



**MASTERS SWIMMING NSW INC.**

# **2017 ANNUAL REPORT**

**Life Members:**

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

# CONTENTS

	Page
<b>President's Report</b>	<b>1</b>
<b>Country Vice President's Report</b>	<b>4</b>
<b>National Board Delegate's Report</b>	<b>5</b>
<b>Administrator's Report</b>	<b>7</b>
<b>Committee Report</b>	<b>11</b>
<b>Treasurer's Report and Financial Statements</b>	<b>12</b>
<b>Coaching Director's Report</b>	<b>26</b>
<b>Communications Committee Report</b>	<b>29</b>
<b>Technical Committee Report</b>	<b>31</b>
<b>Training Coordinator's Report</b>	<b>32</b>
<b>Endurance Recorder's Report</b>	<b>34</b>
<b>Branch Meet Recorder's Report</b>	<b>36</b>
<b>Records Recorder's Report</b>	<b>38</b>
<b>Webmaster's Report</b>	<b>40</b>
<b>Meetings</b>	<b>42</b>
<b>Club Membership</b>	<b>43</b>

# **CONTENTS**

## **(Cont'd)**

<b>Club Reports</b>	<b>Page</b>
Armidale Masters Swimming Association	44
Bidgee Masters Swimming Club	45
Blacktown City Masters Swimming Incorporated	46
Blue Mountains Phoenix AUSSI Masters Swimming NSW	48
Campbelltown Collegians AUSSI Masters Swimming Club	49
Castle Hill RSL Masters	52
Cessnock Masters Swimming Incorporated	53
Clarence River Masters Swimming Club Inc.	54
Coffs Harbour Masters Swimming	56
Cronulla Sutherland Masters Swimming Club	57
Ettalong Pelicans Masters Swimming Club Inc.	58
Ginninderra Swim Club	60
Gosford City Seagulls AUSSI Masters Swimming Club Inc.	61
Hills AUSSI Masters Swimming	62
Manly Masters Swimming Club	64
Merrylands Amateur Swimming Club Inc.	65
Molonglo Water Dragons, ACT/NSW	67
Myall Masters Swimming Club Inc.	68
North Sydney Masters	70
Novocastrian Masters Swimming Inc.	71
Oak Flats AUSSI Masters Inc.	73
Ryde AUSSI Masters Swimmers Inc. (RAMS)	74
Sapphire Coast Adult Swimming Club	76
Seaside Pirates	78
Singleton Masters Swimming Club Inc.	80
Sutherland Sandbern Masters Swim Club	83
Tattersalls Masters Swim Club	86
Trinity AUSSI Masters Swim Club	90
Tuggeranong Masters Swimming ACT	91
Warringah Masters Swimming	94
Wests Auburn Masters Swimming Club	97
Wett Ones Masters Swimming Club	99
Wollongong Masters Swimming	109
Wyong Wobbygongs Masters Swimming Club Inc.	111

## **PRESIDENT'S REPORT 2017**

We always knew 2017 was going to be a challenge as the World Masters Games were scheduled for Auckland in April and the World Championships were scheduled for Budapest in August, so to schedule our usual number of BPS meets and State championships into the available time necessitated some thought and change to our usual pattern.

The National Championships were scheduled for Perth for 2017, but fortuitously the west recognised people would not make the trip to WA and also go to Auckland or Budapest so fortunately QLD put up their hand and held the Championships in the Commonwealth Games pool at Southport in early March, congratulations to Ryde and Tuggeranong the two top NSW clubs and to Coffs Harbour the top average points club. This meant that our State Championships were held after the Nationals which is a rare occurrence by nobody seemed to mind too much, as they were a great warm up for those attending the World Masters Games in Auckland which I believe was a great event.

Merrylands held their first ever BPS meet in early February, congratulations to the Merrylands club for a well-run meet and loads of fun.

Our long course State Championships were attended by 350 swimmers, the best attendance at State for a number of years. Congratulations to Warringah who won the 1<sup>st</sup> Division pointscore and to Tuggeranong who won the average pointscore for the meet. Special mention of Liz Wallis with 5 National records in the 90-94 years age group and Tony Goodwin (80-84 year) with a World record in the 100m breaststroke (one of 9 world records he was to break during the year).

The State Relay meet was again the “fun” meet of the year with 297 swimmers and 19 clubs attending, with our new club Vladswim sending a team for the first time. Well done to Warringah who clearly won the meet from North Sydney.

The World Championships were held in Budapest in August, necessitating a break to the swim meet calendar in NSW, but lots of swimming in Hungary. It was a great meet attended by 37 NSW swimmers from 15 clubs with some great results. 8 NSW swimmers won 11 gold, 9 silver and 2 bronze medals as follows: Georgene McKenzie-Hicks (Sutherland Sandbar) 5 gold; Stuart Ellicott (North Shore) 2 gold and 1 silver; Alan Brown (Tattersalls) 2 gold; Tony Goodwin (Manly Masters) 1 gold, 3 silver and 1 bronze; Paul Wyatt (Coogee-Randwick) 1 gold and 2 silver; Michael Bradford (Ryde AUSSI Masters) 1 silver and 1 bronze; John de Mestre (Tattersalls) 1 silver; and Bill Walker (Novocastrian) 1 silver. 4 NSW swimmers set 7 Australian and NSW records, and 1 NSW

swimmer set 1 NSW record. Well done to everyone who swam as apart from the abovementioned swimmers there were many top 10 performances and heaps of PBs.

The Short Course championships were held at the AIS in Canberra, always a fun weekend away for most swimmers. Congratulations to Blacktown City who came in force and convincingly won the meet from Tuggeranong and to Manly for winning the Average pointscore. Congratulations to Tony Goodwin for 2 World records in 100m and 200m breaststroke at this meet.

The Long Distance short course meet at Knox in November resulted in a win to Warringah who I believe had never won this trophy before, closely followed by Manly.

But Masters swimming is not just about competition. We have recognised that many of our members do not compete so we have tried to look at other areas of the organisation that we can provide value to our members.

The coaching team lead by Di Coxon Ellis and Anne Smyth have been very active this year. Apart from a coaching course for new Masters coaches we have held technique clinics before swim meets, a coaching forum for coaches discussion at the Short Course and some of our coaches have been active in visiting other clubs and doing coaching sessions. Paul Bailey was named Coach of the Year for 2017 and he has been a very active and popular member of the team and gives very willingly of his time and expertise.

The communications team formed late in 2016 has been very active this year and this initiative has led to MSNSW employing a part time Marketing and Communications person with the aim of raising the profile of MSNSW and increasing the membership. Kim began the role in November and has already been active in building relationships with Swimming NSW, putting MSNSW on Instagram and is looking at other forms of Social media, is liaising with the National office in relation to the redesign of the MSNSW website and will soon begin contacting clubs to see what she can do to help them (whether it be increasing membership, social media, advertising, sponsorship, websites). Kim is also looking into sponsorship opportunities and works closely with the communications team and attends their monthly meetings.

At the AGM in May we honoured Mark Hepple our NSW Branch recorder and recognised all the work he does behind the scenes for MSNSW. Mark not only officiates as recorder at most NSW meets but he is constantly looking at ways to make our organisation more efficient and has been the person “behind” the constant updating of our website, the updating of all our forms and flyers, has standardised the way we choose our award winners, is constantly available for any queries, submits our Top 10 results and results to the portals and generally watches over us to keep us on track. During 2017 Mark investigated fully and

recommended to the Board that we look at purchasing a Wylas semi automatic timing system that would make our BPS meets easier to manage for both timekeeping and recording and was instrumental in the introduction of this system which is now used at most of our meets.

Congratulations Mark, this is a small way of showing you our appreciation for everything that you do for MSNSW.

Tony Goodwin had an unbelievable year in 2017, breaking 9 World records, 17 National and 9 Branch records during the year. These records were not only in breaststroke, but in other strokes as well. I suspect there may have been more World records during the year but for the change in the FINA rule during the year making it compulsory to have AOE timing equipment for a World record to be broken. Tony won 1 gold, 3 silver and 1 bronze in Budapest in his 5 events and was honoured in November by winning the NSW Masters Athlete of the year at the NSW sports awards.

As this is my last Presidents report I would like to thank the many people who have supported me in my role over the past few years. Particular mention of Jillian Pateman and Di Coxon Ellis in their roles as administrator of MSNSW. My job was made particularly easy by having them both to support me. I would also like to mention and commend the job done by Stuart Meares who is also stepping down in his role as treasurer this year. Stuey has been a pleasure to work with and has been instrumental in the success of the organisation since he took over the role and he leaves it in an excellent financial state

I have worked with many members on the NSW Board, I thank them all for their contribution and friendship, every single one of you has made a considerable contribution to this great organisation.

I have been extremely lucky to have been involved in MSNSW, met so many people who have the same goals, to swim for Fun, fitness and friendship and I wish the organisation every success in the future.

**Jane Noake**  
President

Supported by the



## **COUNTRY VICE PRESIDENT'S REPORT 2017**

In the second half of 2017 MSNSW used an Office of Sport grant to run a series of events in the Hunter region to promote masters swimming, at no cost to the clubs involved. The project was so successful that it could act as a template for similar projects in other regions and I hope this initiative will be taken up. All six events were well publicised and supported by the clubs in the region and were open to non-masters swimmers. The events, spaced about a month apart, were a stroke correction / technique clinic; an endurance / timekeeping / CTK course session; a stroke correction / technique clinic followed by a dryland training and a CPR-accreditation session; an open water swim; an open long-course carnival; and a second open long-course carnival. A nice finishing touch was an endurance session that Novocastrian offered in early 2018. I would like to acknowledge Di Partridge, who suggested the project, and to thank Cessnock, Novocastrian, Maitland, Myall, Raymond Terrace and Singleton clubs for their help and enthusiasm.

Anne Smyth and Paul Bailey continued to conduct coaching / technique sessions to clubs in regional areas and I would like to thank them for their professionalism and generosity in doing this over the past couple of years. The clubs that have taken advantage of these sessions have benefited greatly from the experience.

Regional clubs have remained pretty active locally, but deserving of special mention is Maitland Merlot, whose members took to competition with great enthusiasm and with great success in 2017. Towards the end of the year we welcomed a new club: Sapphire Coast Adult Swimming Club. They are based in Pambula and look set to work in well with the ACT clubs. The Sapphire Coast Stingrays swim at Bega, Pambula and Candelo pools on the far south coast and are venturing into open water swims in the area. Anne Smyth has offered to visit and conduct coaching / technique sessions with the club.

The spread of BPS carnivals between metropolitan and regional was pretty much the same as last year, with five in regional, three in the Central Coast area and six definitely metropolitan. Because of geography, the far north coast still has the hardest job getting to carnivals but Clarence River has suggested sharing out carnivals within the region, which would make it a lot easier for members to gain accreditation as officials and practice at competing. Armidale and Tamworth both have masters clubs that could be encouraged to be part of a regional mix.

Swimmers from their mid fifties to early seventies seem to have got the most out of the e1000 program and swimmers from ACT clubs (well, essentially Tuggeranong) made up the bulk of regional swimmers to achieve maximum points and to complete all swims. Singleton ranked third in the branch for highest average points per swimmer (444.33), with Tuggeranong a distant fifth, but Tuggeranong (15,641) pipped Campbelltown (14,828) as the highest point-scoring club. Clarence River (4,190) and Port Macquarie (4,125) both impressed, coming a close fifth and sixth out of 44 clubs for total points.

**Sue Wiles**  
Country Vice President

# NATIONAL BOARD DELEGATE'S REPORT 2017

## Autumn Meeting – April 8<sup>th</sup> 2017 - Melbourne

Due to this meeting being scheduled with the MSNSW State Championships I was unable to attend this meeting. This issue was discussed at the time with the National office however the date was not changed.

- The STG Classic CRM platform is going to be transformed to Salesforce.com platform.
  - Membership Database Module is to be replaced with **TG\* Membership**
  - Event Registration and Management Module to be replaced with **TG\* Events**
  - Online Retail Store Module to be replaced with **TG\* Shop**
  - Meets Module to be replaced with **TG\* Competitions**
  - Website and Content Management Module to remain the same in 2017
- There was discussion on Branches sharing their Annual Reports with MSA.
- The National Office is to investigate a project of updating the format of the National Championship Meet Guide and update the recommendations of Meet Programs Entry Software and minimum requirements to host the Championships.
- Motion was put forward to amend the General Rules in relation to National Top 10.
  - The Motion was Carried
- Motion was put forward to delete the word “meet” in rule SW10.17M and also in rule SW 12.6.14.2M
  - The Motion was Carried
- Motion was put forward That in the Endurance 1000 program for both women and men beyond the age of 74 the 5 x 400m butterfly swims be replaced by 2 x 400m breaststroke plus 2 x 400m backstroke plus 1 x 400m individual medley, and the 5 x 800m butterfly swims be replaced by 2 x 800m breaststroke plus 2 x 800m backstroke plus 1 x 800m individual medley.

The motion was discussed extensively by the Meeting but the consensus was that rules should not be changed based on age. While it was accepted that older swimmers may want to do all 62 swims, there are lots of reasons why this is not achievable by many members for many reasons.

- The Motion was Lost



- It is necessary to rescind the previous motion from the Spring Meeting; so Fiona Wilkins, on behalf of MSWA moved that the 2018 National Championships be staged at HBF Stadium in Mt Claremont from 18 – 21 April and that the event be long course.
  - That the draft budget be accepted with updates to occur as costs are modified.
- Motion was put forward to establish a Volunteer of the Year Award.
  - The Motion was Carried.

#### Spring Meeting – October 14<sup>th</sup> - Melbourne

Due to another scheduled with the another MSNSW State Championships I was unable to attend this meeting. This issue was again discussed at the time with the National office however the date was not changed. Our disappointment was noted.

- The National office decided that due to an upgrade of the STG website that they would provide the majority of the costs but would levy a \$500 charge to Tasmania and NT and \$1,000 to the other branches.
  - MSNSW queried this and the different rates applied to each branch and suggested that each branch should contribute the same amount. This was not accepted.
- A Member Protection Policy was tabled and moved to be accepted, bar some minor changes.
  - This Motion was Carried.
- A Motion was put forward to trial 6-month registrations
  - This Motion was Carried.
- Multi Class introduction into Masters Swimming was discussed and MSV and MSQ were to draft some recommendations to be considered.
- The National Board of Management have made it a priority to make progress a procedure for dual sanctioning of swim meets.



# ADMINISTRATOR'S REPORT 2017

## Governance

Masters Swimming NSW is governed by a board of seven members assisted by position holders in Coaching, Communications, Endurance, Recording, Safety, Technical, Training and Technology. Board members were elected at the Annual General Meeting held in May 2017 which was attended by 43 registered persons representing 21 of our 51 clubs.

Final membership figures for 2017 were 1529 including 2<sup>nd</sup> claim members, and participation at swim meets remained constant.

The NSW State Government has been generous in approving a grant specifically for the Hunter region where there are six active clubs.

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 Paul Wyatt, Coogee-Randwick Masters and Clary Munns, Blacktown City. Prize packs were donated by Vorgee.

Coach of the Year went to Peter Johnston from Merrylands Masters, a very successful one-club.

Official of the Year was awarded to Julia Atkins from Warringah Masters for her positive attitude on pool deck, and mentoring of new officials. Julia is known to be a very kind and patient lady who instils her love of swimming to new recruits.



*Tony Goodwin won the prestigious Sport NSW Masters Athlete of the Year award!*

### ***Recognition***

At the Annual General Meeting in April 2017 Mark Hepple was recognized as a Life Member of Masters Swimming NSW, in part due to the enormous contribution he has made to the organization in regard to the website, online entries, utilizing existing technology within Sports TG console and assisting the branch at every level of administration. While many members see Mark toiling away at the computer at swim meets most underestimate just how much Mark volunteers for MSNSW, often over seven days a week answering queries, researching and writing recommendations. He is a powerhouse of energy and maintains enthusiasm for the sport.

Many members of MSNSW were recognised for their work and dedication during 2017. These included, but are not limited to, Kerry Blanch (Gary Stutsel Award), Marie Taylor (Administration Award), Anne Smyth (Ian Davis Award) and Graham Campbell (Betty Grant Award). The branch offers congratulations to all these plus all those nominated.

Our Technical Officials need to be recognized, 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 rules are adhered to and swimmers are in the right place at the right time and do their very best.

A new club joined our ranks, Sapphire Coast Adult Swim Club, but one withdrew and we said goodbye to Tamworth Masters but hope this is a temporary stand down while their aquatic centre rejuvenates itself.

### ***Marketing***

Masters Swimming Australia again provided the Swim into Spring campaign toolkit for clubs to boost their membership and assist in marketing activities. This opportunity was taken up by a few MSNSW clubs and gave them assistance with ideas, formatting and media images. Hills AUSSI Masters held a successful Open Day utilising the toolkit and appreciated the information.

The Communication Committee recommended the MSNSW Board bring in a Marketing and Communications Coordinator and Kim Back started in November 2017. Kim has a background in marketing, social media and promotions and as a past swimmer and current active surfer she fits well in our space.

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.

<b>Programs &amp; Activities</b>
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### ***Technology Team***

The volunteer Webmaster team maintain the 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, utilizing the existing Sports TG platform, proved successful and closing dates could be moved closer to the event date due to the ease of collating and finalizing entries and reconciling payments.

### ***Social Media***

A volunteer Facebook team administer our social media platforms and are constantly communicating, updating and sourcing information and relevant material. With over 2164 likes our page continues to amuse, educate and keep us 'social'. The Communications team along with Kim Back, our Marketing & Communications Coordinator, is refreshing our image and introducing us to Instagram and updating our twitter feed.

### ***Coaching Team***

One Club Coach course was presented during the year by Branch Coaching Director Di Coxon-Ellis and a professional team of Trainers and Assessors including John Kulhan and Paul Bailey.

The Coaches Project team with financial assistance from the NSW State Government under the leadership of Anne Smyth visited clubs on request and provided blogs, hints and tips for coaches and swimmers alike on the website and social media. The team organized coach's forums prior and during swim meets to keep our coaches connected.

### ***Endurance 1000***

The 2017 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 one members gain maximum points and seventeen others achieved all 62 swims.

### ***Safety***

Kerryn Blanch and Marilyn Earp conducted CPR courses throughout the year for the membership, this not only provides assistance in a time of need but gives everyone added confidence that they could lend a hand if needed. Very few incidents were reported in 2017 for which we are extremely grateful and those that were reported proved well handled with immediate and effective treatment.

### ***Technical and Training team***

The training and technical team is made up of 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 clubs.

### ***Swim Meets***

Throughout NSW and the ACT nineteen sanctioned meets were held in 2017. The calendar was made up of eight long-course and eleven short-course meets.

The long course championships were conducted at Sydney Olympic Park Aquatic Centre (SOPAC) over two days in April with 350 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 297 swimmers from 19 clubs, the branch long-distance short-course championships were held in November at Knox Grammar with 111 swimmers from 31 clubs and the short course championships were held in October over two days at the Australian Institute of Sport in Canberra attracting 182 competitors from 32 clubs.

## Acknowledgements

The Board of seven members from a range of clubs are a constant presence behind this organisation leading us through the year with all our activities. They are dedicated and care about our sports future. I am honoured to work with them, they are an amazing group of professionals providing a strong support.

Mark Hepple has my undying gratitude for the countless hours he puts in on the computer training me and guiding the office from afar. He is the unseen energy behind the work that comes off the admin desk with constant support and advice.

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, the Communications team, two facebook administrators, five webmasters and two office assistants and the many, many officials and timekeepers that consistently provide professional service to our organisation.

The office is a lonely place and the silence is broken by two dedicated and unrecognized volunteers that continue to visit for all the menial but important paper-based tasks that have to be done in a timely manner. They do printing, stocktaking, prepare for all branch meets & the AGM with signage and programs, lists and medals. These often invisible jobs are undertaken time and time again by Jamie Turner and Kevin Stirling. I cannot thank you both enough, not just for happily tackling the mundane tasks but also in keeping me on top of things and your cheerful company.

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 2017. Thank you Noeleen, Jane, Lynne and Kath, for always being at the end of the phone.

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**

**COMMITTEE REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2017**

Your committee members submit the financial report of The NSW Association of AUSSI Masters Swimming Clubs Inc. for the financial year ended 31 December 2017.

**1. General Information**

**Committee members**

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

Kari Baynes	Jon Hawton
Stuart Meares	Tony Tooher
Jane Noake	Sue Wiles
	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 their 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 \$10,085 (2016: surplus \$1,123)

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

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Committee Member

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Committee Member

Dated this

day of

2018.

**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 2017. 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 \$10,085. The income of the Association rose, particularly in the areas of members registrations and carnival surpluses. Expenditure rose slightly for the period.

The surplus has strengthened the Association's asset base with net assets of approximately \$231,470 and liquid funds of \$240,571.

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 COMMITTEE**

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 Masters Swimming Clubs Incorporated as at 31 December 2017 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 Masters 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

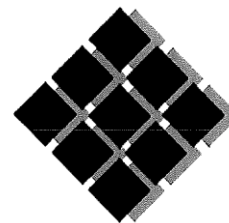
\_\_\_\_\_  
Committee Member

Dated this

day of

2018.





## **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 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 2017, 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 report 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 2017, and of its financial performance and cash flows for the year then ended, in accordance with the requirements of the constitution.

