training sessions at the Manly pool.

Thinking back over the year there are many images flashing through my mind and perhaps the approach to this annual report is to let the strongest surface and represent Manly Masters as it is today.

Following on from a team of 25 swimmers competing and coming second overall at the State LC Championships at SOPAC in April, the Nationals in Melbourne saw a very happy and cohesive band of swimmers enjoy the competition but more so the friendship. The results might have been predictable but the fun was a bonus, including the spectacle of the opening ceremony, shared restaurant meals and, for some, even an AFL game. Leap forward to the State SC Championships at Woy Woy in October and this club ethos saw us have a team of 27 compete and come first overall. The bonus was the Saturday night dinner when we were joined by the Warringah and Wollongong swimmers and the one North Sydney swimmer. The team photo that weekend is a testament to how we all feel about our club.

Just prior to that, a much smaller team headed off to Alice Springs to represent our club at the Australian Masters Games. As one team member reported at the time “each day after swimming gold, silver and bronze medals were presented by the Mayor, Deputy Mayor, and Dawn Fraser, among others”. Such an honour to be a recipient but what we were most thrilled with was the gold medal for the two relays we entered, medley and freestyle, both of which were ASMG records. Can it get any better? I think not.” Not only was it a fabulous swimming experience, the girls toured the area gaining a knowledge and insight into the local culture.

A successful Sunday morning devoted to Time Trials was a revelation to our newer swimmers when once a year the club gives us the opportunity to swim longer distances and be officially timed. This can lead to finding yourself in the Top Ten for the State and National records. It is also an opportunity to stretch yourself and have a go.

Other images include the excellent post meet feast at our carnival at Abbotsleigh, the TAFE dinner, the fundraising Bunnings BBQ, post training coffee conversations at the new café at the MABCAC, ocean swims off Manly Beach and the recognition of the Big “0” birthdays at a special lunch.

The icing on the cake was hearing Manly Masters announced as the Club of the Year at the State AGM back in May. Attending that day were Dawn, Lindsay and myself. You couldn't wipe the smile off our faces.

Finally, thank you to Peter Rawling for his outstanding stint as Club Secretary. Peter is standing down this year and we will miss him tremendously. Each and every member of the committee does a fabulous job and I thank you all – Lindsay, in charge of race entries and our website, Karen, our Vice President and current gear steward, Marie, Murmurs publisher and responsible for publicity, Dawn, Club Captain and in charge of coaching arrangements, Steve, our Carnival Director, Katherine, our Social Secretary, Matthew, our Treasurer and Gloria, our Club Recorder, backed up by Ted, our Registrar and Sonja, our Safety Officer. Running a club is a team effort and you all make it a pleasure.

Now it is time to look forward to 2017 and all the fresh experiences it will bring.

Ruth Fitzpatrick
President



Merrylands Amateur Swimming Club Inc.



Annual Report 2016

2016 was our club's ninth year affiliated with Masters Swimming NSW.

Membership

14 Members (including 1 second claim) – remains our highest to date

Club Sessions and Venues

Merrylands Swimming Centre (October to March)

Club Races: Saturday Mornings 7am to 9am

Training: Tuesday & Thursday Mornings 5:45am to 7:15am
Tuesday & Thursday Evenings 5:30pm to 7:30pm
Saturday Mornings 9:45am to 11:00am

Guildford Swimming Centre (April to September) – Moving to Granville Pool in 2017.

Training: Tuesday & Thursday Mornings 5:45am to 7:15am
Tuesday & Thursday Evenings 6:30pm to 7:45pm

Interclub Meets

Members attended the following meets:

- Masters Swimming NSW Twilight Meet
- Blacktown BPS
- NSW Long Course Championships
- Australian Masters Championships
- Ettalong Pelicans BPS
- NSW Relay Meet
- NSW Short Course Championships
- NSW Long Distance Championships
- Auburn BPS

Achievements of Members

Our club participated in numerous meets over the season, with the State and National Championships the focus.

Two of our members also competed in Swimming NSW Championships, with both Steven Nguyen and Alison Sakurovs representing the club – Alison qualifying for the State Open Championships for the first time.

Ten members participated in the National Championships in Melbourne. The team won 7 medals and swam 48 new personal best times.

Merrylands have had another successful year at the State Championships, winning Division 2 at the Short Course Championships.

Our club continues to operate as a "One Club" catering for juniors and masters swimmers with a membership of over 140. At the Parramatta Inter-Club Cup, where all our members get to compete together against the Parramatta City and Parramatta Memorial Swimming Clubs, we won the point score for the second time.

We look forward to achieving many more great results in 2017!



Molonglo Water Dragons Incorporated ACT/NSW

Annual Report 2016

We have had another good year. Our strong financial position has enabled us to keep the 2017 annual membership fee at \$100 even though the Branch and National components have increased by \$5.

The regular training sessions at Civic, Gungahlin and Queanbeyan were well attended and 2016 was a year of high levels of participation and success in swim meets. Gary Stutsel was the driver behind the 29 October ACT Interclub where the Water Dragons topped the point score for only the second time since the ACT Interclub Meets resumed in 2010.

A small group within the Club continued to concentrate on aerobics swimming, mostly at Canberra International Sports and Aquatic Centre and the Australian Institute of Sport. I endorse the call by our Aerobics Recorder, John Oke, for more participants in the 2017 aerobics program.

High quality coaching was provided by our six volunteer coaches, Mary Liz Partridge, Les Worthington, Craig Allatt, Alan Ford, John Collis and Greg Reynolds. Many members joined me in thanking Alan at his 19 October farewell dinner for his contribution over many years to the club. Alan left Canberra for family reasons. I also thank Mary Liz, the quiet achiever, for her wonderful contribution as Director of Coaching, a position from which she will take a break in 2017.

Our Web Master, Marg Wade, performed a vital job in maintaining our website which has become the major means of attracting new members to the Club.

Essential to our success were our social activities. Weekly dinners after training and the Interclub dinners were well attended. There was a strong turnout at the Club Christmas BBQ on Sunday 11 December 2016 at Tim Booth's beautiful farm. The bedrock of our success has been the steady hand of our President for the last four years, Peter Coggins. Peter listens to everyone and considers all points of view before suggesting a way forward. His good nature and happy disposition embody the fun and friendship aspects of Masters Swimming, and without that, people don't keep coming back to build any fitness.

With almost 60 financial and mostly active members we remain very viable. To retain and attract members we require a continuation of good coaching, a well maintained website, an ongoing focus on dinners and other social activities and continued strong financial stewardship.

John Collis
President



Myall Masters Swimming Club Inc.

Annual Report 2016

Myall Masters had a very successful and enjoyable year.

Our office bearers for the year were:

- | | | | |
|------------------|--------------|----------------------------|---------------|
| • President | Chris Lock | • Club Captain | Chris Mobbs |
| • Vice President | Brad Jensen | • Social Convener | Shirley Darch |
| • Secretary | Linda Stubbs | • Publicity Officer | Rhonda Bobako |
| • Treasurer | John Estens | • Handicap Events Convener | Sharon Taylor |

Special mention about our Head Coach who not only swam at a high level with a number of National and Branch records to his name but also mentored his assistant coaches Mal Motum and Brad Jensen. Brad in particular is completing his coaching qualification which will be sometime in 2017. The Club purchased a GoPro camera to assist the coaches with their work. Leon again highlighted the fact that having coaches rotating on a roster system allowed for different styles of coaching and learning to be accommodated.

The Club had success at the State level winning Division 2 branch point score event for the first time in our history.

Chris Lock the Clubs President completed a 2-year tenure on the Branch Board. Myall Masters put forward 6 proposals to the MSNSW AGM. Unfortunately, all 6 were defeated at the last meeting.

The Myall Masters swim meet in early February 2016 was well attended with over 150 swimmers. We were very proud of our efforts and felt we had run a successful meet. We are fortunate to have the support of a number of non-swimming members and community members who were very active in the organisation of the carnival and, without a doubt, contributed to its success. The Club reapplied to host in 2017 and this will be held on 11th February 2017.

We continue to enjoy exclusive use of the Tea Gardens Pool on Monday evenings (5.30 pm to 7 pm) during the months October through April. The training nights have been consistently and enthusiastically well attended. The Mid Coast Council have upgraded a meeting room for the Masters Swimming use at the pool which was renovated over the winter closure. The Council also granted us 3 lanes on a Friday between 6:00 and 7:00pm for additional training, at no cost to the club.

Our Publicity has been led by Life member Rhonda Bobako and in the summer swim season we have untold amount of publicity in both or local newspapers, with almost weekly coverage to enlighten the local community on Masters Swimming. Our Vice President and Coach Brad Jensen has written fortnightly articles embracing the virtues of correct swim techniques. His articles are well received and are lifted onto our Facebook page for all to enjoy.

Myall Masters were invited to be part of the inaugural Grey and Thespian Mardi Gras early last year. We held a street stall which highlighted the benefits of swimming and the positive aspects of doing so as part of an organised club. The success was the list of 10 names showing interest in joining Masters swimming. Out of this 6 new swimmers joined up in October. A great result.

Along with Chris Mobbs, I attended the Pan Pacific Games in November with a great deal of success. We both managed to bring home some Gold, Silver and Bronze.

