

**MASTERS
SWIMMING**
New South Wales

MASTERS SWIMMING NSW INC.

2010 ANNUAL REPORT

Life Members:

Brian Hird
Margaret (Peg) Wilson
Sue Johnstone
Beryl Stenhouse
Gary Stutsel
Helen Rubin
Jane Noake

CONTENTS

	Page
President's Report	1
Country Vice President's Report	3
National Board Delegate's Report	4
Administrator's Report	5
Board Report	9
Treasurer's Report and Financial Statements	10
Coaching Director's Report	22
Club Development / Marketing Report	23
Technical Committee Report	24
Training Co-ordinator's Report	25
Aerobics Recorder's Report	27
Branch Meet Recorder's Report	29
Records Recorder's Report	30
Safety Co-ordinator's Report	36
Webmaster's Report	38
Meetings	39
Club Membership	40

CONTENTS

(Cont'd)

Club Reports	Page
Armidale AUSSI Masters	41
Bidgee Masters	42
Blacktown City Masters Swimming Incorporated	43
Blue Mountains Phoenix NSW AUSSI Masters Swimming	45
Bush Rangers	46
Campbelltown Collegians AUSSI Masters Swimming Club Inc.	47
Caringbah AUSSI Inc.	49
Castle Hill RSL Masters Swimming Club	50
Clarence River Masters Swimming Club Inc.	51
Coffs Harbour Masters Swimming Club	52
Coogee-Randwick Master Swimmers Inc.	53
Cook & Phillip Masters Swimming Club	55
Cronulla Sutherland AUSSI Inc.	56
Dubbo Redfin AUSSI Masters Swimming Club	57
Ettalong Pelicans Masters Swimming Club Inc.	58
Gosford City Seagulls AUSSI Masters Swimming Club Inc.	60
Hills AUSSI Masters Swimming	61
Hornsby Masters Swimming Club Inc.	62
ITAC Warriors	64
Lake Macquarie Crocs Masters Swimming Inc.	65
Lane Cove Masters Inc.	67
Liverpool Leatherjackets Masters Swimming Club	68
Manly Masters Swimming Club Incorporated	69
Merrylands Amateur Swimming Club Inc.	70
Molonglo Water Dragons	71
Myall Masters Swimming Club Inc.	72
Nelson Bay Dolphins	74
North Sydney Masters	75
Novocastrian Masters Swimming Inc.	77
Oak Flats AUSSI Masters Swimming Club Inc.	79
Penrith AUSSI Masters	80
Picton AUSSI Masters	81
Port Macquarie Masters Swimming Inc.	83
Prairiewood Masters	84
Raymond Terrace AUSSI Masters Incorporated	85
Ryde AUSSI Masters Swimmers Inc. (RAMS)	86
Sandbern Swim Team	88
Seaside Pirates Incorporated	89
SOPAC Swim Team (Masters)	91
St George Masters Swim Club Inc.	92
Tamworth AUSSI Masters	93
Tattersalls Masters Club	94
Trinity AUSSI Masters Swim Club	95
Tuggeranong Vikings AUSSI Masters Swim Club Inc.	97
Warringah Masters	99
Wests Auburn Masters Swimming Club	101
Wett Ones Swimming Club Incorporated	103
Wollongong AUSSI Masters	106
Wyong Wobbygongs Masters Swimming Club Inc.	107

PRESIDENT'S REPORT 2010

I would have to say 2010 will be remembered as the year Masters Swimming lost a very dear friend, with the loss on May 15th of Ian Davis, our immediate past President and the person I would have to describe as my best friend and advisor.

During the year much has been said about Ian, many articles have been written, many eulogies were read, many tears have been shed and many stories have been told. All of them are true, well written and well said.

It would be remiss of me not to mention Ian's contribution to Masters Swimming, through his involvement with his clubs, Wett Ones in Sydney and Aqualicious in Brisbane, his contribution to Masters Swimming NSW both as President and Vice President and a member of the Board, and also his contribution to Masters Swimming Australia, who recognised his services with a Meritorious Award at the National Swim in April.

We miss him terribly, and I for one lost all interest in swimming and competing and struggled to keep up my involvement with Masters Swimming, until I realised that this went against everything Ian worked towards. His enthusiasm for Masters swimming was infectious. He was not the best swimmer in his age group, he did not train the hardest, he did not win all the medals (although he very proudly told me he was a Queensland State champion in early 2010), but he encouraged us all to be part of an organisation which has a motto of "Fun, Fitness and Friendship".

As one of my coaches once said to me, swimming should be "Fun" or else why are we doing it, hopefully by swimming we gain differing levels of fitness, and the Friendships that we gain are hard to quantify. We all had a great friendship with Ian, and we all are better people for having that friendship.

As 2010 was the year after our success in running the World Masters Games we did expect it to be a little quieter in terms of involvement from our swimmers.

Our membership numbers were still good for the year and we gained some new clubs after the Games. Welcome to Castle Hill, Terrey Hills Terriers, ITAC Warriors and Georges River Bull Sharks. All new clubs have had varying involvement during 2010. Congratulations to Castle Hill who were division 4 winners at both the Short Course and Long Course championships during the year, and had great representation at most BPS meets during 2010.

We changed our calendar in 2010 as the National Championships which were held in Launceston were short course, so we held our Branch Short Course Championships in March at the Peninsular Leisure Centre at Woy Woy. There were 301 swimmers at these championships, which were held on the same weekend as the Australian swimming titles at SOPAC. It is getting extremely difficult to schedule championships which do not clash with another large event which may include some of our swimmers, as the surf titles are also held at this time, and so many families are involved in so many activities.

The Branch Relay Meet was held in July at SOPAC and for the first time we held them as a Long Course Meet. We had 377 swimmers from 24 clubs, this being the highest number of clubs participating since we began the Relay Meet in 2004. As there were no 25m relays in long course, we held a 4x200m relay and as this was a new event we had hoped to set many

new records. Although there were twelve pending World records set on the day, unfortunately only one was recognised by FINA once they had sorted through the records set in the year. We are however very proud of all our teams who set records on that day, and although they may not have been recognised by FINA we recognise the enormity of performance and are extremely proud of you all.

Some of our NSW swimmers swam in the World Championships in Sweden in late July, I believe they all had a great Meet and a lovely European holiday, but I note that Marilyn Earp and Max Van Gelder came back with a couple of National records.

Our Branch Long Course Championships were held in October in 2010 at SOPAC with 304 entries and a closely contested Meet.

In 2011 we will put the calendar back in order and hold our Branch Long Course Championships again at the start of the year.

As a Board we have struggled with the question "Why does it appear that swim meet attendance is falling?" and have not been able to come up with all the answers.

During 2010 we held 25 Meets in NSW, Long and Short Course Championships, the Relay Meet, the Long Distance State Champs, an invitational Meet, the Hills Long Distance Meet, the Hunter Festival of Sport and 18 BPS club meets. We struggle with the idea that we may have too many Meets in NSW, but we offer variety and of course it is up to our swimmers whether they attend or not. Due to life being so busy, I am sure many of our members are involved in many other activities other than swimming and this limits involvement.

We have tried to regulate the calendar in 2011, so we have a swim meet every two weeks, rather than consecutive weekends as in the past. I believe if we are going to continue to grow as an organisation we need to offer a diversity of activities to our members, including social events, mini meets between clubs, maybe some ocean swimming and promote our aerobic program, as there are many of our members who do not necessarily join us to compete but join us to be part of a club with people with like minded goals.

We would welcome ideas from our members on how to increase participation, not only in meets but in other programs run by our clubs. We have a great organisation and a wonderful MSNSW membership, we would like to see our membership grow and we know there are many like-minded swimmers out there in pools who do not know about our organisation. Help us to get the message out there during 2011.

My thanks to the other members of the NSW Board, to our administrator Di Coxon Ellis and to all those office bearers in our clubs and everyone who contributed to Masters Swimming NSW during 2010 - we are a great organisation with a wonderful membership.

Jane Noake

COUNTRY VICE PRESIDENT'S REPORT 2010

Another year with many meets and unfortunately dwindling attendances at these meets. Ten of the meets were outside the Metropolitan Area of Sydney. The Short Course was also held at Woy Woy.

27 clubs attended BPS Meets and Championships in 2010.

There were 24 BPS meets plus championships and the Board Invitational and Hunter FOS, included in the figures below. The table shows the clubs which had swimmers at these meets. It does show an interesting pattern – a wide spread across the branch, but also shows a cluster of attendances from clubs in the Hunter, North and Central Coast which have informally agreed to support each other as best they can. Not included is the cluster around the ACT where the local clubs have organised “challenges” during the year. These ideas are being developed and encouraged to ensure our clubs are viable and we continue to grow interest and numbers.

Congratulations to the clubs involved.

Club	# of Meets	Club	# of Meets
Campbelltown **	24	Ettalong Pelicans	14
Wyong Wobbygongs	23	Port Macquarie	13
Cessnock	22	Tuggeranong Vikings	13
Novocastrian	22	Raymond Terrace	12
Gosford City Seagulls	19	Picton **	11
Blue Mountains Phoenix	18	Oak Flats	11
Wollongong	17	Nelson Bay	10
Lake Macquarie Crocs	15	Maitland	9

** included as they are outside the immediate Sydney Basin

A network of clubs in regular contact via email would be a forum for exchange of ideas and give feedback to be passed on to your Board. Is this feasible? Do we have the necessary infrastructure around the branch to support this? Is the internet available to everyone, with sufficient speed to make it a practical move for Masters Swimming? Will it be a practical option for ALL members to join online in the future? Your feedback on this would be appreciated. Our clubs and members need to be informed and contribute to our processes so that all feedback to the Board can be considered and acted upon following discussion and implications for all our members.

Please remember to use the Country Vice President email on the web site or snail mail to the Administrative office for suggestions, ideas and feedback that you would like considered by the Board.

2011 is another year where the potential for change continues and we need to meet the challenges which effect our clubs and participation positively and innovatively. Please contribute to keep us as the premier branch in Masters Swimming.

Neil Keele

NATIONAL BOARD DELEGATE'S REPORT 2010

This report covers the two Masters Swimming Australia general meetings I attended since my last report to our 2010 AGM. The autumn meeting (11–12 April 2010) was held in Launceston to coincide with the national championships; the spring meeting (23–24 October 2010) took place in Melbourne. Several of the same issues have continued to be discussed.

Various rules continue to be monitored and updated. The move towards aligning Masters Swimming Australia rules with those of FINA has continued. Our swimwear rule is now the same as the FINA rule, i.e. only FINA-approved suits, no exceptions. Various amendments to the rules of competition were accepted by majority vote. The open-water swim rules are currently being reviewed in line with FINA rules.

Coaching courses are under review nationally and the 9-unit course has been approved. The aim is to dovetail the masters accreditation scheme with that of Swimming Australia Ltd, since the Australian Sports Commission considers the two schemes in tandem. The national coaching committee has also had positive meetings with ASCTA (Australian Swimming Coaches and Teachers Association) regarding membership for masters coaches.

Clubs Online is an ongoing topic, with some branches taking up online registration wholeheartedly and others making their own arrangements. Possibly because we have many more members and clubs than other branches, NSW seems to have experienced more problems with Clubs Online.

The aerobics software saga seems to be nearing an end, with the introduction of a new and web-based version that is being trialled in 2011 ready for implementation in 2012. This means that club recorders will be able to enter swimmers' times and strokes and so on online, rather than having to deal with the software previously offered for download that some clubs found unusable. A revised points system is also being devised and consideration is being given to a more accurate name than "aerobics".

Declining membership is a national concern and discussion continues on the best ways to keep current members and attract new members. Masters Swimming's relationship with Swimming Australia Ltd continues to be evaluated and there has been some discussion about the pros and cons of "the one-club concept". This is where, instead of there being separate masters, age group, etc. clubs at a swimming pool, all swimmers belong to the one club, making it easier for people to move between the activities and carnivals than is currently the case.

The following timetable has been set for national championships: 2012 South Australia (Adelaide); 2013 NSW; 2014 Northern Territory.

Sue Wiles
NSW/ACT Branch Delegate

ADMINISTRATOR'S REPORT 2010

In 2010 Masters Swimming NSW members all mourned the loss of our immediate past President, Ian Davis, at the too early age of 51. Ian is sorely missed by all of us and I particularly miss his sage advice, calm demeanour and complimentary words. Ian was always a shoulder to cry on and above all, a friend.

Membership

MSNSW membership figures finished at 1640. Bush Rangers, our club for members in remote areas, reached its' highest-ever figure of 23. The Clubs Online database is well established for use for all members to register, reregister or update details. Thanks to those club registrars who are encouraging their members to embrace the electronic registration that Clubs Online offers. I am again grateful to *Helen Rubin* for her considerable assistance in the fix-it role she plays and also to the national Operations Manager *Sarah Roach* for her assistance.

Board 2010

Masters Swimming NSW is governed by a Board of seven members, Members of the board are *Jane Noake* as President; *Tony Tooher* as Vice-President; *Neil Keele* as Country Vice-President (travelling from the Central Coast); *Stuart Meares* as Treasurer; and *Stuart Ellicott & Sue Wiles* plus *Jon Hawton* being the newest elected at the May 2010 AGM as Ordinary Members. Board meetings are held in the third week of every month at Sports House where we have use of the meeting rooms for free, compliments of the NSW Department of Sport & Recreation.

In 2010 it was decided to implement President's meetings as a forum to air any issues the members may wish to bring to the attention of the Board.

Club Development/Marketing Project Team

Club mentoring is an integral function of this team and the focus is turning to mentoring regional clubs and new clubs. Marketing was again combined with the club development team and plans are in train for a revamped MSNSW poster. Membership decreased in 2010, and it is believed that one reason was the downturn in interest in competition after the World Masters Games. Conversely, four new clubs commenced in 2010, mostly as a result of the 2009 World Masters Games so welcome to Castle Hill RSL, Georges River Bullsharks, ITAC Warriors and Terrey Hills Terriers. The team and the Board are open to new ideas to increase membership.

Coaching Education and Training Project Team

Thanks you to *John Wynberg* who was the Branch Coaching Director at the commencement of 2010 until the AGM. John is enjoying worldwide travels. From the May AGM, the branch welcomed a new coaching director, *Vicky Watson*, the National Coach of the Year 2009. Vicky visits clubs to assist in coaching and administers the allocation of resources on request from the resource list of books, DVDs and videos. In June 2010 a level 1M course was conducted with 12 participants. One of those has completed accreditation and two members of the project team, Vicky and *John Kulhan* (MSNSW Coach of the Year 2010), are closely following the progress of and offering encouragement to the other candidates. Also, 18 of 28 participants of the 2009 course have gained accreditation and a few more are completing with extensions.