## **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 2017**

	<b>2017</b>	<b>2016</b>
	<b>\$</b>	<b>\$</b>
<b>Income</b>		
Registrations - State	44,088	40,251
Surplus at Carnivals	13,216	5,090
Other Income	725	500
Affiliation Fees	2,480	1,930
Interest Received	1,125	2,005
NSW Government Grant	20,000	20,000
<b>Total income</b>	<u>81,634</u>	<u>69,776</u>
<b>Expenditure</b>		
Administration & General Expenses	2,910	2,864
Aerobic Production	1,686	1,384
Coaching Costs	508	687
Computer Expenses	5,648	5,461
Depreciation	1,131	811
Insurance	324	325
Membership & Officials' Development	1,992	2,742
Postage	441	502
Printing & Stationery	321	370
Promotional Expenses	487	-
Repairs & Maintenance	312	-
Review Fees	2,001	2,200
Salaries & Wages	48,000	46,300
Superannuation	4,928	4,623
Telephone	476	-
Top 10 Production	384	384
<b>Total expenses</b>	<u>71,549</u>	<u>68,653</u>
Surplus before income tax	10,085	1,123
Income tax expense	<u>-</u>	<u>-</u>
Surplus after income tax	10,085	1,123
Retained surplus at the beginning of the financial year	217,592	216,469
Retained surplus at the end of the financial year	<u><u>\$227,677</u></u>	<u><u>\$217,592</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 2017**

	<b>NOTE</b>	<b>RETAINED</b>	<b>RESERVE</b>	<b>CORPUS</b>	<b>TOTAL</b>
	<b>\$</b>	<b>EARNINGS</b>	<b>- BETTY</b>	<b>\$</b>	<b>\$</b>
		<b>\$</b>	<b>GRANT</b>		
			<b>LEGACY</b>		
			<b>\$</b>		
<b>Balance 1 January 2016</b>		216,469	1,000	532	218,001
Surplus for the 2016 year		1,123	-	-	1,123
Corpus received from Cook and Phillip Masters		-	-	2,260	2,260
<b>Balance 31 December 2016</b>		217,592	1,000	2,792	221,384
Surplus for the 2017 year		10,085	-	-	10,085
<b>Balance 31 December 2017</b>		<u>\$227,677</u>	<u>\$1,000</u>	<u>\$2,792</u>	<u>\$231,469</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 2017**

	Note	2017 \$	2016 \$
<b>ASSETS</b>			
<b>CURRENT ASSETS</b>			
Cash and cash equivalents	2	240,571	248,659
Trade and other receivables	3	20,000	20,000
Inventories		1,416	1,842
<b>TOTAL CURRENT ASSETS</b>		<u>261,987</u>	<u>270,501</u>
<b>NON-CURRENT ASSETS</b>			
Plant & equipment	4	3,571	1,350
<b>TOTAL NON-CURRENT ASSETS</b>		<u>3,571</u>	<u>1,350</u>
<b>TOTAL ASSETS</b>		<u>265,558</u>	<u>271,851</u>
<b>LIABILITIES</b>			
<b>CURRENT LIABILITIES</b>			
Trade and other payables	5	34,089	50,467
<b>TOTAL CURRENT LIABILITIES</b>		<u>34,089</u>	<u>50,467</u>
<b>TOTAL LIABILITIES</b>		<u>34,089</u>	<u>50,467</u>
<b>NET ASSETS</b>		<u>\$231,469</u>	<u>\$221,384</u>
<b>MEMBERS' FUNDS</b>			
Reserve - Betty Grant Legacy		1,000	1,000
Corpus		2,792	2,792
Retained surplus		227,677	217,592
<b>TOTAL MEMBERS' FUNDS</b>		<u>\$231,469</u>	<u>\$221,384</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 2017**

	Note	2017 \$	2016 \$
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Receipts from customers		94,792	107,848
Payments to suppliers and employees		(100,653)	(91,486)
Interest Received		1,125	2,005
Net cash (used in)/provided by operating activities	6	<u>(4,736)</u>	<u>18,367</u>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Payment for property, plant and equipment		<u>(3,352)</u>	-
Net cash used in investing activities		<u>(3,352)</u>	-
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>			
Corpus received from Cook and Phillip Masters		-	2,260
Net cash provided by financing activities		<u>-</u>	<u>2,260</u>
<b>NET (DECREASE)/INCREASE IN CASH HELD</b>		(8,088)	20,627
Cash and cash equivalents at beginning of financial year		248,659	228,032
Cash and cash equivalents at end of financial year	2	<u><u>\$240,571</u></u>	<u><u>\$248,659</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 2017**

**1. Summary of Significant Accounting Policies**

**(a) Basis of preparation**

This financial report is a special purpose financial statement prepared in order to satisfy the financial reporting requirements of the committee under the constitution. The committee has determined that the Not-For-Profit Associations is not a reporting entity. The association is a tier 2 association under the Associations Incorporation Act (NSW) 2009, and the Associations Incorporation Regulations 2016.

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.

**(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 2017**

**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 2017**

**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 Masters 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 2017**

	<b>2017</b>	<b>2016</b>
	<b>\$</b>	<b>\$</b>
<b>2. Cash and Cash Equivalents</b>		
Cash on Hand - Imprest Account	200	200
ANZ Bank	240,371	248,459
<b>Total cash and cash equivalents</b>	<u><u>\$240,571</u></u>	<u><u>\$248,659</u></u>
<b>3. Trade and Other Receivables</b>		
<b>Current</b>		
Government subsidies receivable	20,000	20,000
<b>Total current trade and other receivables</b>	<u><u>\$20,000</u></u>	<u><u>\$20,000</u></u>
<b>4. Property, Plant and Equipment</b>		
Office Equipment - at cost	9,924	10,072
Less: Accumulated Depreciation	(6,353)	(8,722)
<b>Total property, plant and equipment</b>	<u><u>\$3,571</u></u>	<u><u>\$1,350</u></u>
<b>5. Trade and Other Payables</b>		
<b>Current</b>		
<b>Unsecured liabilities</b>		
Creditors and Accruals	3,700	2,544
Affiliation fees in advance	1,920	1,400
Government Grant in advance	14,098	10,000
PAYG Tax Payable	1,927	1,464
State Registrations Received in Advance	12,444	19,008
<b>Total current trade and other payables</b>	<u><u>\$34,089</u></u>	<u><u>\$34,416</u></u>
<b>6. Cash Flow Information</b>		
Reconciliation of cash flows from operating activities with deficit:		
Surplus for the year	10,085	1,123
Non-cash flows in surplus:		
depreciation	1,131	811
Changes in assets and liabilities:		
(increase)/decrease in inventories	426	382
increase/(decrease) in trade and other payables	(16,378)	16,051
Cash flows (used in)/from operating activities	<u><u>\$(4,736)</u></u>	<u><u>\$18,367</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 2017**

**7. Contingent Liabilities and Contingent Assets**

In the opinion of the committee, the Association did not have any contingencies at 31 December 2017 (31 December 2016: None)

**8. Events after the end of the Reporting Period**

The financial report was authorised for issue on 19 February 2018 by the committee.

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

**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                      2018.

The accompanying notes form part of these financial statements

## COACHING DIRECTOR'S REPORT 2017

2017 saw an active year for the Coaching group/team led by Anne Smyth. Anne has provided a Coaching Group summary:

*The coaching group aims to provide support and professional development opportunities to coaches.*

*Members of Anne's team are: Di Coxon Ellis (coaching director) Paul Bailey, Greg Gourley, John Kulhan, Jane Lawrence, Caroline Makin and Bill Moorcroft.*

*Initiatives have been:*

- *Visiting club coach sessions run by Anne Smyth, Paul Bailey and Mark Morgan were held at Singleton, Campbelltown, Wollongong, the newly formed Sapphire Coast and Clarence River clubs, with more planned for 2018.*
- *Regular email contact with coaches has been established enabling the distribution of information and ideas.*
- *The coaching page on MSNSW website has been regularly updated with information.*
- *Stroke Workshops were run before Knox and Warringah meets. These sessions were conducted by Mark Morgan and were very successful as the timing enabled coaches to attend easily. Tony Goodwin has conducted breaststroke workshops at some meets and will continue in 2018.*
- *A Coaching Forum was held at State Short course at Canberra in October. This was the second forum held and is an effective way of bringing together coaches for the sharing of ideas and creating a network.*
- *More workshops and regular contact through email and webpage are planned for 2018 to continue to build on the coaching network for Masters Swimming NSW.*

The BCD role now concentrates on an area of responsibility within that team, namely coach accreditation and reaccreditation

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 2017 one Club Coach course workshop was conducted in NSW at Sports House, Sydney Olympic Park and Ryde Aquatic Centre on 27 August with 7 participants.

Presenters were Paul Bailey, Di Coxon-Ellis and John Kulhan.

After the workshops participants are required to complete the workbook, log their coaching hours and a CPR course and submit all with a signed Code of Behaviour and they are then an accredited Club Coach. As the course was held late in 2017, to date there is one who has fully completed the requirements. Congratulations to Joan Bratton from Ginninderra ACT.

As reported last year we held 3 workshops in 2016 with 5 new accreditations that year. In 2017 a further eight of the other 13 trainees completed all their requirements. Congratulations to Helen Hamilton, Judy King, Alan Lawrence and Bobbie Winger of Clarence River Masters, to Debra Francia of Hills, Brad Jensen of Myall, Graham Hill of Seaside Pirates and Wilson Gamble of Warringah. The good news for the Yamba workshop is that the four trainees became accredited - a 100% completion rate from that course. Clarence River Masters has a healthy pool of coaches at their two venues.

The other five 2016 trainees have been granted an extension and we hope that they are now close to completion.

In 2017 we had 9 Club Coach **reaccreditations** – Margaret Wilby Coogee-Randwick, Leon Bobako Myall, Vicky Watson Ryde, John Kulhan Trinity, Brenda Day Tuggeranong, Danny Crowe Wett Ones, plus Roshani Ainkaran, Nick Woodhams and Gordon Whyte all from Warringah.

### **MSNSW Coach of the Year 2017:**

There were six nominees for the award this year:

- *Hills Masters* nominated Galston coach **Debra Francia** as Deb held the club together by organizing sessions at Hornsby during the 5 month pool closure and is dedicated to supporting every member of this small club. Deb gained her Masters Club Coach accreditation in 2017 and ran a coaching session, an initiative of the *Swim into Spring* campaign;
- *Lake Macquarie Crocs* nominated **Ben Jenkinson** for his motivating influence in their club. Ben gained his MSA accreditation as recently as 2016;
- *Merrylands ASC* nominated **Peter Johnston** for his efforts in organising the inaugural club BPS meet, training and motivating swimmers at Club, Branch, National and FINA World meets;

- *Molonglo Water Dragons* nominated **Les Worthington** to acknowledge his long term commitment and perseverance with club members over a long period of time;
- *Tattersalls Club* nominated **Ewen McDonald** for the enormous job of corralling members to compete remarkably at Branch and National meets in their lead up to World Masters Games in Auckland and the FINA World Masters Championships in Budapest;
- *Warringah Masters* nominated **Gordon Whyte** for his weekly Wednesday sessions to acknowledge his considerable commitment to the club.

Congratulations to a worthy recipient, **Peter Johnston** after a close tussle in the rankings with **Ewen McDonald**. Peter has been nominated for the MSA Coach of the Year which is announced at the National Swim and is presented at the ASCTA Conference at the Gold Coast.

Another reminder that recognition is a way of acknowledging your coach's commitment for the time and effort they put into your club and nomination of your club coach for this award is recognition in itself.

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

I also acknowledge the continued support of previous Branch Coaching Director John Kulhan 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 as a presenter, for his unflagging efforts visiting other clubs and also as an invaluable support in all areas of coaching. Vicky Watson has been waiting in the wings this year but was not needed.

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

**Di Coxon-Ellis**

MSNSW Branch Coaching Director

Supported by the



# COMMUNICATIONS COMMITTEE REPORT 2017

The Communications Committee has made good progress over the past 12 months.

In May 2017 the Committee presented its **Marketing and Communications strategic plan** to the Board. Its key recommendation was to hire a **part-time resource** to help raise the profile of the organisation and drive membership.

Kimberly Back, a former competitive swimmer and surfer with extensive marketing and digital experience, came on board in November 2017 for an initial six-month part-time contract.

The Marketing Plan highlighted the importance of fixing our owned assets, i.e. MSNSW website and social channels, in order to present the organisation as relevant, modern and professional. These are our best marketing platforms to showcase who we are and what we do and are the first contact point for people interested in joining a sporting Club or Association.

The Committee's Plan also identified three **key audience segments to target**, catering to different age groups and member needs:

1. 18 to 35-year olds are the primary target audience given the importance of attracting younger members.
2. 35 to 50-year olds.
3. 50+ years old.

Kim has organised new high-impact **banners** that can be used to promote MSNSW at swim meets. These had their first outing at the NSW State Age Championships in December, where MSNSW had a stand to showcase who it is and what it does. We also created flyers for the event and had a MSNSW promotion integrated into the competition manual.





### Website upgrade

The Committee is very excited that the MSNSW website is being upgraded as part of a national overhaul. The site is shifting to a new user-friendly platform, Wordpress, and Kim is our lead in providing feedback and input into the site design and content. Timeline for launch is the end of April 2018. Our goal is for the website to become a rich resource of inspiring health and fitness content in addition to the swim meet calendar, programs and results.

### Social activity

Fans and followers of our social accounts, Facebook and Twitter are slowly building. The quality of content being published on Facebook has improved dramatically and now includes a comprehensive calendar of events and advertising campaigns. A new Instagram account has been launched, @mastersswimmingnsw, and at the time of writing we had close to 300 followers.



### Photography and film-making

Kim has been working her way through our extensive list of members to create short feature films that can be used for marketing purposes. Kim has also attended a range of swim meets and training sessions to create professional imagery and videos to be used in marketing material throughout the year.

The Committee is made up of four volunteers: Craig Magnusson, Peter Kaupert, Jade Lish, Diana Watts, and aims to meet monthly.



# TECHNICAL COMMITTEE REPORT 2017

2017 was a year when there was very little call on the office of Branch Technical Director, other than the offering of advice as to how to resolve an issue that arose at the 20<sup>th</sup> May, Ettalong Meet.

The three main reasons for this lack of activity have been the ongoing compliance of our swimmers with the rules, the increasing experience and professionalism of our officials, and the lack of follow-up actions from the National Technical Committee (NTC). It is now well over 12 months since the MSA Swimming Rules were more closely aligned with the FINA and FINA Masters Swimming Rules resulting in some drastic changes in the way in which meets are intended to be administered (at least on paper). However much needed actions by the NTC have not happened.

The changes that came into effect on 1 January 2017 had little effect on swimmers but resulted in many of the Technical Training documents no longer being aligned with the Rules. To date, these have not been revised nor have the DQ Sheets that our Referees and Inspectors of Turns use at every meet. The version that is available on the MSA website is 2014 and this urgently needs updating for the 2016-17 changes and the more recent changes made by FINA in August 2017 that were to come into effect in our swims from 1 January 2018.

Unlike the 2016 realignment, the recent FINA changes have had a major effect on our swimmers. The most significant of these was the requirement that times for World Records would only be accepted from meets where AOE (automatic officiating equipment) timing was used. This rule came into effect on 21 September 2017. That change resulted in two MSNSW swimmers, Liz Wallis of the Blue Mountains Club and Tony Goodwin of Manly Club, missing out on World Records that would previously have been accepted. This presents a challenge to swimmers, clubs and Branches as to how best to organise World Record attempts in future.

On a more positive note the change, effective in January 2017, that would have seen times swum in club time trials not being eligible for the National Top 10 was corrected at the National General Meeting in April 2017. As a result club times are still eligible.

Referees and Inspectors of Turns have been advised of the changes that were to come into effect on 1 January 2018 and these will also be made known to swimmers.

Apart from the World Record restriction the important change for swimmers is to not be on their back when leaving the pool end wall in the freestyle legs of medley events both individual and relays. This is so each of the four strokes is given equal distance.

2017 was probably my last year as MSNSW Technical Director so I wish to take this opportunity to thank the Board, Referees and all officials for their support over many years. I wish the incoming director everything they could wish for themselves and trust that they will consult me for advice if and when needed.

**Gary Stutsel**  
Technical Director

## **TRAINING COORDINATOR'S REPORT 2017**

Congratulations to the fourteen officials who gained their accreditation in 2017. I encourage clubs when recruiting officials for your swim meets to offer positions to these new officials. Don't know who they are, please contact the Training Coordinator.

I urge the 215 qualified time keepers to step out of their comfort zone and progress to another position. Not sure what to do? Have a discussion with your club members as to the officials that are needed to host a swim meet.

Master Swimming NSW (MSNSW) introduced a new portable timing system to MSNSW swim meets known as WT Timekeeper. A few hiccups were experienced by the Timekeepers at the first few swim meets and of course the fear of the unknown to overcome. Once the Timekeepers got used to the TW Timekeeper, they found it very simple to use. Some of our more mature members are still finding it difficult to operate the finish button. The WT Timekeeper is now included in Timekeeping courses held in NSW. Timekeepers need to stay focused as the only action needed is at the completion of the race.

MSNSW has a contingent of 83 active officials 8 less than 2016. Of those 83, twenty five officials officiated once in the year and lighten the load for the other 58 officials who officiated across 19 swim meets another 25 officials like this would be helpful. Thank you to all 83 officials for your hard work and dedication to MSNSW. From an official point of view all MSNSW swim meets run smoothly, so congratulations to these officials for their outstanding team work throughout the year. Please remember, MSNSW can never have too many officials.

There were seventeen courses offered in 2016. A total of 27 candidates attended courses. All courses are held on a day of a swim meet and one hour before warmup. Only 14 candidates completed their competencies. Referees, Inspector of Turns and Starters attended 15 minute workshops for rule changes. Thank you to all the dedicated mentors, presenters and co-ordinators.

Officials need to remember their certificate has an expiry date printed on it and a Technical ID number. Remember re-accreditation every four years is the FINA rule that we must follow through to maintain our professionalism.

Thank you 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 2017. 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.

<b>Current Qualified Officials</b>	<b>2017</b>
Timekeepers	215
Chief Timekeepers	53
Marshal/Check Starter/Clerk of Course	52
Starter	20
Inspector of Turns	23
Judge of Strokes	5
Referee	17

*Please note some officials are accredited in multiple positions.*

<b>Officials Positions</b>	<b>Accredited in 2017</b>
Timekeepers	6
Chief Timekeepers	2
Marshal/Check Starter/Clerk of Course	0
Starter	2
Inspector of Turns	2
Judge of Strokes	2
Referee	0

*Please note some candidates accredited in multiple positions.*

<b>Courses</b>	<b>Number of Courses</b>	<b>Candidates in 2017</b>
Timekeepers (including General Principles of Officiating 1&2 requiring no training hours)	1 Individual clubs are able to conduct courses.	2 4
Chief Timekeepers	3	2
Marshal/Check Starter/Clerk of Course	3	0
Starter	3	11
Inspector of Turns (including General Principles of Officiating 3 & 4 requiring no training hours)	5	8
Judge of Strokes	1	0
Referee	1	1

*Please note some candidates participated in multiple courses.*

<b>Coordinators were:</b>	<b>Presenters were:</b>
Diane Partridge	Neil Keele
	John Kulhan
	Diane Partridge
	Noel Partridge

**Diane Partridge**  
NSW Training Coordinator

# ENDURANCE RECORDER'S REPORT 2017

**General STATS:** No: Clubs = 44 (2016=45), Participants = 451 (2016=450), Females = 239, Males = 209  
Total e1000 swims = 5603

## Top Scoring Club Trophy

Well done to Tuggeranong grabbing top spot this year (5511 more points than last year). Campbelltown came second followed by Wests Auburn.

	Points	Average	F-Points	M-Points	Participants	Female	Male	Members
NTN	15641	156.41	12096	3545	49	32	17	100
NTC	14828	570.31	8010	6818	25	15	10	26
NWS	7830	489.38	3467	4363	14	5	9	16

## Average Points per Member Award

Congratulations to Campbelltown for winning the award for Highest Average points per Member, followed by Wests Auburn and then Singleton. This was a replicate of 2016 results.

Club Code	Average Points	Points	F-Points	M-Points	Participants	Female	Male	Members
NCT	570.31	14828	8010	6818	25	15	10	26
NWS	489.38	7830	3467	4363	14	5	9	16
NSN	444.33	2666	1839	827	5	3	2	6

## Swimmers with Maximum Points (1005)

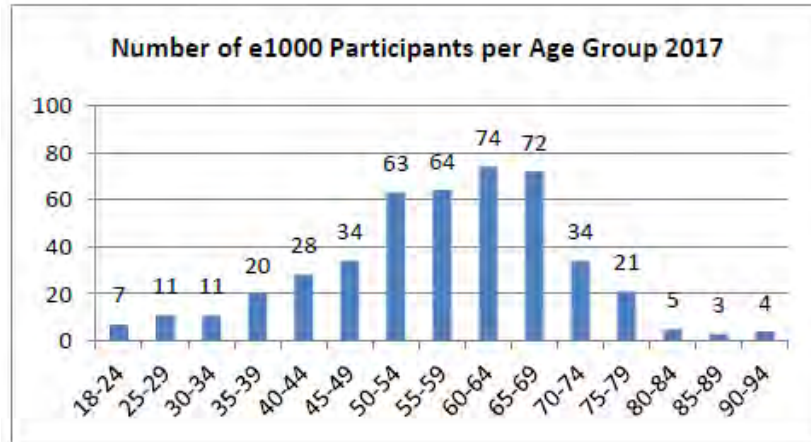
(2 < last year)

Member	Club	Age	AgeGroup
BALE , DAVID	NTN	44	40-44
BURGESS , KATRINA	NTN	50	50-54
DAVIS , ADRIAN	NPM	66	65-69
DAY , BRENDA	NTN	68	65-69
GRIFFITHS , ROBIN	NBM	63	60-64
KAUPERT , PETER	NWG	76	75-79
KEOGH , LESLEY	NCT	60	60-64
LEWIS , KATE	NCT	29	25-29
LLEWELLYN , GEOFFREY	NCN	84	80-84
MAKIN , CAROLINE	NTN	49	45-49
MCLEOD , RUSSELL	NCT	67	65-69
MCMURTRIE , WENDY	NPM	50	50-54
O'NEILL , IMOGEN	NCL	28	25-29
PARKINSON , MICHAEL	NWS	47	45-49
PELOSA , JAMES	NCT	55	55-59
REID , ANN	NTN	55	55-59
ROUEN , HEATHER	NCT	61	60-64
SAVIANE , ANITA	NCS	74	70-74
SINDEN , OWEN	NCT	62	60-64
TAYLOR , BEN	NWS	49	45-49
WHITELEY , JENNY	NRV	59	55-59

## Swimmers with Maximum Swims (62)

(2 > last year)

Member	Club	Age	AgeGroup	Points
SHEPPARD , WENDY	NCL	57	55-59	987
CAMPBELL , DONNA	NTN	55	55-59	965
RISK , LINDSAY	NCT	70	70-74	955
MORRIS , HELEN	NTN	44	40-44	899
HENSON , KATHRYN	NCL	55	55-59	885
GENOVESE , KERRI	NCL	56	55-59	884
LEARY , CHRISTINE	NTN	63	60-64	880
TEUNISSEN , ANDREA	NTN	57	55-59	821
BLANCH , KERRY	NWS	44	40-44	806
PREISS , HANS	NCT	68	65-69	764
MORRISON , HILARY	NWS	71	70-74	741
MCNAIR , HEATHER	NBM	47	45-49	722
KULHAN , JOHN	NTR	66	65-69	690
SWEETING , BRUCE	NCL	53	50-54	538
COLYER , TANYA	NCN	57	55-59	519
ANDERSON , CASSIE	NWS	37	35-39	497
DRUITT , DENISE	NTN	65	65-69	468



**Jenny Whiteley**  
NSW e1000 Recorder

Supported by the



# BRANCH MEET RECORDER'S REPORT 2017

## Swim Meet System

In the year 2017, I officiated at 10 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.

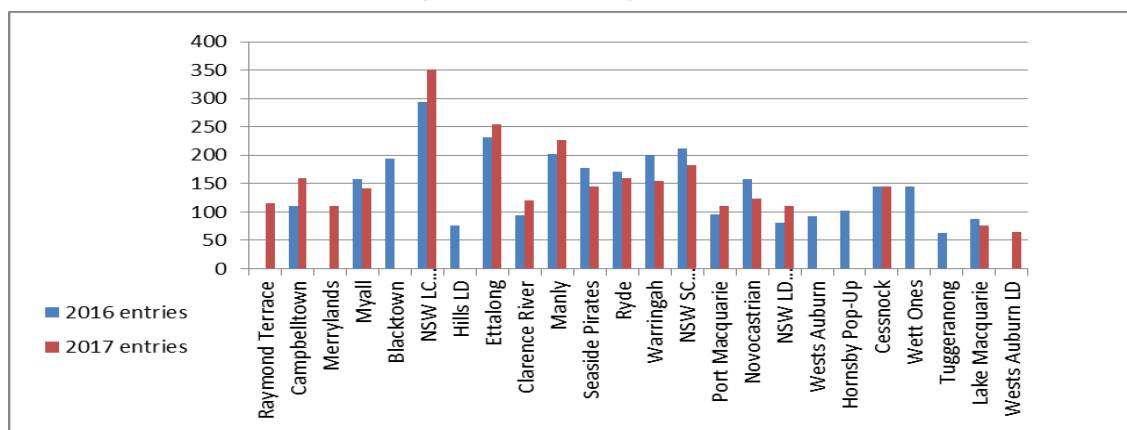
At each of the Branch Championship meets, results have been made available in “real-time” on our [Live Results website](#), accessible poolside on smart phones and tablets.