Our awards evening was a highlight of the Club Year and was a successful evening. For the record the awards went to:

- | | | | |
|---------------------------|---------------|----------------------|---------------|
| • Club Member of the Year | Chris Mobbs | • 2nd Place Handicap | Sharon Taylor |
| • Encouragement Award | Hugh Jones | • 3rd Place Handicap | Hugh Jones |
| • 1st Place Handicap | Geoff Gressey | • Most Improved Time | Linda Stubbs |

As the Club moves into its 14th year it has been agreed to upgrade the Club's wardrobe and seek sponsorship where possible. New swimmers were rolled out in December and sponsored tee shirts and caps for the annual swim meet in February 2017.

The group known locally as the Myall Mullets which has no association with the Club swims daily right throughout winter in Port Stephens along Jimmy's Beach. The majority of swimmers are from Myall Masters and it is anticipated the Club may apply for a sanctioned open water swim to be conducted some time in 2017-18.

Myall Master Coach and Vice-president was named as our representative for the Mid-North Coast Region. At this time no structure has been put in place for the group to move forward.

Myall Masters was involved as volunteers and competitors in the inaugural Elite Energy event held at Hawks Nest. Financially the club benefitted from this event and a team of Chris Lock, Hugh Jones from Myall Masters teamed up with a Masters marathon runner to take out 3rd place in an open team's event. 2km swim, 40km bike and 10 km run. Not bad for an average age of 70 years coming 3rd behind 2 teams of average ages less than 50 years.

Finally, the club has managed to stay in the top 8 Clubs for the annual 2016 BPS competition which keeps us in division 1 for 2017.

Chris Lock
President



North Shore Masters Swimming

northshoremasters@gmail.com

Annual Report 2016

Hello North Shore Masters...Goodbye Hornsby Masters.

2016 became a year of change....plans were formulated to expand our reach and grow our membership. With many of our members training in different localities, including Wahroonga, Normanhurst, Lane Cove, Tamworth and Boston, USA, there has been very little contact with the Hornsby Pool. Discussions began with the option of a name change and a brand refresh. The outcome was that a change of name from Hornsby Masters to a North Shore Masters would help us grow and be more relevant to the potential members in the wider North Shore of Sydney. This became evident when people would say “why would I join Hornsby Masters?”

Our targeted catchment area is from Berowra in the north, to Hornsby and down through the suburbs of the North Shore towards Lane Cove. Whilst Lane Cove has a Masters Club, some of our members who train there saw an untapped opportunity to attract new members. Likewise, at Knox Grammar in Wahroonga, an opportunity was there to talk to adults about Masters Swimming. With Hornsby still in our catchment area, it is hoped that as the pool develops their Adult Squad we will see members again coming from this pool.

As our Club does not formally run a Training Squad, we see an opportunity to introduce Masters Swimming and our Club, to a number of different pools and their swimmers, in the hope of encouraging these smaller groups to be part of the growth of North Shore Masters.

After a very successful National Championships in Melbourne in April, our team of 5 men and one lady, came home with a swag of medals, including the highlights of the meet being a Gold Medal in the Men’s 240+ Medley Relay and a Silver Medal in the Freestyle relay. Some discussions started during our time together and we then began the process of planning and implementing the name change.

By mid year, our new Logo was finalised, and agreement reached with the State body to implement the new name. New caps were produced, and in September the first of our new members joined. The Facebook page followed and with some clever creative from our Marketing guru, we started to gain some attention.

In September, a small group attended the Warringah meet coming away with the prestigious Trophy for the Highest Average Points – a sign of our true competitiveness. We soon became known as the #fastestgrowingclubinSydney.

As a Division 2 Club, we only came 10th out of 15 Clubs in the Branch Points Score competition for 2016, moving up from 13 out of 14 in 2015. Having been at the top of Division 2 in the past, it will be one of our objectives to move back up the ranks.

However, points and medals are not the only thing we see as a measure of our success. We want to offer our members a variety of activities so that together we can inspire, laugh and achieve goals. This includes a monthly club squad session at a different pool in our catchment area, some ocean swims, some targeted meets including Championships and the Relay Meet and some social events. Plans are underway for a “Winter Solstice Swim” a club event to challenge our members and friends from other clubs.

Other notable achievements in 2016:

- Our 240+ LC 4 x 50 Medley Relay team broke a NSW Record held for 10 yrs by the Manly team
- Our 200+ SC 4 x 50 Medley Relay Team broke a NSW Record held for 7 yrs by the Blacktown team
- Our 200+ SC 4 x 100 Medley Relay team ranked number 6 in the FINA World Rankings for 2016
- Highest Average Points at the Manly Meet and the Warringah Meet
- 2nd on Average Points at the State LC Championships

I look forward to 2017 bringing further growth in our Club, with greater participation and variety of activities to engage our members in Masters Swimming with North Shore Masters. Stronger together.

Stuart Ellicott
President

Supported by the





North Sydney Masters

Annual Report 2016

This past year has seen a number of changes for the club but I'm pleased to say that we as a club have endured and, in my view, become stronger. We have 70 active members and the committee continues to look for ways to promote the club and gain new members. Any ideas you have to help with this will be much appreciated!

The core of the club is our training sessions at North Sydney Pool. We still have no clear view as to when the pool will be renovated and it remains the largest challenge we will face to continue the quality training sessions that we enjoy.

Our coaching has changed through the year. Many thanks to Wendy who had to move to Newcastle to be with her daughter. We have had Gil coaching through the week and Steve Badger is now back coaching our weekday sessions. On the weekends, we have Charm who brings her tremendous pool and open water coaching experience. Christina has stepped into the role of coaching coordinator and has implemented a new structure and approach from which we will all benefit.

We continue to be active in pool and ocean competitions. It is great to see so many members involved. We had 30 swimmers compete at the NSW Masters Relay Meet in July 2016 with 11 PBs and 10 first places. Overall during 2016, we had 103 swimmers compete in pool events with 159 PBs, 43 club records and 2 state records, which is a fantastic achievement. In the ocean swims, we had swimmers competing at just about every event in Sydney. We lead the club competition on ocean swim series with 5783 points from 76 events. Our pool and ocean captains, Rowena, Mark and Alvin, have once again done a great job for the club.

We also competed in the All Squads Meet at North Sydney Pool which everyone enjoyed as well as the post-meet BBQ. Many thanks to all who helped at the event.

Our social calendar continues to be very active. The annual weekend venue changed from Mollymook to Terrigal with Brett helping with the weekend activities and Kevin coaching the pool sessions. A huge vote of thanks to Kym for organising the whole event. Both Christmas parties went well and were well attended. The monthly Sunday social during the winter months worked well.

Overall 2016 has been a positive year. The club's success is testimony to the efforts of the committee and non-committee members who continue to give their time and efforts to the club. Many thanks and I look forward to a successful 2017.

Scott McLeod
President



Novocastrian Masters Swimming Club

Annual Report 2016

Overall the club membership has slightly increased through 2016 with the club finishing the year with 43 members. We started the year with our home pool located at Wests Balance Health Club but with changes in management strategies at that pool we shifted to Coughlan's Swim Centre at Warners Bay.

In the Division One BPS competition we ended up in third place behind Ryde and Warringah.

During the year, our swimming success was obvious from the participation and enjoyment by the members at the various meets.

We hosted a successful swim meet this year at the Charlestown Swim Centre utilising the 50m pool. This swim meet was also open to the general public for entries and was conducted with the support of the Lake Macquarie City Council as an event in the Lake Macquarie Games. We look forward to hosting another successful event in 2017.

The annual Club Presentation function was held which featured some good natured but sometimes competitive lawn bowls followed by a meal and presentation of awards. In addition we held a Christmas social get-together at the Warners at the Bay Hotel at Warners Bay after our last training session.

Our Monday training nights were well attended during the year and thanks to coaches Adam and Ben for their enthusiasm in continuing to encourage members to improve fitness, style and lung capacity with a mixture of urging, humour and encouragement.

I would like to thank the committee members Carl, Wendy, David Bell, Cherie, Lesley and Alana Doran for their enthusiasm, cooperation and hard work during the year. In addition to thanking other office bearers I would also like to recognise and thank Oona for her vital contribution as Race Secretary.

I look forward to our club continuing to thrive in 2017. Go Novos.

Mike Cockrem
Hon. President

Oak Flats Aussi Masters Inc.

“Swimming for fitness and fun”

Phone: 02 42377852

Postal Address: 20 Eureka Ave, Kiama Downs. 2533 NSW

Email: chworthy@westnet.com.au



Annual Report 2016

2016 was a quiet year for our swimmers. We did attend some carnivals and always made it into the top 10 club placings which is our goal.

Some of our members had health issues and some were away travelling but we look forward to 2017 with enthusiasm to get back competing and enjoying our swimming.

We always enjoy other activities throughout the year especially our swim down the Minnamurra River and then a walk back along the beach to take another dip to get back across the river. There are not many places that allow such a lovely swim/walk. Then it is usually coffee. We also enjoy meals out together at various places in the area.

Narelle Day
President

Supported by the





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 2016

Membership: A strong year by the club saw its membership increase from 65 to 75 in 2016 (34 males, 41 females). Under Andrew McCrindell's leadership the club has continued its growth and success, and we acknowledge Andrew's many contributions to club activities and direction. The club also thanks all committee members, and the large number of members who generously give their time to help organise a range of club activities over the year.