Aerobics Project Team

Formed in 2010 and led by *Jenny Whiteley*, this team embarked on a schedule to suggest improvements to the current national program and has some great ideas. Unfortunately, this team was not approached when the national program was revised. At the annual presentation luncheon following the AGM, all MSNSW swimmers who gain maximum points and those who complete all events are awarded towels with their names embroidered on them.

IT/Communication Project Team

Two new members, *Lynette Falconer* and *Lindsay Brice*, joined the IT team to assist with posting swim meet programs to the website before the meets and listing results promptly after each meet. Plus they assist *Helen Rubin* and *Peter Gregory* as webmasters to upload information on the website in a timely manner. A coaching page was added to the website to which the BCD contributes and I have access to make minor changes to club contact details etc. Peter has expressed his desire to discontinue hosting the website and MSNSW thanks Peter for his skills over the past many years courtesy of Ingenium.

Splash, the MSNSW quarterly newsletter, is available on the web; hard copies are mailed to the small number of members who have opted to receive it in that form, currently around 150 members.

Communication with clubs is also mainly electronic via a branch *Monthly News* and associated documents. Only a small number of clubs still receive paper copies. These documents are also posted on the website each month.

Safety

The branch Safety Coordinator, *Jodie Burke*, continued to ensure that clubs follow the national safety guidelines, particularly in completing Incident Report Forms at all club and interclub activities. Jodie is the prime mover in organising the warm-up supervisors (WUS) at all branch meets. MSNSW had the duties of club safety officers reinstated in the national safety policy. In August 2010 the Jodie resuscitated a swimmer at the branch long-distance championships. For this Jodie was a finalist in the NSW Sports Federation Volunteer of the year 2010.

Technical Project Team

The branch Training Coordinator, *Diane Partridge*, organises training courses on request and provides support and continuing education for all technical officials. Diane's report reflects the professional contribution she makes to the branch. The focus of most of these courses in 2010 has been on reaccreditation, in particular marshal and check starter/clerk of course, and 54 people attended workshops presented by *Noel Partridge* (MSNSW Ian McPhail Official of the year 2010) to reaccredit. Sixteen courses for officials were conducted, attracting 74 candidates. Of the 40 officials who gained accreditation (including two referees), 25 were new to officiating. The national/branch Technical Director, *Gary Stutsel*, was again instrumental in considerable rewriting of rules and course notes in line with FINA changes. One controversial change being the removal of the 'modesty garment' clause from the national rules. Many of the changes recommended for NSW Consolidated Rules in conducting BPS meets and other programs were adopted and others are still under consideration. In what is hoped is a continual process of improvement, meet referees make recommendations in their meet reports for any changes they deem are needed. Thanks to the members of this project team and all those who coordinated and presented courses during the year, MSNSW continues to have a healthy base of officials and is grateful to all those officials who make the organisation professional in this branch.

Events

The branch office monitors the meet calendar and is grateful to Vorgee for their sponsorship to enable the printed calendar to be produced.

To align with the national autumn swim, which was short course, the 2010 branch short-course championships were held in March instead of in spring. At the Peninsula Aquatic Centre, Woy Woy on the Central Coast, they attracted 301 competitors from a record 40 clubs; six national and 31 branch records were broken. Division winners were Div 1 *Seaside Pirates*; Div 2 *Ettalong Pelicans*; Div 3 *Cronulla Sutherland* and Div 4 the new club *Castle Hill RSL*. Vorgee Female Swimmers of the meet was a tie between *Nerida Murray* (Blue Mts) and *Val Lincoln* (Gosford) and the Male award went to *Stuart Ellicott* (Hornsby).

The branch relay meet in July held as a long course event at SOPAC attracted 377 swimmers from a record 24 clubs. Twelve teams were flagged after the meet as having set world records and 11 applications were submitted, but only one was finally approved as a world record. Eighteen national and 32 branch records were set plus 3 national and 5 branch first-split individual records. The overall pointscore was won by *Warringah Masters* and the average pointscore by *Castle Hill RSL*.

The branch long-distance championships were held in August at Blacktown, attracting 102 swimmers from 34 clubs. Seven national and 11 branch records were set. Division winners were Div 1 *Blacktown City*, Div 2 *Wett Ones*; Div 3 *Cronulla Sutherland* and Div 4 *Shoalhaven Seahawks*.

The October branch long-course championships were held at SOPAC over Saturday evening and all day Sunday. Five national and 8 branch records were broken, with 304 swimmers from 41 clubs competing. Division 1 trophy was awarded to *Seaside Pirates*; Division 2 to *Tuggeranong*, Division 3 to *Dubbo Redfin* and Division 4 again to *Castle Hill RSL*. Dubbo also won the Average points and the highest participation trophy at these championships. *Kate Lewis* (Campbelltown) and *Craig Magnusson* (Hornsby) won the Vorgee Female and Male Swimmers of the meet.

Congratulations to *Jane Noake* as Meet Director for all these branch meets. Jane ensures that these run smoothly from the booking of the pools well in advance to overseeing officials and ensuring everything is in place before, during and after each event.

In the BPS annual trophy, 18 clubs hosted meets and the four division winners in the BPS trophy were *Warringah*, *Wett Ones*, *St George* and *Castle Hill RSL*. At the first BPS meet of the year at Gosford 10 teams set 4 x 100 relay world records in this newly introduced FINA distance. Three other major carnivals were held: the invitational board meet at SOPAC in January (105 entries, 3 national and 10 branch records set), the Hunter Festival of Sport in July and the Hills long-distance short-course in August (eight National and 19 branch records set).

Many of our swimmers enjoyed the competition and camaraderie at the national swim in Launceston (and learned how to pronounce the city's name!), Tasmania, in May and went on to touring the Apple Isle afterwards.

A few MSNSW swimmers competed in the FINA World Championships in Gothenberg, Sweden. *Marilyn Earp* and *Max Van Gelder*, both of Warringah, came away from the Championships with National records to their credit.

Results and Records

MSNSW meet recorder, *Mark Hepple*, continued his work in 2010 with the swim meet software Meet Manager and encouraged all clubs to enter events using Team Manager Lite. Again Mark worked hard on producing reports over and above those readily produced by Meet Manager, to meet the needs of specific trophies and awards we have in NSW. Mark also compiled the top ten listings for NSW. The records are processed in the branch office, Mark has also assisted in producing the files for printing the record certificates and *Gordon Whyte* with the compilation of reports.

Once again *Jenny Whiteley* capably compiled the Aerobics Trophy results with the assistance of *Helen Rubin*.

In 2010 the following members attained Vorgee Million Metre awards:

<i>Helga Duncan</i>	Campbelltown	Three Million
<i>Gordon Creek</i>	Lake Mac Crocs	Three Million
<i>Richard Braddish</i>	Ettalong	One Million
<i>Gordon Ferguson</i>	Ettalong	Two Million
<i>Richard Barr</i>	Ettalong	One Million
<i>Robert Burggraaff</i>	Raymond Terrace	Two Million
<i>Phil Farmer</i>	Novocastrian	One Million
<i>Bruce Sweeting</i>	Castle Hill RSL	One Million
<i>Mark Thompson</i>	Campbelltown	Two Million
<i>Sue Wiles</i>	Blue Mts	Two Million
<i>Colleen Garland</i>	Ettalong	One Million
<i>Ann Reid</i>	Tuggeranong	One Million
<i>Cyril Baldock</i>	Coogee Randwick	Five million
<i>Roy Swan</i>	Coogee Randwick	Five million

Acknowledgements

As mentioned MSNSW offices, located at Sports House in Sydney Olympic Park, are rent free; we pay for outgoings. The funding allocated to MSNSW by *NSW Sport & Recreation* was increased after brief consultation with that department and the CEO of Swimming NSW Ltd and increased cooperation between the MSNSW and SNSWL is therefore expected. Grant funding was also approved and allocated to a Go Country scheme for travel and accommodation subsidies to enable regional members and country officials to attend branch championships. \$10,000 was expended in this way and we saw increased participation from members of Bidgee Masters, the ACT clubs particularly Tuggeranong, some Bushrangers, Clarence River, Dubbo, Port Macquarie and Tamworth.

MSNSW acknowledges Vorgee again for their contribution to our branch with the calendar, swimmer of the meet prizes and the Million Metre awards.

We again had the assistance of *Volunteering NSW* at branch championships with timekeeping and running and are most appreciative of their presence. I really appreciate the contribution of my three dedicated members who volunteer their time on a regular basis to assist in the branch office. Thank you *Jamie Turner, Malcolm Heath and Jan Cameron-Smith*.

I acknowledge the great contribution also from the members of the Board and particularly *Jane Noake* who holds it all together, even while mourning the loss of Ian Davis as mentioned in her report. Jane certainly goes above and beyond for Masters Swimming NSW and in 2010 Jane was awarded Life membership of Masters Swimming NSW in recognition of her wonderful contribution over more than ten years. Also credit is due to *Sue Wiles* for her considerable skills in ensuring all is worded correctly who is unfortunately standing down as newsletter editor and as delegate to the National Board of Management. We wish you all success with the dictionary, Sue, and better health in the future.

Many thanks also to the national general manager, *Noeleen Dix* and operations manager, *Sarah Roach* for their great support during 2010.

I extend best wishes for 2011 and beyond to all administrators and members of MNSW clubs. Without all of you this great organisation would not exist.

Di Coxon-Ellis

BOARD REPORT

Board Members

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

Principal Activities

Significant Changes

Operating Result

Signed in accordance with a resolution of the Board.

Member of the Board

Dated this day of 2011.

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 2010. Whilst the report gives a clear view of the result for the year and of the financial position of the association at year end, I would like to make the following comments.

The activities of the association throughout the year resulted in a surplus of \$1,975 which was down on the previous year due to lower member registrations and the surplus generated by the World Masters Games. Expenses were down on the previous year.

The surplus has allowed the association to strengthen its asset base with net assets of approximately \$172,400 and liquid funds of \$212,360 after the receipt of the NSW Government Grant in January 2011.

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

Stuart Meares
Honorary Treasurer

STATEMENT BY MEMBERS OF THE BOARD

In the opinion of the board the financial report:

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

Member of the Board

Dated this _____ day of _____ 2011.

THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.

INDEPENDENT ASSURANCE PRACTITIONERS REVIEW

REPORT TO THE MEMBERS

Report on the 2010 Financial Report

We have reviewed the accompanying 2010 annual financial report of The NSW Association of Aussi Masters Swimming Clubs Inc, which comprises the balance sheet as at 31 December 2010, and the income statement, statement of changes in equity and cash flow statement for the year ended on that date, the notes to the financial statements, other selected explanatory notes and the declaration of the board of management.

Board Members Responsibility for the 2010 Financial Report

The board of management of the Association are responsible for the preparation and fair presentation of the 2010 financial report in accordance with The Associations Incorporation Act New South Wales. This responsibility includes establishing and maintaining internal control relevant to the preparation and fair presentation of the 2010 financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

Assurance Practitioner's Responsibility

Our responsibility is to express a conclusion on the 2010 financial report based on our review. 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 Auditors of the Entity in order to state whether, on the basis of the procedures described, anything has come to our attention that causes us to believe that the financial report is not presented fairly, in all material respects, in accordance with The Associations Incorporation Act New South Wales. ASRE 2400 requires us to comply with the requirements of the applicable code of professional conduct of a professional accounting body.

A review of a 2010 financial report consists of making enquiries, primarily of persons responsible for financial and accounting matters, and applying analytical and other review procedures. A review is substantially less in scope than an audit conducted in accordance with Australian Auditing Standards and consequently does not enable us to obtain assurance that we would become aware of all significant matters that might be identified in an audit. Accordingly, we do not express an audit opinion.

Independence

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

Conclusion

Based on our review, which is not an audit, nothing has come to our attention that causes us to believe that the financial report of The NSW Association of Aussi Masters Swimming Clubs Inc. does not present fairly, in all material respects, or give a true and fair view of the financial position of the Incorporated Association as at 31 December 2010, and of its financial performance and its cash flows for the year ended on that date, in accordance with the financial reporting requirements of The Associations Incorporation Act of New South Wales.

Level 5, 379 Pitt Street
SYDNEY NSW 2000

W.W. VICK & CO.
Chartered Accountants

Dated this day of 2011.

.....
Peter P. Vlahopol
Partner

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

INCOME STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2010

	2010 \$	2009 \$
<u>INCOME</u>		
Registrations - State	39,730	49,004
Surplus at Carnivals	5,794	8,600
WMG & Other Income	211	20,770
Affiliation Fees	2,120	2,090
Interest Received	7,107	2,245
NSW Government Grant	15,000	10,000
<u>TOTAL INCOME</u>	<u>69,962</u>	<u>92,709</u>
 <u>EXPENDITURE</u>		
Administration & General Expenses	2,631	4,193
Advertising & Marketing	-	2,077
Aerobic Production	1,170	949
Affiliations Fees - National	225	225
Audit & Review Fees	2,160	2,180
Bank Charges	278	455
Coaching Costs	197	1,136
Computer Expenses	3,521	4,285
Depreciation	405	979
Employee Entitlements	2,465	8,009
Insurance	274	278
Membership & Officials' Development	1,791	1,872
Newsletters	2,958	5,392
Postage	1,271	704
Printing & Stationery	2,034	2,238
Salaries & Wages	42,306	42,699
Superannuation	3,808	3,843
Telephone	493	524
<u>TOTAL EXPENSES</u>	<u>67,987</u>	<u>82,038</u>
 <u>PROFIT BEFORE INCOME TAX</u>	 1,975	 10,671
Income Tax Expense	<u>-</u>	<u>-</u>
<u>PROFIT FROM OPERATIONS</u>	<u><u>\$ 1,975</u></u>	<u><u>\$ 10,671</u></u>

The accompanying notes form part of this financial report.

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 2010

	NOTE	RETAINED EARNINGS	RESERVE - BETTY GRANT LEGACY	CORPUS	TOTAL
		\$	\$	\$	\$
Balance 1 January 2009		58,763	1,000	-	159,763
Profit/(Loss) attributable to the members - 2009 year		10,671	-	-	10,671
Transfer to Corpus	8	(532)	-	532	-
Balance 31 December 2009		<u>168,902</u>	<u>1,000</u>	<u>532</u>	<u>170,434</u>
Profit/(Loss) attributable to the members - 2010 year		1,975	-	-	1,975
Balance 31 December 2010		<u>\$ 170,877</u>	<u>\$ 1,000</u>	<u>\$ 532</u>	<u>\$172,409</u>

The accompanying notes form part of this financial report.