An additional 6 meets were conducted by host clubs using their own licenced software and equipment. For each of these meets my role included the setup of the meet database, complete with current registrations and latest available records, Team Manager files, the setup of the online entry system and compilation of entries where applicable, checking post-meet that all broken records have been correctly identified and that relevant record applications have been submitted, then the uploading of results to the MSNSW website and MSA results portal.

735 members participated in one or more swim meets during 2017, representing 48.5% of our membership, compared with 53% in 2016.

In 2017, online entries were embraced by all but 2 host clubs. From the beginning of 2018, entries for all sanctioned meets will be online only. Following an analysis of 2017 meets, the following points were noted:

- Though meet entry numbers fluctuated a lot, the number of entries per BPS meet is virtually unchanged from the previous year at an average of around 148 per meet.
- For championship meets, numbers were up by 10% to an average of 215 per meet.
- For some unknown reason, meets with reduced entry numbers are centred around September and October, and include both “online only” and “online + TM” entry types.
- At meets where TM entries were offered in conjunction with online entries, the average percentage of online entries was 89% - this showed a steady rise throughout the year, starting at 81% at Campbelltown in January and finishing at 96% by Lake Macquarie in October. This indicates that the membership is adapting well to the new system.
- The percentage of “no-shows” at meets where entries were online only was approximately half that of meets where TM entries were accepted. This is presumed to be the result of the later closing date enabled by online entries.



### **Semi-Automatic Timing**

Late September saw the introduction of a new semi-automatic timing (SAT) system to MSNSW swim meets.

Wylas Timing has been developed in Australia, and utilizes cost-effective off the shelf hardware. It works in conjunction with the Meet Recorder's PC acting as a server, which connects to an electronic starting device which starts the race as normal, but also triggers the start of the timer on the server and concurrently on Android handsets running the Wylas-Timing app.

The app is quite straight forward, it is linked to the server which starts the timer once the starting device is triggered and the timekeeper simply stops the clock when the swimmer reaches the end. The data is transmitted instantly via Wi-Fi to the server.

The system offers an accurate time-keeping system, with approx. 3 millisecond margin. It removes the human reaction time associated with the start of the event, reduces the chance of transcription errors which can occur using manual timing, and does away with problems associated with runners on pool deck.

There has been a steep learning curve for both officials and timekeepers, but despite perceptions otherwise by some, a detailed analysis of results recorded by the system confirms the reliability and accuracy of the system, and reliability continues to improve as timekeepers become more familiar with the equipment.

### **Top Ten System**

[The MSA Results Portal](#) continues to be the go-to place for 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.

A total of 841 times were recorded manually for 76 swimmers from 9 clubs.

### **Mark Hepple**

MSNSW Meet Recorder

Supported by the





# RECORDS RECORDER'S REPORT 2017

## World Records

Ten World Records were approved in 2017, nine to Tony Goodwin from Manly Masters and one to Clary Munns from Blacktown City Masters Swim Club. Congratulations Tony and Clary!

January	<b>Tony Goodwin</b>	200m Breaststroke	LC	3:31.73	80-84
January	<b>Tony Goodwin</b>	100m Breaststroke	LC	1:36.58	80-84
March	<b>Tony Goodwin</b>	200m Breaststroke	LC	3:28.43	80-84
March	<b>Tony Goodwin</b>	100m Breaststroke	LC	1:36.38	80-84
April	<b>Tony Goodwin</b>	100m Breaststroke	LC	1:36.09	80-84
May	<b>Tony Goodwin</b>	200m Breaststroke	SC	3:29.58	80-84
May	<b>Clary Munns</b>	200m Individual Medley	SC	3:25.06	70-74
July	<b>Tony Goodwin</b>	200m Breaststroke	SC	3:25.06	80-84
October	<b>Tony Goodwin</b>	200m Breaststroke	SC	3:23.69	80-84
October	<b>Tony Goodwin</b>	100m Breaststroke	SC	1:31.80	80-84

## National Records

55 National records were recognised throughout the year, 18 to women and 37 to men plus 8 Relay records.

Congratulations to:

Aaron Cleland, Marilyn Earp, Stuart Ellicott, Tony Goodwin, Ian Jeffery, Daniel Jones, Peter Kaupert, Georgene Mc Kenzie-Hicks, Clary Munns, John Notley, Liz Wallis and Paul Wyatt.

## Relay teams

North Shore Masters	200-239	4 x 50m	Medley	men	SC
Warringah Masters	280-319	4 x 100m	Medley	women	SC
Warringah Masters	280-319	4 x 100m	Free	women	SC
Warringah Masters	280-319	4 x 50m	Medley	women	LC
Warringah Masters	280-319	4 x 50m	Medley	mixed	SC
Port Macquarie Masters	320-359	4 x 25m	Free	women	SC
Warringah Masters	320-359	4 x 50m	Free	mixed	SC
Warringah Masters	360-399	4 x 50m	Free	men	LC

## Branch Records

2017 saw 121 individual branch records made or broken and 15 relay records achieved.

There was an even wider split again this year with 38 going to women and 83 to men.

The statistics in regards to pool length showed 61 of these records being attained in long course and 60 in short course pools.

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

20-24	0	25-29	1
30-34	1	35-39	3
40-44	6	45-49	9
50-54	3	55-59	3
60-64	3	65-69	20
70-74	28	75-79	3
80-84	20	85-89	2
90-94	19	95-99	0

All **strokes** were targeted:

19 in Backstroke  
29 in Breaststroke  
22 in Butterfly  
39 in Freestyle  
12 in Individual Medley

Lastly a look at what **distances** were popular with record breakers in 2017:

11 for 25m  
24 for 50m  
20 for 100m  
20 for 200m  
20 for 400m  
17 for 800m  
9 for 1500m

The branch relay records were made by (in alphabetical order):

North Shore (1), Port Macquarie (2), Seaside Pirates (1) and Warringah (11).

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 all.

**Jillian Pateman**  
Records Recorder



# WEBMASTER'S REPORT 2017

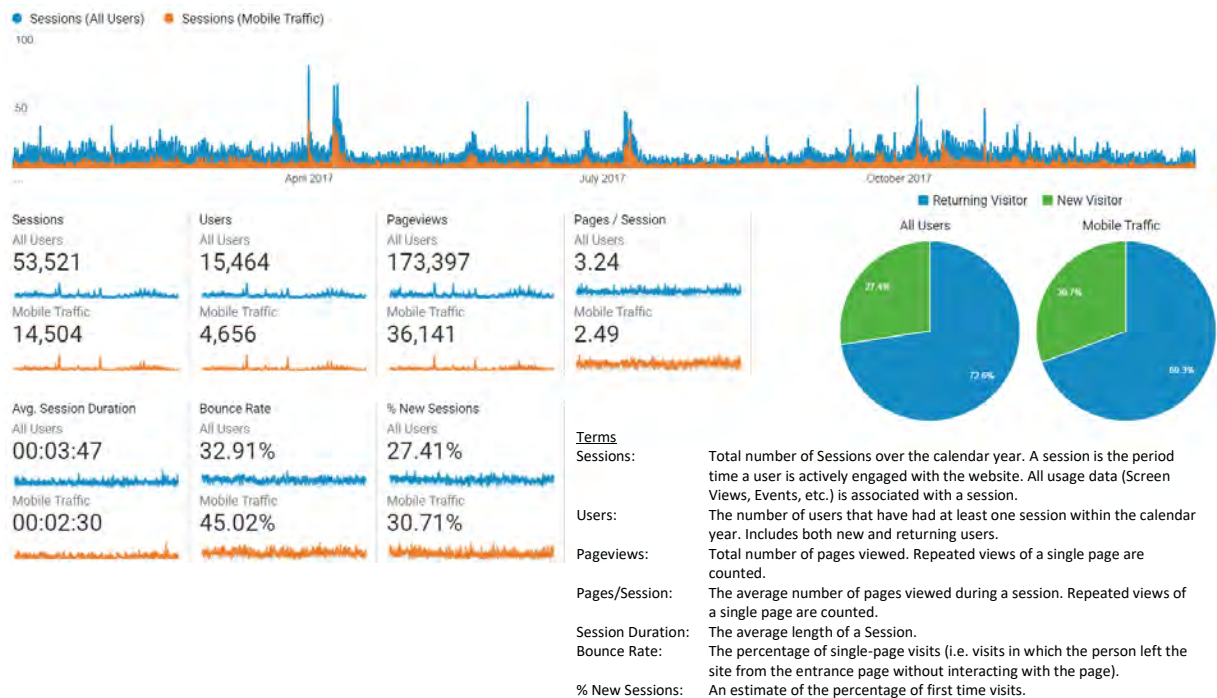
The MSNSW website continues to be the main source of information about the organisation for our members and the wider public.

Few new features or upgrades were introduced during this year.

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](mailto:webmaster@mastersswimmingnsw.org.au).

## Website Statistics

The usage statistics were down overall compared to 2016, but the proportion of traffic via mobile devices continues to grow.



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

Page	Pageviews	Unique Pageviews	Avg. Time on Page	Entrances	Bounce Rate	% Exit
/Index (Home)	44808	33293	70.71	32136	19.29%	23.53%
/Competition/Events/Meet-Calendar	14206	11306	48.41	2516	33.61%	18.38%
/Downloads/Swim-Meet-Programmes	12162	10269	209.98	4381	72.06%	63.11%
/Competition/Results/MSNSW-Swim-Meet-Results	10441	7783	203.36	1846	53.23%	43.85%
/Home	7134	4543	74.19	1769	19.22%	21.29%
/Competition	5542	4036	20.00	682	46.05%	10.52%
/Clubs/Clubs-List	4590	3100	58.51	1341	31.18%	18.89%
/About-Us/Membership	3959	3239	217.59	837	73.29%	53.30%
/Competition/Events/Events	3875	2954	33.92	231	20.69%	7.43%
/Competition/Results/MSNSW-Live-Results	3057	2365	217.97	729	61.73%	49.89%
/Competition/Events/Events/msnsw-long-course-championships-7	3045	2527	229.10	732	68.97%	58.06%
/Competition/Events/Events/nsw-short-course-championships-8	2523	2134	185.00	425	66.74%	45.66%
/Competition/Events/Events/nsw-long-distance-championships-9	2159	1882	163.00	446	70.92%	45.16%
/Competition/Events/Events/ettalong-pelicans-bps-7	1899	1512	175.99	218	67.58%	47.13%
/Competition/Results/Swimmer-Profiles	1896	1597	205.44	171	59.88%	44.51%
/Competition/Events/Events/seaside-pirates-bps-meet-2	1469	1234	167.04	154	69.48%	37.44%
/Competition/Events/Events/ryde-bps-meet-5	1388	1172	160.98	181	64.64%	36.82%
/Competition/Events/Events/warringah-bps-7	1325	1082	169.56	141	66.20%	35.70%
/Competition/Events/Events/novocastrian-bps-8	1319	1078	166.70	165	67.88%	43.21%
/National-Championships	1271	1020	153.10	176	72.16%	46.03%
/Competition/Results/BPS-Scoreboard	1237	991	138.85	126	46.46%	28.13%
/Clubs/Clubs-Map	1174	1005	150.69	68	68.12%	44.29%
/Clubs/Clubs-List/Greater-Sydney-1022	1165	943	189.65	3	66.67%	47.55%
/Downloads	1111	981	14.88	101	48.51%	7.20%
/Competition/Events/Events/wests-auburn-long-distance-meet	1109	962	166.25	140	65.25%	45.18%

After the Home page, the most common pages visited relate to swim meets - Calendar, links to online entries, Programmes, and 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**



## MEETINGS 2017

### MSNSW Branch at National Meetings

During 2017 Jon Hawton, as Branch Delegate, could not attend either the National Annual General Meeting nor the Spring General Meeting due to a conflict with MSNSW State Championships.

In August 2017 Jillian Pateman attended the National Branch Administrator's meeting in Melbourne.

### MSNSW Board

The Board of Masters Swimming NSW met on ten occasions throughout 2017 at Sports House, Sydney Olympic Park including the Annual General Meeting. The attendance at these meetings was as follows:

Name	Position/s	Attended	Apologies	Possible
Jane Noake	President	10	0	10
Tony Tooher	Vice President	5	5	10
Sue Wiles	Vice President Country	10	0	10
Stuart Meares	Treasurer	8	2	10
Jon Hawton	Board member	9	1	10
Kari Baynes	Board member	7	3	10
Kerryn Blanch	Board member	9	1	10
Jillian Pateman	Administrator/ Minute taker	10	0	10
Jane Noake	President	10	0	10

### Annual General Meeting

This was held in the Lachlan & Murray rooms at Sports House, Sydney Olympic Park on 27 May 2017 and was attended by the Board, twenty one delegates from Member Clubs and fifteen Registered persons, including four Life Members.

Apologies were received from seven registered persons and thirteen clubs.



## CLUB MEMBERSHIP 2017

<b>NSW CLUBS</b>	<b>2016</b>	<b>2017</b>
Armidale AUSSI Masters Swimming Club	17	21
Bidgee Masters Swimming Club	12	14
Blacktown City Masters Swimming Inc	28	33
Blue Mountains Phoenix Masters Swimming	16	26
Bush Rangers	7	9
Campbelltown Collegians AUSSI MSC Inc	27	27
Castle Hill RSL Masters Swimming Club	19	11
Cessnock Masters Swimming Inc	29	33
Clarence River Masters Swimming	68	78
Coffs Harbour Masters Swimming Inc	23	26
Coogee-Randwick Master Swimmers Inc	20	24
Cronulla Sutherland AUSSI Inc	9	10
Dubbo Redfin AUSSI Masters Swimming Club	8	8
Ettalong Pelicans Swimming Club Inc	19	16
Ginninderra Masters Swim Club	11	11
Gosford City Seagulls AUSSI Masters	7	8
Hills Masters Swimming Inc	24	24
Jets Swim Club (Masters)	2	1
Lake Macquarie Crocs Masters Swimming In	31	27
Lane Cove Masters Inc	15	13
Liverpool Leatherjackets Masters Swimming	15	16
Maccabi Amateur Swimming Club	6	10
Maitland AUSSI Masters	19	18
Manly Masters Swimming Club Inc	81	78
Merrylands Swimming Club	15	16
Molonglo Water Dragons	59	60
Myall Masters Swimming Club	43	48
Nelson Bay Dolphins	2	2
North Shore Masters Swimming Club	14	23
North Sydney Masters Swimming Club Inc	79	87
Novocastrian Masters Swimming Inc	44	38
Oak Flats AUSSI Masters Inc	13	12
Penrith AUSSI Masters Swimming Inc	26	23
Pictou Masters	5	0
Port Macquarie Masters Swimming Club Inc	50	43
Raymond Terrace AUSSI Masters Swim Club	11	10
Ryde AUSSI Masters Swimmers (RAMS) Inc	75	80
Seaside Pirates Inc	69	58
Singleton Masters Swimming Club	8	6
St George Masters Swim Club Inc	20	18
Sutherland Sandbern Masters Swim Club Inc	30	23
Tamworth AUSSI Masters Swimming Club Inc	5	5
Tattersalls Club Swimming	15	22
Terrey Hills	0	9
Trinity AUSSI Masters Swim Club	39	39
Tuggeranong Masters Swimming ACT	103	109
Vladswim	0	23
Warringah Masters Swimming Inc	102	92
Wests Auburn Masters Swimming Club Inc	14	16
Wett Ones Swimming Club Inc	92	106
Wollongong Masters Swimming Inc	12	11
Wyong Wobbygongs Swimming Club	12	8



# Armidale Masters Swimming Association

## Annual Report 2017

We have about 11 members who we see pretty regularly at our swims in Armidale, and 3-4 who swim elsewhere and attend meets as members of our club. With this small number, we do not organise ourselves to have a formal committee.

In summer we meet at the Monckton Aquatic Centre, the Council-run pool in Armidale at 9 am Sunday mornings (they let us in before the 10 am opening time), and at the TAS (The Armidale School) 25 m indoor pool in colder times at 8 am Sundays and 6:30 pm Thursdays. Swimmers swim at other times during the week at Monckton or TAS. A member prepares a routine which not all members follow. We have a couple of handicapped swimmers, one of whom is competing in the Special Olympics in Adelaide this coming April. He, and a past member of our club, were among the baton bearers when the Commonwealth Games baton came through Armidale on 1<sup>st</sup> February 2017.

At close to 1 km above sea level in the Northern Tablelands a 9 am swim (DST) can have quite cold air, and, depending on how the heat pumps are behaving, the water may be under 25°C. Apart from a couple of our swimmers who have a little more fat-padding than the rest of us, we are all very trim, and the three thinnest swimmers get cold rather quickly while swimming. Our pool manager challenged me when I went for a swim 6 am yesterday with 'What are you doing here?' He reported to me the pool temperature was 24.5°, and after a swim I knew he was right.

We have one or two members who enter in a charity-supporting ocean swim each year. The rest of us have enough commitments which keep us in Armidale or at times draw us away from Armidale. Attending meets elsewhere is NOT high on our priority lists. We usually have a brunch 2-3 times a year.

**Margaret Sharpe**  
Registrar





# Bidgee Masters Swimming Club

## Annual Report 2017

Thanks for the opportunity of being President of the Bidgee Masters for 2017.

At the last AGM it was resolved to continue for a monthly swim meet and training session on the first Monday of each month at 6pm.

These meetings always went very well and were always followed on by an interesting meal at Giuseppe's or Il Corso.

This year we did not have any outside coaches but the members continued to provide an interesting line up. 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.

Again the club did not manage to compete at a national or state level. Perhaps we might do better in 2018.

Thanks to Di and Pam for putting together a Bidgee Masters team for the Leeton 24 hour MS Mega Swim on 11/12 March 2017. It was an honour to be your host at the Leeton Pool. The team put together an amazing performance and were the team to win the combined fundraising and laps swim competition. Unfortunately Robyn was struck by an unusual Heart Condition and was rushed by ambulance to Leeton Hospital and eventually on to Wagga – this was a daunting experience for all and we are pleased to note that she is back to a full and fulfilling life again!!!

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 2018 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 Incorporated***



## **Annual Report 2017**

By past comparisons, 2017 was a relatively quiet year for the Blacktown club.

We had a group of 12 people (many of whom are committee members) who went on a wonderful mid-year month long sojourn to South America, which had a bit of an effect on our ability to achieve what we normally would for the swim club in the year.

We were unable to hold our usual BPS carnival, which was missed by many MSNSW members. We do apologise for this, but this should be a once off and we will be back in 2018 and beyond with the carnival hopefully as successful as ever during the March period.

The good news is we finished the year with around 35 members, thankfully up around 5 x members on the previous year which had addressed a gradual slide in numbers over the previous few years. Happily, most of these members are of the younger age groups, which is great news for Blacktown and for MSNSW in general. It seems that a bit of work put into improving our website and a presence on Facebook may have contributed to this. Many thanks to one of these younger members, David Irving and club Captain Mark McDonald for this.

Early into 2018 our membership is still increasing, now up to 40 members!

Our major achievement for the year would have been winning the State Short Course championships which were held in Canberra in October. (We finished 2<sup>nd</sup> here in the average points trophy too) This was a fantastic result for us, one which we had never achieved before. Some of our newer, younger members performed at a high level at the meet, which was really pleasing for us to see. There were outstanding performances by Connie Gorham, Audrey Knickerbocker, Kasey Shepherd, Annemaree Grainger, Michelle Stonehouse, Kurt Forrester, Stewart Gough and Aaron Cleland, with most of these swimmers winning their respective age groups.

Earlier in the year at the State Long Course meet at SOPAC we managed 5<sup>th</sup> place, (3<sup>rd</sup> in the average points).

At the National Championships at the Gold Coast we only managed to field a small team of 3 swimmers this year as for previously mentioned reasons, with Kasey Shepherd, Stephen Brown and Clary Munns representing the club well as they always do.

One of our new recruits during the year was a fantastic swimmer by the name of Aaron Cleland. Aaron has been a godsend for us. He performed exceptionally well during the meets he attended, and has also been of great benefit to the club with his input during club training nights. He has a former swimming background at a high level and has been a real help with coaching and the training sets for us. Another highlight for us was at the Warringah carnival where both Aaron and Audrey Knickerbocker, one of our other younger recruits, won both the male and female Medley Shootout events!

Our training nights continue to do well on Tuesday and Thursday nights, and thankfully are still fully subsidised by the wonderful Blacktown City Council, meaning our swimmers only have to pay pool entry or pool membership to attend our sessions. Clary Munns has been coming down occasionally on club nights still to assist us with the all-important stroke correction.

Fundraising in the main form continues as the Bunnings Barbeques, which continues to be a very successful form of fundraising for us, by far the most successful form we have tried. They are a lot of work and there are quite a few logistics to be worked out and managed, but we strongly recommend this to other clubs as a strong and successful form of fundraising if they can be organised in your local area. We generally now do 2-3 of these a year which easily now meets our operational costs along with the other minor forms of fundraising we employ. We understand the Seaside Pirates now host these barbeques also, very successfully!

Our club person of the year went to Megan Blamires who is now also Vice President. Megan's all-round efforts for the club over the past few years deserved some formal recognition, as she has been a rock for the club and a great advertisement for Masters Swimming in general with her all-round enthusiasm for the club, the sport and the organisation. Well done Megan!

Sue and Remy Reinker thankfully continue to be mainstays for the club, still giving outstanding service to the club in their respective roles as club secretary and social secretary and treasurer.

The speculation over the future of the tired Blacktown Aquatic Centre seems to have settled down, with no plans coming through for the knockdown of the centre as previous rumours mentioned. Recently completed upgrades to the gym, change rooms and club-house make us think that the facility is now there to stay. We just hope and pray that the council will also put a learn to swim pool in the facility sooner rather than later due to the popularity of their learn to swim program.

Congratulations also to one of our newer club members, Toni Fuller, who gave birth to a beautiful baby girl, Jaime during July. From all reports both are doing very well, though we do miss Toni at training!

Thanks to all my fellow committee members for their hard work during the year, we look forward to 2018 being a great year for the club.

Also thanks to Jane Noake and the MSNSW board members and to Jillian Pateman for their hard work and support to the sport and organisation throughout the year. It has not gone unnoticed.

Thanks and regards,

**Scott Hay**  
President

Supported by the



# 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 2017**

This was a quiet year for Blue Mountains Phoenix, with some of us travelling and others out due to injury. Most of our members are not big on competing in local carnivals but can sometimes be enticed by the relay carnival and branch championships. Consequently, we remained in division 2 in 2017, languishing at 11th with a total of 834 points (1,306 points in 2016). No trophies for Phoenix this year.