Club Sessions and venues: Regular training nights are Monday (7.45-8.45pm) and Wednesday (7.30-8.30pm) at Ryde Aquatic Leisure Centre. Wednesday night includes a social gathering at the conclusion of the training session for tea/coffee and biscuits and once a month member birthdays are celebrated with birthday cake. The club was again fortunate to have two regular coaches this year, Greg Lewin and Wendy Seale, who coordinated a stimulating mix of training sessions and drills to prepare members for all major events. Go Swim Videos, core strength work and Training Mirrors are now regular inclusions in the program. Our coaches assist and encourage all members regardless of ability, from high achieving swimmers to those learning form strokes for the first time.

Susan Leech organised another successful October long weekend inter-club training camp in keeping with AUSSI Masters fun, friendship and fitness. Participants came from Ryde, Tuggeranong, Albury and Wett Ones. Greg Lewin (Ryde coach) ran six comprehensive coaching sessions from Friday evening to Monday morning for 30 swimmers with the help of Wendje Magnus (Wett Ones), Leissa Cass and Anne Smythe (Tuggeranong).

Interclub meets: Ryde AUSSI Masters successfully competed in BPS carnivals, the NSW Relay meet and the National Championships in Melbourne. Ryde won another closely contested Division 1 Branch Points Score trophy race ahead of Warringah with wins at Lake Macquarie, Ettalong and Ryde carnivals. Other notable results were second at Wett Ones, Seaside Pirates, Clarence River and Warringah.

Of the state's 'most active swimmers' Ryde boasts 7 in the top 23: Jamie Turner, Susan Leech, Stephen Black, Alan Burgess, Yvette Cotton, Helen Rubin and Cassie Anderson. To cap off a stunning year Ryde has 13 members who currently hold Top Ten rankings in their age groups over various events.

At the NSW Long Course Championships Ryde came 6th and netted 18 Gold medals, 11 Silver and 6 Bronze and achieved a respectable 4th place at the NSW Relay Meet.

All members are encouraged to attend carnivals regardless of their ability, and results at all these meets were achieved not only through some outstanding individual efforts but also from members of all ages and abilities.

Achievements of members: At Nationals in Melbourne Ryde was represented by 16 swimmers who were placed 13th overall with a total of 22 medals: 7 Gold, 8 Silver, and 7 Bronze.

Jenny Whiteley had another successful year setting a number of state and national records:

National: 50m Butterfly SC, 800m IM SC and 400m LC Freestyle.

State: 200m Butterfly LC, 800m Backstroke LC, 1500m Backstroke LC.

The Pan Pacific Games were held this year and Ryde was represented by 6 members who won 28 medals: Jenny Whiteley 10 Gold, Helen Rubin 2 Gold, 1 Silver, 2 Bronze, Vicky Watson 2 Gold, 2 Silver, Amanda U 1 Silver, 2 Bronze, Sonia Holtheuer 4 Silver and Kathy Andrews 2 Bronze.

Endurance: Helen Rubin and Jenny Whiteley represented Ryde in a number of long distance swims.

Safety: Our Safety Officer, Alan Burgess, organised an extremely successful CPR course, updating qualifications for both members and friends.

Ryde also increased its number of qualified carnival officials.

Social activities

1. A novel charity swim-a-thon was held in relay format during a club training night, swimming many kilometres and raising \$4239 for the Junior Diabetes Research Fund as our co-beneficiary.
2. Annual club dinner was again popular and very well attended.
3. Annual Christmas Party with presentation of club awards.

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

Lesla Colburn
Secretary



Annual Report 2016

The Pirate year was once again very full with lots of activities to keep us busy both within our club and in the wider Masters swimming community.

A new "pop up" carnival was held at Hornsby pool in early January late in the afternoon and it was pleasing to see many Pirates attend this meet, a great way to dust away the Xmas cobwebs and enjoy some great company.

This was followed by our Annual Shelley Beach swim in late January which was once again very well attended and a great family affair. It proved very difficult to park this year and a couple of us missed the swim while trying to park cars - a lesson for 2017. We all made it back and enjoyed a picnic on the beach and some great company.

Pirate Lilian Whiteman designed a great club cossie for us this year - unfortunately we only got enough orders for the women's costume, but those who purchased them looked spectacular - thankyou to Lilian for all her hard work.

Our AGM was held on March 6th with the new committee elected for 2016. We welcomed Sue Tompkins to the committee in the role of Vice President. At the AGM we recognised the achievements of 2015 and presented the annual awards. The Swimming achievement award was presented to James Watson and the Club Member of the Year to Sandra Rogers. We also acknowledged John Bates and Cathy Codling who made the World Top 10 for 2015.

At the AGM Staffan stepped down after quite a number of years on the committee, we were all very appreciative of his work for the club both as a committee member and a committed coach.

The Long Course State Championships were held on April 9th and 10th at SOPAC and we had 23 Pirate entries. Fewer than in previous years as many of our swimmers were either injured or coming back from injury or illness. We came 4th in the pointscore with Heidi winning her age group and Peter Kerr, Vlad Petrov and Graham Hill finishing 2nd and 3rd in their age groups. Unfortunately, Captain Sandra was unable to swim due to illness.

The National Championships were held in Melbourne in late April, with 11 Pirates making the journey south. It was an exciting few days, lots of great swims and great results, well done to our team which placed 10th in the overall pointscore, with Heidi and Sandra winning their age groups and James placing 3rd.

In June we hired Pete Farrell as our coach for Tuesday and Thursday nights to see if we could increase the numbers of swimmers at training and provide a better service for our members. Pete has been an asset to our club and the numbers have slowly increased and the training has intensified and all swimmers in the water are enjoying the sessions.

We also started a stretching session on Sunday morning before swimming led by Shane Batchelor. Numbers have been a bit erratic but each Sunday we have at least a few people warming up before the session - thankyou Shane for showing us the moves.

The Relay Meet was our largest attended meet this year with 30 swimmers and once again we had a great day of racing and fun. We were second in the pointscore to Warringah and second in the average pointscore. Unfortunately, SOPAC changed the date of this meet and a few of our swimmers were away for the school holidays, but this affected every club.

The Pirates meet at Knox followed soon after on 7th August and we had 28 Pirate entries. We won the pointscore from Ryde with Heidi, Cathy, and Peter Budd winning their age groups and Jodie Burke, Sue Tompkins, Graham and Staffan filling the minor placings in their age group. Once again, we had a good number of entrants and thank you to the entire club who worked well together to make it a great and profitable day.

On 21st August, we combined with Warringah and Manly Masters clubs to hold a "Northern Beaches Challenge" at West Pymble pool. We held a few serious races, a few novelty races and then adjourned to the Bowling club for dinner. It was a fun evening and great to get together with the other clubs and have some fun and friendship. We intend to run another "challenge" at an ocean pool early in 2017.

Emma Shaw represented Pirates in the medley shoot out at the Warringah carnival in early October - well done Emma.

The State Short Course championships were held at the Peninsular Leisure Centre in Woy Woy and we had a team of 21 Pirates including some first time championship swimmers.

We were 3rd in the overall pointscore just behind Warringah who were in second place and fourth in the average pointscore. There were some awesome results with Caitlin, Heidi and Cathy winning their age groups. Emma Shaw, Sandra, Shane and Mark Scullard coming second and Jodie Burke, Sue Tompkins, and James coming 3rd in their age groups. A great result and a wonderful weekend of racing.

The last State meet of the year was the Long Distance Meet at Blacktown. There were only 7 entrants from Pirates and unfortunately only 5 of those swam on the day and we were placed 4th in division 1.

There were a number of swimmers who swam in the BPS meets during the year but special mention of Willy who swam all meets this year - well done Willy a great effort.

I would also like to make mention of the number of Pirates who officiated at meets during the year- Richard V, Willy, James, Cathy C, Jodie B and Shane could all be seen regularly on pool deck- thank you for your dedication. We need to increase our pool of officials, so let me know if you would like to become an official - we really need you.

We held our club Xmas party this year at Sue Tompkins place , thank you so much to the Sue, Peter and the girls for all their hard work. It was a lovely night and so great to get together with family and friends out of the pool (with clothes on).

In November Graham resigned from his position as Club Coaching coordinator due to his moving to the country. We thank him for all his hard work, his mentoring and dedication to the Pirates for the past number of years. His expertise will be missed but we still hope to see him at carnivals.

The last event for 2016 was the 100x100's on December 31st at the Knox school pool. We had 40 swimmers from Pirates, Warringah, Nelsons Bay, Ryde, Blacktown, North Shore Masters, Novocastrian and Riverton in WA. It was a great achievement for all swimmers, many managing the 10km in 3 hours others happy to reach their goal.

My thanks to my fellow committee members who have worked hard during 2016, to the coaches who have given up their time to make us better swimmers, to those Pirates who help out on pool deck during swim meets, and my thanks to the members of Pirates who contribute in many different ways to make this a great swimming club.



Sutherland Sandberns Swim Team Inc.

Annual Report 2016

Membership:

32 financial Sutherland Sandberns members and 30 swimmers registered with Masters Swimming.

Club Training Sessions:

Members train at Sutherland Leisure Centre at squad sessions and personal training programmes Monday to Saturday: 0500 – 0630 on Monday, Wednesday and Friday; 0930 – 1100 on Tuesday and Friday; Saturday 0730 – 0900; and also at Engadine and Caringbah Leisure Centres.