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

BALANCE SHEET
AS AT 31 DECEMBER 2010

	Note	2010 \$	2009 \$
<u>CURRENT ASSETS</u>			
Cash	4	192,360	200,346
Debtor - NSW Dept Sport		20,000	-
Inventories		1,080	2,216
<u>TOTAL CURRENT ASSETS</u>		<u>213,440</u>	<u>202,562</u>
<u>NON-CURRENT ASSETS</u>			
Plant & Equipment at Cost	5	3,252	3,062
<u>TOTAL NON-CURRENT ASSETS</u>		<u>3,252</u>	<u>3,062</u>
<u>TOTAL ASSETS</u>		<u>216,692</u>	<u>205,624</u>
<u>CURRENT LIABILITIES</u>			
Creditors & Borrowings	6	33,809	27,181
Provisions	7	10,474	8,009
<u>TOTAL CURRENT LIABILITIES</u>		<u>44,283</u>	<u>35,190</u>
<u>TOTAL LIABILITIES</u>		<u>44,283</u>	<u>35,190</u>
<u>NET ASSETS</u>		<u>\$ 172,409</u>	<u>\$ 170,434</u>
Reserve - Betty Grant			
Legacy		1,000	1,000
Retained			
Earnings		170,877	168,902
Corpus	8	532	532
<u>TOTAL MEMBERS EQUITY</u>		<u>\$ 172,409</u>	<u>\$ 170,434</u>

The accompanying notes form part of this financial report

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

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2010

	Note	2010 \$	2009 \$
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts		74,671	127,049
Payments to suppliers and employees		(96,037)	(109,004)
Interest Received		7,107	2,245
Nest cash provided by/(used in) operating activities	A	<u>(14,259)</u>	<u>20,290</u>
CASH FLOWS FROM INVESTING ACTIVITIES			
Sale of/(Payments for) plant and equipment		<u>(595)</u>	45
Net cash provided by/(used in) investing activities		<u>(595)</u>	<u>45</u>
CASH FLOWS FROM FINANCING ACTIVITIES			
Net Proceeds/(Repayments) of National Registrations Payable		<u>6,868</u>	<u>(16,650)</u>
Net cash provided by/(used in) financing activities		<u>6,868</u>	<u>(16,650)</u>
NET INCREASE/(DECREASE) IN CASH HELD			
		(7,986)	3,685
Cash at Beginning of Financial Year		200,346	196,661
Cash at End of Financial Year	4	<u><u>\$192,360</u></u>	<u><u>\$200,346</u></u>

NOTES TO THE STATEMENT OF CASH FLOWS

A. RECONCILIATION OF CASH FLOWS FROM OPERATING ACTIVITIES WITH OPERATING SURPLUS

Surplus	1,975	10,671
Non Cash Flows in Surplus		
Depreciation	405	979
Changes in Assets and Liabilities		
Decrease/(Increase) in Receivables	(20,000)	-
Decrease/(Increase) in Stock on Hand	1,136	(24)
Increase/(Decrease) in Creditors	(240)	655
Increase/(Decrease) in Provisions	2,465	8,009
	<u><u>\$ (14,259)</u></u>	<u><u>\$ 20,290</u></u>

The accompanying notes form part of this financial report

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 2010

1. STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES

This financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of the Associations Incorporation Act New South Wales. The board has determined that the association is not a reporting entity.

The financial report has been prepared in accordance with the requirements of the Associations Incorporation Act New South Wales and the following Australian Accounting Standards:

AASB 110:	Events after the Balance Sheet Date
AASB 139:	Recognition and Measurement of Financial Instruments
AASB 1031:	Materiality

No other applicable Accounting Standards, Australian Accounting Interpretations or other authoritative pronouncements of the Australian Accounting Standards Board have been applied.

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 material accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this financial report:

Income Tax

The Association is exempt from income tax in accordance with Section 23(g) of the Income Tax Assessment Act, 1936.

Depreciation

Depreciation has been calculated so as to allocate the cost of depreciable assets over their expected useful lives on a prime cost basis to write off the net cost of each fixed asset during its effective useful life.

Inventories

Inventories have been valued at the lower of cost or net realisable value.

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 2010
(continued)

1. STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES - Continued

Superannuation

Contributions are made by the Masters Swimming NSW to an employee superannuation fund and are charged as expenses when incurred.

Financial Assets

Financial assets are brought to account at cost or valuation. Dividends and interests are brought to account when received.

2. SEGMENT REPORTING

The Association operates predominantly in one business and geographical segment being founded to encourage all adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health throughout New South Wales.

3. CASH FLOW STATEMENT

For the purpose of the Cash Flow Statement, cash includes cash on hand, at banks and on deposit.

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 2010
(CONTINUED)

	2010	2009
	\$	\$
4. CASH		
Cash on Hand - Imprest Account	200	200
ANZ Bank	192,160	200,146
	<u>\$192,360</u>	<u>\$200,346</u>
5. PLANT & EQUIPMENT		
Office Equipment - at Cost	26,938	26,343
Less: Accumulated Depreciation	(23,686)	(23,281)
	<u>\$ 3,252</u>	<u>\$ 3,062</u>
6. CREDITORS & BORROWING		
Creditors	2,000	3,800
Affiliation fees in advance	1,160	1,200
Government Grant in advance	10,000	15,000
PAYG Tax Payable	1,633	1,871
State Registrations Received in Advance	12,148	5,310
National Registrations Payable	6,868	-
	<u>\$ 33,809</u>	<u>\$ 27,181</u>
7. PROVISIONS		
Employee Entitlements	10,474	8,009
	<u>\$ 10,474</u>	<u>\$ 8,009</u>

8. CORPUS

The creation of the Corpus Account has occurred as a result of all surplus funds of Swansea Masters being paid into the NSW Association of Aussi Masters Swimming Clubs Inc. on the cancellation of their incorporation on 23 November 2009.

The accompanying notes form part of this financial report

CERTIFICATE BY MEMBERS OF THE BOARD

- a) We are members of the committee of THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INCORPORATED.
- b) We attended the annual general meeting of the association held on/....../2011
- c) We are authorised by a resolution of the board to sign this certificate.
- d) This annual statement was submitted to the members of the association at its annual general meeting.

Member of the Board

21

COACHING DIRECTOR'S REPORT 2010

Firstly I would like to thank the board for appointing me NSW Coaching Director and giving me the opportunity to represent our coaches who give their time and knowledge so freely and professionally.

Secondly I would like to acknowledge the wonderful work that Di Coxon Ellis has done in the last 12 months leading me through the requirements of the job.

I would also like to acknowledge the support and effort that our previous Branch Coaching Director, John Wynberg, has put into coaching in NSW and also to John Kulhan who continues each year to be a driving force in NSW.

In June 2010 a Level1 Coaching Course was run at the Ken Brown rooms at Sports House. John Wynberg, John Kulhan and Di were the organizers and presenters of the course at which 13 people attended. Thanks also go to Gordon Whyte, Louise Price and Marilyn Earp who all gave their time and skills.

So far we have had one of these participants complete all aspects of the course. In the year we have had three coaches gain accreditation and six renew their accreditation.

At the relay carnival in July we had a general meeting of coaches and a discussion about what coaches would like to see happen in NSW. A number of people offered their support and ideas such as a training camp and seminars were put forward.

A physio lecture was organized to be held prior to the State Championships in October but unfortunately the Physio pulled out the night before due to family problems.

The coaching page on the website has been restructured and can be used to pass information along to coaches and swimmers alike if updated regularly.

During November I was asked for my comment on the review of the Bronze coaching course that has been undertaken. This has now been finalized and will result in changes having to be made to the current level1 course we present. It is also now a requirement for all presenters to have been on the Presenter and Assessors Course.

Investigation is ongoing into the possibility of holding a revised Coaching Course in the ACT later in the year.

Nominations are in for the NSW Coach of the year 2010 and I would like to thank the four clubs who saw fit to nominate their coaches. Congratulations to Nick Woodhams, Warringah; John Kulhan, Trinity; Kerry Blanch, West Auburn and Kevin Porter, North Sydney.

Vicky Watson

CLUB DEVELOPMENT / MARKETING REPORT 2010

In early 2010, the Marketing and Club Development committees were amalgamated and became a project team with specific tasks assigned by the Board.

The major work of the team has concentrated on mentoring new clubs mainly formed as a result of the World Masters Games. We welcomed Castle Hill RSL at the commencement of the year and then Georges River Bullsharks, ITAC (Ian Thorpe Aquatic Centre) Warriors and Terrey Hills Terriers. The initial contact is usually through the branch office or through Clubs Online enquiries. The contact details are passed onto the team to assign a mentor. In 2010 other enquiries have been made for clubs in Bateman's Bay, Camden, Scone, Jugiong, Mosman and Maroubra. The latter did not come to fruition but there is a chance that others may get off the ground.

In 2010 the National body encouraged the One Club concept where the existing age group club sets up a masters group under the one banner. There is no need to set up an additional committee and they can exist under one Constitution and incorporation status. Swimming Australia uses the Clubs Online database so there is no need for additional training for the registrar, they simply enter through a different gateway. Swimmers can have the same coach and simply compete in the masters events. Other existing clubs such as Castle Hill RSL and Georges River can enjoy some of these One Club benefits also.

The marketing section of this project team has concentrated on the production of a new poster advertising Masters Swimming NSW clubs to be displayed in aquatic centres, medical centres, or anywhere potential members may be found. We hope this comes to fruition in 2011.

Currently the team consists of four very hard working individuals and any offers of assistance would be gratefully received to lighten the load on a few.



TECHNICAL COMMITTEE REPORT 2010

2010 has not been a happy year for several NSW swimmers. There have been moves towards tightening the Rules originating outside NSW. Together they are making it harder for some of our swimmers to choose events to compete in. Examples of the changes are the "one breaststroke kick per arm stroke in Butterfly" (US Masters/FINA driven), Medical Disabilities' holders not being allowed to use their MD at the National Championships and the rejection of medical exemptions from the Swimwear Rules along with the loss of the previous modesty exemptions. These changes came in two waves, the 2009 rule changes then the end of 2010 changes.

To ensure that Referees, Inspectors of Turns and Judges of Stroke understood the 2009 changes, a series of workshops was held before club swim meets. The workshops covered changes to backstroke, breaststroke and butterfly rules, the renumbering of Rules and the then Swimwear Rule, plus procedures for "in water" starts and relay changeovers, recording disqualifications, checking records and preparing rosters. At the same time Noel Partridge ran a series of updates so that Marshals, Check Starters/Clerks of Course could re-accredit. A number of new candidates also attended these sessions.

Unfortunately 2 Inspectors of Turns (IoT's), 5 trainee IoT's and a number of other officials did not attend their respective workshops. MSNSW Training coordinator, Di Partridge, and I are currently determining whether these people wish to make other arrangements, or would prefer to be deleted from the list of active officials.

Swim meets ran well throughout the year and swimmers' compliance with the rules has generally been better. However, breaststroke (starts, turns, and finishes), backstroke (turns and finishes), starts and relay changeovers stood out as needing more attention from coaches, especially for first time competitors. This was particularly obvious at the Clarence River meet where there were 10 disqualifications over the two days.

Articles were published in Splash newsletters covering Disqualifications and Swimwear (March issue), "World Championships, Watches and Walking Aids" (June), various meet matters including proposed Rule changes (September) and Rule Changes effective January 2011 (December).

During the year the NSW Board formed a project team consisting of Neil Keele, Di Partridge, John Kulhan and myself to look at the officials lists, officials required for sanctioned meets, the presentation of courses, supervision of trainees and the implementation and assessment of re-accreditation. Recommendations were made on each of these by the team. In 2011 Chief Timekeepers and Referees will be the officials concentrated on for re-accreditation.

The other area yet to be resolved is succession planning. Although we have an effective and efficient body of officials, second to none in Australia, none of us is getting any younger.

We need to ensure that we have plans to attract new and younger officials.

This is the challenge for 2011.

Gary Stutzel

TRAINING COORDINATOR'S REPORT 2010

Thank you to all those Officials, Course Coordinators and Course Presenters who contributed to many successful swim meets and courses in a professional manner.

2010 was an intense year for all qualified Marshals/Check Starters/Clerks of Course in Masters Swimming NSW Officials as they undertook re-accreditation. This enabled Masters Swimming NSW to implement changes, listen to suggestions and verse with Marshals/Check Starters/Clerks of Course on all rule changes to date. I know those who attended found it very informative and stress free. I would like to thank all those who attended. I know time is precious to us all and a big thank you to Noel Partridge for conducting seven workshops across the state.

Positions		Completed Workshops
Marshals/Check Starters/Clerks of Course	49	35
Marshals	15	8
Check Starters/Clerks of Course	20	11
Totals	84	54

Twenty Marshals/Check Starters/Clerks of Course decided to take a break from officiating. These officials remain on the data base but on their return to officiating will need to attend a workshop. Four are not longer members of Masters Swimming NSW leaving 6 unaccounted.

Congratulations to the forty officials who gained their accreditation in 2010. This is 12 less than 2009. I believe we are down in numbers with the concerted efforts being on the re-accreditation of Marshals/Check Starters/Clerks of Course.

Of these 40 officials, twenty five have worked their way to higher positions with 15 completely new to the world of officiating. It would be nice to see many more competitive swimmers at least qualify as a time keeper because this is the first words that come from you when you complete your swimming race. So please consider becoming a qualified time keeper.

In 2010 there have been 16 courses conducted 15 less than last year and a total of 74 candidates participated this is also down by 16 and ten trainees to complete their competencies. I would like to thank all candidates who attended an official course in 2010. I would like to see this improve in 2011 with our younger members taking up the challenge.

Officials Positions	Accredited in 2010
Timekeepers	15
Chief Timekeepers	6
Marshal, Check Starter/Clerk of Course	11
Starter	2
Inspector of Turns	4
Judge of Strokes	0
Referee	2

Please note some candidates accredited in multiple positions.

Courses	Number of Courses	Candidates in 2010
Timekeepers	5	30
General Principles of Officiating 1&2 (requiring no training hours)	4	24
Chief Timekeepers	3	8
Marshal, check Starter/Clerk of Course	4	12
Starter	0	0
Inspector of Turns	0	0
Judge of Strokes	0	0
General Principles of Officiating 3 & 4 (requiring no training hours)	0	0
Referee	0	0

Please note some candidates participated in multiple courses.

Coordinators were:	Presenters were:
Ray BurrIDGE	Ray BurrIDGE
Christine Carter	Christine Carter
Ruth Fitzpatrick	Ruth Fitzpatrick
Alan Godfrey	Alan Godfrey
Jane Noake	Jane Noake
Diane Partridge	Diane Partridge
	Noel Partridge

On behalf of all the candidates I would like to thank the course coordinators who ensure that all candidates received the course material before the courses and the presenters who ensure the candidates understood the course material and the skills required and the officials who mentor and supervise these trainees.