Our membership increased to 25, which included very welcome second-claim swimmers, and we did very well in other endeavours than carnivals. In the e1000 program, Phoenix came 6th (out of 44 clubs) in the average points per swimmer (150.22) and 7th in the point score (3,455 points) in the branch. Robin Griffiths and Heather McNair completed all 62 swims and Robin achieved maximum points (winning herself another towel embroidered with her name); Sue Wiles did as many as she could (52), as did Jillian Pateman (31) and Kathryn Dobson (13), who both spent most of the year recovering from injury.

Our congratulations go to Liz Wallis, who just keeps on breaking records. In 2017 Liz broke 10 national records (4 long course, 6 short course) and 11 branch records (5 long course, 6 short course). In the 2016 FINA Top 10 Liz placed in both the 50 and the 100 free, long course; Jenny Dooley, Lisa Manning, Kathy Dobson and Nerida Murray ranked in the 240+ women's 400 m medley relay short course and long course; and Ronny Leggatt, Lisa Manning, Russ Merrick and Kathy Dobson ranked in the short-course 200+ mixed 400 m medley relay. FINA Top 10 are not out yet for 2017 but Liz is bound to be a stand out.

Most Phoenixes participate in the regular morning training sessions and benefit greatly from excellent coaching. We are not much for socialising when not in our cossies, but we're a friendly lot who share training and endurance sessions with Blacktown Beavers, Penrith and Wests Auburn swimmers. Ocean swims are also getting a bit of a look in lately.

Membership looks like remaining fairly buoyant in 2018 so we're looking forward to a year of friendly aquatic activities that our varied membership will enjoy and that will keep them swimming.

Thanks again to Nerida Murray, Kathy Dobson, Jillian Pateman and Robin Griffiths in particular for encouraging us to put on our cossies and hop in the water and swim a few more laps.

**Sue Wiles**  
President

# CAMPBELLTOWN COLLEGIANS AUSSI MASTERS SWIMMING CLUB



## **Annual Report 2017**

Oh what a feeling!

No, we're not selling cars. We're just celebrating our second consecutive national endurance swimming title; 1<sup>st</sup> out of over 150 masters swimming clubs across Australia!

Yes, we're smiling because it was an incredible effort from all Campbelltown club members. Back-to-back national titles are very rare. Even rarer is 18 consecutive NSW titles (no, that's not a typo – 18 years in a row) for the NSW Endurance Swimming Award.

At Campbelltown Masters Swimming we are very proud of our achievements, especially since it is such a combined, team achievement from a fairly small group. Our 'team' of 26 swimmers scored the highest average endurance swimming pointscore in NSW and Australia.

Mr President, Greg Jacques, summed up the performance perfectly: "We worked really hard in 2016 and were not sure we could repeat the effort in 2017. The results came out just last month and our reaction was obviously ecstatic."

"It came down to really gutsy individual swims, like Bev Conley, Kerry Tier and Linda Beveridge doing hour-long swims before and after Christmas just to boost our points tally" added Greg. "It might sound exhausting but we pace ourselves, have rests, then go again – it's a bit like doing laps of a backyard pool only longer."

Lesley Keogh, in just her second year at Campbelltown Masters, became our latest individual Australian endurance swimming champion. Lesley joins Heather Rouen, Katie Lewis, Russell McLeod, Jim Pelosa and Owen Sinden as individual national champions while Hans Preiss, Lindsay Risk, Pat Lewis,

Helga Duncan, Lesley Thompson and Kerry Tier completed all their possible swims. Other major contributors were Diane Baker, Linda Beveridge, Bev Conley, Kay Hough, Greg Jacques, Victor Libdy and Mark Thompson. So, an all-round club effort, really.

We welcomed a new member, Suzie Haddad, to the club in 2017. She has added a spark to our Sunday morning swims and has been a regular at inter-club competition and NSW championships.

Speaking of our Sunday swims, Campbelltown is unique in masters swimming in that we hold weekly races, with points adding up to the Club Champion, Most Improved, plus some more awards. Our Sunday morning swims are the backbone of our club – and always attract most members for a relaxed-but-semi-competitive start to Sunday mornings.

By the time you read this, our annual presentation will have been held and the winners for 2017 awarded with their trophies but, as it is with the Oscars, the list is a closely guarded secret that even the President isn't privy to.

One of the best measures of our team spirit was at the NSW Relay Meet at Homebush in July; multiples of gold, silver and bronze were won but the best part was the camaraderie of all travelling on the one bus. Thanks to Kay Hough for obtaining the bus and to Club Captain Jim Pelosa for his brilliant organisation of the relay teams.

Our club would not be as good and successful as it is without a lot of work behind the scenes, so a huge thank you to everyone who works to make our club run as smoothly as it does.

A (very!) close second to swimming is our wonderful social calendar, capably run by Lesley and Mark Thompson. Sometimes I wonder how we have time for swimming, with the annual Australia Day BBQ hosted by the Thompsons, two separate 'Big O' birthday celebrations for Lesley Keogh and Lindsay Risk, the Peter Allen 'Tenterfield to Rio' show at Casula Powerhouse, our club presentation hosted by Heather and Terry Rouen, and a Sydney Harbourside walk around Olympic Park at Homebush.

But wait, there's more... 'Kinky Boots' at the Capitol Theatre in Sydney, the City to Surf walk, 'Dusty and The Divas' at Casula Powerhouse, the hilarious Wharf Review in Wollongong, our club Christmas party hosted by Annie and Doug Cooke, another Christmas breakfast at the Campbelltown Regional Art Gallery Café, quarterly 'Ladies Luncheons' and the odd bike ride along the M7. We really aren't that serious about swimming, we're only here for the fun!

It wasn't all fun, though. The club has been amazed at the fighting qualities of Marguerite Davidson who is battling back from a stroke, ably assisted by husband Bill. A fall from a ladder with subsequent broken bones stopped Kay Hough for a few months too.

Finally, thanks to some organisations – Campbelltown Amateur Swimming Club for their unwavering support whenever we host a swim meet; Campbelltown Catholic Club for their continued sponsorship; and to Jane Noake and Jillian Pateman and the Board members of Masters Swimming NSW for their tireless efforts. Thank you!

Last year I wrote 'Here's to another record-breaking year in 2018.' Well, we did it! ☺

**Gregory Jacques**  
President



*A social club activity, Olympic Park, Homebush*



*Club Captain Jim Pelosa, mastermind of our attack on the NSW State Relay Meet, Homebush*





# Castle Hill RSL Masters



## Annual Report 2017

One of the most positive aspects of Masters swimming for Castle Hill is the Vorgee Endurance Program. Each year all of our members record some distance swims, with approximately 50% of our members completing the full program. This is a great result and congratulations to our swimmers. We also had another swimmer join the Vorgee Million Metres club, which is another fantastic effort.

Another notable result is Imogen O'Neill's three first and two second placings at the Short Course Championships. As a club we're very proud of Imogen's results and her commitment to our Club both in and out of the water.

Some other highlights include our free training sessions remaining popular - Friday mornings at Stanhope Leisure Centre and Sunday mornings at C2K (our home pool). To increase the social aspect of our club we started the "Breakfast Club" – where we go for breakfast one Sunday per month; after training of course!

Friends Night was an initiative introduced in 2016 which we repeated in 2017. We commence our summer club program with a modified sprint program. Club members are encouraged to invite a friend to participate. We include social aspects such as a novelty event plus free drinks and pizza after the racing has finished.

Despite our efforts to grow our club the largest challenge we face is retaining members. In addition to increasingly busy lifestyles encroaching on people's swim time, over the last two years we have lost a number of members to larger clubs. Understandably the swimmers who transferred wish to be part of larger representation at carnivals and to participate in relays. As our numbers of Masters swimmers contract so does our ability to field relay teams.

Our swimming club's origins are from the RSL swimming fraternity. Friendship and fun while promoting a healthy activity for all ages and swimming abilities remains central to our club.

**Scott Andrews**  
Masters Co-ordinator



# **Cessnock Masters Swimming Incorporated**

## **Annual Report 2017**

The first highlight of the year for Cessnock was our annual carnival held in late February which attracted 145 entries. Those that attend this meet know that it will be a long hot day but we never hear any complaints so we must be doing something good. The distance events once again proved to be popular with 64 swimmers competing in the 1500's, 800's and 400m's. We do acknowledge and thank all who came considering the 8am start. By the time the last heat of the day ended there was already a queue for the BBQ overseen by our ever reliable BBQ chef Ted Nebauer. It is wonderful to see so many visitors stay and enjoy Cessnock's hospitality.

Club training nights at the Cessnock Pool (outdoor) were well attended both before and after the winter months. The introduction of a different format to training has had the swimmers responding well in their respective squads. At the conclusion of each training session club members get to socialise in the club room which we find is good for club morale.

Throughout the winter months members mostly arrange their own swimming times and venues although Sunday morning sessions were proving popular. The difficulty with no local indoor facility is keeping the club together during winter but with these swims as well as many social functions we overcome any problem. Our social director Pat McCarthy is always arranging something for the members whether it be dinners, lunches or breakfasts. Pat's finale for the year was the Christmas party which was a wonderful night for members and families.

Carnival participation numbers were down in 2017 for reasons probably best known to members themselves. Suggestions have been made regarding the direct entry system now in place in the way it has all but eliminated the need for a race secretary. No longer is there the need for someone to collect and process entries as well as contacting those who may have overlooked the closing date but were likely to enter.

Cessnock Club recognises those who attend carnivals with Di Partridge and Pat McCarthy both reaching the 200 mark during the year. Congratulations to them both for the time taken and the dedication to the task on reaching this milestone.





# Clarence River Masters Swimming Club

## Annual Report 2017

At the time of writing this report our club has 78 members.

All sessions are still being well attended at both pools. With the increased membership, the pools are very busy and the coaches are kept on their toes. In the Progressive Branch Point Score, the club is currently in 3<sup>rd</sup> place, from 16 clubs. This is 2 places higher than last year.

There are many members in the top 10 places in Australia in their age groups.

In the Vorgee Million Metre Club, we have now had a member receive her 2 million metre certificate.

Our own carnival again was a huge success, even bigger and better than last year. We had 121 swimmers attend, with 30 of our own members.

We had 35 members swim in the West Auburn Turtle swim. Many of these swimmers swam distances they had never attempted.

Many members have swum in lots of ocean swims, dam swims and regular handicapped ocean swims.

We had 16 members swim in a "swim-a-thon" to raise money for Relay for Life. These 16 swimmers raised \$3205 and swam a total of 30.7 kms.

Our club held a small coaches clinic with Mark Morgan, a professional coach and highly regarded and experienced. We have invited him back to hold another clinic for members and guests. This will be a great experience for our swimmers.

Our club was nominated for the Local Sports awards. We were a finalist, but just missed out on taking the award home. Helmut Klein was nominated for an individual award, but also just missed out.

We still have many members who volunteer at the local surf club. This year we had 2 members take out major awards at that club—Lifesaver of the Year and Club Person of the Year.

Our club still has members gaining official positions, and this will be ongoing.

We are still able to give back to our members in the form of subsidised shirts, jackets, hats, towels, annual breakfasts, carnival entries and swimming caps.

We still enjoy many social activities, including regular breakfasts after training, dinners, birthday parties and camping trips, which usually include a swim! The club is able to do this from our once a year fund-raiser, our own carnival.

I would like to thank our many volunteers who turn up week after week, coaches who stay on deck so we can swim, and the partners of members who often help out.

This committee has again worked very hard and very well together to make this year very successful again in many ways. Our growth in membership and awards prove this.

So, at the end of another successful year, I would like to say thank you and wish you all a healthy Christmas and happy New Year.

See you all in the pool somewhere,

**Jane**  
President





# Coffs Harbour Masters Swimming Club

## Annual Report 2017

Overall, CHMS Club has had a positive year. I have been proud of the performances throughout 2017 by all the members and proud to be President of this Club. The Committee has pulled together and shown initiative as needed, and particularly in supporting new members. The tragedy of losing Stephen Wirihana has forged new links between individuals, and kindness and sensitivity to Kathy has helped her return to her previous involvement with swimming. Some members have learnt new skills, taken on competition and other members have refreshed their technical knowledge in the process. Even after 25 years in Masters swimming, I have learnt new things... never too old, they say!

The number and location of Masters swimmers in the Coffs area makes cohesive training sessions unlikely. Daniel Bannerman has continued his 4 times per week adult fitness squads where Masters are often a minority. Danny Kollen has added a once weekly coaching and fitness session for adults with more emphasis on form strokes where Masters swimmers dominate and are challenged. The complication for working swimmers often precludes attendance during the day, and the distance swimmers travel to attend a squad causes many to make their own arrangements. The Club is most appreciative of the time and effort that both Daniel and Danny make for CHMS.

The Club also appreciates that Danny Kollen continues to make the Aquatic Centre available for exclusive CHMS use on Saturday afternoons. At this time, the most members attend in the challenge of the Vorgee Endurance 1000 programme. The noise levels can be deafening with stormy weather combined with cheers and whistles of encouragement as we battle energy and distance against the clock. This is also an educational forum for teaching tips and tricks to the less experienced or newer swimmers.

Membership has grown to 27 even considering some have moved on, and the website continues to be a valuable source of up-to-date information for both members and non-members. I am very much in awe of the technical skills and the amount of work our Secretary, Leanne Da Costa, needed to keep us all informed. All the Committee members get my thanks for the contributions they have made, however small or tedious... it has kept the Club ticking and makes for a fine organisation.

Of course, the actual swimming has continued to improve. More members have attended competition at local, regional, state and national level. New club records have been set, broken and re-set; personal bests and personal worsts have starred with disappointments, disqualifications and moments of glee, and point scores have reached new levels. We have some quite competitive members and I continue to encourage those who like to swim for fun, friendship and fitness to continue to remain involved regardless. I wish the Club and its members an even better 2018!

**Hilary Young**



# **Cronulla Sutherland Masters Swimming Club**

## **Annual Report 2017**

During 2017, Cronulla Sutherland Masters Swimming Club has continued to swim at Sutherland Leisure Centre on Thursday nights, mostly with very 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 2017 at carnivals, although some swam for their second claim clubs. However, most members are content to maintain fitness through swimming without competing.

Carol has continued to officiate at some interclub carnivals where her expertise is appreciated.

The challenge of endurance swimming was taken up in 2017 by 4 members - Anita, Lann, Barbara and Andrew. Congratulations to Anita, who scored 1005 points, making a major contribution to the club's 1449 points which gave the club 15th place out of 45 clubs in NSW. Thank you Barbara for again doing the recording.

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



## **Ettalong Pelicans Masters Swimming Club Inc.**

### **Annual Report 2017**

#### **Membership**

About twenty people have some involvement with us but club attendance is a bit patchy and only a small number compete at Meets. By far the best was Marion Dreyer who did receive a National Certificate for her frequent participation and steady results. We purchased 2 pull up banners to encourage new members with limited results and hand out flyers are always available at Peninsula Leisure Centre foyer.

Ettalong Pelicans Swim Meet held in May was successful with 200 plus swimmers enjoying the fine facilities we are fortunate to have and we like to think we run a good show. Thanks go to Club stalwarts Colleen Garland, Neil Keele and Gordon Ferguson and various club members for their fine work. As usual quite a few State officials contributed their expertise and efficiency and effort with Neil and two Partridges in vital positions. Thanks to everyone for their involvement and Great Work. Bravo!

Peninsula Leisure Centre spent considerable money on the pool facilities late in 2017 with kick back blocks and new result display boards and touch pad finish gear.

This helps SAL clubs more than us but all improvements are welcome.

#### **Swims**

Our main activity is the training session on Thursday evenings at 7.p.m.; under the supervision of Coach Wendy Cook. This is a mixed group with people from surf clubs and a few others. A small group also train in the Swimfit coached sessions run by PLC. A limited number of members use Monday afternoons for Endurance Swims and all are grateful for Colleen's contribution with timing and Johanna Kingma's collation and dispatch of results.

### **Office Bearers**

There was little change here at the Annual General Meeting although with long term Club Captain Opal Eddy no longer available Marion Dreyer has become Captain and is relishing the role and bringing some new ideas.

2017 was a year of steady activity with a few highlights and members trying to live up to the Fun Fitness and Friendship motto.

**Gordon Ferguson**  
Secretary

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# **Ginninderra Swim Club**

## **2017 Annual Report**

Over 2017 the Ginninderra Masters Swim Club demonstrated small but not insignificant growth. There is a core group of 8-10 members with several more on the periphery. The age range is significant between 18 years and 70 years young which is a really positive dynamic. Members participated in several (up to 5) local ACT interclub events. Many personal best times were achieved.

Upfront we would like to recognise and thank Tuggeranong Vikings Masters Swim Club for their support in welcoming us to several local club events and social activities that they hosted. This is a great example of local clubs working together.

In 2018 our focus will be on:

- Continuing to demonstrate growth both in terms of membership and participation, particularly at local interclub events
- Developing a committee of helpers to share the load on planning and organising events
- Developing a trajectory for participation in national events (including the Apr 18 nationals)
- Developing skills across a range of environments and distance (pool and open water)
- Attracting more members to Masters NSW (a key area to recruit from is parents of swimmers in the junior swim club)
- Fostering an environment of fitness, friendship and fun

Whilst many swimmers achieved excellent meet and personal times during the year one particular achievement is worthy of note. Joan Bratton who, at the age of 71, won 6 medals (four in individual and two in relays) at the Australian Masters Games in Launceston in October 2017 deserves to be congratulated.

Good swimming and see you in the pool in 2018!



## **GOSFORD CITY SEAGULLS AUSSI MASTERS SWIMMING CLUB Inc.**

### **Annual Report 2017**

#### **Membership**

We have welcomed a number of new members to the Gosford City Seagulls Swimming Club, but are still needing to continue marketing locally. In my President's Report at the 2016/2017 AGM, I raised the prospect of the Gosford Seagulls becoming a **Swimming Club Family**, so we are marketing our message to see how many of our families can join in over this Summer and Autumn.

#### **Appreciation**

Thanks go to all of the Club members who have made a great contribution to our approach and enthusiasm over the past year. Our Club relies upon everyone pulling together, and this was evident with our Mid-Year and Christmas Dinners.

#### **Support**

We also extend our thanks the Gosford Olympic Pool Lifeguard Teams and to the Pool Administrator, Karen Baldock and Bob Binger who have been great supporters of our Club this year.

We also extend our thanks for the ongoing and untiring support of Jillian Pateman, the Administrator at Masters Swimming NSW.

**Rob Lewis**  
President







# Hills Masters Swimming Inc

## **Annual Report 2017**

In 2017 Hills AUSSI Masters remained static at 24 members with the attrition of six members and gain of five new members plus one welcomed back after a couple of year's absence.

Normally 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. 2017 was a slack year for our club with a hiatus of over four months when the Galston AC was closed. We are grateful to Deb for arranging a coaching session at Hornsby AC at 7:30pm on a Tuesday where a few of us availed ourselves of this opportunity.

In 2017 we received our new club polo shirts from Krunch Designs. Trouble is we don't get the chance to show them off much as in 2017 we were only represented at two carnivals.

Hills had a total of 6 representatives (1/4 of our membership) take part in swim meets in 2017 but at only four swim meets on the MSNSW calendar. Participants were Tony Howe 3 meets, Janet Shearer & Jim Walker 2 meets each and Kim Chapman and Mark Hepple 1 meet each.

Hills stats for 2017: Meet (no. of swimmers) Placing/no. of clubs:

Clarence River (1) no club results; Manly (4) 17/30; Ryde (4) 12/24; Warringah (1) 22/26.

2017 was the third year we conducted our postal swim "*Swimming up Hills*" which ran from 1 September through to 30 November again with online entries. Thanks again to *Mark Hepple* for setting up the online registration for this postal swim plus collating results and producing certificates. We increased entries to 36 this year - from 12 in 2015, 22 in 2016. 16 MSNSW members from 5 clubs took part in this swim, 14 swimmers from 3 Queensland clubs, 3 from one WA club, 2 from 2 Victorian clubs and 1 from NZ. Fabulous article on the MSNSW website from Albany Creek Masters in Brisbane about their participation and motivation for next year's postal.

In 2018 we have increased the distance so onwards and upwards - Swimming Up bigger Hills!

Again we are struggling to entice members to becoming officials so opted not to conduct our Long Distance Swim Meet in 2017. We again request that MSNSW acknowledge the difficulties for a small club to have such a large percentage of our members (12.5%) of officials present to host a meet.

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

Our leader, President *Phillip Smilie*;

*Di Coxon-Ellis* as Secretary/ Fitness Director/ Registrar. *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 (*Tony* gained another official accreditation (CTK) in 2017);

Treasurer *Kim Chapman* our financial overseer with the help of whiz *Melita Sutton*;

*Mark Hepple* continues his fantastic work as MSNSW recorder, on the website and assistance with online docs.

*Sarnia Rusbridge* who records our Endurance Swims and race night times for Top Ten.

*Janet Shearer* Club Captain, catering and welcoming new members.

*Debra Francia* Coach in 2017 completed all the requirements to becoming a fully accredited Masters Club Coach to add to her SAL qualifications. *Deb* has inspired new swimmers to join masters and is a great advocate for our club.

*Deb* and *Di* conducted the stroke correction sessions at our swim clinic as part of the National Swim into Spring campaign. We had 13 attendees on a Sunday morning in October – 12 in the water – 8 from Hills and 4 new potential members.

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.

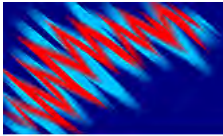
Once again, Hills thanks the dedicated volunteers and admin personnel of Masters Swimming NSW and Masters Swimming Australia for their contribution in 2017.

**Di Coxon-Ellis**

Secretary/ Fitness Director/ Registrar

Supported by the





# Manly Masters Swimming Club

## Annual Report 2017

2017 saw us well settled into our home pool – Manly Andrew Boy Charlton Aquatic Centre – which has been much improved with the new water heating system which went on line after the indoor complex opened. The visibility of our sessions is a good advertisement for the club and we continue to attract new members.

Manly competed well during the year, and thanks to some very dedicated swimmers, we were represented at every carnival on the calendar. The highlight of the year was the performance of our international team – Steve, Dawn and Tony – at the 17<sup>th</sup> FINA World Masters Championships in Budapest. All 3 of them achieved PBs, no easy feat as we mature, and Tony's swims were magnificent.

To recognise our swimmers' achievements during the year, we award 4 trophies. In 2017, Dawn Gledhill was awarded the *Jean Low Trophy*, Sonja Walters the *Ed Walther Trophy*, Barry Seymour the *Tony Award* and Katherine Ahern Sharpe the *John Vidal Trophy*.

To help promote the club, we have expanded our costume design into a total branding image. Following the introduction of a new club shirt, we now have a new club banner, new images to use on our website and written communications. Hopefully, we will continue on with other items of clothing. Thank you Vince, and Lindsay, for making this happen.

Our own carnival, to be held again at Abbotsleigh School in 2018, was an outstanding success in 2017. Every member of the club has the opportunity to play a part, even if they are not able to compete on the day. We look forward to the new format in 2018 when 4 individual events will be on offer.