Carnivals:

Sutherland Sandberns members competed in 15 NSW masters BPS carnivals, the NSW Relays Meet, the Long Course Championships, the Short Course Championships, the Long Distance Championships and the Masters Swimming Australia National Championships (Melbourne).

Swim Statistics:

16 swimmers competed in BPS carnivals, 18 competed in State or National Championships and 15 participated in Relays Day (mention needs to be made that the late change in the date for Relays day contributed to a fall in numbers for this day).

The club's BPS placing was 11 of 12 in Division One.

Relays Day saw us finish 7th from 16 clubs on 282 points.

There were 310 total individual swims at all meets, which resulted in 137 age group PB's, 71 club records and 3 State records.

3 members were awarded Masters Swim Series Top Ten awards achieving two 2nds and a 7th in their age groups.

Social Events:

Members regularly stay after their swim sessions for social get-togethers. These are a popular time to catch up out of the pool and also provide an opportunity to celebrate birthdays.

Official social events include the Relays dinner and the Christmas Presentation lunch, which is always well attended.

The five days away to attend the National meet in Melbourne (13 Sandberns swimmers and 5 family members attended) also provided ample opportunity for socialising. The weekend away to attend Myall Lakes meet at Tea Gardens was also a much enjoyed social occasion.

Summary:

The club continues to pursue the values of Masters Swimming with its emphasis on "fitness, friendship and fun."

Tamworth AUSSI Masters Swimming Club

Annual Report 2016

Tamworth AUSSI Masters had 6 registered members this year.

Three members possess CPR qualifications.

Monthly Wednesday night swim program:

1st Wednesday of the month Training Program

2nd Wednesday of the month Aerobic Program

3rd Wednesday of the month Training Program

4th Wednesday of the month Drills Correction Program

5th Wednesday of the month Stroke Correction Program

Our meetings every 3 months continued throughout the year at the Tamworth Bowling Club discussing all things AUSSI whilst enjoying a meal together.

Richard Williams and myself were awarded life memberships of Tamworth AUSSI Masters Swimming Club this year. This achievement is such a privilege for both of us, as we have both sustained service and commitment to Tamworth AUSSI for over 20 years.

We continued to swim indoors all year round at 360 Fitness Club.

Sonia Fawdry

Club Captain/Club Coach

Supported by the





Tattersalls Masters Swim Club

Annual Report 2016

The Tattersalls year begins with the numerous ocean swims over the summers months... good endurance workouts for the small Masters team to prepare for the NSW Masters Long Course Championships in early April. A total of 42 teams competed at the Championships and Tattersalls with just 6 swimmers, finished 19th on the points table - a mammoth effort due to outstanding individual results.

The highlight would have to be Alan Brown's NSW State and National Records in the 50 and the 100 freestyle events in the 70-74 age group. His 50m time of 30.08 broke the existing NSW State record set in 2002, and the National record set in 2014: his 100m time of 1:07.30 broke the longstanding NSW State record set in 2001, and the National record set in 2006.

In the same age group, Bill Phillips competed in just the 100m freestyle coming second behind Alan Brown in the smart time of 1:16.54, and in the 75-70 age group, Alf Moufarrige added to the medal haul with a gold in the 50m freestyle (34.16 secs) and a silver in the 100 freestyle (1:19.25).

Not to be out done by the senior members of the team, the young ones – Peter Thiel, Martin White and Kate Lacey - achieved amazing results in their events.

Peter Thiel in the 45-49 age group won three golds: the 50 freestyle (26.83), the 100 breaststroke (1:19.01) and the 200 freestyle (2:10.41)... not bad for one day at the pool, having been successful the day before in the North Steyne ocean swim. In the 35-39 age group, Martin White won the 50 backstroke in 38.03 and was third in the 50 freestyle in 29.47. And to prove that she can outdo all the Tatts men, Kate Lacey in the same age group collected a full house of bling... two gold (in the 50 and 100 breaststroke, 42.82 and 1:36.89); two silver (in the 200 breaststroke - 3:31.19, and the 100 freestyle - 1:12.80); and a bronze in the 50 freestyle - 33.20. Kate's times were all PBs - a great effort. The results were a boost for Tatts team - priming them well for the Australian Long Course Championships in Melbourne at the end of April.

Again a small but focused team represented the club at the Nationals. Individual gold medal winners were won by Alan Brown (70-74yrs) in the 50m Freestyle (his 29.36 breaking the National record of 30.08 he set two weeks earlier at the NSW State Masters Championships), the 100m Freestyle and the 50m Breaststroke; and by Kate Lacey (35-39yrs) in 50m Breaststroke (39.59). And the Tatts Men's 4 x 50 Relay team (280+ Age Group) - comprising Alan Brown, Peter Joseph, Al Moufarrige and Bill Phillips - won gold medals in both the Freestyle and Medley relays.

A summary of results from the Nationals attests to the strength and commitment of the Tattersalls Masters team. In the Freestyle events Kate Lacey won bronze in the 800, 200 and 50 FS; Peter Thiel won silver in the 800 and 400 FS, and bronze in the 100 and 50 FS; Alf Moufarrige won silver in the 200 FS, and Bill Phillips won bronze in the 200 FS and silver in the 50 FS; and Shane Gould won silver in the 50 FS. In the Breaststroke events Peter Thiel won silver in the 200 and 100 BRS; Peter Joseph won silver in the 200 and 50 BRS; and Kate Lacey and Alan Brown won silver medals in the 100 BRS. In the Butterfly events Alan Brown won silver in the 50 FLY, and Bill Phillips won bronze in the 50 FLY. The Tatts team also achieved great results in the Mixed Relays (200-240 Age Group): the team of Kate Lacey, Peter Thiel, Shane Gould and Rod Austin won silver in the 4 x 50 Freestyle relay and the bronze in the 4 x 50 Medley.

The final medal tally at the Nationals further cemented the significance of swimming in the Tattersalls Club athletic program... 28 medals were won by just 8 swimmers - 6 Gold, 14 Silver and 8 Bronze - making 2016 another fantastic year for the Masters team.

Des Mulcahy

Secretary – General Manager

Supported by the





Trinity AUSSI Masters Swim Club

Annual Report 2016

Trinity this year had a mixed year both in and out of the pool. Our membership has had a pleasing growth spurt. Our membership for the year peaked at 39. This was up from the high twenties. Whilst not much, we were one of the few clubs in NSW to record an increase.

At Trinity, we still 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. It is here we've had new members coming in to learn to swim. One of our members, Lawrence Chen progressed from absolute beginner to being able to swim one kilometre. Great work! After learn to swim and training we have 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.

Our new 50 metre pool is now complete and the school squad swimmers are training there. This leaves our pool for us. This will be our chance to organise a carnival in the near future. We hope this can happen soon.

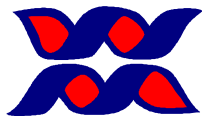
Our participation in other carnivals increased this year. Although it was not many, it was more than previous years. Hopefully, we can get a few more for next year. Although no records were set by our swimmers, they enjoyed themselves and were proud of their performances. We also would still like to get more swimmers involved in the Endurance 1000 program. We had four swimmers compete this year with John Kulhan and Geoff Murphy completing all the swims. Well done!

At Trinity we are a social bunch and enjoy ourselves whenever we are out and about. This year we had our Christmas Party at a Greek restaurant at St Peters. 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



WARRINGAH MASTERS SWIMMING

Annual Report 2016

2016 was a momentous year for the Club, but not without some sadness. While the Club competed strongly during the year, gaining 2nd place in the interclub Branch Points Score, most memorable for many will be the scenes at our carnival around the tribute swim to John-William Steen by fellow 360+ team members Ossie Doherty, John Sheridan and Max van Gelder.

As many of you know the 360+ Men's Medley relay was to be the centrepiece of the carnival, attracting much media interest. Sadly however, John-William passed away the day previous. His last words were to John Pagden who was taking him to a photo shoot were "Let's swim!" And those words signify what Masters Swimming is about and further manifested on Carnival Day with standing ovations for the three remaining swimmers in the 360+ team and the very kind words from John-William's sons, Robert and John, who told us how much the fun, friendship and fitness of Masters Swimming and our club in particular meant to their father.

Participation

We continue as the largest Masters Swimming Club in NSW with around 100 members at year-end, but increasing participation in competition and training has been a recurrent challenge notwithstanding ramping up our member communications effort with a Facebook page and a number of informal Saturday morning Manly to Shelley beach swims led by Paul Bailey, drawing members from Warringah and other clubs as well. As well an informal group of our swimmers continues to swim Friday mornings at the AIS, Narrabeen, coordinated by Ron Givven.

Training

On behalf of us all, I would like to thank Paul Bailey, our Fitness director and Gordon Whyte for the work they put into ensuring our swimmers have a great training experience on Sundays and Wednesdays respectively.

Paul continued to lead our Sunday coaching program and supplemented our normal program with guest sessions with former Commonwealth swimmer, Mark Morgan including coach-the-coach sessions to help develop our in house talent. Noel Peters has taken charge of Lane 1, and leads highly regarded structured sessions in-water for senior swimmers and others. At Sunday morning training we have been able to field three coaches and coaching assistants across seven lanes drawn from a roster of over 20 people who give up their swim to provide what we believe to be a rewarding and structured experience. Wilson Gamble, one of our longest standing members and former President of the Club turned his hand to coaching, gaining Level 1 masters Coaching certification on the way!