To Di Coxon-Ellis, Branch Administrator a thank you for your assistance during the year and Gary Stutsel for constantly improving and updating all technical material relating to rules and courses.

All swimmers should remember that, without officials, swimming meets would not be conducted professionally which allows every swimmer the opportunity to swim to the best of their ability so please consider becoming an official.

Diane Partridge

AEROBIC RECORDER'S REPORT 2010

- Participating clubs = 20 (3 less than 2009).
- Participating swimmers = 223 (23 more than 2009).
- There were 25 more female than male swimmers.
- The age group with maximum swimmers, for both male and female was the 55-59 year category.
- Age ranged from 19 – 86 years.
- Swimmers with maximum points = 15 (19 in 2009).
- Swimmers who swam all events, (excludes the max pts swimmers) = 11 (11 in 2009).

Results:

Believe it or not, the results for 2010 were the same as 2009. The same clubs had the same placings for both Aerobic Trophy Awards.

Maximum Points Trophy:

The winner of the Maximum Points Trophy (with 4643 points) and the Average Points per Swimmer Trophy (150 points), was again Campbelltown. Congratulations for such a sustained effort over the years.

Tuggeranong (with 4516 points) and Wests Auburn (with 2770 points) again came second and third.

Average Points Trophy:

For the Average Point score trophy, Campbelltown came first (150.09 points), followed by Wests Auburn (100.33), then Prairiewood (93.0)

Club Participation:

For club participation, Prairiewood gained 100%, followed by Campbelltown with 83.87%, then Wests Auburn with 64.28%.

Aerobics Submission Process:

A set of instructions for downloading membership data and installing the aerobic system was distributed to clubs. Unfortunately, 11 clubs had difficulties and needed to submit all or some of their aerobics manually. Some of the difficulties included:

- Unable to successfully extract membership data from the web
- Unable to install the aerobics system
- Unable to enter several swimmers details due to the system not being set up to record swimmers who were less than 20 years old or who were late registrations and not in the membership file

As a consequence, a significant amount of time was required to manually rectify reports and validate data.

The Branch Aerobics Recorder will be contacting the respective clubs that do not have the aerobics system successfully installed so that they may enter their aerobics electronically. (The new aerobic software is planned for roll out in ?2013.)

Branch Aerobic Working Group:

The Branch Aerobic Working group met in October to discuss options for a fairer points allocation system, ways in which to better promote aerobics and a new name for the Aerobics Program.

What's Next:

A design for a new Aerobics webpage is in development. Once it is up and running, comments for improvement will be appreciated.

Jenny Whiteley



BRANCH MEET RECORDER'S REPORT 2010

Swim Meet System

In the year 2010, I officiated at 10 Branch Pointscore meets, 3 State Championships, and the State Relay meet and 1 non BPS meet. My role for these includes the compilation of entries, programme preparation, report preparation for officials, management of results poolside, checking for broken records, submission of relevant record applications, and the uploading of results to the MSNSW website and MSA results portal.

Three BPS meets were conducted by the host club hiring the Branch computer equipment, and another five using their own equipment. For each of these meets my role includes the preparation of the meet database, complete with current registrations and latest available records, checking that all broken records have been correctly identified and that relevant record applications have been submitted, and the uploading of results to the MSNSW website and MSA results portal.

Thanks again to Biff Grindley & Paul Slater for their assistance at each of the major meets.

Top Ten System

The web-based Top Ten system continues to be an invaluable source of up-to-date information on member's results, Top Ten rankings and records. The database is updated from swim meets throughout the year, and additional manual entries are added at the end of the year from club time trials and non-AUSSI meets.

<http://www.portal.aussi.org.au>

All clubs are again encouraged to use electronic entries for swim meets. The aim being to:

- reduce the workload of data entry by the meet recorder
- reduce the risk of data entry errors
- reduce the time between the meet and close of entries

Mark Hepple

RECORDS RECORDER'S REPORT 2010

In 2010 we saw 12 world relay records broken with the introduction of recognition of the 4X100 and 4X200m distances by FINA Masters.

A total of 22 records were originally flagged as world records (21 applications were submitted) which meant 88 proof-of-age documents were received and processed. As the FINA process has a 60 days period of grace for all applications to be received, we were advised that 11 of these records had been beaten just prior to the swims but letters of congratulations were sent to the teams for which a record certificate did not eventuate for their fine performance on the day. Since then it appears that one more record has been approved so the tables now reflect 12 world records for 2010. I am still following up on one !

77 national records and 201 branch records were set by Individuals and in the relays clubs broke 26 national and 46 branch records. The following tables prepared by Gordon Whyte reflect the breakdown of these figures. A vote of thanks goes to Gordon for his assistance in this task.

Congratulations to those MSNSW swimmers who competed in the many meets during 2010 and especially to those who achieved world, national or branch records.

Thanks to Frank Braun, designer of the Masters Swimming Australia web based results portal (awarded a national meritorious service award in 2010). Branch Meet Recorder, Mark Hepple inputs NSW meet results into the web portal. As Records Recorder I check the electronic timing slips or manual cards against the pending records and validate the records. Then the records are accessible for all to view on the results portal.

All splits recorded in Meet Manager are recorded for each individual and relay results in a separate table and can be viewed by clicking on the final time in the result history and ranking. You can also view the top 100 male and female swimmers in a pointscore table with points for swims allocated to swimmers.

Meets outside Masters Swimming require manual input and the swimmer or club official is responsible for ensuring this information is verified by the meet referee and forwarded to the Records Recorder or copies of the official results attached to the form. If you are one of these record breakers at other meets, you can access the procedures to apply for a record on the NSW website. Please note you cannot set a **world** record at a non-masters meet.

Special thanks to Mark Hepple for his considerable assistance all year and in preparing the files to print the 201 branch record certificates. Thanks also to National Recorder, Pauline Samson, for her devotion to the task.

Di Coxon-Ellis

WORLD RELAY RECORDS SET BY NSW MEMBERS IN 2010

		FEMALE Total			MALE Total			MIXED Total	Grand Total
Sorted by Club			LC	SC		LC	SC		
CASTLE HILL RSL MASTERS			1		1				1
ETTALONG PELICANS MASTERS			1		1	1		1	2
MANLY MASTERS SWIMMING CLUB		1							1
NOVOCASTRIAN MASTERS INC		1				1		1	2
WARRINGAH MASTERS SWIMMING INC			2		2	2		2	4
WETT ONES SWIMMING CLUB INC			2		2				2
Grand Total		2	6		6	4		4	12

NATIONAL RELAY RECORDS SET BY NSW MEMBERS IN 2010

		FEMALE Total			MALE Total			MIXED Total	Grand Total
Sorted by Venue			LC	SC		LC	SC		
GOSFORD		2		5	5	3		3	10
SOPAC		0		1	1	1		1	2
Grand Total		2	6		6	4		4	12



NATIONAL INDIVIDUAL RECORDS SET BY NSW MEMBERS IN 2010

SORTED BY CLUB

BLACKTOWN CITY MASTERS SWIMMING INC
BUSH RANGERS
CAMPBELLTOWN AUSSI MASTERS SWMG CLUB INC
COOGEE-RANDWICK MASTER SWIMMERS INC
GOSFORD CITY SEAGULLS AUSSI MASTERS
HORNSBY MASTERS SWIMMING CLUB INC
MANLY MASTERS SWIMMING CLUB
NORTH SYDNEY AUSSI INC
NOVOCASTRIAN MASTERS SWIMMING INC
PICTON MASTERS
RYDE AUSSI MASTERS SWIMMERS (RAMS) INC
SEASIDE PIRATES INC
ST GEORGE MASTERS SWIM CLUB INC
WARRINGAH MASTERS SWIMMING INC
WESTS AUBURN MASTERS SWIMMING CLUB INC
WYONG WOBBYGONGS
Grand Total

		FEMALE Total			MALE Total	Grand Total
LC	SC		LC	SC		
4	10	14	1	1	2	16
	1	1				1
6	8	14				14
				2	2	2
1	2	3				3
				2	2	2
			2	3	5	5
	1	1				1
				4	4	4
				1	1	1
	7	7				7
			1	3	4	4
			1	1	2	2
2		2	4	4	8	10
			2		2	2
	3	3				3
13	32	45	11	21	32	77

SORTED BY VENUE

BLACKTOWN
CAMPBELLTOWN
CESSNOCK
CYPRUS
GALSTON
KURRI KURRI
LAUNCESTON AQUATIC
N.A
SOPAC
SWEDEN
WARRINGAH
WOY WOY
Grand Total

FEMALE		FEMALE Total			MALE Total	Grand Total
LC	SC		LC	SC		
3		3	5		5	8
	4	4		1	1	5
			1		1	1
			1		1	1
	6	6		2	2	8
				1	1	1
	13	13		7	7	20
	1	1		3	3	4
8	6	14	2		2	16
2		2	2		2	4
				3	3	3
	2	2		4	4	6
13	32	45	11	21	32	77

NATIONAL RELAY RECORDS SET BY NSW MEMBERS IN 2010

SORTED BY VENUE

LAUNCESTON AQUATIC

SOPAC

WOY WOY

Grand Total

		FEMALE Total			MALE Total			MIXED Total	Grand Total
LC	SC		LC	SC		LC	SC		
	1	1							1
2		2	4		4	12		12	18
	3	3		2	2		2	2	7
2	4	6	4	2	6	12	2	14	26

SORTED BY CLUB

BLACKTOWN CITY
MASTERS SWIMMING INC

MANLY MASTERS
SWIMMING CLUB

NORTH SYDNEY AUSSI INC

SEASIDE PIRATES INC

TUGGERANONG AUSSI

WARRINGAH MASTERS
SWIMMING INC

WETT ONES SWIMMING
CLUB INC

Grand Total

		FEMALE Total			MALE Total			MIXED Total	Grand Total
LC	SC		LC	SC		LC	SC		
	3	3				1	1	2	5
	1	1	1	2	3				4
2		2	1		1	2		2	5
						4	1	5	5
						1		1	1
			1		1	4		4	5
			1		1				1
2	4	6	4	2	6	12	2	14	26



BRANCH INDIVIDUAL RECORDS SET BY NSW MEMBERS IN 2010

SORTED BY CLUB

BLACKTOWN CITY MASTERS SWIMMING INC
 BLUE MOUNTAINS PHOENIX
 BUSH RANGERS
 CAMPBELLTOWN AUSSI MASTERS SWMG CLUB INC
 COOGEE-RANDWICK MASTER SWIMMERS INC
 CRONULLA SUTHERLAND AUSSI MASTERS
 ETTALONG PELICANS SWIMMING CLUB INC
 GOSFORD CITY SEAGULLS AUSSI MASTERS
 HORNSBY MASTERS SWIMMING CLUB INC
 MANLY MASTERS SWIMMING CLUB
 MERRYLANDS SWIMMING CLUB INC
 NELSON BAY DOLPHINS
 NORTH SYDNEY AUSSI INC
 NOVOCASTRIAN MASTERS SWIMMING INC
 PICTON MASTERS
 RAYMOND TERRACE AUSSI MASTERS SWM CLUB
 RYDE AUSSI MASTERS SWIMMERS (RAMS) INC
 SEASIDE PIRATES INC
 SHOALHAVEN SEAHAWKS AUSSI
 ST GEORGE MASTERS SWIM CLUB INC
 WARRINGAH MASTERS SWIMMING INC
 WESTS AUBURN MASTERS SWIMMING CLUB INC
 WOLLONGONG MASTERS SWIMMING INC
 WYONG WOBBYGONGS
Grand Total

		FEMALE Total			MALE Total	Grand Total
LC	SC		LC	SC		
5	17	22	1	4	5	27
	7	7		1	1	8
	5	5				5
8	17	25	1	1	2	27
				2	2	2
	2	2				2
1		1				1
1	10	11				11
			2	4	6	6
	3	3	2	3	5	8
	2	2		1	1	3
	1	1				1
2	9	11				11
	3	3	3	9	12	15
			1	3	4	4
	1	1				1
	8	8				8
	3	3	3	12	15	18
			1		1	1
	1	1	2	2	4	5
2	5	7	4	7	11	18
			2	4	6	6
1	4	5				5
1	7	8				8
21	105	126	22	53	75	201

SORTED BY VENUE

ABBOTTSLEIGH
 BLACKTOWN
 CAMPBELLTOWN
 CESSNOCK
 CYPRUS
 ETTALONG
 GALSTON
 GOSFORD
 KURRI KURRI
 LAUNCESTON AQUATIC
 MIAMI
 MSAC, MELBOURNE
 N.A.
 SOPAC
 SOPACE
 SWEDEN
 TRINITY GRAMMAR
 WARRINGAH
 WOY WOY
Grand Total

		FEMALE Total			MALE Total	Grand Total
LC	SC		LC	SC		
				1	1	1
4		4	8		8	12
	6	6		4	4	10
			2		2	2
			1		1	1
	1	1		1	1	2
	14	14		5	5	19
			1		1	1
	5	5		3	3	8
	35	35		16	16	51
3		3				3
	3	3				3
	7	7		5	5	12
12	10	22	7		7	29
	3	3				3
2		2	3		3	5
				1	1	1
	1	1		5	5	6
	20	20		12	12	32
21	105	126	22	53	75	201

BRANCH RELAY RECORDS SET BY NSW MEMBERS IN 2010

SORTED BY CLUB

BLACKTOWN CITY MASTERS
 SWIMMING INC
 CAMPBELLTOWN AUSSI
 MASTERS SWMG CLUB INC
 ETTALONG PELICANS SWIMMING
 CLUB INC
 MANLY MASTERS SWIMMING
 CLUB
 NORTH SYDNEY AUSSI INC
 PORT MACQUARIE MASTERS
 SWIMMING CLUB INC
 SANDBERN/AQUADOT MASTERS
 SEASIDE PIRATES INC
 TUGGERANONG AUSSI
 WARRINGAH MASTERS
 SWIMMING INC
 WETT ONES SWIMMING CLUB
 INC
Grand Total

		FEMALE Total			MALE Total			MIXED Total	Grand Total
LC	SC		LC	SC		LC	SC		
2	3	5				2	1	3	8
1		1	1		1				2
	1	1				1		1	2
	1	1	2	2	4				5
3		3	1		1	3		3	7
1		1							1
1		1							1
1		1				5	1	6	7
						2		2	2
			4		4	5	1	6	10
			1		1				1
9	5	14	9	2	11	18	3	21	46

Sorted by Venue

GOSFORD
 LAUNCESTON AQUATIC
 SOPAC
 WOY WOY
Grand Total

		FEMALE Total			MALE Total			MIXED Total	Grand Total
LC	SC		LC	SC		LC	SC		
			1		1	2		2	3
	1	1							1
9		9	8		8	16		16	33
	4	4		2	2		3	3	9
9	5	14	9	2	11	18	3	21	46

SAFETY CO-ORDINATOR'S REPORT 2010

Thank you to NSW clubs for submitting 2010 safety reports. Thank you also to clubs, club committee/board members and swimmers for their efforts in assisting the NSW Branch in providing a safe swimming community for us all.