As reported at our Presentation come Christmas Party night, the advantages of a hardworking and harmonious committee cannot be underestimated. Thank you to all committee members for their selfless dedication to our club. We have a clear vision of our club and the impact it has on many lives. Masters swimming boasts not only an outstanding fitness regime, but also a significant social scene.

If there is one fly in the ointment this year, it is the new rule regarding the criteria for achieving World Records in Masters Swimming. Despite lobbying for its retraction, the new rule from FINA prevents world records being set at any carnivals or championships other than those using Automatic Officiating Equipment.

My parting thoughts to carry in to 2018 are to keep this club as happy and cohesive as it is right now and for everyone to make a personal commitment to train more often and to compete in at least 3 carnivals.

**Ruth Fitzpatrick**  
President

# Merrylands Amateur Swimming Club Inc.



## Annual Report 2017

2017 was our club's tenth year affiliated with Masters Swimming NSW.

### **Membership**

15 Members (including 2 second claim) – 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

Granville Swimming Centre (April to September)

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

### **Interclub Meets**

Members attended the following meets:

- Campbelltown BPS
- Merrylands BPS
- Australian Masters Championships
- NSW Long Course Championships
- Ettalong Pelicans BPS
- NSW Relay Meet
- FINA World Masters Championships
- Seaside Pirates BPS
- NSW Short Course Championships
- NSW Long Distance Championships

### **Achievements of Members**

2017 saw Merrylands host our inaugural Branch Pointscore Meet. This was a great success with 111 swimmers from 21 clubs attending. This meet demonstrated our "One Club" membership, with junior members and parents of our club assisting in roles such as timekeeping etc.

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

Two of our members also competed in Swimming NSW Championships, with both Steven Nguyen and Alison Sakurovs representing the club.

Steven Nguyen represented the club at the FINA World Masters Championships, and two members participated in the National Championships on the Gold Coast winning 5 medals at the meet.

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

Our club continues to operate as a "One Club" catering for juniors and masters swimmers with a membership of over 150. In 2017 we hosted the Parramatta Inter-Club Cup, where all our members get to compete together against the Parramatta City and McCredie Park Swimming Clubs.

We look forward to achieving many more great results in 2018!

Supported by the





# **Molonglo Water Dragons AUSSI Adult Swimming Club Inc.**

## **Annual Report 2017**

As President, I feel that I have just helped to keep things going this year, with a lot of help from a very talented and committed committee.

I would like to thank the Committee, who have been central in keeping the Club operating this year. Gary has done another great job of keeping our books and making sure the lane fees are collected so we don't have too many free riders. Marg Larkin has ensured that members are registered, and has done a great job in auditing our books, which to Gary's credit came out exactly right – no balancing item required. If only ScoMo could do that! David has dutifully recorded our meetings, kept a sharp eye on the actions to make sure they get done. He has also diligently passed on newsletters and other missives from head office to all our members, and has undertaken some little-recognised tasks that have helped to manage potential risks as the Clubs Safety Officer. Marg Wade has kept our website up to date with some really good content, and regular updates when we have something to report. Thanks to Gary for putting together detailed reports of swim meets. Les and Peter always contribute good ideas to our meetings, and Greg has shown such great promise as our probationary coaching director, that I think he's got the job for life. Our success in the pool is a credit to our dedicated team of coaches, including Les Worthington, Craig Allatt, Mary-Liz Partridge, Greg Reynolds, me, and the swimmers who provide coaching support at Queanbeyan. We are pleased that Ed Auzins has begun the process of becoming accredited as a coach, and that will be a boost for our Queanbeyan swimmers.

Overall, we have managed to keep things going this year, and it has been a fairly successful year both in terms of competition and keeping the membership levels up, which is an achievement in itself. However, I must take some responsibility for not being able to make progress in getting some club polo shirts organised this year, but hopefully we can organise this next year. I would like to encourage more members to get involved with your committee next year. We have a small group who do all the work and that leaves no time or energy to take on new challenges and develop our club further. We need more members to dive right in and get involved. You will be surprised at how rewarding it can be.

Happy laps,

**John Collis**  
President



## Myall Masters Swimming Club Inc.

### Annual Report 2017

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 | Mal Motum     | • Social Convener   | Shirley Darch |
| • Secretary      | Judith Glover | • Publicity Officer | Val Mobbs     |
| • Treasurer      | John Estens   | • Head Coach        | Brad Jensen   |
- We Commenced the Year with 32 members and by years end it was 57 including 8 social members.
  - The was successfully in terms of Club participation we managed to win Division 2 of the BPS competition which should elevate the to Division 1 for the 2018 year.
  - Regular users of the Tea Gardens community swimming pool were far from happy about the deterioration of the pool.  
... a petition of over 1000 signatures from the community was put to the local council to address the many concerns. The most concerning was the pool heating which was decommissioned and was not to be replaced and state of the pool paint work. By years end we had the pool repainted and heating installed... people power does work.
  - During the year we ran a Timekeepers Course – 6 started and 4 qualified... out of the 4... Christopher Mobbs went on to qualify as Inspector of Turns.  
Brad Jensen received his credentials as Coach of Masters Swimming Australia.  
Christopher Mobbs awarded top 10, 2016 Swim Series.



*Linda Stubbs was nominated for Administrator of the Year, just missed out, but was awarded a Certificate of Recognition for her excellent work for our club and Masters Swimming in general. Well done Linda!*

- Each year the Club rewards of our swimmers for outstanding involvement in Club affairs and this year the awards went to:  
**Encouragement Award**, decided by coaches – Lidia Izquierdo  
**Club member of the Year**, Head Coach and President decide based on the constitution criteria and this year to: Brad Jensen





**Handicap** - decided by points and this year to:

1st Geoff Gessey

2nd Terry Flynn

3rd Hugh Jones and John Coles joint 3rd place

John Coles was also most improved time awardee

- Peter Kellaway was wished well by all for his participation in the World Masters Games in New Zealand.
- The Club purchase of a Go-Pro camera for coaching purposes the camera has been highly successful.
- Our Publicity has been led by Val Mobbs and in the summer swim season we have untold amount of publicity in both our local newspapers, with almost weekly coverage to enlighten the local community on Masters Swimming. The Club participated in the Grey and Thespian Market Day. A positive from the day as we collected 11 names to go through for next summer season... this is twice as many as the previous year.
- This year the club set up Facebook and web page to further enhance our reach to the community.  
Facebook: <https://www.facebook.com/Myall-Masters-Swimming-Club-300708976767017/>  
Web: <https://myallmastersswimming.tidyhq.com/>

- The Hunter Region project Life Member Leon Bobako and Captain Chris Mobbs put their hands up to take on the project. The event was Myall Masters Open water swim - Jimmy's Beach October 2017.  
Some facts: -  
Entries 58; Oldest 78; Youngest 20; Average age 57.24;  
Non-masters-Swimmers and as a percentage of Entries = 25 or 43.10%  
From the Hunter region and as a percentage of entries= 45 = 77.59%  
Our Facebook site was quite well patronised with folk looking from Taree, Stroud, Medowie, Forster/Tuncurry, Maitland, Bulahdelah and Newcastle. We also had 4 swimmers from the Blue Mountains.  
Two distances were set up:  
In the 600m swim we had 11 Female and 15 Male entrants.  
In the 1300m swim we had 11 Female and 9 Male entrants.



- Tea Gardens Real Estate became a major sponsor for the Club and part of the package was a cash contribution to the club and fitting out of Club Tee Shirts.
- On the 10th December Christopher "Mobbsy" Mobbs our Club Captain and Registrar passed away. On behalf of the Myall Masters Swimming Club I would like to thank all who were able to attend Mobbsy's Funeral Service. I have no doubt the attendance would have been overpowering for our wonderful friend and club mate. Seeing the other organisations and clubs Mobbsy was associated was indicative of the character of the man.



**Chris Lock**  
President



# North Sydney Masters



## Annual Report 2017

Once again the continuing theme is change! We remain one of the strongest clubs in Sydney. We have just under 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!

Our training sessions continue at North Sydney Pool and are very well supported. North Sydney Council have only just made a decision as to which proposal they support. Now the process will go through a period of community consultation. We will definitely respond through this process. However, we still have no clear view as to when the pool will be renovated.

Once again, our coaching has changed through the year. Many thanks to Charm who provided very good quality sessions to our pool swimmers and ocean swimmers alike. Unfortunately Charm had to reduce her commitments so we again had to find replacements. Christina has done an outstanding job coordinating our annual training program and has taken on the coach coordination role too. Gil and Steve are coaching through the week with Christina, Alvin, Mark and Lauren sharing the duties on the weekends. Steve and Christina are keeping a lookout for a long term replacement for Charm.

It is great to see so many members involved in both pool competitions and ocean swims. We had 30 swimmers compete at the NSW Masters Relay Meet in July. Overall during 2016, we had 86 swimmers compete in pool events with 79 PBs and 23 club records. And Abril Vitte Soto placed in the top 10 in her age group for the year! In the ocean swims, we had swimmers competing at just about every event in Sydney. Our pool and ocean captains, Christina and Alvin, have once again done a great job for the club.

Our social calendar continues to be very active. The annual weekend venue at Terrigal was a great success. A huge vote of thanks to Jade and Andy for organising the whole event and to Kevin and Robyn for coming up from Canberra. All the social events were popular and I think really help new members feel part of the club.

Overall 2017 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 2018.

**Scott McLeod**  
President



# **Novocastrian Masters Swimming Club**

## **Annual Report 2017**

Overall the club membership decreased through 2017 with the club finishing the year with 37 financial members. We welcomed three new members, but lost some who have been stalwarts of the club, including committee members, due to relocation or poor health. Although several potential new members attended 'trial' training sessions, few joined the club, with the common reason being difficulty to attend on Monday nights after work. The club has continued with the home pool located at Coughlan's Swim Centre at Warners Bay on Monday nights between seven and eight pm, supported by a training coach (Ben Fricker or Adam Biesler).

Novocastrian Masters Inc was able to attain third place (5444 points) in the Division One Branch Point Score competition, behind Ryde (5745) and Warringah (7861), replicating the 2016 results.

During the year our swimming success was obvious from the participation and enjoyment by the members at the various meets, especially those who "also swam". Eight swimmers attended the Nationals gaining 21 medals, 11 of which went to our oldest swimmer, Bill Walker. Ian Jeffery (45-49 age group) broke six NSW records,

We hosted a successful swim meet this year at the Charlestown Swim Centre (50m pool). The Novocastrian swim meet is open to the public for entries and has been generously supported by the Lake Macquarie City Council. This year we were honoured by the Mayor of Lake Macquarie City, Cnr Kay Fraser who welcomed the swimmers. Apart from the 104 Masters swimmers who participated, there were eight non-Masters swimmers (two from interstate). It is hoped that being an 'open' meet non-Masters swimmers might be encouraged to become members. Lake Macquarie City Council has an enlightened attitude towards supporting healthy living in the community, particularly for older members, and we look forward to a continuing beneficial relationship.

The annual Club Presentation function is to be held in February and, as in previous years, it will feature some casual bare-foot bowling 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.

Average attendance on Monday training nights has been disappointing with an average of about 13 swimmers, and even fewer during the winter months. In July, it fell to fewer than 10 swimmers so training was suspended for 6 weeks until the weather warmed slightly. Our thanks to our coaches for their enthusiasm in continuing to encourage members to improve fitness, style and lung capacity with a mixture of urging, humour and encouragement.

The club finances remain in a healthy state and it is important that they remain so. Challenges for the coming year, include maintaining financial viability of the club (with increasing costs (especially running the annual Meet - lane and equipment hire, recording and so on. It is important for the club to keep growing, by recruiting new members and retaining existing ones. I would like to thank the 2017 committee members, Wendy, David, Cherie, Nick, Robin and Colin for their enthusiasm, cooperation and hard work during the year (especially in the planning and execution of our swim meet). Non-Committee members who have significantly contributed to the success of the club through 2017 include Maureen, Lisa, Oona, Tracey and, especially, Malcolm Harrison.

One of the past committee members who did not re-join in 2017 was Carl Wallace who withdrew because of ill-health. In conclusion, I would like to acknowledge his tremendous support for the club in the past and wish him well as he continues to battle health issues. I also acknowledge the support and mentoring of Mike Cockrem, Past President, whose contribution to the club has allowed it to prosper. The AGM is scheduled for 19 February 2018 at which a new committee will be elected.

**Alan Moore**  
President

Supported by the



# ***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](mailto:chworthy@westnet.com.au)



***Oak Flats Aussi Masters  
Blue Swimmers***

## **Annual Report 2017**

2017 was another quiet year for our small group of swimmers. We had a few of us travelling overseas and Tasmania for extended times so it was hard to get motivated and back to full fitness. Sickness and injuries interfered with our swimming too.

When we were able we still enjoyed river swims, out for meals and coffee.

We are all keen and motivated for a great 2018 with all of us in full training.

**Narelle Day**  
President

Supported by the





# RYDE AUSSI MASTERS SWIMMERS Inc. (RAMS)

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

## Annual Report 2017

**Membership:** This year's membership increased from 75 in 2016 to 80 (36 males, 44 females). Under the leadership of our President, Andrew McCrindell, the club continues 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 training for tea/coffee and biscuits, and once a month member birthdays are celebrated with birthday cake. The club is fortunate to have Greg Lewin as its Head Coach, who coordinated a stimulating mix of training sessions and drills to prepare members for all major meets. Training videos, core strength work, and training mirrors are included in his programs as well as some mentoring for budding coaches. All club members are encouraged regardless of ability, from high achieving swimmers to those learning form strokes for the first time.

The long running October long weekend inter-club training camp in Thredbo was again organised successfully by Susan Leech with participants from Ryde, Tuggeranong, Bushrangers and Wett Ones. Six comprehensive sessions were run by Wendju Magnus (Wett Ones) from Friday evening to Monday morning.

**Interclub meets:** Ryde AUSSI Masters competed successfully in the Division 1 Branch Points Score trophy race with carnival wins at Merrylands and Ryde, and finished the year as runners-up overall. Other notable results were second at Novocastrians and Lake Macquarie. Ryde finished 6th at the MSNSW Long Course Championships and 5th at the MSNSW Relay Meet.

Results at all these meets were achieved not only through some outstanding individual efforts but also from members of all ages and abilities. Three stand outs were listed in the top 24 most active swimmers: Susan Leech 460 points, Jamie Turner 454 points, and Cassie Anderson 445 points.

**Achievements of members:** Michael Bradford and Barbara Capellini competed at the Budapest World Games with some outstanding performances. A special mention to Michael who came back with medals in the 100, 200, 400 and 800 freestyle. Michael also competed in the Auckland World Masters Games winning 2 gold and 2 silver medals from that meet.

A small team represented Ryde at the Gold Coast Nationals and performed exceptionally well with a total of 38 medals and finishing 7th overall. Individual medals went to:

Heather Morgan 3G, 6S (2nd in age group); Vicky Watson 3G, 3S, 3B; Catherine Todd 3S, 5B (3rd in age group); Kathy Andrews 1G, 2S, 2B (3rd in age group); Barbara Capellini 2S, 1B; Michael Bradford 1G, 1S; Amanda U and Susan Leech each 1B.

A number of MSNSW State records were set by three Ryde members. Namely, Michael Bradford 200, 400, 800 Freestyle; Heather Morgan 200 Freestyle; and Catherine Todd 400 Backstroke.

We also congratulate Greg Lewin for achieving top place in his age group in this year's National Swim Series. 18 of our swimmers appeared in the National Top Ten: Susan Leech, Cassie Anderson, Jamie Turner, Heather Morgan, Jenny Whiteley, Vicky Watson, Michael Bradford, Catherine Todd, Barbara Capellini, Amanda U, Natalie Clarence, Yvette Cotton, Ailsa Jeanes, Greg Lewin, Kathy Andrews, Julia Riedl, Rae Muriti, and Jack Lewin. A further 7 were in the Top Ten in the State: Steve Black, Alan Burgess, Wim van Bussel, Khyiah Angel, Deb, Shirley Lewin and Diana Hill.

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

**Safety:** Our Safety Officer, Alan Burgess, reported on all incidents and organised the club's annual CPR course, updating qualifications for both members and friends.

**Carnival officials:** Ryde also increased its number of qualified carnival officials.

### **Social activities**

1. A charity swim-a-thon was held in relay format during a club training night, raising \$3094 for the Children's Medical Research Foundation 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***.

**Lesa Colburn**  
Secretary



# **Sapphire Coast Adult Swimming Club**

## **Annual Report 2017**

2018 is the first year in the life of the Sapphire Coast Adult Swimming Club. We are a club that aims to engage adults in swimming across all levels of competency for fitness, health and fun. As of today we have 15 full members plus one 2<sup>nd</sup> claim member -from Tuggeranong. I think this is a good start and I'm confident we can pick up a few more in the near future.

The club is affiliated with Masters Swimming Australia who can provide organised structure for administration, support and competition. We are a year-round club with the swimming year starting on the first of January and finishing on December 31<sup>st</sup>.

Our home pool is the Sapphire Aquatic Centre at Pambula though in the summer months we have been organising occasional swims at various other council pools.

In this our first year we hope to refine our operation so that it delivers what our members are looking for in their club. We've started with the basics of encouraging regular training, technique improvement and competition for those who want it.

So, looking forward I'd like to ask members to provide feedback about our activities and to make suggestions for the type of things they'd like to see that would enhance their experience.

As president, I'm conscious that club finances play an important part of the running of the club. I'm finding out now that there are many things that will drain the account if we are not careful. Income is made up from a portion of our membership fee and also from any sponsorship we are lucky to get. The treasurer will outline finances in more detail shortly but suffice to say that it is my intention to structure finance in such a way that we are not always digging into member pockets for every little thing.



A quick look at forecast expenditure over the next year involves:

- incorporation with Fair Trading;
- annual club fee for affiliation to Masters Swimming Australia;
- club swimming caps.

Some of this will be covered in proposals before the members later in the meeting. At this stage I am confident our existing funds and on-going sponsorship will cover these expenses. However I want to continue fund raising opportunities so that we have a comfortable buffer for anything unexpected.

Membership is another area I want to work on. The success of our club is dependent on having a critical mass of people to ensure its viability. Lap swimming as we know is complimentary to numerous other sports active in our area such as Surf Life Saving groups and Tri-athlete groups. I'd like to target these in the near future for possible out-of-season training and in doing so may pick up extra membership. The local amateur swimming clubs may be another target to encourage swimmers who have reached adulthood and feel out of place mixing with younger children. I'd welcome anyone in our club who has connections with these groups to let me know as it may make it a little easier to get a "sympathetic ear".

So, I welcome our "founding members" in 2018 and wish them "fitness, friendship and fun".

**Bruce Williamson**

Supported by the







# Seaside Pirates

## Annual Report 2017

2017 was an interesting and challenging year for Pirates. Unfortunately there were many injuries and illnesses and challenges for our members during the year but fortunately there were many great performances in and out of the pool.

We had our usual events, the Shelley Beach swim (even that was a challenge due to the lack of parking at Shelley Beach), but well supported and a great afternoon swim, our swim meet in September which was a great success, the 100x100's at Knox at the end of the year which grows in popularity every year, but we had to cancel a few events due to lack of support- in particular our Trivia Night in November which Anthony and Sue had worked extremely hard to arrange- perhaps it was the wrong time of the year, perhaps Pirates don't do Trivia, not sure but we will look at rescheduling in 2018. We held a BBQ at Bunnings in October, something we had thought about for a few years and this was a great day- lots of support from our members and great camaraderie during the long day- I think we found some talent in the club we never knew we had.

The Long course state championships and Relay Meets were well attended and we were placed 4<sup>th</sup> and 3<sup>rd</sup> respectively, but the State Short course and Long distance meets not so much. Willy was our consistent swimmer at BPS meets when he was able, but even Willy had his medical challenges during the year. Our Pirates BPS meet was moved to September due to the international calendar and it was once again a successful day thanks to the many hands helping out on the day.

It is now more evident than ever that Masters Swimming is not all about competition. There are many facets to the organisation and we must try and cater for everyone. Some of our members are with us for training, some for competition, others for the social outing but mostly it is because at some stage we like being in the water.

Unfortunately we had to reduce our training sessions to Tuesday and Sundays during the year due to lack of swimmers at sessions. There are many reasons for this and it is mostly the busy life we all lead. So many of our members are training at pools which are close to home, or to work or are better suited to their family life and this is fine- we need to cater for our busy lives and I always say I don't mind where people swim as long as they swim. Thus we took the decision to cut out Thursday nights and concentrate on Tuesday and Sundays, both with a regular coach.

As a committee we talked at length about how we can add value to the club for our members and have compiled a survey to get some feedback from the membership. We hope this will give us an idea of where the members wish us to head - our feelings are that we need a rebrand and we need a home pool so that we can capture a new membership base something we miss out on at present.

There were 2 major International events during the year. The World Masters Games in Auckland where we were represented by Jon Hawton, John Harvey and Olivera. There were great results and our members had fun. The World Masters Championships were held in Budapest in August and we had a large team of Sue, Sandra, Richard, Mark Scullard, Heidi, Emma and Megan. Unfortunately John Harvey and Jane were unable to compete due to injury and Nicole (Richard's wife) was also unable to make the trip due to illness. It was a fantastic meet and the Pirates all swam very well, special mention of Sandra who had some amazing top 10 finishes. Congratulations to the entire team it was an amazing 10 days on the other side of the world.

We also had a small team at Nationals on the Gold Coast (which were held in early March) and there were some great results at this meet as well.

Pirates is undergoing change as are many Masters clubs in Australia. As this is my last year as President I feel honoured to have been a part of a great club and I would like to thank all the members of the club who have helped out in any capacity. It is not always possible to be part of the committee but it is wonderful to have so many members giving to the club when they can. I urge every member of the club to help out where they can as it is not an easy job trying to keep everyone happy. I wish the new committee all the best for the year ahead and I look forward to being part of the club hopefully from the swimming pool.

**Jane Noake**

Supported by the





## **Singleton Masters Swimming Club Inc.**

### **Annual Report 2017**

2017 has been a significant year for the club with success in International, National and State competition. Members participated within the framework of Masters Swimming Australia and in various Masters Games events.

Although participation in the Vorgee Endurance 1000 program got off to a slow start, interest was again strong, and SMSC finished 4<sup>th</sup> nationally from over 150 clubs, and in 3<sup>rd</sup> place in NSW in the 2017 Vorgee Average Points per Member Award. SMSC was 29<sup>th</sup> in the Vorgee Top Scoring Club award in 2017.

The SMSC was able to field a mixed relay team for the first time in many years at the 2017 Ettalong BPS meet held at Woy Woy. This capability boosted SMSC points tally at the event.

NSW Masters and Warringah Club Coach Paul Bailey conducted two coaching clinics in Singleton which were well-received by members. Paul's ability to identify areas of potential improvement and his proficiency in articulating corrective drills and methods has been of much benefit to club members, and the SMSC greatly appreciates this coaching support from Masters Swimming NSW.

The SMSC hosted a NSW Masters Swimming stroke correction clinic at the Singleton YMCA Gym and Swim in July as part of the Hunter Project. The event proved popular with existing Hunter area MSNSW members and feedback was positive. Although the clinic generated interest in a few non-members, unfortunately, this interest has not translated into any new SMSC members. SMSC appreciates the support of NSW Masters Swimming, and the Singleton Gym and Swim for their assistance in coordinating this project.