The Wednesday evening session continues to be directed by Gordon Whyte with support from Susan and Peter Myers continues to innovate. Attendance has been solid and a key entry point for new members through the year.

Pool charges / Future of the WAC

Pool charges continue to rise and now sit at \$29 per lane per hour, and so we continue to lose money on the Sunday and Wednesday sessions notwithstanding the \$5 swimmer contribution. We so far have been unsuccessful in negotiating a special masters rate more in line with the much lower schools water polo rate. Council amalgamation hasn't helped. As well we are now in a state of

limbo with the Council in December announcing plans for demolition of the pool in the next two to three years and the possible development of another pool of unknown design adjacent the new hospital another two years or so later. We will review the current fee structure when the 2017/8 lane hire fees are put out for comment around May.

Competition

Captain, Bill Harris, reports that the Club was placed 2nd to Ryde, after many years of winning the Division '1' BPS [interclub] Carnival Point Score trophy for 2016, and this could of course be turned around with more members competing. Race Secretary Patrick Chandler continues to work magic on picking relays, and some inspired tactical choices by the Captain all helped, however a lack of women competitors certainly cramped our style and relay options! Nevertheless Ryde are worthy winners and all the more worthy for being a significantly smaller club than our own. Their win will keep us honest.

Based on all NSW competition points, five of our swimmers counted in the top 25 swimmers for the year (led by Peter Kaupert (#2), Helen Campbell (#4), Tony Tooher (#13), Paul Bailey (#17) and Graham Campbell (#21).

In several of the Championship Competitions we were very well placed: New Year Twilight (#2), State long Course (#1), State Relay (#1), State Short Course (#2), and Long Distance (#4). By and large, over the course of the BPS events and the State events our swimmers continued to perform very well in the average points score reflecting the quality of the swims. National attendance was low (5 swimmers). Pan Pacs saw 5th place.

During 2016, individual records were set by Nicolai Morris (25m Back – National & State SC), Peter Kaupert (100, 400 and 1500 Back (National & State SC), 1500m Back (National & State LC), and 400 IM (State LC)), Stuart Meares (200 IM – State LC, 100 Fly, 100 IM and 200 IM State SC), John Martin (50 back – State LC), Max van Gelder (50 Free State LC), Ossie Doherty (50 and 100 free – State LC, 25 Free, 50 free, 200 Free, 25 Back and 50 Back – State SC). Many relay records were also set: Mixed 280+ 4x50 medley National record (P Kaupert, Marilyn Earp, Gordon Whyte, Sue Levett), breaking previous set by Sue Myers, Peter Kaupert, Gordon Whyte and Sue Levett); Mixed 280+ 4x25 medley National (M Earp, Bill Harris, G Whyte, S Levett); Men's 280+ 4x100 medley (John Pagden, P Kaupert, S Meares and B Harris); Men's 320+ 4x50 free State (Arthur Lith, Noel Peters, Jim Reynolds, John Martin); Men's 320+ 4x50 free State (Ossie Doherty, Graham Campbell, P Kaupert, N Peters); Men's 240+ 4x100 Medley, National (Tony Tooher, P Kaupert, S Meares, Tony Wozniak); Mixed 320+ medley National (Diana Moore, M Earp, N Peters, Max Van Gelder); and Women's 280+ 4x50 medley State (Violet Wilkinson, S Levett, M Earp, Helen Campbell) Interestingly, since 1986 our club holds 20 current individual National Records, and 79 State Records and numerous relay records Our members also featured strongly in the Top Ten times relative to world record times for FINA events in 2015, with 8 relay teams listed. In the Endurance 1000 aerobics competition, again Peter Kaupert and Nick Woodhams scored maximum points, completing the whole programme.

Our carnival

Our own BPS Carnival continued to be one of the best attended on the calendar with 200 swimmers entered (up from 188) including 47 from the club (down from 52).

Already mentioned has been the very moving tribute swim to John-William Steen. In terms of regular competition, the highlight once again was the Tony Tooher organised 'Medley Shootout'. As summed up by our Captain, it was "a huge success competitively, socially and financially".

Our Carnival is a vital part of our year's activities and our financial wellbeing, given the yearly increase in pool lane hire and carnival charges. It takes a lot of people to run it in terms of officials, warm up / warm down supervisors, set up assistants. As well, what would our carnival be without the golden voice of Bill Moorcroft who announces and maintains various run and data sheets to assist the Meet Director on the day (your President this time), as well as producing our program. Thanks also to Julia Atkins and her helpers for organising our after carnival food drinks which are highly regarded by visiting clubs. Julia also did a great job on post-State Championship gatherings, the excellent Christmas Dinner and Presentation Night at The Belrose, the year-end BBQ, and organising accommodation for the Myall carnival, which is now an annual fixture.

The AquaShop in Gordon again came to the party as our major sponsor for the event with some very generous donations for our raffle prizes and gift vouchers to be awarded to club swimmers, while Vorgee in addition to sponsoring the 360+ team also contributed prizes. Thanks also to Catfish Designs (our swimwear supplier in 2016) and the Belrose Hotel for their contributions. The staff at the Warringah Aquatic Centre also gave us their full support on the day.

Volunteers

Our club would not be as buoyant and successful as it is without the help of the volunteers who make up our Executive Committee and the other positions that go to making the club successful. I believe it is a true reflection on our club that we have so many willing and able to put up their hand to help. I am also pleased to report that once again we did not have to file an Incident or Medical Report for the year.

Stuart Meares and Tony Tooher continue to occupy positions on the State Executive. As the largest club in the Branch it is incumbent on us to contribute to the running of the State body. Thankfully Stuart and Tony have been willing and able to do that for us for many years, and the club is very appreciative of the time and effort that takes. As well, Paul Bailey has been assisting the State coaching program, presenting coaching course content and guest coaching for rural clubs, and Peter Kaupert has been co-opted to a revived State Club Development Committee. Warringah Masters accredited officials were also to be seen at many if not most BPS, State and National events including refereeing, chief timekeepers, inspectors of turns, marshals and check starters.

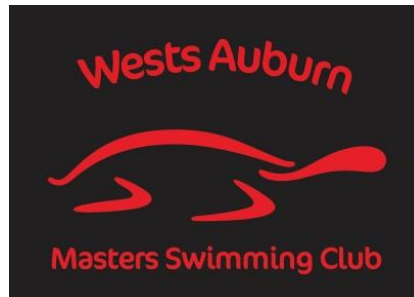
Finally I would like to congratulate our 2016 Club Award winners:

- Club Member of the Year: Julia Atkins
- Female Swimmer of the Year: Lynne Harris
- Highest Carnival Attendee/Participation: Peter Kaupert
- The Max Record Trophy: Ossie Doherty
- Male Swimmer of the Year: Tony Gallagher
- Aerobic Swimmer of the Year: Peter Kaupert

Looking forward to another year of fun, friendship and fitnessour 35th as Warringah Masters!

Graham Campbell
President





West's Auburn Masters

Annual Report 2016

MEMBERSHIP

We had 15 financial members at the end of 2016 and averaged around 6 swimmers at most sessions. One new member at the end of 2016 took up the 16-month membership option, while club members are doing their best to talk to the pool-goers to increase awareness and hopefully membership.

CLUB SESSIONS & VENUE

We have been swimming at Birrong Leisure Centre on Wednesdays at 5:00pm, Fridays at 5:00pm, and Sundays at 9:00am whilst the Ruth Everuss Aquatic Centre (Auburn) was closed for major renovations. Wednesday is generally a coaching session, whilst Friday and Sunday session are dedicated to endurance swims.

We are lucky enough to have a coach (Kerryn Blanch), who has provided all of us with individual programs to follow whenever we can get to a pool. In 2016, we had six members with Bronze Medallion qualifications and three with Senior First Aid Training. All sessions had at least one Bronze or Senior First Aid member in attendance.

INTERCLUB MEETS

We were represented at seven BPS carnivals in NSW during 2016, as well as Nationals (Melbourne), State (SOPAC, Woy Woy and Blacktown) and the Australian Masters Games.

Our club officials were on deck for several meets including our own and we currently have four qualified officials and two associate members who also hold qualifications.

WESTS BPS CARNIVAL

Auburn Pool Closed in July 2015, so we held another twilight carnival– this time being a 50m carnival at Birrong Pool. It was a successful carnival with 92 entries from 17 clubs represented. The weather was good to us, and all swimmers appeared to have a good time. With such a quick running carnival, it was trying getting timekeepers, but only a few minor delays were encountered.

This year, we had an enquiry from an overseas competitor (a member of Masters in the UK), so to accommodate them, the carnival was open to non-masters members as well. There were three non-masters members in attendance.

Ryde Club won the overall point score and average points prizes.

Hopefully we will be back at Auburn next year.

WESTS 5000m POSTAL SWIM

We held our annual 5000m postal swim again this year, with thanks to Terry Gainey for the organization of the event. We had a similar response to last year, with 19 individual swims and 30 relays. This year's prize for all competitors was a lanyard.

We hope for more swimmers in 2017.

ENDURANCE 1000

10 of our 15 members participated in the National Endurance 1000 Scheme (67%), giving us a total of almost 5800 points, at an average of over 400. 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 convincingly won by Maureen Hall, breaking over 30 records.