Reported Incidents

In 2010 the branch recorded 11 safety incidents. The majority of these incidents occurred at swim meets and only a few recorded incidents coming from club training sessions.

In 2010 we recorded 2 serious incidents where members were transported to hospital these incidents included a cardiac arrest and an unwell official at a BPS meet. (Important to note the official has reported he was unwell prior to attending the meet)

Warm Up Supervision

Adequate Warm Up supervision prior to the commencement of a meet and during a meet appears to be the key factor in preventing injuries during the warm up period. The warm up period during a meet with a large number of swimmers in the pool at one time has been shown to be the most dangerous part of any meet from our statistics in recent years in NSW,

I ask clubs who choose to run BPS meets to keep in mind the National Safety policies on Warm Up Supervision and the vital role that warm up supervisors have in preventing injury during the warm up period.

CPR and First Aid Qualifications

I encourage clubs to support their members in attending CPR and First Aid courses in 2011. As we saw within the branch in 2010, any of us may need to carry out CPR at any time on our fellow swimmers and the more masters swimmers who have knowledge of how to do CPR, the better the outcome for the patient.

Thank you to the NSW Board for their support in 2010 and I look forward to a safe year in masters swimming in 2011.

Jodie Burke

NSW CLUBS SAFETY REPORTS 2010

	Nat Policy imp	# Incidents	No of courses run	First Aid	CPR Quals	Safety Recommendations
Armidale AUSSI	no	nil	none	none	none	none
Blacktown City Masters	yes	nil	2	10 (17%)	10 (17%)	none
Blue Mountains Phoenix	yes	nil	none	6 (40%)	6 (40%)	none
Campbelltown Collegians	yes	1	none	3 (11%)	3 (11%)	none
Caringbah AUSSI	yes	nil	none	1 (14%)	1 (14%)	Buddy system
Cessnock Masters	yes	nil	none	4 (11%)	5 (14%)	Continuous monitoring of well-being and safety of members
Clarence River Masters	yes	1	none	15 (24%)	15 (24%)	none
Coffs Harbour AUSSI	no	nil	none	2 (100%)	2 (100%)	none
Coogee-Randwick	no	nil	none	4 (14%)	5 (18%)	none
Cook & Phillip Masters	yes	nil	none	0 (0%)	0 (0%)	none
Cronulla Sutherland	yes	nil	none	some	some	none
Dubbo Masters	yes	nil	none	2 (12.5%)	2 (12.5%)	none
Ettalong Pelicans Masters	yes	nil	none	11 (31%)	11 (31%)	one person attending a carnival takes list of emergency phone numbers
Gosford AUSSI Seagulls	no	nil	none	2 (8%)	2 (8%)	none
Hills AUSSI Masters	yes	nil	none	some	some	1. set up Club Online facility to indicate qualifications. 2. conduct a session on safety, emergency drill and First Aid facilities.
Hornsby Masters Inc	no	1	none	1 (5%)	none	none
ITAC Warriors	no	nil	none	3 (50%)	3 (50%)	none
Liverpool Masters	yes	nil	none	0 (0%)	0 (0%)	none
Manly Masters	yes	nil	1 CPR	up to 30%	up to 30%	Continuous monitoring of well-being and safety of members
Merrylands Swimming	yes	nil	none	3 (60%)	3 (60%)	none
Molonglo Water Dragons	yes	1	First aid for all	all coaches	all coaches	none
Murrumbidgee Masters	yes	nil	none	5 (38%)	5(38%)	none
Nelson Bay Dolphins	Nothing to report	nil				
North Sydney AUSSI	yes	nil	none	9 (7%)	9 (7%)	none
Novocastrian Masters	yes	1	none	23 (43%)	23 (43%)	none
Penrith AUSSI Masters	yes	nil	none	3 (22%)	none	run First Aid course
Picton Masters	yes	perhaps 1!	none	need updates	need updates	try to provide opportunities to update quals.
Port Macquarie Masters	yes	nil	none	20 (37%)	20 (7%)	none
Prairiewood AUSSI Masters	no	nil	none	up to 50%	up to 50%	1. Board reminder for swimmers in clear and professional language 2. Authorities to set examples 3. Encourage swimmers to practice safety according to club guidelines
Raymond Terrace AUSSI	yes	nil	none	1 (5%)	2 (10%)	1. Register of Medical Infor forms for members 2. Coaches to highlight problem areas. 3. Emergency Contact list to be available at swim and training sessions. 4. Get a Safety Officer
Ryde AUSSI Masters	yes	3	none	10 (16%)	10 (16%)	Back stroke no longer permitted when using wave pool.
Seaside Pirates Inc	yes	nil	1	25 (23%)	25 (23%)	Encourage members to get First Aid and Resuscitation quals.
SOPAC Swim Team	yes	nil	none	1 at least	1 at least	none
St George Masters	yes	nil	none	4 (10%)	4 (10%)	none
Tamworth Club	yes	nil	nonw	2 (25%)	2 (25%)	none
Trinity AUSSI	yes	nil	none	2 ((6%)	4 ((8%)	none
Tuggeranong AUSSI	yes	nil	none	12 (20%)	12 (20%)	organise first aid course for next year
Warringah Masters	yes	nil	2 CPR	30 (26%)	30 (26%)	Ongoing review of safety procedures
Wests Auburn Masters	yes	1	1 bronze medallion	4 (17%)	4 (17%)	encourage more members to train to at least bronze medallion level
Wett Ones	yes	1	1 CPR	24 (30%)	24 (30%)	Run CPR and first aid courses for members. Updated website now includes safety procedures plus links and CPR instruction. Safety signage for diving blocks established.
Wollongong Masters	yes	nil	none	2 (8%) + lifesaving	2 (8%) + lifesaving	Ongoing review of safety procedures
Wyong Wobbys	yes	nil	1	3 (12.5%)	3 (13.5%)	Encourage members to renew and update their CPR; also encourage swimmers to stretch before and after training; follow sun smart policy at outdoor pools

WEBMASTER'S REPORT 2010

The Masters Swimming NSW website has again in 2010 proved to be a valuable communication tool for the promoting Masters Swimming as well as providing up-to-date information to our members.

The main information accessed on the website has again been

- Carnival information – flyers, programs and results
- SPLASH – the quarterly newsletter
- Club Information
 - Club contact information and meeting times
 - Welcome to new clubs formed during the year
- Branch News
- Calendar
- BPS Scoreboard
- Swimmer Profiles

Other information available includes

- Membership and other forms
- Accreditation information for officials
- Annual Award winners
- Listing of sponsors for MSNSW
- Link to Clubs Online to register or reregister plus a link to the Registrar's login page
- Coaching page – new feature added in 2010 updated by the Branch Coaching Director

The format and structure of the website has remained the same as in the previous year. There were no major changes to the design during the past year.

The task of uploading new material has mainly been shared between Lindsay Brice, Lynette Falconer and Helen Rubin. Peter Gregory has assisted as required. Di Coxon-Ellis has updated club information on the website. We were thankful for Lindsay and Lynette volunteering their services at the beginning of the year. Having them on board has meant that new material has been uploaded in a very short time, thus making it available to members much earlier.

We would again like to thank Ingenium Internet and Spin Internet Services for hosting of our website.

Finally, as the website is a communication tool for our members, as well as our image to the general public, we always appreciate receiving feedback from our 'web readers' as to their ideas what they would like to see on the webpage. The email address is:

webmaster@mastersswimmingnsw.org.au

As we move into 2011, Peter Gregory has indicated that he is not able to continue maintaining the website. The Branch is currently looking at other options for redeveloping the website.

Helen Rubin

INGENIUM INTERNET



MEETINGS 2010

NSW Branch at National Meetings

During 2010, Sue Wiles, as the Branch Delegate, attended the National Annual General Meeting and Autumn Board meeting in April in Launceston, Tasmania and the Spring Board Meeting in October in Melbourne.

In August 2010 Di Coxon-Ellis attended the National Branch Administrator's meeting in Melbourne.

NSW Board

During 2010, the Board of Masters Swimming NSW met on ten occasions at Sports House at Sydney Olympic Park. The attendance at these meetings was as follows:

Name	Position/s	Attended	Apologies	Possible
Jane Noake	President	10	0	10
Remy Reinker	Vice President to May 2010	3	1	4
Tony Tooher	BM to May/Vice President from June 2010	8	2	10
Neil Keele	Vice President Country	8	2	10
Stuart Meares	Treasurer	8	2	10
Stuart Ellicott	Board Member	9	1	10
Jon Hawton	Board Member from June 2010	6	0	6
Sue Wiles	Board Member	10	0	10
Di Coxon-Ellis	Administrator/ volunteer Minute taker	10	0	10

Annual General Meeting

This was held in the Centenary Rooms at the NSWIS building next to Sports House, Sydney Olympic Park in May 2010 and was attended by 21 delegates from Member Clubs, 12 other Registered Persons, including three Life members.

There were apologies from one Life member and ten other Registered Persons.

Members' Forum

None held in 2010. A short meeting of Club Presidents/delegates was held during the lunch break at the Branch Long Course Championships in October where it was resolved to commence President's meetings.

CLUB MEMBERSHIP 2010

CODE	NSW CLUBS 2010	Total Members	16 mth 10/11	4 mth	2nd Claim	Actual
AM	Armidale AUSSI	11				11
MB	Bidgee Masters	10				10
BT	Blacktown City Masters	67	4		8	59
BM	Blue Mountains Phoenix	15				15
BR	Bush Rangers	18				18
CT	Campbelltown Collegians	34	1		3	31
CB	Caringbah AUSS	8			1	7
CL	Castle Hill RSL Masters	23	1		1	22
CK	Cessnock Masters Swim	35				35
CM	Clarence River Masters Sw	59	1		1	58
CH	Coffs Harbour AUSSI	2				2
CR	Coogee Randwick Master	28	1			28
CP	Cook & Phillip Masters	19		1		19
CS	Cronulla Sutherland AUSSI	30			5	25
DB	Dubbo Masters	16	2			16
ET	Ettalong Pelicans Masters	35				35
GB	Georges River Bull Sharks	18			2	16
GS	Gosford AUSSI Seagulls	17			1	16
HL	Hills Masters Swimming	29			3	26
HS	Hornsby Masters Inc	19				19
HN	Hunter Masters Swimming	6				6
IT	ITAC Warriors	8	1			8
MS	Lake Macquarie Crocs	47	1			47
LC	Lane Cove Masters	16			3	13
LP	Liverpool Masters	13				13
MT	Maitland AUSSI Masters	11				11
ML	Manly Masters	61	1		1	60
MR	Merrylands Swimming	6	1			6
CN	Molonglo Water Dragons	62	2		1	61
MM	Myall Masters	35	1			35
NB	Nelson Bay Dolphins	11	1			11
NS	North Sydney AUSSI	126	9	2	2	124
NC	Novocastrian Masters	54	2			54
OF	Oak Flats AUSSI Masters	10				10
PN	Penrith AUSSI Masters	22	1			22
PT	Picton Masters	14		2	2	12
PM	Port Macquarie Masters	55			1	54
PW	Prairiewood AUSSI Masters	4				4
RT	Raymond Terrace AUSSI	17			1	16
RY	Ryde AUSSI Masters	62	1	1		62
SA	Sandbern Swim Team	33	1		1	32
SP	Seaside Pirates Inc	84	2		7	77
SH	Shoalhaven Seahawks	6				6
OP	SOPAC Swim Team	9				9
SG	St George Masters Inc	29				29
TM	Tamworth AUSSI Masters	8				8
TS	Tattersalls Swimming	5				5
TH	Terrey Hills Terriers	17				17
TR	Trinity AUSSI	34				34
TN	Tuggeranong AUSSI	59	7			59
WG	Warringah Masters	103	3		1	102
WS	Wests Auburn Masters	28	4			28
WO	Wett Ones Swimming Club	83	4		2	81
WL	Wollongong Masters	8				8
WY	Wyong Wobbygongs Masters	24				24
		1663	52	6	47	1616

Actual no of members

1616

Armidale AUSSI Masters

Annual Report 2010

The AGM was held on the 22nd October 2010 at the Grapevine Restaurant Armidale. Meeting commenced at 6.00 pm with eight members in attendance and two apologies. The AGM was followed by dinner.

Discussion was had on the club organising a carnival. Correspondence was sent to NSW Masters. The dates that will be considered are late September early October 2011.

Dave Robins participated in the swim at Yamba. Club members are to be encouraged to participate in other clubs swims.

No accidents occurred in the past twelve months.

Sally Croker



Bidgee Masters

Annual Report 2010

Yes that's right, we changed our name from the Murrumbidgee Masters to the Bidgee Masters this year in an effort to reduce the cost of embroidery and to make barracking easier.

We have enjoyed a very active 2010 with good numbers of the usual suspects turning up to our Wednesday night training sessions with a few new faces thrown in.

Robyn Hoare, Dianne Robinson and I headed down to Launceston for a paddle at the nationals and were rewarded with 7 medals for our trouble. We had a great time, loved the town and were very impressed by the professional and friendly manner in which the event was organized.

Our devoted yet at times delusional coach, Julie-Ann Angel, targeted the long course championships at Homebush earlier in the year as our annual meet and it was good to have 5 swimmers compete. All the pain and torture she handed out paid dividends with a combined 17 medals making the 6 hour journey well worth it. Julie-Ann herself bagging 4, Robyn 4, Heidi 4, Craig 1 and I managed to grab 4 as well. News of our deeds quickly spread in Griffith and a big story with a photo taken at Homebush appeared in the local newspaper.

Our membership is still 10 but we have more like 15 who train with us. Hopefully we can convince some of these unfinancial members to join and compete.

Paul Rogerson
President



Blacktown City Masters Swimming Incorporated

P. O. Box 152, PARRAMATTA, NSW 2124

Annual Report 2010

Our Club ended the year with 66 members plus 6 2nd claim members. This is our highest membership level so far and is a credit to our coaching team for being able to maintain strong interest at training even without a head coach. During the year we achieved a few top placing at various carnivals and winning the Des McCormick Memorial trophy for the 3rd time as well as being back-to-back winners of the Harry Fowler Memorial trophy for our 240 – 279 Women's 4 * 25 medley relay team. In addition, we achieved 3rd place at the National Championship in Launceston, which is a great achievement considering that not all swimmers were able to swim all the events they entered. Repeating our victory in Hobart in 2005 was almost within reach. Congratulations to all swimmers who attended carnivals on a regular basis even travelling to country areas to support those clubs.