SMSC Club Member Margaret Sadow became a member of the Vorgee Two Million Metres Club in 2017.

Sadly, Club member Stephani Fowler passed away early in 2017.

#### **Participation**

The SMSC currently has eight members.

#### **Member Development and Safety**

Club Members Peter Bull and Margaret Sadow participated in the NSW Masters Club Coaching course and are continuing with the coaching accreditation program.

Three members, Judi Woolley, Maria Urruzmendi, and Margaret Sadow completed Royal Life Saving Society Resuscitation courses.

Club President Peter Bull will complete a Sports Club Governance course early in 2018. MSNSW has requested feedback on the course for their further evaluation of benefit to NSW club committee members.

### **Competition**

SMSC Club members competed in six NSW Masters BPS Meets in 2017, the 2017 World Masters Games, and the 2017 Australian Masters Games.

SMSC finished 2017 in 4<sup>th</sup> place with 318 points in the division 3 BPS results.

### **Highlight**

The competition highlight of the year was Margaret Sadow's Bronze medal performance at the 9<sup>th</sup> World Masters Games held in Auckland, New Zealand in April 2017. Margaret came third in the 100m backstroke, and it was an honour to be poolside to witness Margaret powering home to a podium finish. Her passion for swimming is undeniable, and this performance clearly establishes her as an elite athlete in the sport. She has a fierce determination to succeed, and her medal is a fitting reward for her dedication to the sport.

Margaret's other individual results included top five finishes in the 800m freestyle and 200m backstroke, and top ten in the 100m and 200m freestyle.

Club President Peter Bull performed well, finishing his campaign with top ten places in both the 100m and 50m backstroke. He also achieved age group PB's in the 800m freestyle and 50m butterfly.

Peter Bull and Margaret Sadow competed together in two relay team events with other MSNSW competitors in Auckland, finishing in a creditable 4<sup>th</sup> place in one of these events.

Margaret Sadow's 2017 Australian Masters Games campaign was also very successful. The games were held in Tasmania, and Margaret won nine medals in swimming including two gold and five silver individual medals, and two relay team bronze medals.

### **BPS Club Placings and Points - NSN**

16<sup>th</sup> Cessnock = 74 points

- Maria Urruzmendi
- Margaret Sadow
- Peter Bull (1st Men 55-59 point score)

12<sup>th</sup> Raymond Terrace = 64 points

- Maria Urruzmendi
- Margaret Sadow (2<sup>nd</sup> Women 75-79 point score)
- Peter Bull

35<sup>th</sup> NSW Long Course = 39 points

- Margaret Sadow
- Peter Bull (2nd Men 55-59 50m fly. Silver Medal)

23<sup>rd</sup> Ettalong = 91 points; 23<sup>rd</sup> Average Club Points = 22.75 points per swimmer

- Maria Urruzmendi
- Margaret Sadow
- Peter Bull
- Charles Boag
- 200m F/s Relay Team (2<sup>nd</sup> Mixed 200+)

18<sup>th</sup> Port Macquarie = 34 points

- Margaret Sadow

16<sup>th</sup> Novocastrian = 55 points

- Maria Urruzmendi
- Margaret Sadow

### **World Masters Games – Auckland 2017**

#### **Margaret Sadow Women 75-79:**

- 4<sup>th</sup> 800m F/S
- 3<sup>rd</sup> 100m Bk/s. Bronze Medal.
- 7<sup>th</sup> 200m F/s
- 5<sup>th</sup> 200m Bk/s
- 6<sup>th</sup> 100m F/s

#### **Peter Bull Men 55-59:**

- 13<sup>th</sup> 800m F/s
- 8<sup>th</sup> 100m Bk/s
- 12<sup>th</sup> 50m Fly
- 9<sup>th</sup> 50m Bk/s

### **Australian Masters Games - Tasmania**

#### **Margaret Sadow Women 75-79:**

- 2<sup>nd</sup> 200m F/s
- 2<sup>nd</sup> 100m Bk/s
- 2<sup>nd</sup> 50m F/s
- 1<sup>st</sup> 200m Bk/s
- 1<sup>st</sup> 50m Fly
- 2<sup>nd</sup> 100m F/s
- 2<sup>nd</sup> 100m IM
- 2 x 3<sup>rd</sup> - Relays

### **National and State Rankings**

All SMSC competing members including Charles Boag, Maria Urruzmendi, Margaret Sadow, and Peter Bull achieved National and NSW top ten rankings in 2017.

### **SMSC Volunteers**

Club participation in the Masters Swimming Australia Vorgee Endurance 1000 program would be impossible without the assistance of volunteer timekeepers at club nights. The committee would like to thank all club members that braved darkness, low temperatures, wind, and rain to support their fellow club members throughout 2017. Well Done in 2017 SMSC!

### **Peter Bull**

President





## Sutherland Sandbern Masters Swim Club

### **Annual Report 2017**

It's been a busy, busy year. Members have been off all over the place. From swimming in the icy lakes of Canada (unofficially but still wearing the Sandbern cap), to competing in the ocean swims in the only slightly warmer waters off the north island of New Zealand and in the pool in the World Masters Games, to competing in the FINA World Masters Championships in Budapest, to swimming in the Adriatic Sea off the Croatian Coast.

Great performances at Masters Swim Meets this year with many members achieving PB's and gold medals aplenty at the State Short Course Championships and World Masters Games. Georgene McKenzie Hicks wowed us with her whopping five gold medals at the FINA Championships - that was after six at the World Masters Games in Auckland (attended by five Sutherland Sandbern swimmers) and Georgene overwhelmed us again by donating one of her gold medals to Sutherland Sandbern Masters Swim Club! We are very honoured.

I'll leave it to our Recorder/Statistician, Stephen Murray to fill us in on all the competition swimming achievements and highlights for 2017. I'd just like to note that participation in swim meets this year has dropped and this was especially noticeable in the numbers attending Relays which was 13, our lowest in a number of years. However, despite our low entries we still managed to finish seventh out of 19 clubs. "Go you good things!" Lower participation this year can be partially attributed to some members moving out of the area but injury and illness have taken their toll. Here's hoping 2018 will see more members return to competing and perhaps new members begin.

Squad and Social swimmers this year have been setting their own PB's with members at the 9.30 am session on Tuesdays and Fridays cracking the 4k barrier so many times they are losing count. It was reported that swimmers have been dropping like flies with injuries outside the pool with some coffee mornings having more non-swimming attendees than swimmers!

Gordon Muir has filled in for Yola a couple of times this year and while his programme has been challenging, swimmers have enjoyed having different drills. While Gordon has been keeping the home fires burning, Yola has been in Nepal furthering her Yoga and Ayurveda studies and teaching learn to swim and stroke correction to monks! Even in Nepal you can't keep Yola far from the pool. Squad members look forward to her return shortly.

Members attending the 5.00 am squad at Sutherland set PB's just getting there! Getting up at 4.30 am requires strong motivation. Making time for squads while juggling work and family commitments means making supreme efforts to get to the pool (especially in winter, long before the sun has got out of bed). Maintaining mental and physical health and fitness is the key driver - and having a friend to go with really helps, too!

Members' participation in the squad sessions and personal programme swimming at Caringbah is reported to be a bit light on but those attending are enjoying their swims. The tranquility of a lane to themselves up at Engadine Leisure Centre pool has also been reported.

Some of the more senior members of the Sutherland Monday, Wednesday and Friday 8.00 am squad sessions had their annual winter migration to the inside pool in April this year. They reported that the lowering of the pool temperature outside caused their numbers to swell this year. It must have been a tad cooler inside as well: one swimmer reported seeing a walker hop out, grab a cardi, hop back in and continue their walk. The lower temperature outside was a constant source of debate and speculation at coffee mornings. The annual Spring migration is in full swing with members making those first tentative steps back to squad sessions outside.

With the warmer weather beginning, the Sutherland Saturday morning swimmers report that they are waiting for their numbers to increase again. Sandbern members are swimming in their own programmes and in 7.30 am squad. Unfortunately, the colder water and a four-month period without a swim coach meant that Saturday regulars dropped off. The new squad coach Chris, has the thumbs up from members - providing a well-structured and varied programme with timed 50m, 100m or 200m and good recovery sets. His approach is reminiscent of what the swimmers remember doing several years ago with Rian Wickens.

Post 8.00 am squad Coffee Mornings, post 9.30 am squad Coffee Mornings and post 7.30 am Saturday squad Coffee Mornings have reported strong attendance. The 9.30 squad CM has reported that they have pretty much solved all the problems of the world this year - only just pipping at the post

the Table of Knowledge that is convened at the end of the 8.00am CM by the last dregs remaining. The post 7.30 Sat squad CM reports they did that years ago.

The regular roll ups for the 'Coffee Debriefing Sessions' are a testament to the strong social connections between Sutherland Sandbern members. Not to mention the big attendance at the Christmas and Presentation Lunch which, was attended by 45 members and family last year. It clearly demonstrates how important social connection is to our club and that health/well-being is as much about fun and friendship as it is about fitness.

This year has been an interesting learning curve as President. It's not an incredibly onerous job but there are things that need to be done and advice and assistance from old stalwarts on the Committee has been very helpful. I'd particularly like to thank my tireless, PA, Stephen Murray who has performed this role in addition to his much more onerous duties as Club Recorder and Statistician (not to mention, as my husband).

Finally, no club can function without the efforts of its Committee members. So, on behalf of all members, a big thank-you to: Paul Vallis in his role as Secretary/ Treasurer. So much of the functioning of the club relies on his commitment, time and hard work. Thank-you, also, to Vice-President, Ron Massaar for your advice and assistance. Thanks, too, to Club Captain, Col Freer, for arranging the hire of the 'team bus' and driving members and family to Relays, arranging refreshments and driving many 'jolly' members back. Thanks also to Julie de Traubenberg for being our Uniform Co-ordinator and one of the "Keepers of the Caps". And also thanks to Peta Samuels who arranges our Nationals and State Short Course Championships accommodation, any away meets and World Masters Games in Auckland this year, also.

And finally, a big thank-you to all the members of Sutherland Sandbern Masters Swim Club for your participation and support. YOU are what makes SSMSC such a great club.

And remember:

"The journey of 4000 metres begins with one stroke."  
(From the wisdom of the Venerable Snowy)







# Tattersalls Masters Swim Club

## Annual Report 2017

For the Tattersalls Masters Swimming Club, 2017 was a year of consolidation, goal setting, hard work and success. Focusing on key swim meets throughout the year, it culminated with a team of eight swimmers packing their bags and travelling to Budapest to compete at the FINA World Masters Championships.

### **MARCH 2017:**

Seven members of the Tattersalls Swimming Team competed at the 2017 **Australian National Masters Championships** held at the Gold Coast Aquatic Centre, Southport.

As usual, the 'ageless ones' from the club were inspirational: not only did they encapsulate the spirit of swimming at Tattersalls, again they were proof that longevity is no barrier to performance and, indeed, no hindrance to the fun to be had competing as a Masters swimmer. Individual performances at the 2017 Nationals revealed the value of experience: the Club's regulars continued their mastery of technique, endurance and speed.

In the 75-79 Age Group Peter Joseph won Breaststroke silvers in the 100m and 200m events; and Alf Moufarrige won silver in the 50m Freestyle beaten for gold by a mere fingernail. In the 70-74 Age Group, the indefatigable national lifesaving and pool competitor Bill Phillips was just pipped for bronze in his 50m Freestyle event but his 32.70 was a great effort and below the 33 secs barrier... his goal for the 2017 New South Wales Masters and for the World Masters Championships later in the year in Budapest.

The undisputed speedster of the 'mature' ones is Alan Brown who continued to add to his ever-expanding bling collection with an inspirational haul of individual medals in the 70-74 Age Group: four gold - 50m Breaststroke, 50m Backstroke, 50m Freestyle and the 100m Freestyle; and two bronze medals - the 50m Fly and 100m Breaststroke. Alan's two freestyle swims and his lead-off in the relay were also Queensland Masters All Comers Records: his 100m freestyle 1:08.94 broke the decade old time of 1:09.34 set in 2006.

And to prove it's never too late to start competing, new Tattersalls member and newcomer to swimming at the age of 66, Phillip Bartlett had his first major swim-meet experience, deciding to have a go at the Nationals to ensure a qualifying time for the 50m freestyle at the World Masters.

Peter Thiel, while a real force to be reckoned with in open water swims (especially the annual Maui channel swim in Hawaii), in the context of Tatts he is one of the babes of the current team swimming in the 45-49 Age Group. He competed in all the freestyle events – the 800m, 400m, 200m, 100m and 50m races, coming away with three silvers (the 800m, 400m and the 200m; a bronze in the 100m, and a 4th place in the 50m freestyle). Keeping this over-achieving, mid 40-year-old honest, Tatts new kid on the block(s) Matt Burbury-King showed great potential in the 25-29 Age Group, winning silvers in his two swims – the 50m freestyle, and the 100m Breaststroke.

For Tattersalls, no Masters meet is complete without taking on the relays. The Men's 240+ Age Group Medley relay came 5th, while the 280+ Age Group Freestyle relay won silver – a great team effort by the 70+ 'inspirational oldies'... Alan Brown, Alf Moufarrige, Peter Joseph and Bill Phillips.

**APRIL 2017:**

A small team of seven Tatts swimmers competed in 8 events at the **NSW Masters LC Championships** held at Sydney Olympic Park on 8 April. Individual results included five gold medals – Matt Burbury-King (25-29yrs) 100m BK, 200m IM; Tim Laforest (30-34yrs) 50m and 100m FS; Alf Moufarrige (75-79yrs) 50m FS: four silvers – Matt Burbury-King in 50m FS; Bill Phillips (70-74yrs) 100m FS; Peter Joseph (75-79yrs) 100m BRS; and the 280+ yrs team of Bill Phillips, Phillip Bartlett, Peter Joseph and Rod Austin in the Men's 200m FS relay. Minor placings were achieved by Rod Austin (65-69yrs) in the 50m and 100m FS; Phillip Bartlett (65-69yrs) 50m and 100m FS and 50m BK; Peter Joseph (76-79yrs) 50m FS, and by the 240+ Men's 200 Medley relay.

At the end of April, John de Mestre, Peter Thiel and Alan Brown competed at the **World Masters Games in Auckland**, an all-sports championships held every four years. It was a successful mission for all three Tattersalls representatives: John won gold in his age group for the 5km and 1500m freestyle events; Peter won a gold and silver in his age group for the same two events; and Alan Brown put in a phenomenal performance – competing in five events he came away with five gold medals (three individual and two relay medals).

**JULY 2017:**

The annual **NSW Masters Swimming Short Course Relay Meet** can be characterised as a fiercely competitive event where teams from across the state gather at SOPAC to contest 4 x 25, 4 x 50 and 4 x 100 Age Group freestyle and medley relays – women's, men's and mixed team events.

Before the closing date for entries, there is always a back room huddle of analysts and strategists bunkered down checking best times, age groupings and possible gold-winning combinations with the team captains keeping a keen eye on state and national records ripe for breaking. Meanwhile in the pool, cobwebs are swum off, dives and turns are perfected, and speed becomes the focus – especially for form strokes. Amongst the shoulder and knee-challenged swimmers, trade-offs begin in the medley relay teams... who's best at (or will survive) 25 or 50 metres of backstroke, breaststroke or butterfly and still be able to back up for the next event.

Sunday morning, 9 July. Herded together around the 25m diving pool where the competition will be staged, a chaotic mass of bodies attempt warm-ups in crowded lanes. Other swimmers watch patiently as officials install the touch pads and try to get them working: the timekeepers assemble and the racing begins.



The Tatts team outfitted in eye-catching club T-shirts, range from the 70-plus to four relative 'newbies, 20 and 30-year olds who all happened to be called Matt. While the club Tattersalls could not field mixed gender teams this year, the club was well represented across all age groups: two 280+ teams, a 240-279 team, a 200-239 team, a 160-199 team and a 120-159 team... the well-credentialed 'Matts for Tatts' combo. At the end of the day, Tattersalls won seven relays and came third in three.

Gold medals were won in the 4 x 100m freestyle relay, 160-199yrs (Tim Laforest, Peter Thiel, Guy Farrow, Matt Jaukovic); in the 4 x 50m freestyle relay, 160-199yrs (Tim Laforest, Peter Thiel, Daniel Beltrami, Guy Farrow); in the 4 x 50m freestyle relay, 120-159yrs (Matt Burbury-King, Matt Jaukovic, Matt Abood, Matt Stroud); in the 4 x 25m freestyle relay, 160-199yrs (Tim Laforest, Peter Thiel, Daniel Beltrami, Guy Farrow); in the 4 x 25m freestyle relay, 120-159yrs (Matt Burbury-King, Matt Jaukovic, Matt Abood, Matt Stroud); in the 4 x 25m medley relay, 160-199yrs (Daniel Beltrami, Peter Thiel, Matt Jaukovic, Guy Farrow); and in the 4 x 50m medley relay, 120-159yrs (Matt Burbury-King, Peter Thiel, Matt Jaukovic, Matt Abood).

Bronze medals were won in the 4 x 100m freestyle relay, 280+yrs (Alf Moufarrige, Peter Joseph, Phillip Bartlett, Peter Ritchie); in the 4 x 25m freestyle relay, 280+yrs (Alf Moufarrige, Peter Joseph, Peter Ritchie, Phillip Bartlett); and in the 4 x 25m medley relay, 240-279yrs (Peter Ritchie, Peter Joseph, Matt Stroud, Phillip Bartlett).

#### **AUGUST / SEPTEMBER 2017:**

The highlight of the Tatts swimming year – the **FINA World Masters Swimming Championships, Budapest**. With the arrival of the 300+ page start list with seeded heats for all events, the daunting reality of thousands of swimmers from around the world descending on Budapest to compete in both pool and open water events hit home. Memories of a crowded, chaotic warm up pool in Montreal 2014 with swimmers trying to go up and down on the same side of the lane; the all-day sessions of just 50 metre freestyle heats (with men in one pool and women in another), reminded the team that there's much more to competing at the World Masters than just a



solid pool preparation: mental agility and a certain composure are necessary components to be able to adapt to whatever problem emerges on the day. But as the saying goes - you can take the team out of Australia, but you can't 'the Aussie spirit' out of the Tattersalls team!

Tattersalls was represented in Budapest by a team of nine determined swimmers competing in open water and pool events across all age groups, distances and strokes: John de Mestre, Alan Brown, Peter Joseph, Bill Phillips, Alf Moufarrige, Rod Austin, Phillip Bartlett, Matt Burbury-King, and sole female representative Catherine Rogers.

Travelling with the Tattersalls team to a country steeped in a complex history, continued the ongoing swimming adventure. Weird coincidences and connections that emerged from casual conversations with other swimmers from around the world on buses and trains to and from the competition pools, added to the realisation that Masters swimming is a meeting point for strangers bound together not just by a passion for water and squad training, but by the pleasures that come with camaraderie and ever-expanding horizons.

The highlight of the last days had to be the 4 x 50m Freestyle and Medley relays – the Tatts 280+ team keen to repeat their gold winning freestyle effort in Montreal 2014. While they swam almost the same time (2:09.26), the Hungarian team out swam the rest of the competition to win in the amazing time of 2:01.00. The team of Alan Brown, Alf Moufarrige, Bill Phillips and Rod Austin had

to settle for the 5th place medal. In the 280+ Medley relay, the Tatts team of Alan Brown, Peter Joseph, Bill Phillips and Rod Austin finished out of the top six but still managed individual PBs – a great effort given the sudden onset of a debilitating chest infection that had plagued the team since arriving in Budapest. For the 4 x 50m Freestyle relay 200-239 Age Group, Tatts co-opted former club member Stephen Ford to swim with Peter Joseph, Phillip Bartlett and Matt Burbury-King... each surprising themselves by swimming PBs: Stephen's 30.68 and Matt's flying finish in 25.12 were major personal achievements.

A summary of medals won and top 20 finishes achieved at this international meet, reveals the depth of the Tattersalls team in Budapest. Peter Joseph (75-79yrs) and Catherine Rogers (65-69yrs) finished in the Top 20 in all five of their individual events ranging from the 800m FS, the 50m FS, the 200m BRS, the 100m BRS and the 50m BRS (Peter), and for Catherine, the 800m, 400m, 200m and the 100m FS, and the 200m BK. Alf Moufarrige (75-79yrs) won the 5th place medal in the 100m FS; and John de Mestre won the silver medal in the Open Water 3k swim – a standout performance by the club's ocean and open water master. And the unforgettable thrill of witnessing World Masters Championship wins by Alan Brown were incredible: two well-deserved gold medal swims in the 70-74 years 50m and 100m Freestyle events.



#### DECEMBER 2017:

At the end of the year Tattersalls announces its Sportsperson of the Year award and, not surprisingly, the 2017 winner was Alan Brown – not only a committed, long-term club member, but an inspiration to the Tattersalls Swimming Club and to Masters Swimming in general. It was an extraordinary year of outstanding swims and great results: in total Alan won eleven gold medals at both the national and international level. At the Australian National Championships he competed in six individual events and won four gold and two bronze medals; at the World Masters Games in Auckland he competed in five pool events (three individual and two relays swims) and won gold in all; and then two freestyle golds at the FINA World Masters Championships in Budapest.

In winning the Sportsperson of the Year Award, Alan not only epitomises the club's focus on goal setting and training to achieve personal targets, he encapsulates the ongoing journey and ethos associated with the Tattersalls Swimming Club.

Looking back at the achievements of 2017, one would have to acknowledge the power of a supportive and convivial training environment. Tattersalls has a collective energy that carries swimmers to heights some never expected they could ever reach. Judged not by podium finishes alone, but by the many PBs achieved at state, national and international levels – the fantastic results attest to the importance of training and working together as a team.

Supported by the





# Trinity AUSSI Masters Swim Club

## Annual Report 2017

Trinity this year had a pleasing year both in and out of the pool. Our membership has continued to stay at 39. This was not as much as our record seasons of many years ago, but we are still happy.

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. We also see our newest members making significant progress. A lot of them are now participating in our club races on Wednesday nights. We are trying to encourage them to even try aerobic swimming.

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 participation in other carnivals was not many. Hopefully, we can encourage few more for next year. Although no records were set by our swimmers, they enjoyed themselves and were proud of their performances. It would be great to have our carnival back on the calendar in the future. It would be a great opportunity for our swimmers to be involved in a carnival atmosphere and the experience would be tremendous.