ACHIEVEMENTS

Kerry Blanch attained a NSW state record in the 1500m Butterfly set at the state carnival at Blacktown.

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

SOCIAL ACTIVITIES

Social activities included the following –

- * Four members competed in an ocean swim in Hawaii.
- * Presentation day was held at Birrong Pool.
- * Christmas party which was held at Dooleys Waterside.
- * Regular dinners were held at Dooleys (Lidcombe Catholic Club or Regents Park Bowling Club) usually after swimming
- * BBQ brunch after swimming on set Sundays, often with guest swimmers from other clubs.

SPONSORSHIP

We are lucky to be continually sponsored by Dooleys (Lidcombe Catholic Club) with an annual monetary donation.

Terry Gainey and Kerry Blanch

Annual Report 2016

Introduction

Please find below the annual President's Report for Wett Ones Swimming Club. A little over a year ago I sent an email out to the club detailing where I believed the club should focus its efforts for the year – there were five key points to that plan: sustainable growth, improved engagement between the committee and members, increased visibility, a larger more fun carnival, and an improved budgeting process.

I am pleased to report that the club has made progress in many of these areas, as I hope you will find reflected in the body of this report and through your experiences this year. There is though still so much work to do in order to continue to build a club that will be successful to 2020 and beyond.

Firstly, this year we have invested a lot into working on our core purpose – swimming! We began the year with a very successful swim camp at AIS in Canberra, and we have followed that up throughout the year with regular workshop sessions with guest coaches. Talking of coaches, we welcomed a new coach onto the team meaning there are now two coaches on deck on Mondays and Wednesdays throughout the year.

This year we have worked on engagement through a member's survey, a monthly president's update, and a club strategy setting session. The committee has appreciated the higher degree of feedback from the members and we encourage you all to keep telling us what you want from the club.

In terms of growth we have not managed to increase our member numbers from last year, in fact we have seen a notable drop in regular swimmers at Sydney Uni and this has led to budgetary loss for the year. We need to make this a focus for next year. Importantly though, we do now have much better financial planning and budgeting which gives me confidence that we can turn around our financial position in the coming years.

I have tried to detail the main events in the life of Wett Ones this year within the following report which will give you an overview of our current position and future plans. This club would not continue to function without the hard work of the committee and coaches, so thank you to them. Thanks also to generous sponsors and donors who help to secure the ongoing success of the club.

Committee 2015 – 2016

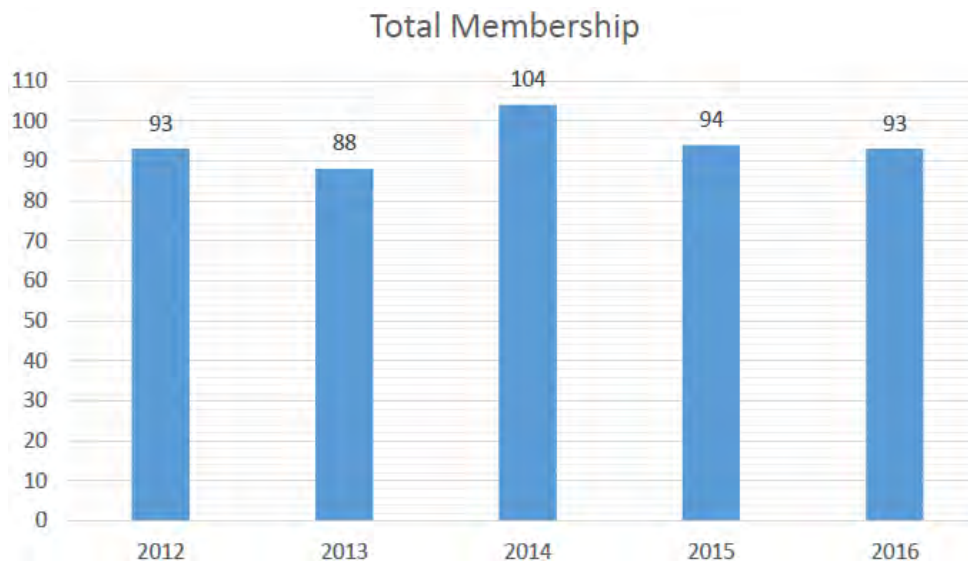
The following club members have given up their time in order to run the club this year:

President	Tristan Bray
Secretary	Bart Tuteleers
Treasurer	Craig Ellis
Registrar and Race Secretary	Vassili Efimov
Female Swimmers Representative	Tracey Clay
Male Swimmers Representative	Joe Liu
Safety Officer	Mi Weekes
PR and Fundraising	Cecily Black
ABC Coordinator	Bob Nagal
Social Media / Online	Wendje Magnus
Non-Portfolio	Nick Ward

Thank you everyone for your contributions throughout the year!

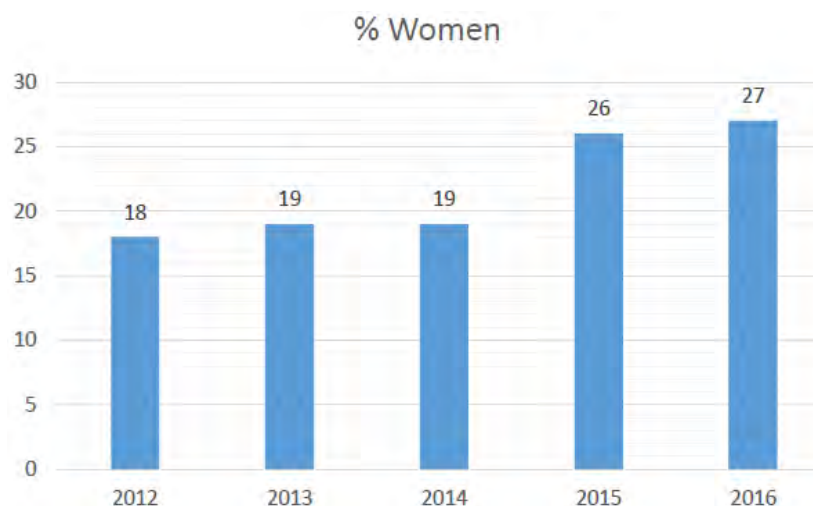
Membership 2015 – 2016

Overall, the club consisted of 93 members as of 22nd October 2016.

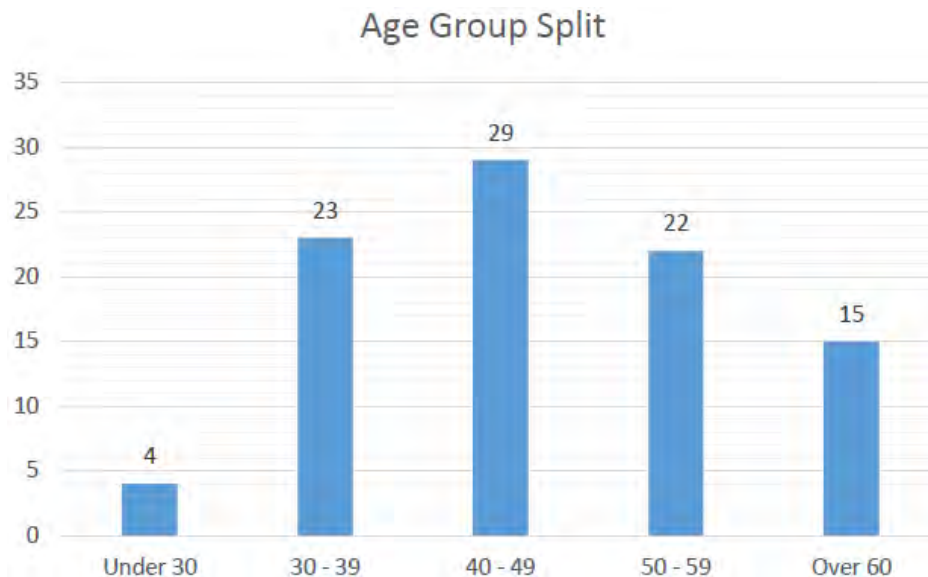


The number of total club members has remained reasonably constant over the past 5 years, apart from 2014 which we have attributed to the successful Darwin OutGames. While this number is healthy, we do know that less than half of members swim regularly. Since the club loses the majority of annual membership fees to Masters Swimming, we need to encourage regular swimming of our members (or more total members) to help us become sustainable without fundraising.

The club has always struggled to achieve gender parity, despite our current numbers being a big improvement on where the club used to be – we still have work to do to build our female membership.



The club's age distribution has classically been a normal distribution about the average of 45 years old. This has slipped slightly upward this year as our members 'age up'.



Treasury

The club has finished the year with an approximate \$1400 loss from last year's closing position. While the club had always budgeted for a small loss this year given the decision of the membership not to conduct a fundraising BBQ, this loss is worse than expected.

The club received a \$1000 grant from the state government for our 25th Anniversary Carnival, and we would like to extend a sincere thank you our generous sponsors, and the members who contributed to our fundraising efforts through the year.

We believe that this closing position is primarily due to a reduction in swimming fees. We note that there has been approximately \$3,700 less collected over the course of the year.

The club still has sufficient cash reserves to ensure ongoing operations but we must take action to ensure that we reverse the trend of making year on year losses.