Jon Hawton completed his coaching course during the year and is still working on his hours on pool deck to obtain his full accreditation. Clary Munns has also stepped up and is assisting with the training session and is at time focusing on individual stroke corrections. Scott Hay also assists with the preparation of training session especially for Thursday evenings. The main training session is each Tuesday, from 6.00pm to 7.30pm at the Blacktown Aquatic Centre in Blacktown. Additional training is on Thursdays during the same times as Tuesdays. The staff at the Blacktown Aquatic Centre has continued to support us and allowed us to use 3 dedicated lanes for training during the summer period but during winter we have to make do with only 2 lanes, occasionally we were given 3 lanes. Scott Hay has also arranged for additional training at the Riverstone Swimming Centre (venue has now changed to Penrith Swimming pool) on Sunday morning during the summer season. A dedicated team train there on a regular basis under the watchful eye and guidance of Leonie Talbot.

The members are very proud to have had Clary Munns announced as the winner of the NSW Masters Athlete of the Year for 2009. Her great achievements certainly deserve recognition. Congratulations! Clary, Lyn Stevenson and Jon Hawton have continued to achieve records at a National and State level. Our new member, Simone Bennett, also achieved a national record while her younger brother, Tyson, achieved a NSW State record. Mark McDonald also broke a State record during the year, and at the current rate of training a national record will soon be his next target. We hope to see more of our young swimmers on the

national and state honour board in the future. Various members were also part of our relay teams achieving national and state records, thus adding to our impressive list of record holders.

The Club held its BPS carnival on Sunday, 2nd May 2010. Once again our members put in their best effort to ensure that we could at least win our own carnival. We closed the year with 5,520 points placing the Club in 3rd place in the 1st Division. Quite a few of our swimmers also achieved Top 10 results during the year.

The Xmas function was held in a private function room provided by the Parramatta Workers Club and the good turnout resulted in a fun and festive event. With some fantastic food and excellent atmosphere everyone had a very good time.

Remy Reinker
Secretary



Blue Mountains Phoenix

NSW AUSSI Masters Swimming

16 Robertswood Ave Blaxland NSW 2774

Contacts: Ros Arnold 0420 982 677 Sue Wiles 4757 1065

Annual Report 2010

Blue Mountains Phoenix finished 2010 with 15 members, some 4 fewer than the previous year. Sue Wiles & Nerida Murray in their roles as president and race secretary were the main co-ordinators and disseminators of information throughout the year, keeping us informed of meets and events, taking race entries, and signing up members. Kathy Dobson took care of the money and made sure carnival entries got to their destination on time. Jude O'Leary kept members aware of open-water swims, which is a growing interest among club members, perhaps because we're located 100 km from the nearest beach.

The coaching is provided by Blue Mountains Swimming Coaches and swimmers pay either a monthly fee or for individual sessions. Coaching through the summer is Tuesday 5.45–7.30 am, Thursday 5.45–7.30 am at Katoomba pool and Saturday 8.00–9.30 am at Glenbrook pool. The coaching sessions are based around conditioning work where people are encouraged to swim at their own pace and level. All strokes are coached with drill / technique work as well as a focus on increasing personal fitness. Individual goals are set—whether it be a goal swim or a goal time—and the coaching helps work towards these goals.

Blue Mountains Phoenix members attended 12 BPS meets through the year plus the NSW branch long-course and short-course meets, long-distance long-course and short-course meets and the board invitational meet, gaining a total of 2,037 points, 666 up on the previous year. This placed the club 3rd in Division 2. The club achieved a stunning average points per swimmer score of 135.80, placing it first in Division 2, and second overall out of 55 clubs for the year.

There were no aerobic swims completed by Phoenix members in 2010, Nerida Murray doing her very best to motivate others to join her in this aspect of masters swimming. Time management is our biggest hurdle with completing these endurance swims. However, several hardy members participated in open-water events, mainly ocean swims. Once again the club had a winning participant in the Wests Auburn Turtle Swim; she swam the 5000 m individual swim in a personal-best time.

With a membership of only 15, the club is proud to have had 9 members in the national top ten long course, 10 in the national top ten short course, 11 in the state top ten long course and 12 in the state top ten short course in 2010.

Club members keep in regular contact via emails and at training on Saturday mornings. Our annual Christmas party / AGM was held at Kay Burton's place in Springwood. Lunch first then eagerly down to business.



Bush Rangers

Annual Report 2010

Bushrangers membership dropped a little in 2010 to 18. Again some members joined other clubs as second claim members to swim in a relay at meets.

The sad news in 2010 was the loss of Jean Heath in December. Jean had been a member of Bushrangers almost since it's inception and enjoyed the lack of commitment to committees and running of a club as she had been so active in the conduct of the ACT branch prior to it's folding. Jean also took part in ocean swimming and had almost completed her law degree.

Bush Rangers are encouraged to take part in aerobic swimming as an additional means of participation for remote members and Jean was completing a number of swims for 2010.

All members of the Bushrangers club are sent the flyers for all meets in NSW and postal swims, either electronically or by post. Attendance at NSW meets has generally been by a few members - both city and country meets. We are hoping to encourage other Bush Rangers to attend meets and always hope for a relay team.

All correspondence continues to go through the NSW Branch Office and the individual Bush Rangers pay an extra fee to receive all information that club secretaries receive to keep them well informed of MSNSW activities. Jan Cameron-Smith assists the administrator to oversee the running of Bush Rangers. Jan is a volunteer in the Branch office. Jan is undergoing a hip operation so we wish her all the best.

We are still hoping to have a logo designed for the club so continue to use this clip art graphic in the meantime.

Di Coxon-Ellis
for Janette Cameron-Smith

Campbelltown Collegians AUSSI Masters Swimming Club



Annual Report 2010

2010 - such a big year with so many club highlights and individual triumphs, with state and national championships, records galore... but above all, a wonderful feeling of fun and friendship within the club. 2010 was Campbelltown's 30th birthday, with celebrations spreading throughout the year.

Campbelltown has always been a happy, accommodating club and 2010 was no different, typified by lots of social activities and convivial Sunday morning races with the emphasis on friendship and fun. Our birthday celebrations dominated the year, culminating with a wonderfully successful "Happy 30th Birthday" carnival in August and our huge end-of-year birthday party. Our club story even made the front page of the NSW Masters Swimming newsletter "Splash".

Our 30th year coincided with the biggest haul of awards in the club's history. We collected the NSW Division 2 Trophy, the NSW triple crown of aerobics/endurance swimming (total point score, average point score and participation) and to top it off, we received the National Aerobics Trophy for highest average pointscore in Australia. This year 8 members, completed all 62 aerobic swims in the National Aerobics Pointscore championship - Helga Duncan, Heather Rouen, Diane Baker, Marguerite Davidson, Kate Lewis, Jim Pelosa, Russell McLeod, and Owen Sinden.

Outstanding club performances included the state relay meet at Homebush, where Annie Cooke (backstroke), Chris Clough (breaststroke), Heather Rouen (butterfly) and Barbara Briggs (freestyle) won gold and broke the NSW and Australian records and was flagged as a world record in the 4x100m medley relay.

Individual performances - Kate Lewis won 12 gold medals in her 12 swims at the National Championships in Launceston, then added "Female Swimmer of the Meet" at the NSW Long Course Championships at Homebush in winning 5 gold medals from her 5 events, setting four state and four national records in the process. Over the year Katie has set 14 national and 25 state records. Russell McLeod enjoyed a big year, winning two silver and two bronze medals at the Nationals in Launceston and accepted, on behalf of the club, the National Aerobics Trophy. On his 60th birthday he received the State Administration Award in recognition of his outstanding work as the club's aerobics recorder. Russell was crowned the club's pointscore champion and made a Life Member. Helga Duncan received her Three Million Metre award, likewise Mark Thompson for reaching two million metres, and Owen Sinden won the state age pointscore championship.

Maybe the club name should read "Campbelltown Masters Social and Swimming Club", as the fitness side certainly takes second place to fun/friendship. Our social activities included (deep breath) a hot Australia Day BBQ, our annual presentation, the annual pizza feeding frenzy, the Rat Pack musical, and the annual Big Breakfast. (another big breath...) Russell McLeod's 60th Birthday celebrations were in there, as was a dinner at Campbelltown TAFE,

our second annual cultural evening - a poetry night titled "A Night With The Bard", then our huge Happy 30th Birthday celebrations, and ending with a night of relative sophistication at a formal cocktail party to see in the new year.

We welcomed six "new" members to our ranks: Linda Beveridge was truly new, while Steven and Chris Clough, Kay Hough, Kevin Price and Brian Smith all returned after various lengths of time away. Congratulations to Steve and Chris, who tied the nuptial knot in March, in what is believed to be a first in Masters Swimming Australia... How many club ex-Presidents have married?

Most club members have had a relatively injury and sickness-free year. However, our thoughts have been with a few close family members who have had a tough time over the past twelve months.

The club meets for races and aerobic swims at 7.30am of a Sunday morning at Bradbury Pool. We do not hold formal training sessions but some club members do train together. Coaching is usually done on an informal basis of a Sunday, although some formal sessions have recently been included in our swimming program.

Thank you to everyone in Campbelltown Masters Swimming Club; you have all contributed in some way to a wonderful year and to make our club the best - I really can't imagine a better club. Thank you, too, to Di Coxon-Ellis and the NSW Masters Swimming Board headed by Jane Noake for their tireless work in running Masters Swimming NSW.

Owen Sinden
President



*Russell McLeod receives the National Aerobics Trophy
from Lynne Malone (National Aerobics Recorder)*



A Campbelltown swimmer dives in during a relay race

CARINGBAH AUSSI INC.



Annual Report 2010

2010 has been an interesting and varied year for the club. Although the club membership remains small (7 full members and 13 associate members), there have been a number of varied activities for the members. Club members have been involved in regular training sessions, aerobic swims, carnivals and social events.

Club night swims have continued on Monday nights. Attendance has generally been good with a regular core of dedicated swimmers. The winter months saw a migration to the smaller warmer pool where much discussion continued along with the swimming. A few hardier souls continued to brave the cooler main pool. We have been able to continue our arrangement with Caringbah pool where we have one a lane in each pool allocated to us during the winter months and two lanes in the main pool during the summer months.

Caringbah club was involved in a number of carnivals during 2010. The most significant carnivals were those at Gosford, Wett Ones, Ryde and Trinity where members swam well and regularly achieved good placings in their events. Unfortunately, we were unable to field the minimum number of competitors to register for Average Club Point awards at any of the meets this year and so we were unable to repeat some of the good performances from the previous year. We were unable to field relay teams in our own right this year but did manage to join with Cronulla-Sutherland using second claim arrangements on a few occasions. We were able to provide the extra assistance that enabled Cronulla-Sutherland to win the 3rd division championship at the State championship. We were also represented at the State and National championships as well as the Pan Pac Masters Games with several medals being won.

Jan and Joan have continued to set a high standard with their commitment to the aerobic swimming program. Thanks to Beryl for encouraging all full members to involve themselves in the aerobics program.

Our social events have been organised efficiently by Dick. Attendance at the various dinners has been very good with members enjoying the social occasions. The dinners at Loftus TAFE have been especially well received with excellent service and quality of food.

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

Peter Sheean
President

Castle Hill RSL Masters Swimming Club

Annual Report 2010

Castle Hill is only a new club to Masters with approximately 24 members.

We are extremely fortunate to have great amenities at the Castle Hill Club, having a 25m pool and a fantastic gym with all amenities.

We have Robina Fellner, who is an active swimmer herself, as well as an official coach. For those whom are able to train with Robina there are sessions on a Sunday morning and Robina also does some at Stanhope Gardens.

Castle Hill has been leading the Division 4 in the point score; this has been a wonderful achievement, as at the majority of carnivals we have only had approximately 4 to 8 members competing. Outside the metropolitan area there has been only 2 to 4 members and sometimes a solo act. This is unfortunate as it is great to support all the clubs as so much effort is put into these carnivals. It is very important to appreciate the effort of all competitors, whether they are 1st or lower down the order of placing, as everyone is contributing to the overall point score of their club. This is the importance of Masters as "everyone is a winner" as they are competing in their age groups and primarily against themselves.

We have only 2 social functions per year and this is when we attend dinners at the Baulkham Hills TAFE College. They are put on by the students in the hospitality course and are a sellout, as they are wonderful meals and well presented.

Our first year of participating in the Aerobic Swim Program saw 8 of our swimmers completing at least one swim of 400m or more. In total over 120 swims were submitted to NSW and Australian Masters swimming. This amounted to over 100 kilometres of swimming. This is quite an achievement, well done to all involved.

We had Bruce Sweeting receive his Million Metre Award. One of our relay teams held the World Record, for the 4x100m Freestyle Relay swum at Central Coast met in January. The relay team consisted of Grant Odell, Todd Bryant, Anthony Friday and David King. Congratulations to each of these swimmers.

Masters has certainly brought about a greater team spirit within our club, so thank you. Swimming at all levels has improved and this is great to see as well as the health and fitness level of everyone.

Heather Cachia



Clarence River Masters Swimming Club Inc.

Annual Report 2010

Our club has member numbers hovering around mid 50's with a few new members waiting in the wings to submit their membership for the New Year. The training sessions at both pools have a good roll up each week.

A team of 5 swimmers attended the Launceston Nationals with great results, bringing home 9 medals. Jim Wheeler was also able to visit his in-laws whilst in Launceston.

For the first time eight swimmers attended the Relay Swim meet at SOPAC. We were one of three country clubs to attend, along with 21 city clubs. All enjoyed this event with good results by our swimmers.

Our June carnival was again a great success, unfortunately the weather, rain and cool winds were disappointing. The heaters located in the marshalling area were very popular with many swimmers.

The STATE OF ORIGIN Shoot Out included VIC this year for the first time and they won outright from NSW and QLD.

The Presentation/Cabaret night (Sunday) was the best yet, making it very difficult for the judges to select from the fantastic performances. The Victorian team was again the winner.

Preparations for 2011 carnival will be underway early in the 2011 year, hopefully with a great response from clubs as usual.

The Port Macquarie carnival in November saw six swimmers from our club achieve some truly great results. From 22 clubs participating, our club achieved 3rd place in the point score.

A team of very keen swimmers are training hard for the 2011 Nationals, State Championships (NSW and QLD) and the open water swim at Byron Bay.