We are always trying to get more swimmers involved in the Endurance 1000 program. We had seven swimmers compete this year with our brave captain, John Kulhan 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 again 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:

**Geoffrey Murphy**





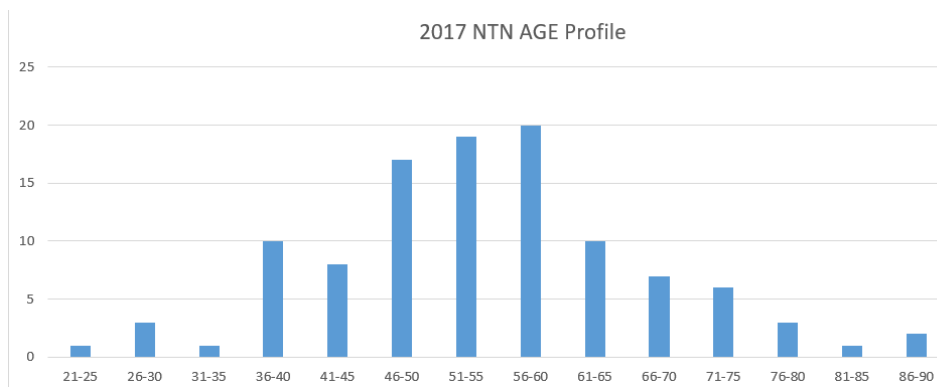
# Tuggeranong Masters Swimming ACT

## Annual Report 2017

Tuggeranong had an exceptionally good year with high membership numbers, high participation rates at training, large participate rates at endurance, postal swims and competitions. The club's financial status is sound and the club is being run by an active committee.

### ***Membership***

The club attracted 108 members (including second claim members), a membership which is just short of the club's highest membership count of 111. The age distribution (shown below) reveals that the club had fewer swimmers in their 20's through to the early 30's, the numbers grow sharply in the 36-40 age group and peaks in the 56-60 age group, followed by a slow taper to our older members in the 86-90 age group. To ensure club longevity, the club would like to increase the number of members between 18 and 45. The club attracts new members through the web site, word of mouth, brochures at the pool and walk up enquires at coaching sessions.



### ***Finances***

The club is sponsored by Tuggeranong Valley Rugby Union Football Club. This requires the club to attend monthly meetings. Benefits of sponsorship include the opportunity to apply for grants for items such as new equipment, participation in a roster to sell meat raffle tickets on an approximately monthly basis with proceeds to the club and the use of meeting rooms free of charge.

Financially the club is on a sound footing. Prior to each club AGM, (held around October) the club formally reviews its profit and loss status and then makes a recommendation at the AGM regarding club fees for the following year. Due to a continuing trend of costs exceeding revenue, the club increased the 2018 membership fees by \$20 to \$120. The club training fees remain the same at \$4 for each coached session and \$2 for each endurance session, alternatively members can purchase a swim card for 12 coached swims or 24 endurance swims at \$42. Swim cards are purchased via EFT or by cash at the pool, the swim cards reduce the effort for cash handling.

### ***Training***

Pool training and endurance sessions are conducted in Tuggeranong pool. At the club's training times, only the 25-metre pool configuration is available. The club finds that four or less swimmers per lane is optimal, and larger numbers impacts the type of swim set that can be run as well as the swimmers experience. The club places a lot of emphasis on coaching; the head coach – Anne Smyth sets the annual training plan, and all coaches determine their individual training sessions. Three of the club coaches are on the NSW Coaching Forum. Throughout 2017 the club conducted the following sessions:

- 3 x 1 hr coached sessions per week (1 coach);
- 1 x 1.5 hr coached session per week (2 coaches);
- 2 x 2 hr endurance sessions per week; and
- 1 open water session per week during January, February and March.

A new pool with a similar design to that of Gungahlin and Tuggeranong is scheduled to open in Stromlo / Weston Creek in 2019. Tuggeranong in collaboration with Molonglo and Ginninderra will investigate the possibility of running masters swim sessions at this new pool.

### ***Competitions***

The club's base being Canberra, means that apart from local interclubs, the Tuggeranong Challenge and Tuggeranong's BPS, members must travel some distance to other competitions. Despite the travel, the club does have a solid core of members willing to car and accommodation pool and travel to Sydney and beyond. In 2017 the club participated in interstate BPS events, State Championships, National Championships, World Masters Games (Auckland), FINA World Masters Championships, British Open Water Nationals and numerous postal swims.

### ***Officials***

The club has members to cover all technical officials' positions, a number of these being second claim members. The number of club Technical Officials is an area where the club could improve, especially in the referee position.

### ***Committee***

The AGM in October 2017 saw very little change to the club committee. Although little change is a good sign, club committees do need to renew with new blood to inspire and drive the club forward. Today's busy lifestyles is probably the most likely impediment to attracting fresh committee members. The committee is actively trying to change the misconception that being on the committee is a burden by better planning, decision making and better sharing of duties. There is still a way to go. The club has 23 committee positions, 6 being elected. Over recent years Masters Swimming NSW has made a number of club committee roles much easier by going online. A significant reduction in workload has occurred for the club registrar and race secretary. There may be some other opportunities to further reduce the workload for some roles. In 2017, to improve committee decision deliberation and decision making, the committee introduced a motion template to be used for all motions put in advance to the committee. The template has been well accepted, is used, and has reduced the duration of committee meetings.

### ***Social functions***

For social functions the club has a core group of members and their families attending end of month drinks (and optional dinner) after a Sunday training session. At end of month drinks, members participate in a swim card draw where an attending member can win a free swim card, worth 12 free training sessions. Other social events follow interclubs, the Tuggeranong BPS and State (when in Canberra).

### ***Recognition of achievements***

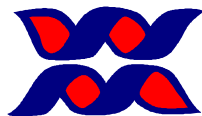
In 2017 the club added one additional club trophy award making 8 in total. The new trophy is the Endurance Performance Trophy which is given to an Endurance swimmer who works diligently at the endurance program but may not be capable of achieving maximum points or may not be able to complete the full endurance program.

Regards

**Greg Gourley**  
President







# WARRINGAH MASTERS SWIMMING

## **Annual Report 2017**

The Club competed strongly during the year, capitalising on early momentum, gaining 1<sup>st</sup> place in the interclub Branch Points Score, a tribute to the leadership of Club Captain, Tony Gallagher.

The legacy of the 360+ relay continued, with a new addition, Ray McGimpsey taking the place of the late John-William Steen. The new team (Ossie Doherty, Ray McGimpsey, John Sheridan and Max van Gelder) debuted at the Relay Carnival, attracting much media attention including leading to a documentary being made about the team for Chinese television. The documentary is scheduled for release during 2018 (and an early cut has been screened for the team). As well, John-William's son Robert, was instrumental in bringing the VegeChips® sponsorship to the club, including our new tee-shirts and most importantly financial support for Lane One, our seniors' lane led by Life Member, former Head Coach and former Club President, Noel Peters. During the year, the club was awarded Club of the Year for 2016 reflecting, among other matters, attendance at Branch and BPS carnivals, officials working at other carnivals, attendance at officials' courses, number of coaches and various administrative matters – a tribute to our competitors and all those who work to make the club what it is. We last won the Award in 2010.

### **Participation**

We continue as the largest Masters Swimming Club in NSW with around 100 members at year-end, nevertheless increasing participation in competition and making better use of our Sunday and Wednesday training continues to be a challenge. During the year, between Seaside Pirates and Warringah Masters we have been cross-promoting our weeknight training sessions; there has been limited success for swimmers boosting training, but most participants have established routines and other commitments that limit swapping and changing.

### **Other (non-Masters) activities**

A number of informal Saturday morning Manly to Shelley beach and return swims led by Paul Bailey, drew members from Warringah and other clubs as well including North Sydney, Ryde and Penrith. As well an informal group of our swimmers continues to swim Friday mornings at the Sydney Academy of Sport, Narrabeen, coordinated by Ron Giveen.

### **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. The Wednesday sessions also act as an entry point for new members and between Paul and Gordon we continue to refine our coaching offering. Special mention also for Susan and Peter Myers who stand in on occasion for Gordon and carry learnings from there to the informal Friday Sydney Academy of Sport session.

Paul continued to lead our Sunday coaching program and supplemented our normal program with guest coach sessions while, as mentioned Noel Peters for Lane One, leads structured sessions in-water for senior swimmers and others.

As a club, we believe we are unique in the structuring of our Sunday morning training with lanes graded to ability and continue to field three coaches and coaching assistants across seven lanes drawn from a roster of over 20 volunteers. As fitness director and recognising also the work he has been doing supporting regional clubs with training sessions, Paul Bailey was awarded NSW Coach of the Year, 2016.

### **Pool charges / Future of the WAC**

There has been change in the WAC charging regime such that lane hire is now \$23.50 per lane per hour and increases to be limited to CPI. Thanks to Max van Gelder for diligent pursuit of the matter, and while the rate reduction was across the board for non-profits, Max negotiated a number of concessions on our Sunday and Wednesday hires that help our overall finances. Thanks to VegeChips, Lane One is pretty much self-financing, but our other sessions still require subsidy.

One important development was that the Northern Beaches Council in December abandoned plans for demolition of the pool and the longer-term future of the pool seems assured.

### **Competition**

The Club was placed 1st in Division '1' of the BPS [interclub] Carnival Point Score trophy for 2017. Captain Tony Gallagher has taken to the role like a duck to water and he and the 'Black Pearl' can be seen ferrying swimmers to many carnivals. Race Secretary Patrick Chandler's *Buster* continues to pick winning relays, helped along by tactical choices on the day by the Captain and others experienced in the dark arts of relay selection.

For 2017, the MAX Award, established and presented by Max van Gelder for the member with most records went to Marilyn Earp for 100 fly Branch & National LC; and 200 Fly Branch LC records swum in Auckland; and 100 fly SC set at AIS. During the year Branch records were also set by Stuart Meares (200 IM Auckland), Gordon Whyte (50 Fly, Auckland), Sue Levett (25 Breast), Ossie Doherty (50 free, 100 free), Keith Bourdon (800 IM SC (NSW) and Peter Kaupert (800 BK LC (NAT) and 800 BK SC (NSW)). These records derived from the MSNSW website and the MSA Results Portal.

Several relay records were set during the year including Women's 280 FS 4x100 (Nat); Mix 280 Medley 4x50 (NAT), Mix 320 4x50 MED (NSW), Women's 280 4x100 Med (NAT), Mix 320 4x50 FR (NAT), Mix 280 4x100 Med, Women's 280 4x50 Med (NAT), Women's 280 4x50 Free NSW) **AND** Men's 360 4x50 FS (NAT) for which no previous record existed.

We also won the State Cup (LC div 1). Marilyn Earp won the SC Swimmer of the Meet while Warringah won the Harry Fowler Trophy (*outstanding SC performance by a relay team 200yrs or more = 280+ mix Medley (Marilyn Earp, Peter Kaupert, Gordon Whyte and Suzanne Levett)*). The Long Distance Championship was won by Warringah, as was the 2017 Relay Carnival. The club also claimed a number of age group champions in 2017.

### **Our carnival**

Our own BPS Carnival continued to be well attended with 153 swimmers entered (down from 200) including 40 from the club (down from 47). Carnival attendance reflects the unavoidable timing of the Carnival (in school holidays with many other demands on family time).

The highlight once again was the Tony Tooher organised 'Medley Shootout'. The Male & Female shootouts were won by swimmers from the same club (Blacktown), namely Aaron Cleland and Audrey Knickerbocker.

Our Carnival is an essential part of our year's activities and our financial wellbeing, and once again delivered a healthy surplus. It takes a lot of people to run it in terms of officials, warm up / warm down supervisors, set up assistants. Julia Atkins and her helpers organised our raffle, and after-carnival food and drinks. Julia also once again did a great job on post-Branch Championship gatherings, the excellent Christmas Dinner and Presentation Night at The Belrose, the year-end BBQ, and organising social activities around the Myall carnival, which is now an annual fixture. As well, thanks to Bill "Golden Voice" Moorcroft who announces and maintains various run and data sheets to assist the Meet Director on the day (your President again), as well as producing our program.

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. Thanks also to Catfish Designs (our swimwear supplier in 2016/7) and the Belrose Hotel for their contributions. The staff at the Warringah Aquatic Centre also gave us their full support on the day.

### **Volunteer effort**

The volunteers who make up our Executive Committee and the other positions continued to provide the underpinnings that make our club as successful and well run as it is. And let's not forget our Sunday morning lynchpin, Bev Cook, who organises the morning tea.

As the largest club in the Branch it is incumbent on us to contribute to the running of the NSW body and Stuart Meares and Tony Tooher continue to occupy positions on the Branch Executive as they have for many years. As well, Paul Bailey has continued to assist the NSW coaching program, presenting coaching course content and guest coaching for rural clubs. As well Peter Kaupert is a member of the Branch Club Development Committee. Warringah Masters accredited officials were also to be seen at many if not most BPS, Branch and National events including refereeing, starters, chief timekeepers, inspectors of turns, marshals and check starters.

I am also pleased to report that once again our Medical Officer, Sue-Ellen Norris did not have to file an Incident or Medical Report for the year.

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

- Club Member of the Year: Paul Bailey
- Female Swimmer of the Year: Marilyn Earp
- Highest Carnival Participation: Peter Kaupert
- The *Max* Record Trophy: Ossie Doherty
- Male Swimmer of the Year: Jorian Catzel & Stewart Heys
- Aerobic (Endurance) Swimmer of the Year: Peter Kaupert

All well deserved!

Looking forward to another year of fun, friendship and fitness ...

**Graham Campbell**  
President





## **West's Auburn Masters**

### **Annual Report 2017**

#### **MEMBERSHIP**

West's had 16 financial members at the end of 2017. We average about 6 swimmers at most sessions, but thanks must go to our most regular member, who is always on deck for timing, opening and closing – Maureen Hall. West's are working closely with Dooley's (Lidcombe Catholic Club) as a major sponsor.

#### **CLUB SESSIONS & VENUE**

West's returned to Ruth Everuss Aquatic Centre (Auburn) this year, after a complete rebuild of the centre. For the majority of the year swim sessions were held on Wednesdays at 5:30pm, Fridays at 5:30pm, and Sundays at 9:00am. West's have a wonderful coach (Kerryn Blanch), who has provided all of us with individual programs to follow whenever we can get to the pool. We have five members with Bronze Medallion qualifications and three with Senior First Aid Training.

#### **INTERCLUB MEETS**

West's were represented at most BPS carnivals in NSW this year, as well as Nationals (Southport)), State (SOPAC, AIS and Knox). Club officials were on deck at many carnivals (We have a number of qualified officials).

#### **WESTS LONG DISTANCE CARNIVAL**

A successful carnival was held, with 65 entries from 20 clubs represented. The weather was good to us, and some great swims were completed. Four national records and three state records were broken. West's Auburn won the overall point-score. A BPS carnival will be held in our new pool in 2018.

#### **WESTS 5000m POSTAL SWIM**

West's held the annual 5000m postal swim again this year. There was a similar response to last year, with 15 individual swims and 45 relays. Hopefully there will be more swimmers taking the challenge in 2018.

### **ENDURANCE 1000**

14 of 16 members participated in the National Endurance 1000 Scheme (88%), giving us a total of over 7800 points, at an average of over 480. Two members (Michael Parkinson and Ben Taylor) scored maximum points, while Cassie Anderson, Kerry Blanch and Hillary Morrison completed all swims.

### **CLUB COMPETITIONS**

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

### **ACHIEVEMENTS**

Michael Parkinson and Kerry Blanch broke state records in the 1500m Butterfly held at West's carnival in December.

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

### **SOCIAL ACTIVITIES**

Social activities included –

- Presentation day, which was held at Birrong Pool.
- The Club Christmas party was at Dooley's Regents Park (barefoot bowls).
- Members often venture to Dooley's (Lidcombe Catholic Club) on the first Friday of the month (after swimming).
- Regular club BBQ breakfasts are held after swimming on set Sundays, often with guest swimmers from other clubs.

**Terry Gainey and Kerry Blanch**

Treasurer

President

Supported by the





# **Wett Ones Swimming Club Inc.**

## **Annual Report 2017**

### **Introduction**

Please find below the annual President's Report for Wett Ones Swimming Club. I am once again pleased to report that in many areas the club has continued to go from strength to strength and reporting on these areas is my absolute pleasure as President. However, running this club is not without its challenges, and as I'm sure those on the committee will agree with me – we have had a few this year!

Firstly, the positives. When looking back at our long-term plan for club development through to 2020 we have once again made many great strides which I hope you will find reflected in the body of this report and through your experiences this year. Looking for example at our membership numbers we have once again cleared the 100-mark which is a great achievement, and referencing the age group split we can see that the most growth has come from the younger age groups – exactly in line with our goal!

Additionally, the improvements we have made to the club's systems and processes, many of which are completely behind the scenes will make the running of the club for future committees considerably less time consuming and less manual. Transitioning to all electronic payments and banking for example, makes the roles of Race Secretary, Treasurer, and President much less 'paper work' focused. I'm pleased to report I haven't had to write or post a single cheque this year! This work, combined with the ongoing budgetary focus and some great successes we have had with sponsorship (discussed later) have resulted in us ending the year with a small profit – a great result for the whole club.

Some of the other new initiatives we made happen this year will be discussed in more detail later, but one which you are all aware of is our transition to 'cashless' swimmers' fees. You would not believe the time and effort that went into the selection, qualification, and testing of this system by a small number of our committee. Thanks to them and thanks to the volunteers who will help to run the system going forward. Several other fantastic initiatives have happened this year that you may be less aware of which are also covered later.

While we had some great successes this year, we also hit a few stumbling blocks. There were a few things that we sunk time into that just didn't work out which was a shame for all involved. We had some last minute drama during Mardi Gras which could have seriously impacted our club finances. Also, of course we lost our head coach in not the best circumstances which could have proven to be a serious set-back for the club. Fortunately, we have a small group of people who invest inordinate amounts of time and energy to keep this club running and going from strength to strength. These people know who they are, but deserve our ongoing gratitude. I strongly encourage more people to step up to help with the running of the club to help spread this load and reduce the 'burn out' that many experience.

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 run the club this year:

President	Tristan Bray
Secretary	Bart Tuteleers
Treasurer	Craig Ellis
Registrar and Race Secretary	Vassili Efimov
Female Swimmers Representative	Rachelle Ting
Male Swimmers Representative	Nick Ward
Safety Officer	Sam Isaacs
PR and Fundraising	Susie Purcell and Anna Griffin
ABC Coordinator	Bob Nagel
Non-portfolio	Chris Saxby

Thank you everyone for your contributions throughout the year!

### 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, we have developed a list of sponsors and donors who contribute either funds or products which help the club to continue to operate successfully.

This year the club has focused on our sponsorship strategy by producing a sponsor prospectus, and by starting to delineate between our financial sponsors – who receive greater recognition from us – and our partners and sponsors who offer us smaller products and prizes.

The club would therefore firstly like to extend a huge thank you to our major sponsors for their financial support of the club. We are extremely grateful for their support. These sponsors are:

- ACON
- Dentistry at the Cross
- George Skoufis, Optometrist
- SheCamp Group Fitness
- The Performance Chiro

In addition to these sponsors we would like to thank our venue partners who continue to offer us reduced rates, and are generous with support via prizes for our raffles and AGM, and are a pleasure to work with on an ongoing basis:

- Sydney University Sports and Aquatic Centre
- Belgravia Leisure

Our club also has great relationships with a number of businesses in Sydney who always generously provide prizes and gifts for our members at the AGM and for our annual raffle. We would like to express our thanks to these businesses also:

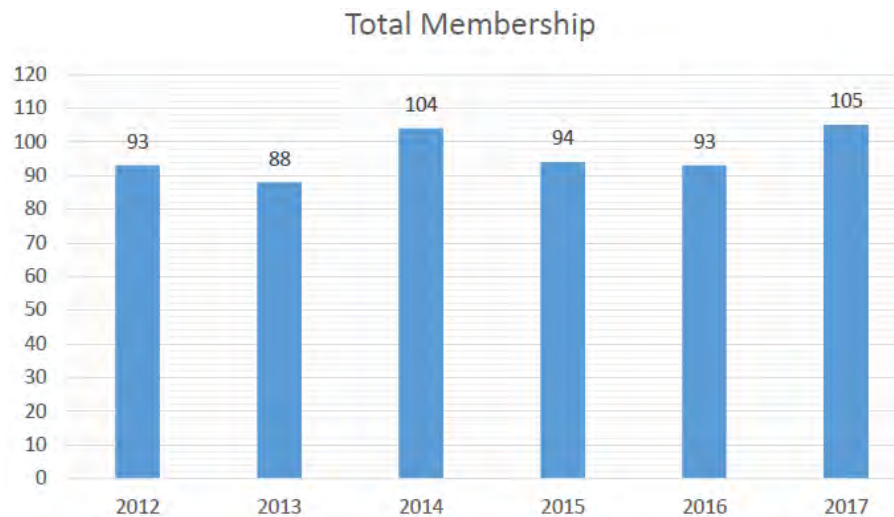
Gelworks Personal Lubricant  
Poolside Cafe at ABC

Royal Hotel Darlinghurst  
David's Cellars

Dendy Cinemas

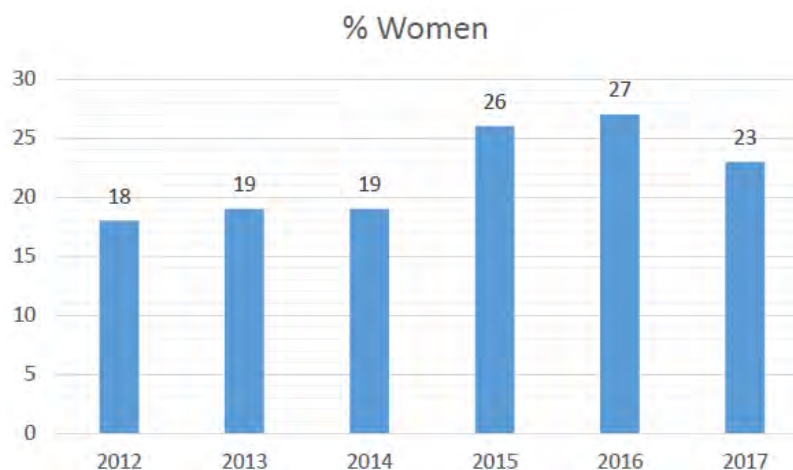
## Membership 2016 – 2017

Overall, the club consisted of 105 members as of 11<sup>th</sup> November 2016.



The total number of club members has increased by 12 this year which is a great result for us. This exceeds our previous peak in the Darwin OutGames year of 2014. We believe this growth has come directly from two specific initiatives – our Tuesday and Thursday lunchtime sessions, and our new recruit camp during Mardi Gras. This goes to show that in the areas where we have put in effort we have seen results. A further comment to make is, as shown by our financial reports, while our membership has grown our Sydney Uni swimmer numbers have dropped. We need to work on this next year as a priority.

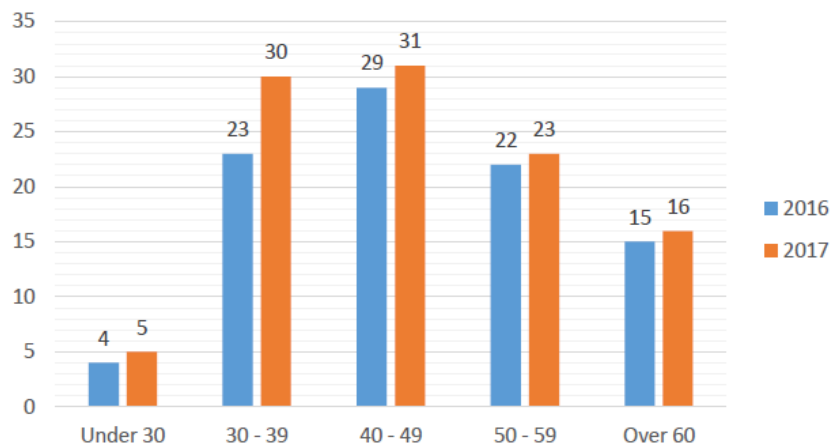
The club has always struggled to achieve gender parity, despite our current proportion of women being a big improvement on where the club used to be – we still have work to do to build our female membership. We have slipped back slightly this year, which can be attributed to most of our new membership growth being from men.