As always, the club is pleased to invest the income we have from swimmers fees, membership fees, sponsors and fundraising back into our club. We do this by supporting club activities and reducing costs wherever possible for our members, some examples of which are:

- covering the Wett Ones Carnival registration fee for all Wett Ones members
- participation at Mardi Gras Fair Day
- subsidising CPR training for our coaches
- providing food and gifts for the AGM, and our Carnival
- subsidising club swim wear, t-shirts etc (5\$ to 10\$ per article)
- subsidising special masterclasses and workshops for stroke correction
- increasing the number of coaches on deck
- ensuring we run five sessions per week throughout year (regardless of numbers)
- covering ancillary costs for club social events

Safety

The club began the year with no elected safety officer. In March, Mi Weekes put herself forward to take up the position.

There were several minor safety incidents this year. All of these incidents were dealt with promptly by our coaches and pool staff.

The only repeat incidents were as a result of hand clashes between swimmers. Tristan met with pool and swim school management on three occasions to (among several things) attempt to reduce the risk of hand clashes and raise the priority of lane rope tightening/replacement. There will always be a risk of minor incidents in our sport, but the swim school no longer uses hand paddles on our swimming nights and pool staff are more aware of the issue of slack lane ropes.

Coaching at Sydney University

We would like to extend our thanks to our five coaches who have given their time, skills, and knowledge of our sport to the club this year: Danny Crowe, Catherine Rogers, Peter McGee, Vassili Efimov, and - new to the team – Janet Bolton.

Having five coaches means that we can have two coaches on deck on each of our busiest days (Monday and Wednesday), allowing swimmers to have more attention and contact time. This is particularly beneficial for our Lane 8 swimmers.

The coaching programme during 2015-2016 was split into long course and short course seasons as has been customary for several years. Each season's coaching was geared to working towards a target swim meet – our own carnival in May and the state championships in October.

The long course season this year was also marked by addition of the Proud to Play Games in Auckland, this necessitated a 'double-dip' season, this was handled extremely well by Danny and the team and lead to some amazing results during that part of the year.

During the 2015-2016 season, we also had three masterclass sessions which were particularly focused on improving swimming technique:

- Breaststroke by Mark Holmes
- Backstroke by Brian Sutton
- Butterfly by Brian Sutton

Thanks to Mark and Brian for their involvement and thanks to Janet and Peter for organising.

Saturday Mornings – ABC & CPP

Saturday mornings have proven to be popular as always this year. The swimmers fees from Saturdays are approximately the same this year as last year. This is thanks to Bob Nagal for his organisation, and all of you who post your beautiful pictures of Andrew Boy Charlton pool.

The new summer season has just recently started and Wett Ones have once again confirmed and booked two lanes at ABC pool for October to April as usual.

This year for the first time we successfully continued our Saturday swimming sessions throughout the winter also by booking two short course lanes at Cook and Phillip Pool. While these sessions had lower attendance than we get during the summer (also true for Sydney Uni by the way) they still generated enough income in swimmers fees to pay for themselves.



Having the option of a Saturday session all year round has been well received by members, and the Cook and Phillip sessions generated a small but loyal following. Next year if we wish to continue these sessions we will need a dedicated C&P coordinator (as Bob does for ABC).

Our Sponsors

Wett Ones needs funds to operate, and our regular income from annual memberships and swimmers fees does not cover all of our costs. Fortunately, Cecily Black has managed to develop a list of sponsors and donors who contribute either funds or products which help the club to continue to operate successfully.

The club would like to extend a huge thank you to all of our generous sponsors for their contributions. We are extremely grateful for their support. Our sponsors include:

- Dentistry at the Cross
- George Skoufis, Optometrist
- Sydney University Sports and Aquatic Centre
- Gelworks
- Andrew (Boy) Charlton Pool
- Poolside Cafe at Andrew (Boy) Charlton
- Royal Hotel Darlinghurst
- Dendy Cinemas
- Anibou
- David's Cellars

Masters Swimming

Wett Ones is one of forty-eight masters swimming clubs in NSW and ACT. This year swimmer attendance at carnivals has reduced – which is something we need to look at in the coming year. With that said our members attended the following swim meets this year:

ACT Meet, Blacktown, Campbelltown, Cessnock, Ettalong, Hills, Manly, National Titles, NSW LC and SC Championships, Ryde, Seaside Pirates, Warringah, Lake Macquarie, NSW Long Distance Meet, and our own carnival. Plus, we sent a large contingent to Auckland for the Proud to Play games.



At the time of writing, the club has scored 1,396 points, placing us 3rd in the second division.

Swimmers from our club have produced some great performances in the water this year. Find below the list of club members who have placed in the national top ten for their age/gender grouping:

Rachelle Ting (1st - 800 and 1,500 free SC), Tracey Clay, Annie Sheerin, Masaki Shibata, Tristan Bray (1st - 400 back SC), Chris Saxby (3rd - 100 back SC), Chris Healey, Pascal Blanquer, Andrew Leese, Haydn Wood (3rd - 50 free SC), Damon Kendrick (1st - 1,500 free LC and 400, 800 and 1,500 free SC), Peter McGee (1st - 400 fly SC), Mark Holmes (3rd - 200 breast SC), Nori Fujikawa, Bart Tuteleers (1st - 400 and 800 breast SC), Wayne Sherson (1st - 800, 1,500 and 30 min free SC), Brad Cherrie.

On top of our national top ten finishers we have a number of swimmers who are ranked in NSW:

Anna Griffin, Michelle Daley, Megan McLachlan, Mi Weekes, Kari Baynes, Josephine Donnelly, David Busuttill, Sam Isaacs, Timothy Buckton, Joe Liu, Oscar Perez-Concha, Ryan Bennett, Christophe Arnaud, Sean Coulson, Vassili Efimov, Nick Ward, Adrian Lim.

You will note in this list that there are a number of long distance events in which the club is very highly ranked. This is no small part thanks to the initiative of Wayne Sherson who with the help of Peter organised long distance timed aerobic swims each Sunday of the short course season. This was a great way to test our endurance and get a number of swimmers into the national rankings.

The Wett Ones Carnival & Dinner

As has become tradition, Wett Ones hosted our own annual swim meet in May. This year Mark Holmes volunteered himself for the meet director position – the club would like to extend our thanks to him for his hard work to pull off another extremely well received meet.

Wett Ones once again waived the entry fee to our meet for all of our own members who wished to participate – resulting in 33 Wett Ones swimmers taking part. In all we welcomed 143 swimmers to our pool, which is a 10% increase on last year's total.

The financial aspect of the swim meet is an important one as the carnival is our single largest expenditure each year, and consequently has the most risk associated with it. The increase in the number of swimmers contributed to the improved financials of the meet. Additionally, over the past few years the club has taken moves to cut the cost of the meet (no longer outsourcing meet recording for example) which is now resulting in a lower cost meet for us to run. Finally, thanks to the input of a number of members the club was able to claim a one-off state government community funding grant of \$1000. These factors combined to result in a profitable meet for the club, leaving us with a surplus of nearly \$500.

This year we also slightly changed the order of events and shortened the programme by removing the 200m freestyle. While there were a few comments from missing the dropped event, the overwhelming response was that the slightly shorter day was appreciated. Additionally, we held a novelty 'wear a dress' relay at the end of the meet, which provided some hilarious images and was even welcomed by our Masters Swimming friends as a good way to end the meet on a high note. Following the carnival, this year we held our annual celebratory dinner at a new venue – Baja Cantina in Glebe. While it was a bit of a tight squeeze as there were sixty (!) of us – a fantastic turnout by anyone's standards – the meal was well received and extremely good fun.



Wett Ones Swim Camp

Wett Ones has always been about building swimming skills, fitness, and confidence, as well as building friendships. At the start of the year we hosted a two-day Swim Camp at the excellent facilities at the Australian Institute of Sport in Canberra.

The swimming camp included four coached sessions in the water building base skills through drills and technique work, one dry land session, a tour of the campus, and the opportunity to meet two national level swimmers.

The AIS was chosen as it has all the facilities including providing meals and accommodation in one place and to be organised through one contact meaning the work to make the weekend happen was relatively painless – something to bear in mind should we do another!

The response to the camp from participants was excellent, with everyone taking something away that helped their swimming and enjoying the 'team bonding' aspect of the weekend also.

Members Survey

Early in the year we conducted an online survey of our members to which we received 52 unique responses which the committee consider be a good response rate (over 70% of the members at the time). This survey asked questions of the members in order to try to better understand your wants and needs, and what you would like the committee to focus on over the course of the year (and what not to focus on).

We gained a more in depth understanding of those members who are most engaged with the club and their demographics (mostly 35-64, >70% male, swim at Sydney University two to three times a week).

We found that our members swim with the club for a diverse range of reasons, some for the social aspect, some for fitness, and a smaller number for competition, and we found that the majority of our members have some form of goal or target (be it time to beat or event to take part in).

Our swimmers enjoy our mixed coaching approach which allows for development of all four strokes and changes between technique/drills and harder swimming for fitness as the seasons progress (but people clearly like swimming freestyle more than anything else!). In terms of finances our swimmers told us that they would be willing to pay more on an annual basis, that they are happy with the current fee per swim, but that they would prefer not to do fundraising activities.

We discovered much more besides this which was analysed by Tristan in a detailed breakdown of the survey results which was posted on our website at the time.

Proud to Play Auckland

During February, the club sent a sizeable group of 19 swimmers to Auckland for the Proud to Play Games. Born out of the regional OutGames, the team in New Zealand managed to pull together a very well run and enjoyable swim meet as part of a multi-sport event that also saw many of our members participate in a tough open water swim.