The social scene is very active, light breakfast after Saturday swims at Yamba and Maclean pools. Wednesday night dinner is as popular at Maclean pool and an after carnival breakfast at the Marina Café all having good attendances.

The December AGM 2010 saw a change in the committee, giving our past committee a well earned break, and a big thank you for their management.

Lynne Johnston
President

Coffs Harbour Masters Swimming Club

Annual Report 2010

Last season saw the Coffs Harbour group still at only two members. Travelling to our usual carnivals at Yamba and Miami we had very good results and finished the season with a very high ranking in the overall country clubs with just two members. Our members have still gained top ten rankings and have constantly swum good times at carnivals.

We have seen a very big renovation at our local 50m pool with an additional 25m heated pool being built. All that money spent and the council still could not heat the 50m pool which has been crying out for it for so long. Hopefully you will see a regular carnival spring up shortly on your calendars.

The start of the 2011 season has shown some promise with a new member and shortly another to be added to our small ranks! The lowering of the age limit to 18 has encouraged some young swimmers who were waiting to hit 20 before they could join.

Being so high up the coast, places like the Gold Coast still are within a feasible traveling distance for our members with Port Macquarie being the other close by location. We also plan to travel to the Lismore Games which is getting bigger each time. We will also once again be braving the cold winds to compete at the Yamba meet which always brings a big crowd of competitors.

As usual I would like to thank Di Coxon-Ellis whose valuable assistance and persistence has helped our club along.

Stay Wet.

Jamie Marschke





COOGEE-RANDWICK MASTER SWIMMERS, INC.

Annual Report 2010

Swimming is alive and well at Coogee with a small but friendly and cohesive Masters club making its presence felt world-wide.

We swim and are expertly coached regularly on Saturdays from 4pm to 5pm.

We acknowledge the fine efforts of ALL swimmers who competed at various Masters Carnivals during the year, especially the four who travelled to Hobart for the National Championships.

Some notable swimming results in 2010 included Gary Nicholls who totally dominated the 70-74 years age group in Hobart winning twelve individual medals, eleven of them gold the other being silver, from a maximum allowable of twelve events.

Also in Hobart, our head coach, Margaret Wilby, put theory into practice scoring three silver and three bronze medals in overcoming long-time injuries.

Yours truly had a great trip all around Scandinavia in 2010 including a visit to St Petersburg. The trip was made more special by a win in the 60-64 years age group 200 metres Butterfly event of the World Masters Swimming Championships in Goteborg, Sweden in August.

Our new swimming caps with 'NCR' and logo have already made a splash at recent carnivals. Thanks to Norma O'Brien for organising them.

On Saturday 4th December, our eagerly awaited annual breakfast and awards presentation was again generously hosted again by Kay DeBry. Thanks again Kay for your generosity and a superb buffet.

The 2010 NCR awards winners were:

Swimmer of the Year

Gary Nicholls

Coach's Award (recognising enthusiasm and effort on Saturdays training)

Lee Taylor

Best Attendance (on Saturdays training)

Murray Welstead

Best Carnival Attendance

Paul Wyatt

'**Best recovery**' from several nominations, this went to Chuck Hahn who is making a tremendous recovery from a serious illness earlier in the year. Doctors said that his prior fitness (through swimming training and competition) played a huge part in his outlook.

At the breakfast presentation, we also acknowledged the efforts of our coaches, the very experienced Margaret Wilby who drives all the way from the Southern Highlands once a fortnight just to coach us, and several trainee coaches, namely Dee Doran, Lloyd Mills, and Sjaak Verschoor.

In December 2010, two of our most hardworking, enthusiastic and popular members, namely Claire Thompson (secretary) and Lloyd Mills (club captain) left together for new and exciting work opportunities in Singapore. We miss them greatly as friends and as executive members but wish them every success in their new ventures.

2011 already is shaping up as an interesting year, beginning with a possible name change to “Coogee Diggers Masters” (presumably NCD). Coogee Diggers Club (formerly Coogee-Randwick RSL Club) has been very good to us in providing our Saturday afternoon lane provision. Special thanks also to Deanne Bryant, the pool’s manager.

Paul Wyatt,

for and on behalf of Coogee-Randwick Master Swimmers





Cook and Phillip Masters Swimming Club (NCP)

Annual Report 2010

This is the eleventh annual report of the Cook & Phillip Masters.

Committee Positions

Club Committee positions for 2010 were filled by the following club members:

President/Secretary: *Niall O'Driscoll*. Niall has served in the role of President for the past 5 years. He took on the additional role of Secretary in December 2009.

Treasurer: *Jane Ritchard*. Jane has served in the role for 4 years.

Coach: *Alan Godfrey*. Alan became our coach in May 2007.

Safety Officer: *Niall O'Driscoll*. Niall has served in the role for 4 years.

Membership

During 2010 the club had 20 members.

Competitions

Members competed in the following carnivals during 2010: NSW Short Course Championships (20 Mar), NSW relay Meet (18 Jul).

Social activities

The club held regular after-training dinners on the following dates: 13 Jan, 24 Feb, 11 Mar (including AGM), 14 Apr, 5 May, 2 Jun, 21 Jul, 4 Aug, 25 Aug, 29 Sep, 20 Oct and 17 Nov.

A very successful Christmas Party was held at Churrasco, William St, Sydney, on 18 Dec.

Niall O'Driscoll

President



Cronulla Sutherland AUSSI

Annual Report 2010

During 2010, Cronulla Sutherland AUSSI Masters Swimming Club has continued to swim at Sutherland Leisure Centre on Thursday nights, mostly with small numbers although our membership has increased.

Anita has been actively coaching those who have come and they have benefited from a varied programme with much individual attention.

There were a few swimmers from Cronulla Sutherland in 2010 at carnivals, with Anita continuing to set records and others enjoying competing. We came 18th out of 40 clubs in the NSW Short Course Championships earlier in the year. However, most members are content to maintain fitness through swimming without competing.

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

The challenge of aerobic swimming has been taken up by a few members, with Barbara, Anita and Beryl completing as many swims as they can, and Barbara doing the recording. In 2009, we came 12th out of 23 clubs in NSW, scoring 418 points, while we were 6th in NSW in the Average Points per swimmer. This was an excellent result when we consider the small number of members participating. Anita and Beryl came 3rd in their age groups while Andrew came 5th and Barbara 7th. Andrew and Anita have completed the 5000m Wests Auburn Turtle Postal Swim again this year.

During the year Sutherland Leisure Centre Management, with little notice, stopped us from using the old Kiosk for suppers. Since then, we have been having supper in the closed cafeteria, which presents some difficulties.

Socially, we have eaten out at Midnight Pizza on the last Thursday of the month and had dinners at Loftus TAFE.

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

Beryl Stenhouse
Secretary

Dubbo Redfin

Annual Report 2010



Three state trophy's sums up the year that was 2010. The mighty REDFIN being only a small club of 16 registered swimmers managed to field the minimum 10 swimmers to be eligible for the trophy's at the NSW State LC Championships in October. The club won division 3, the Biddy Hall Memorial Trophy for average point score and the Executive trophy for highest participation rate. The Trophy's were proudly accepted by Peter Gallagher the only plodder in the team. Peter jumped at the chance to collect some silverware after his team mates cleaned up in the medals.

Winners of individual age groups at State were Rose Toms-Black, Troy White and Mark Scullard. AJ Newman, and Deborah Anderson finished second in their age groups while Jo May, Letitia Gallagher, Jaid Dawson and John Wheritt all finished top 10 for the meet.

The relays of course were again a feature of the dominant Redfin display with all swimmers competing, winning two Gold Medals. This was supported with two seconds and a couple of thirds racking up some valuable points for the club.

The Redfins were also represented at Pan Pacs in Brisbane in November by AJ, Rose and Jaid. Rose won 5 Gold and a Silver, AJ won 4 Gold and 3 Silver whilst Jaid in his first season and second carnival won a full set, 1 Gold, 1 Silver and 1 Bronze.

The club also competed at Cessnock and Raymond Terrace and all competitors who travelled to these carnivals had a great time.

The clubs Saturday morning swims were as usual more social than serious. These die hards are into fun and fitness and enjoy their recovery session as much as their swimming. A change of venue this year, coffee and custard tarts (or pies) at PK's Bakery.

Three of our club members continue to represent the Redfins from afar with Troy White and Deborah Anderson living in Ballina and Warren Smith Newcastle. Warren manages to catch a few carnivals through the year, but with distance the killer Troy and Deborah so far have only competed at major championships.

The 2010 season saw Gerard Cushan, who won 5 Gold medals at the World Masters Games in 2009 concentrate on cycling, but whispers are he will make a return to the pool in 2011.

We are all looking forward to 2011 with anticipation and will build on our success from 2010.



Masters Swimming Club Inc.

PO Box 3071, UMINA BEACH NSW 2257

Annual Report 2010

Claiming two world records in 4X100 metre relay events (maybe fleeting) was a great way to start the year at Gosford's carnival. Another club triumph came at the State Short Course Championships at Peninsula Leisure centre, the club's home pool, boosted by some new members who train at Kincumber; which is becoming increasingly important to the Pelicans. The club won the Second Division Point score for the meet. Paul Lemmon being named Male Swimmer of the Year for 2009 was also welcomed by the club and Cameron Horn picking up a Top Ten badge also good to see. We also had good representation at the State Relay Meet and Long Course Championships. The good work of Roger Belmar as Race Secretary has been invaluable.

Four members gained Million Metre awards with Colleen Garland, Richard Barr and Richard Braddish getting the One Million shirts and Gordon Ferguson getting the Two Million item.

The Ettalong Pelicans' Annual Meet at P.L.C. was quite successful and the efforts of the many co-operative officials is always appreciated. It's a great venue, if a little expensive to hire, and we know we are not alone with this worry. Swimming eight lanes needs many timekeepers, but people willingly stepped forward so the carnival proceeded smoothly and, of course, the Marshals and Check Starters are vital with this.

Attendance at IBPS meets was somewhat patchy, but with consistent contestants, Opal Eddy, Roger Belmar, Fred Elsom, Gordon Ferguson and a few others, the Pelicans cap was seen in the pools. Quite a few members have developed other sporting interests linked to swimming and there are always family demands with junior sport, including Nippers. Eight of our members regularly compete in Open Water swims and that is their main summer interest.

The club's membership was again in the mid-thirties with significant overlap with local Surf Clubs. Our Registrar, Russell Thompson, has done great work with the E-registrations, making it easier for the club's office bearers.

Aerobics – A few stalwarts, Russell Thompson, Colleen Garland and Gordon Ferguson swim most Monday afternoons. Russell has handled the computer work and Colleen is a real asset with the stopwatch.

The main activity each week is the Thursday evening training session under the direction of Coach Wendy Cook, mixed in with some Surf Club people and, during summer, getting lanes is not always easy. A significant number of our members train in Adult Squads at other pools. A drink and chat after always goes well.

The only change in office bearers following the AGM was Kevin Haskell taking on the President's role, with other long established people continuing in their tasks.

Social events were rather limited but we find the Woy Woy Bowling Club a pleasant place to spend a few hours.

Gordon Ferguson
Secretary





**Gosford City Seagulls AUSSI
Masters Swimming Club Inc.**

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Gosford City Seagulls

Annual Report 2010

Gosford City Seagulls has a membership of 17 in 2010. We have one second claim member in that number. About half of the members are regular weekly swimmers at our Wednesday evenings.

The Club Executive is – President – Neil Keele; Vice President – Val Lincoln; Treasurer – Mike Stringfellow; Secretary – Gay Grillmeier; Safety Officer – Peter Ray Neil and Peter have other roles in the club (Registrar, Race Secretary, etc.)

We meet on Wednesday evening at Gosford Olympic Pool, Masons Parade Gosford. We use the indoor pool for much of the year but in warmer weather and when it is available we use the outdoor 50 M pool. The third Wednesday is Aerobics night.

During 2010 the number of members participating in BPS meets dwindled to 3 or 4. We did have one swimmer at the Pan Pacs.

About half our members participated in aerobics during 2010.

Val Lincoln and Margaret Davey were World Top Ten in 2009 in a number of events. Peter Ray came back from the Pan Pacs with two medals in swimming and 2 in indoor rowing!

2010 saw the club with its new club swimming costumes. The second batch were far more serviceable than the first. Members now have a swimmers jacket for the cooler weather to make sure they keep warm between events. These were presented at the recent Presentation Dinner. Winners of the perpetual trophies were:

Peter Ray – Club Night Participation and Overall Point Score.

Val Lincoln – Club Swim Meet Participation

Neil Keele – Club Person 2010

January 16 saw the annual BPS meet hosted by the club at the Gosford Olympic Pool. Entries were down considerably this year and attrition on the day dwindled the entrants. Numbers were about 50 less swimmers than in the past. The meet went well and everyone enjoyed the day.

Thanks to our sponsors and supporters again. Particularly Bendigo Bank, Mega Save Chemist, The Clan Motor Lodge, Trackside Restaurant, Shaver Shop, Somersby Springs, VICI, Rebel Sport, Myer, Just Cuts, Bunnings, Repco (West Gosford), Mitre 10 (Kincumber), ABC Shop, Gosford Olympic Pool / Gosford City Council. Without their ongoing support the BPS meet would be something a small club like ours would not be able to run.

N Keele
President



Annual Report 2010

Hills AUSSI official Club training night is Tuesday night at the Galston Aquatic Centre. Our club membership decreased by three (3), finishing the year with 26 members. The club employs a coach supplied by Galston Aquatic Centre and our monthly race nights have continued being a success, mainly thanks to Sarnia Rusbridge.

Hills participation in meets was poor this year with our regular swimmers Marion Dreyer Mark Hepple, Hilda Lindfield and Marion Wait being attendees at meets and some open waters swims. In the BPS trophy Division 2 Hills placed last in the thirteen clubs and has consequently been relegated to Division 3 for 2011. We hope for a better result in 2011.

Di Coxon-Ellis and Colvin Ellis attended some meets in an official capacity.

At the end of June we held our long distance short course meet at Galston Aquatic Centre with 85 swimmers attending. Blacktown City Masters took home the Visiting club award. Wests Auburn members again assisted on the day with their officials. We alternate our BPS and Long Distance Meets with Wests Auburn Masters. Hills member and MSNSW Meet Recorder, Mark Hepple did his usual great job. An outstanding number of records were broken – eight National and 19 Branch records.

Tony Howe was awarded Life Membership of Hills after many years of playing a vital role in the club.

Our President, Glen Johnson, sadly relocated to Tasmania and Marion Wait became Acting President.

Hills finances have once again been well managed by Treasurer John Wendt. Sarnia Rusbridge has looked after the Top Ten and aerobics pointscore. Freya Shearer continued in her role as secretary and thanked Di Coxon-Ellis for distributing information from the Branch office.