The club's age distribution has classically been a normal distribution about the average of 45 years old, but as can be seen in the graph below we are slowly pushing this average downwards as per our strategic plan. The growth in the 30-39 age group is especially pleasing, and we hope this starts to translate into a growth under 30 in the near future.



Age Group Split - Last Year vs This Year



### Treasury

The club has finished the year with an approximate \$600 surplus from last year's closing position. This year our target was to 'break even' – giving us a much more sound financial position from where we were last year which ended with a notable loss. Therefore, to exceed this is an excellent achievement and puts the club in a very stable position for the coming year.

The club primarily achieved this position through sound financial management, a necessary increase in swimmers fees to \$5.50/session, and the addition of three new financial sponsors. We would like to extend a sincere thank you to our generous sponsors, and the members who contributed to our fundraising efforts through the year.

As well as increasing our income, we made several efficiencies in our expenses though reduced coaching fees, and through reduced lane usage. These reductions may not be sustainable forever though and so the club should not rest on its laurels here.

While our position is sound, we have concerns over the ongoing decline in swimmer attendance at Sydney Uni evening sessions. Our membership numbers have grown, but our swimmer attendance has dropped – this should be investigated and worked upon in the coming year.

The club has sufficient cash reserves to ensure ongoing operations and with some additional fundraising effort from our members we would be able to use our surplus now to invest in club engagement and development this year.

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 subsidising costs wherever possible for our members, some examples of which are:

- participation at Mardi Gras Fair Day + Parade
- running our inaugural new recruits 'boot camp'
- subsidising CPR training for our coaches
- subsidising club swim wear, t-shirts etc (\$5 to 10\$ per article)
- subsidising special masterclasses and workshops for stroke correction
- running six sessions per week throughout the year at USyd (regardless of numbers)
- covering ancillary costs for club social events
- maintaining our website, social media, graphics and marketing at a high standard
- covering organisation membership costs of MSNSW, IGLA, and Team Sydney

### **Safety**

The club began the year with no elected safety officer, however at our first committee meeting Sam Isaacs volunteered himself for the role for the year. We are pleased to report that this year was a safe year for the club.

We only had one reportable incident this, which actually did not occur at the pool – it occurred during Mardi Gras and we were only made aware of it after the fact.

This is a big improvement on the previous year in which we had several minor safety incidents. As result of our discussion at last year's AGM, lane 6 now swim in both clockwise and anti-clockwise patterns as required to reduce the risk of hand clashes. In addition, as a result of ongoing lobbying from us and after many meetings between the pool management and myself we now have brand new (and usually tight) lane ropes.

### **Coaching at Sydney University**

We would like to extend our thanks to all the coaches who have given their time, skills, and knowledge of our sport to the club this year: Peter McGee, Vassili Efimov, Janet Bolton, Nick Westaway, Wendje Magnus, Brian Osterio, and Danny Crowe.

Having two coaches on deck at each of our evening sessions was identified in past AGMs as a key driver for improvement of swimming and contentment with coaching. We managed to continue this through 2017 by bring some new coaches on board to support our experienced coaching team. We would still encourage more coaching volunteers to step forward to help us avoid coaching burnout in the future.

As is traditional, the coaching programme during 2016-2017 was split into long course and short course seasons. While each season's coaching was geared to working towards a target swim meet – Miami OutGames in May and the state championships in October – we were more flexible this year by moving dates of the seasons according to member requests and only pushing race preparation training on those who were interested.

This year we introduced Tuesday and Thursday lunch time swimming sessions at University of Sydney as well, bringing the number of sessions up to 6 during the winter and to every day in the summer! A special thanks and commendation must be extended to Janet who spearheaded this initiative which has resulted in us expanding our reach and gaining some excellent new members. Janet runs these sessions taking minimal coaching fees and they have proven to be a hit with those members who can attend.

Also, this year, we held multiple workshops and masterclass sessions which were extremely popular, and were particularly focused on improving swimming technique:

- Breast stroke (Mark Holmes and David Helliwell)
- Fly (Janet Bolton)
- Starts and Turns (Nick Westaway)
- Backstroke (Vasili Efimov)
- Long Distance free (Damon Kendrick)
- Dryland (MSNSW)

Thanks to everyone for their involvement and thanks to Janet and Peter for organising.

Our coaches are impressively dedicated to the club and to the ongoing improvement of their own skills. Each has attended events, workshops, and training to continue their professional development this year – examples include Peter attending the MSNSW coaching workshop and Wendje attending the Snowy Mountains boot camp.

This year we were disappointed to lose our long-time head coach Danny Crowe. I thank all the current and new coaches for their support during the transition to our new arrangements and especially would like to note Peter's contributions in ensuring the coaching program remained on track.

### **Saturday Mornings – ABC**

Saturday morning swimming was once again very popular during summer 16/17, and I'm sure will be strong again this year once the weather picks up. This is thanks to Bob Nagel for his organisation, and all of you who post your beautiful pictures of Andrew Boy Charlton pool.



The swimmers' fees from ABC have been approximately consistent year on year for several years and always more than cover the costs of running these sessions. Fees at Belgravia pools are now less than at Sydney University, and the lack of coach on Saturdays means that there are no additional overheads.

The new summer season has just recently started, and Wett Ones have once again confirmed and booked two lanes at ABC pool right up to end of April.

This year we did not have a volunteer to organise or the interest to continue with last year's winter Saturday sessions at Cook & Philip pool. Instead we opted to extend the ABC season as much as possible while giving our organisers some well-deserved time off over winter. As such we ran the 16/17 season right to the end of April and we commenced the 17/18 season as early as possible in September. This was seen as an effective compromise.

Our relationship with Belgravia as our second venue partner and as a sponsor of the club is good, as evidenced by the favourable rates we receive and their flexibility with lane hire at all of their pools when we need it, and their generous prize donations for our AGM.

### **Masters Swimming**

Wett Ones is one of forty-nine masters swimming clubs in NSW and ACT. This year swimmer attendance at carnivals has reduced again – which is something we need to look at in the coming year via an active and encouraging Race Secretary. With that said our members did attend many state, national and an international meet this year.

At the time of writing, the club has scored 1,411 points in the Masters Swimming New South Wales rankings, placing us 3rd in the second division for a second year in a row.

One thing that must be commented on this year is the huge number of outstanding times set by our members. We have regularly seen new PBs and Club Records set by many members. Find below the list of club members who have placed in the national top ten for their age/gender grouping:

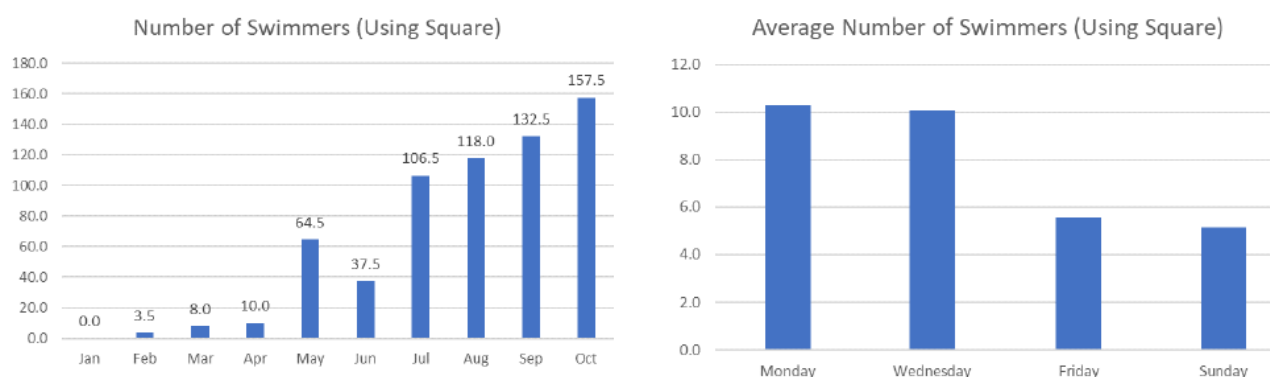
Rachelle Ting (3 x 2nd, 1 x 3rd), Susie Purcell (1 x 1st, 1 x 3rd), Jodie Johnston (1 x 3rd), Lou Lou Stanley (1 x 2nd), Michelle Daley (1 x 5th), Megan McLachlan (1 x 2nd), Cath Rogers (1 x 4th), Masaki Shibata (2 x 2nd, 1 x 3rd), David Loader (1 x 2nd, 1 x 3rd), Tristan Bray (2 x 2nd, 1 x 3rd), Chris Healey (1 x 1st, 3 x 3rd), Nick Westaway (1 x 2nd), Wendyl Luna (1 x 2nd), Mark Holmes (1 x 3rd), Pascal Blanquer (2 x 1st), Charlie Edwards (1 x 4th), Nori Fujikawa (1 x 2nd, 1 x 3rd), Bart Tuteleers (2 x 1st, 1 x 3rd), Sean Coulson (1 x 1st), Ryan Bennett (1 x 2nd), Vassili Efimov (1 x 7th), Haydn Wood (1 x 1st, 2 x 2nd, 1 x 3rd), Nick Ward (2 x 1st), Chris Bevitt (1 x 2nd), Wayne Sherson (1 x 5th), Peter McGee (1 x 1st, 1 x 2nd), Andrew Cumberland (1 x 1st, 1 x 3rd), Chris Saxby (1 x 6th), Damon Kendrick (1 x 1st).

On top of our national top ten finishers we have a number of swimmers who are ranked in NSW: Tsvetelina Hristova, Tim Buckton, James Baber, Rowan Sinden, Gary Lee, David Helliwell, Colin Standen, Adrian Lim.

In addition to these lists, it must be noted that **54** club records have been broken this year - an incredible number!

### Swimmer Numbers

This year for the first time, enabled by our electronic payment system Square, we are able to report on some new metrics which will help us to better understand the health of our club. Some interesting examples of this data are shown below. While these graphs don't give the true picture this year as we have been scaling up usage of the system gradually, and some people still pay in cash, this data will be very useful for monitoring the health of the club going forward.



The first graph shown here, clearly demonstrates the gradual scale up of the usage of the system. This will be very interested to revisit next year when all payments for the whole year are made through Square as we will really be able to see with definitive data the drop off that we anecdotally experience through winter. We will even be able to drill much deeper and view this graph by week to see if there are particular phases during the season which are preferred by our members.

The second graph allows a comparison between the average number of swimmers on each day of the week. Again this graph is incomplete as we slowly increased usage of the system over the year with Mondays and Wednesdays going cashless earlier than other days. However, this data is already showing what we expected, that Monday and Wednesday are almost twice as busy as Friday and Sunday. Next year, with a complete data set, this will be a very interesting graph to comment on.

### Mardi Gras Fair Day and Parade

The Mardi Gras period is an important one for our club each year as it gives us a considerable chance to easily increase our exposure within the LGBTIQ+ community and more widely. This year we put a real focus on making the most of this opportunity and it really paid off! Big thanks should be extended to the organisers of our Fair Day stall and our Mardi Gras parade entry as both of these events were highly successful for us this year.

Fair day was in a new venue this year, and was organised for the first time by Craig Ellis, and with the help of many volunteers our stall was successfully set up and looked after for the whole day. We received lots of enquiries as usual, but also as usual very few of these converted into any new swimmers. It is still a fun day for all and important exposure for our club among the other sports groups. One thing that did work well was having a specific event (our boot camp – see

below) to promote. Giving someone a specific date and event at which they can join was very well received. We may wish to consider even having an iPad on the stall in the future to collect people's details and sign them up to our mailing list directly.

This year, for the first time in recorded Wett Ones history, we also had our own Wett Ones float in the Mardi Gras parade. The club has been involved in many floats in the past but this is the first time that our name was the one on the program. The club extends its thanks to Masaki Shibata and the rest of the subcommittee that was formed to organise the project. On the night of the event everything went smoothly, and everyone involved had a fantastic time. This was excellent exposure for the club and our members to exactly our target audience, and from the feedback we have received our involvement was definitely noticed. It would be excellent for the club to make our involvement in the parade a new tradition. I should note however, that I would strongly encourage a more organised approach to the management of the project in the future, to help to avoid last minute scrambles, costs, and the lasting personal conflicts that resulted from the stresses of this year's event.

Both of these events are not inconsequential financial costs for our club. As discussed above, they are certainly worth repeating despite these costs, but it is absolutely necessary to continue the rigorous budgetary management process that we followed this year. Costs could easily escalate for the parade if left unchecked – this year we were lucky enough to receive a \$1000 grant from Google to help pay for our entry, but we still had to ask for last minute donations from participants to cover costs. Fortunately, we did manage to break even this year thanks to these additional income streams but without them we would have lost nearly \$1500, highlighting the importance of closely monitoring the costs associated with the event in the coming year.



### **New Recruits Boot Camp**

As a new initiative this year, also during the Mardi Gras period, Wett Ones ran a short introductory session at Prince Alfred Park Pool for potential new members – 90 mins for women, and then immediately after 90mins for men. The purpose of this session was to provide a fun and welcoming environment to make it easy for new swimmers to give the club a try and hopefully sign up. We incentivised people to come along by making the event free to join (swimmers just had to pay pool entry), by including a barbeque with some beers after the swimming, and by throwing in a discount on the first 20 swim sessions. Tristan was the primary organiser for this event, but Janet, Nick, Rachelle, Masaki, Chris, Sam, and Anna assisted with organising and some of our very regular swimmers joined in the water to keep things running smoothly.

In short, this was a highly successful exercise. During the planning of the event we were concerned that costs were mounting up (lane hire, bbq food, drinks) but the financial analysis that we conducted showed that this event more than paid for itself (more than 3 times over!) since so many of the potential new members were converted to members, paying their joining fee, and then since a decent number of these new members continued to swim with the club for the rest of the year.



The event itself was relatively easy to organise – promote it heavily, encourage people to sign up online to a mini-mailing list (so you capture their details in advance and can follow up on them joining), have at least 1 coach or volunteer per lane to ensure the swimmers are well supervised, and as usual slightly over order on food and drinks! Since the event was mostly run by swimmers and not coaches the vibe was very light hearted and fun, and was really all about giving the new swimmers a taste of our club.

I would strongly encourage repeating this event again in 2018 as it was particularly good at attracting one of our key target markets 25-40-year-old men. I believe with correct promotion it could be equally good at attracting women. I would caution against doing this in the middle of Mardi Gras again though since the President and Treasurer are under a significant work load already at this time of year – an event later in March that could still be promoted during Mardi Gras seems to be best idea.

### **Miami OutGames 2017**

In May 2017, the club sent a sizeable group of 12 swimmers to Miami, Florida for the World OutGames and IGLA Championships. The OutGames themselves did not run as planned as they were extremely poorly mismanaged by their local board, this was a big disappointment as many of the social events and other sports were cancelled, though fortunately the swimming event continued as planned thanks to the local LGBTIQ+ swimming team.

The meet took place over three and a half days and had a full programme. There was a decent number of swimmers which led to some long wait times in high heat and humidity. Given the conditions many of our swimmers performed exceptionally well including setting 34 new Personal Best times, 8 new individual club records, and 1 new relay club record. Well done to all of the swimmers who travelled all that way to represent the club – Ryan, Tristan, Nori, Chris H, David H, Mark, Adrian, Megan, Uli, Rowan, Nick and Nick.

Many of our swimmers then continued on to explore other parts of the United States and Central America making a real adventure of their swimming trip!

Coming out of this experience, and when also thinking of the failure of the Auckland regional OutGames, the club would sadly have to recommend exercising caution when attending events associated with GLISA in the future. In particular it is recommended that members are reminded to pay direct to hotels, and airlines, or use only known local travel agents for their travel arrangements, as some members were charged excessively by overseas agents on this trip.

Coming up in August 2018 is the Paris Gay Games, this is run by a different and seemingly more financially robust organisation, and so it is recommended that the club supports and encourages our members to attend, but also remind them to exercise caution with overseas travel.



## Wett Ones 2020

In July 2016, a large group of members worked together to develop a strategy for the continuing improvement of our club. While this exercise has not been heavily discussed this year, a surprising number of the activities and initiatives that we have been working on are highly related to the goals we set out. Comparing our current progress to our original goals allows us to celebrate our successes and refocus on the areas that need work in the coming year.

Goal	Progress	Reason	Recommendation
10 new lesbians	Gained 2, lost 3 regular lesbian swimmers	Not specifically targeted or worked on.	Female rep to actively recruit within the lesbian community, be given budget for ads, and full access to social media.
10 new 18 to 30s	Gained only 1 new regular 18-30 member, but 7 new 30-40 members	Popular new recruit boot camp and rebranding of club online and social.	Repeat the boot camp. Post more online & social. Keep pushing MSNSW to act on reduced fees for youth. Expect 18-30 to grow once the club has a 'younger feel'; to it.
Community Affiliation	Formal arrangement reached with ACON	Great progress on affiliations with various organisations, ACON being the highlight.	Continue involvement and engagement with ACON, try to re-sign for another year.
Cross-Sport Activities	No progress.	No one has worked on this.	Re-appoint a club member to work on this goal.
Coaching plan & philosophy	Philosophy documented and included online. Major issues with succession planning.	Danny left prior to having a succession plan. Put considerable strain on existing team. Still need volunteer coaches.	Continue to look for one or more experienced coaches, and encourage club members to volunteer as assistant coaches. Upload info on new coaches to website.
Re-engagement with old members	No progress.	No one has worked on this.	Re-appoint a club member to work on this goal.
Electronic comms and financial system upgrade	Mailing list is moved to MailChimp, and Square payment system is up and running.	A huge amount of work has gone into this goal and we have reached a point where it is now showing.	Continue to transition all swim session to cashless payments. Ban cash payments. Stick with Mail Chimp and utilise Facebook for small comms. Start using the data.
Documenting our position on requirement for LGBT in membership and/or committee positions	Continue to be an open, welcoming, and diverse LGBTIQ+ club as per our constitution.	Huge amount of time and energy spent to debate the issue. Outcome had overwhelming support.	Continue to include LGBT terminology in club advertising and promotion, and welcome all new members to the club and committee.

## Conclusion

It has been a privilege to lead the club through these past few years of significant change, and to do my best to navigate us through some turbulent waters during that period.

I have been asked a few times over the past few years by members and others if there is still a place for an LGBTIQ+ swimming club in Sydney in 2017. My own answer is that I don't think there is a place for the Wett Ones of 5 years ago – a club without young people, a club without a modern online presence, a club whose existence depended on one person making it to the bank each month with a wad of \$5 notes, and so on.

I do though think there is very much a place for the Wett Ones of 2020; if we continue on our journey of sustainable growth and change towards an operationally and financially robust club, known for its diversity, openness, member engagement, and community involvement we have a bright future!

Yours,  
**Tristan Bray**  
 President



# WOLLONGONG

## MASTERS SWIMMING

### Annual Report 2017

Another great year for Wollongong Masters. The year started with a great coaching session at Dapto pool with Lynne Healey from Oak Flats Masters, giving us some great tips on how to improve our strokes. Followed by breakfast where Karline was named club person of the year.

Roger returns to the pool after his surgery and we had a good number at our first targeted carnival for 2017 at Campbelltown.

Lynne, Rachael and myself started training extra hard at McKeon's Swimming Pool in the lead up to The National Carnival in Queensland and received quite a bit of interest from other swimmers at the pool and saw Brett Hayman show interest in joining our club.

March was on us before we knew it and the countdown to our big 2017 event went very quickly and 5 of us travelled to sunny Queensland for the National's. What an amazing time we had with PB's being set, new friends being made and reacquainted and food and fun flowed aplenty, especially in Sue's family size cabin.

Brett had his first taste of Masters Swimming Carnivals at the State Long Course in April and he along with other members of our team received well deserved medals. Elle had an awesome carnival and did a PB. Well done Elle. But a carnival is not a carnival without a good old relay and Wollongong entered two teams yay! What great fun.

As Kens Kiosk closed at Corrimal Pool we decided to try various coffee shops to spread the Masters Swimming Club love of fun, food and friendship. 2 Quench, Alexanders Dapto, Masseys Forest Grove, Alaseel Fairy Meadow to just name a few.



August saw us farewell Karline who participated in the Budapest World Masters Swimming Championships. Well done Karline, we are proud of your amazing efforts.

Paul Bailey also came to visit the Gong and Roger showed him how we do Masters Swimming in Wollongong with breakfast at Bulli Beach Cafe. We also heard of the tragic news of the passing of Dean Mercer. A great swimming icon in the Illawarra who will be greatly missed.

Great news in September as Vic returns to the big Auss and we look forward to catching up with her next year at swimming events and Wollongong Social outings.

The State short course championships in Canberra was very well supported and members of our club once again receiving medals and with excitement we waited to see the final results of the placing of clubs in division 3. Our amazing Wollongong Club came equal 1<sup>st</sup> place and received a lovely trophy. Well done and congratulations to all who participated to bring about this outstanding result. Very proud.

Many thanks also to Robin, Anthea and Ross who turn up for an early morning swim at Corrimal pool each Sunday. I thank you for your leadership, consistency and faithfulness to Wollongong Masters Swim Club.

We currently sit in 6<sup>th</sup> position in division 3 with 300 points.

Thank you for everyone's support during 2017. I wish you all a happy Christmas and best wishes for the New Year.

**Doreen Walton**  
Club President

Supported by the





## **Annual Report 2017**

Thank you to our strong core of members, without you our little club would fold. Your dedication and support is very much appreciated. Let's look forward and build on what we have – a great club.

Vale to George Brown on the loss of his beautiful wife Marcia, may she rest in peace.

### **Carnivals**

A big thankyou to our own two keenest members Byron and Mark, who held our flag high at a large number of meets during the year. Byron even included a meet while holidaying – that's dedication for you! Novo's invitational carnival was well attended with even two of our original members joining us for a fun day.

### **Social**

Our Christmas party was held at Canton Beach Bowling Club, it was well attended, and a fun night was had by all.

To Sue Sinfield our Treasurer and valued member who is relocating to the South Coast. Your bubbly personality will be sadly missed. Wishing you and Robert all the best for the future from all of us.

**Ruth Wall**  
President



## **CLUBS THAT DID NOT SUBMIT AN ANNUAL REPORT FOR 2017**

Coogee-Randwick Master Swimmers Inc.  
Dubbo Redfin AUSSI Masters Swimming Club  
Jets Swim Club (Masters)  
Lake Macquarie Crocs Masters Swimming Inc.  
Lane Cove Masters Inc.  
Liverpool Leatherjackets Masters Swimming Club  
Maccabi Amateur Swimming Club  
Maitland AUSSI Masters  
Nelson Bay Dolphins  
North Shore Masters Swimming  
Penrith AUSSI Masters Swimming Inc  
Port Macquarie Masters Swimming Club Inc  
Raymond Terrace AUSSI Masters Swim Club  
St George Masters Swim Club Inc.  
Terrey Hills Terriers Master Swim Club  
Vladswim Masters Swim Club Inc

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