The meet took place over two days and had a full programme, given the low number of swimmers, the racing came thick and fast – but allowed us all the afternoons off to explore some of the beautiful city of Auckland.

Wett Ones was also very proud to have many swimmers stay in town for the rest of the week and participate in the Auckland pride parade.

This meet was the first in which we sent a male and a female team captain, selected by the committee, to help assist with the planning and organisation of the events while overseas. Following this meet, the committee had extended discussion as to what exactly should be the role

of team captains and how they should be selected in the future. The committee decided that if team captains are to be chosen in the future they should be selected by the membership at each AGM as per committee positions.



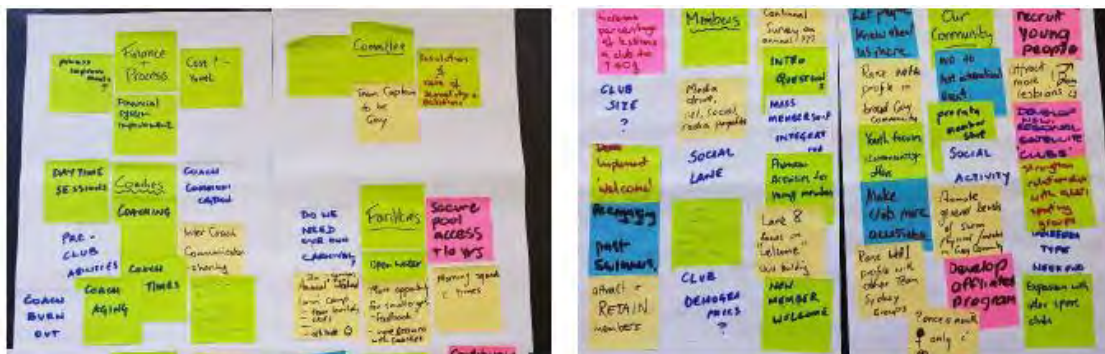
Wett Ones 2020

In July, a large group of members got together to work on developing a strategy for moving our club onward and upward towards the next decade. Those who came along spent the better part of 3 hours brainstorming and discussing many of the issues that we currently face and may face in the next few years, and came up with some clear goals for us to work towards.

So here is a brief summary of our goals for 2020:

- Additional 10 regularly attending lesbians
- Additional 10 regularly attending young people (18-30)
- Be attached to another 1 (non-sporting) LGBT affiliate
- Participate twice a year in activities with other Sydney LGBT Sports groups
- Documented coaching succession plan, and formal coaching philosophy
- Programme for re-engaging with people who haven't swam recently and to decrease annual rate of attrition by 10%
- Develop and implement an up to date electronic system for members and financial systems tracking
- Reach a documented position on issue of sexuality in club committee position

We also collected over 50 ideas from which these goals arose which we will definitely keep on the radar in the coming years.



The Issue of Sexuality in Wett Ones

This year a large amount of committee time was spent discussing the issue of sexuality within the club. This has been an issue that has existed within the club long before I joined, but was brought directly to the committee's attention following the Auckland Proud to Play Games.

Attention was brought to the fact that we have a growing number of non-LGBT club members, and there was a suggestion that the club should act to limit this growth through preventing non-LGBT swimmers from taking committee positions and from joining the club itself.

This is obviously an issue that is difficult to handle, with the potential for offence on both sides of the debate. Some thought it better that it not be brought up in this report, but given the amount of time and intense emotional involvement from committee members it does everyone a disservice to overlook it in this summary of the year.

Following intense discussion, a sub committee was formed of Nick Ward, Tracey Clay, and Mi Weekes, who were given the task of coming to a suitable conclusion prior to the AGM.

The result of this discussion was that a paper including various proposals was presented to the committee on which the committee then voted. The committee voted strongly in favour of a fully inclusive club in which anyone can fully participate regardless of sexuality.

Conclusion

Who knew running a little swim club could be so involved?! My thanks to the outgoing committee and our coaches for their support throughout this year's highs and lows.

This year has been one of stability and forward planning for the club. Our membership numbers and demographics have been very consistent for many years. Our finances, while down this year, are in a healthy state so long as the swimmer fee deficit is promptly addressed.

Engagement is something we need to continuously work on. This year we have done a lot of work in understanding what members want and how they prefer to communicate. We do need to understand how to get more people involved at a deeper level within the club – running the club takes work, getting the club to where we all want it – with more young people and more women for a start - will take a lot of work, and will therefore require more member involvement. Some of the activities this year such as team captains, the 2020 strategy session, and the subcommittees that were established aimed to build this engagement.

If I had a dollar for every great idea that was mentioned to me this year but was then laughed off when I said 'sure, you can go ahead and organise it' I would have at least enough for an espresso martini! All members are welcome to help organise and host events!

Lastly, let's not forget our club's purpose – swimming and inclusivity. Say hi to new members and make them all feel welcome in our little swim club. Listen to our coaches and try to use their instruction and our fantastic facilities to our advantage. Also, let's try to have a whole heap of fun while we do it.

Yours,

Tristan Bray
President



MASTERS SWIMMING

Annual Report 2016

Wollongong Masters has had a great 2016. The beginning of the year saw us gain two new team members, when Vic McClenaughan and Ell Thompson joined us. It was also the time that Roger Montgomery officially called Wollongong his main club. Rachael Joyce joined us in January and some of us enjoyed the twilight meet at Hornsby. It was an amazing casual carnival and was wonderful to watch the sun set behind the Hornsby Aquatic Centre that evening.

Jillian Pateman called on us in February and it was a good club turn out to enjoy a swim and to chat to her later about what's up and coming in Masters Australia and everyone had some great ideas about what changes or upgrades they would like to see happen within Masters.

The beginning of the year we had good numbers turn up for club swim on a Sunday morning and Ross Cunningham lead us with some good sets and sprints to finish off our sessions. Blacktown swimming carnival was well supported and Rachael and Vic enjoyed their first taste of the carnival atmosphere. The National swimming carnival in April was held in Melbourne and Karline Lindsell represented our club with some great swims.

My favourite carnival at Wett Ones saw Elle enjoy her first carnival. The fact that she knew several people there settled any nerves that she may have been feeling and both she and Rachael became hooked on carnival life. Unfortunately Vic left us at this time to take up a new job across the ditch but vows to come back when she returns to the Gong. We had quite a bit of interest from other potential members throughout the year and Stuart McKay joined us briefly and enjoyed the Manly meet. Stuart is still swimming for Masters and it was great to see him at the State Short Course at Woy Woy. I am very proud that we as a club allowed him to see how great Masters is and for him to find a good fit for himself.

Most of our club members were to take part as volunteers in the Special Olympics and we were very disappointed when it was cancelled due to bad weather. But I am sure that when the event comes around next time our mighty club will again put up their hands to volunteer at this very special event.

Midyear arrived with mixed emotions as Robin Henze, Lynne Matthias and Rachael Joyce were out of the water for several months but Anthea Gupta had an amazing holiday and reached the half a million metre mark in her swimming journey. We also took our mighty club out to the public and held a stall at the Dapto Art and Craft Show handing our business cards to anyone who was willing to listen about our amazing club. The Rio Olympic games inspired us all, along with new club shorts, bags, caps, swimmers and mobile phone covers which enhanced our appearance at carnivals.

September saw the sad passing of Warringah member 93 year old John William Steen on the eve of the Masters Medley Relay 360 team. John was the backstroke leg and his loss was felt throughout Masters Swimming community.

The year ended with our mighty club banner being officially displayed at the Campbelltown short course for the first time. Myself, Sue Johnstone and Karline Lindsell enjoyed the State Short Course championships at Woy Woy, where Karline brought home three bronze medals. It also saw Roger finally go into hospital to receive his new hips which will no doubt improve his swimming times. And Karline received a gold and bronze medal at the Long Distance swimming Carnival at Blacktown.

Currently our club holds 13th position in division 2 with 537 points. Great work Wollongong. What an awesome year we have had.

I would like to thank everyone for their support during 2016 and especially the executives who encouraged and advised me during my year as the President of the Wollongong Masters Swimming Club.

I would like to wish you all a happy Christmas and best wishes for the New Year.

Doreen Walton
Club President



CLUBS THAT DID NOT SUBMIT AN ANNUAL REPORT FOR 2016

Armidale AUSSI Masters Swimming Club
Campbelltown Collegians AUSSI MSC Inc.
Castle Hill RSL Masters Swimming Club
Cessnock Masters Swimming Inc.
Coogee-Randwick Master Swimmers Inc.
Ettalong Pelicans Swimming Club Inc.
Jets Swim Club (Masters)
Lake Macquarie Crocs Masters Swimming Inc.
Lane Cove Masters Inc.
Maccabi Amateur Swimming Club
Maitland AUSSI Masters
Nelson Bay Dolphins
Penrith AUSSI Masters Swimming Inc
Port Macquarie Masters Swimming Club Inc
Raymond Terrace AUSSI Masters Swim Club
Singleton Masters Swimming Club
St George Masters Swim Club Inc.
Terrey Hills Terriers Master Swim Club
Tuggeranong Masters Swimming ACT
Vladswim Masters Swim Club Inc
Wyong Wobbygongs Swimming Club

Supported by the