Socially: Dinner in the Bistro prior to the AGM in February at Dural Country Club, a farewell dinner for Glen.

Di Coxon-Ellis on behalf of the Secretary

HORNSBY MASTERS SWIMMING CLUB INCORPORATED



Annual Report 2010

Hornsby Masters is a small club with goals to provide a friendly environment for people to train for fitness, and compete in Masters Swimming meets, should they wish to put their skills to the test. From a social perspective, they can make new friends, both within the club and through other clubs in the Masters swimming community.

Our club has members who train in an evening master's squad at Abbotsleigh Aquatic Centre (indoors), and until recently, with a morning or afternoon squad at Hornsby Aquatic Centre (outdoors), and some train at various other pools and times. One of our club goals is to meet more regularly to bring club members together for a squad session and social event.

In 2010 unfortunately our membership numbers dropped 24%. With less members competing in BPS meets on a regular basis, and in State Championship meets, we still managed 5th place in Division 2 (down from 3rd in 2009) and we managed 3rd place on Average Points in our Division, and 10th highest on Average Points over all clubs. Our club remains in Division 2 for 2011.

Having had the FINA World Masters in Perth in 2008 and the World Masters Games in Sydney in 2009, 2010 may have been a year to have a break for some. We hope that 2011 will see more of our members climbing up on the blocks again.

With the FINA World Masters in Sweden in August 2010, we were proudly represented by Harry Henderson at the event in Goteburg. A review of the results reported Harry coming 30th, 31st, 32nd and 37th in 4 of his events.

Three swimmers attended Nationals in Launceston in April, which was a Short course event this year. Max Henry took home 2 Gold, 3 Silver & 4 Bronze medals, Stuart Ellicott 3 Gold, 5 Silver & 2 Bronze, plus taking 0.48 Seconds off his own national record for the 100 Breaststroke, in the last swim of the meet. Again he took Silver to his nemesis Alan Carlisle from Miami Queensland in the 200 Breaststroke.

But the highlight of the meet was Craig Magnusson's results. Craig achieved several goals that he set himself in the last year. One was to get a medal in the Championships and another was to swim some personal best times. He achieved both and more. Craig won Silver in the 200 Breaststroke, with a spectacular performance, taking over 3 seconds off a previous PB set recently at the NSW State Championships where he smashed his time by over 12 seconds. He then followed up the next day, winning Gold in the 200 Individual Medley, again with a very strong swim, taking 10 seconds off his previous best. On the final

day, Craig swam a 400 Individual Medley to again win Gold in his age group, and also recording the 3rd best time over all ages, at the meet. Craig's strong performance is a result of some solid training with the elite squad at Hornsby pool. Keep up the great work Craig.

Two of our swimmers picked up the "Swimmer of the Meet" trophy at State Championships in 2010, Stuart Ellicott for the Short Course and Craig Magnusson for the Long Course meet. At the State Short Course meet we had 8 swimmers, taking home 21 Gold, 6 Silver and 3 Bronze and at the State Long Course meet we had 4 swimmers for 8 Gold, 4 Silver and 5 Bronze.

The Long Distance Championships at Blacktown this year was a day of highs and lows. Craig Magnusson collected one Gold, Stuart Ellicott and Max Henry 2 Golds and Chris Brill one Silver. Unfortunately Max suffered a cardiac arrest after exiting the pool at the end of his 400 Backstroke, and had us all extremely concerned until brought back to life with some quick action by Jodie Burke from Blacktown and Pam Martin from Wyong and a defibrillator. Jodie, a trained emergency nurse was next to Max at the time and her quick action and experience resulted in a great outcome. It was certainly a high to see Max open his eyes and ask "what's happened". After a spell in hospital and a few months of recovery, Max made a return to the pool at the Raymond Terrace meet in December.

In late 2010 Ian Perrett has a further hip operation and early reports are that his recovery is ahead of schedule and he is back in the water as part of his rehabilitation. Hopefully we will see him on pool deck at some meets in 2011. We all wish Ian well as he enjoys an overseas holiday in early 2011.

During 2009, Oliver Harris had become the first Hornsby Master to claim the Million Metres Award by maintaining his grueling schedule with the young guns who train in the elite squad at Hornsby Aquatic Centre. Oliver received his second Million Meters Award in 2010 and is probably well on his way to a third.

On the social side we missed the opportunity to have more social events in 2010. Despite nominating a few dates, people's busy lives made it difficult to get together. We will continue to try in 2011.

At a committee level, we met a couple of times in 2010 and kept the main business afloat. We had some discussions about our "brand" and look forward to exploring this opportunity further in 2011. Thank you to Craig Magnusson for your input in getting this process underway.

Thank you to Hilary Hazell for taking on the task of Race Secretary (even when she relocated back to New Zealand in the latter part of the year). She kept us informed on upcoming meets and processed our entries to the various meets around the country. To the rest of the committee, Chris Brill, Ian Perrett & Oliver Harris, thank you for your input and for maintaining the clubs essential activities throughout the year.

We all look forward to continuing to build our club into one where all swimmers can participate and gain from the Masters Swimming motto of "Fitness, Friendship & Fun".

Stuart Ellicott (President 2010)

ITAC Warriors

Annual Report 2010

Our new club the ITAC Warriors has had a great debut year at the NSW masters events.

We currently have 8 members our newest member Tony will be racing next year in the 70's age group welcome Tony. Unfortunately next year we will lose 3 members to Qld Karen, Garth and Maurice we hope they continue to enjoy their swimming up there.

We train at ITAC pool Ultimo and thanks to Hamid our great coach, this year he has given us the right advice. Anyone interested in training with us please contact myself Danny to find out about our training sessions.

This year we raced at the NSW relay meet, the Ryde meet and the NSW LC championships and we have Auburn in the book for December. We have had medal success (congratulations Lizanne and our men's 50m relay team) and have all thoroughly enjoyed the race meets. Our team although only small has displayed fantastic comradery and enthusiasm.

We have also had members compete at the Whitehaven beach ocean swim off Hamilton Island and have enjoyed informal social nights at Silvas chicken shop.

Looking forward to 2011 to many more races and new enthusiastic members.

Danny Carmichael
Unofficial President





LAKE MACQUARIE CROCS MASTERS SWIMMING INC.

Annual Report 2010

2010 has brought a number of changes to our club but on the whole has proven to be another good year for our club and its members. There continues to be an enthusiasm and a keen level of interest by our members in the swimming activities conducted by the club although the numbers attending carnivals has declined.

Our overall membership levels have been maintained at approximately forty (40) members with about twenty (20) members attending our regular swim sessions on a Thursday evening between 6.30pm and 7.30pm at the Toronto Swim Centre. On most Thursdays Gordon Creek or myself welcome new members to the club and our Treasurer Jan Harris is available to 'balance the books' with the assistance of Don Reid. Informal training sessions are also undertaken by a number of club members on Tuesdays and Saturday mornings.

The club has continued to retain the services of the Manager of the Toronto Swim Centre, Ben Jenkinson, as our swim training coach for Thursday evenings and his expertise is greatly valued by all our members. Ben has also assisted in obtaining grants on behalf of the club and funds raised have been used for improvements at the Toronto Swim Centre which directly benefit club members and the general public. Improvements to the centre's facilities include pool ladders, new non-slip matting for the change rooms, an upgrade of the centre's audio system and new signage to promote the centre as the home of the Lake Macquarie Crocs. The club has also purchased, in partnership with Ben, a portable bar-b-que and consequently sausage sizzles following training sessions have been a regular occurrence.

While the number of our members attending the Masters Swimming carnivals has declined, our own carnival at the Toronto Swim Centre held on 18 September 2010 again proved a resounding success. We have endeavoured to maintain our association with our junior club by assisting them with timekeepers etc for their carnival and they have reciprocated with their support to our club at the time of our carnival. We also provide a financial incentive to their outstanding swimmers to assist them with their achievements.

We again combined in March with the local Rotary Club, (Sunrise) to hold a 1.5 kilometre Lake Swim at the northern end of Lake Macquarie as part of the Lake Macquarie Paddlefest. Our Vice president Michael Carmody, Roger Pedrotta, Bruce Proctor and Pam Dean Jones from the club all contributed to

the success of this event which enables the Rotary Club to provide valuable support to initiatives to help homeless people in the west Lake Macquarie community.

We continue to have a monthly meeting after our training session with the bar-b-que substituting for dinner at the local club. This is always popular and a great way to wind down and enjoy one another's company. Our Christmas party was held in December at the Wangi Hotel and at the meeting we nominated Gordon Creek as our swimmer of the year for his all-year-round contributions to the clubs' activities and his achievement in obtaining the Vorgee Three Million Metre Award presented to him at the Branch Long-Distance Championships held at Blacktown in August.

We are in an excellent position financially and overall we continue to have a great time and get fitter and healthier and all through our love of swimming!

Rod Sandell, President



Lane Cove Masters Inc.

Annual Report 2010

Lane Cove Masters is a delightfully informal swimming and social club with wonderful, interesting members dedicated to the AUSSI ideals of "fun, friendship & fitness".

Membership

Ours is a relatively small membership of diverse community backgrounds. We are a social group, a small number of our swimmers competing at inter club meets. We all share a firm commitment to **Lane Cove Masters**. Due to our current numbers, our committee structure has been somewhat reduced.

Club Venue & Sessions

We meet at the Lane Cove Aquatic complex. This complex includes an 8 lane 25m indoor pool, a 7 lane 50m outdoor pool, spa, fitness centre plus wet and dry saunas. We swim regularly on a Tuesday night, arriving from 6.30pm and commence swimming at about 6.45pm (following kids squad), concluding about 7.45pm. A regular group of us attend an after swim dinner at the Longueville Hotel immediately opposite for a much enjoyed group refreshment and sustenance. Here we have a regular booking in the bistro. All members and family/friends are welcome to join the 'regulars' in this congenial pass time.

Prospective Members & Visitors

Prospective members and visitors are always most welcome. We swim in lanes 6 & 7 of the outdoor 50m pool. This last winter saw our first year of being able to use the 50m pool virtually all year. Of course it gets a little cool making the dash from the pool to the change room inside the building. On occasion we have been forced to use the 25m indoor pool, which is always available if needed.

Our club banner is now proudly displayed at all times at the deep end of the pool. Simply arrive at 6.30pm and introduce yourself to the coach to be introduced to members and allocated a lane. We generally occupy lanes 6 & 7.

Coach

Our wonderful professional coach, Noel Peters takes good care of us and does his best to give of himself to our swimmers. We need to thank him for his efforts on our behalf.

Achievements of Members & Interclub Meets

While we are small in number, the swimming achievements of some of our first and second claim members are worth noting. John Notley (an over 80 member) and John DeVries are notable for their strong appearance in the 'Top 10'. They and Helen White are frequent competitors at inter club meets. A number of our swimmers are also strong and frequent competitors in the open water swims.

Conclusion

Lane Cove Masters is continuing to succeed due to the strong, smooth and efficient team effort of its wonderful members.

Evelyn Kelly
President



Liverpool Leatherjackets Masters Swimming Club

Annual Report 2010

Summary

Membership numbers were steady through 2010 despite further disruption with the Whitlam Centre pools being closed through several months. Training relocated to the Prairiewood Pool during this time.

Committee

President – Craig Williams

Secretary – Sean Donovan/Todd McEvoy

Treasurer – Tino di Bello

Meetings

Several meetings were held through the year and the club continues to have a strong financial position.

Membership

Numbers remained steady at around 15 paid up members.

Training

The main training night is Tuesday at 7pm. The secondary training, mainly long distance, on Sunday morning continues, and individual swimmers meet up at other times to also train together. Sean Donovan has become the on-deck coach for the Tuesday night sessions.

Carnivals and Open Water

Few carnivals were attended during the year as the programme was not convenient. Participation in open water and triathlon events continued to be strong.

Web Site

<http://liverpool.donovanconnection.net/>

Social

Social activities continue to be a highlight and are always well patronised. Several dinners were held at local restaurants.

Safety and Facilities

There were no safety issues during the year. Facilities at the Whitlam and Prairiewood Aquatic Centres were adequate with the pool staff happy to assist with lane space and other matters.



MANLY MASTERS SWIMMING CLUB Incorporated

Annual Report 2010

Manly Masters Swimming Club has 60 members, and is particularly strong in the older age groups. The club is keen to attract more younger swimmers. Our club includes several top-class swimmers but most of us swim for fun and fitness, and then compete for the team spirit.

The club has its own website to keep our members informed and to reach potential new members.

Manly Masters meet and train at Harbord Diggers/Mounties Club at Freshwater (formerly 'Harbord'), just up from Manly. We train twice a week in the 25m indoor pool under our professional coach, Jacquie Watson. Half of our members train here regularly. Saturday morning is the busiest session, using all 6 lanes of the pool. Training is pitched at all levels, and aims at stroke correction as well as speed and endurance. The squad is split into 2 sessions on Tuesday evening, giving more personalised tuition. Our immediate reward after training is coffee in the Diggers club.

Manly Masters competed in more than 20 events this year: 15 BPS carnivals, state carnivals, Nationals and the FINA Worlds. Manly's strong participation in relays at most carnivals helps boost our point score and average-points-per-swimmer. Manly won at 2 BPS meets.

8 swimmers from Manly went to the Nationals, and 2 to the FINA World Masters Championships in Sweden.

Manly swimmers broke 6 State and 5 National records in individual events in 2010.

Relay teams broke 5 State and 1 National records.

Top Ten rankings for 2010 included 18 swimmers in individual events in the Australian list, plus another 23 in relay teams. Another 7 swimmers made it into the NSW Top Ten. The 2009 World Top Ten ranking included 8 from Manly in individual events, and 4 relay teams.

Manly hosted our carnival at Abbotsleigh, with 180 competitors, early in the year to avoid the FINA Worlds slot. We ran the recording ourselves for the third time.

Eleven Manly swimmers are now accredited officials and help at various carnivals. Manly ran a timekeepers course during the year; and a CPR course.

Several swimmers did some cross-training in ocean swims. Four swam in the 24-hour Megaswim to raise funds for MS. Six swimmers completed the 2nd post-Tasmanian-Nationals wilderness walk.

Our social committee organised several functions during the year including dinners and outdoor activities for members and their partners.

A successful fundraising activity was to run a sausage-sandwich stall, at a Bunnings store, again on the busiest shopping Sunday of the year.

Lindsay Brice
President 2010



Merrylands Amateur Swimming Club Inc.

Annual Report 2010

2010 was our club's third year affiliated with Masters Swimming NSW.

Membership

5 Members (up from 4 in 2009)

Club Sessions and Venues

Merrylands Swimming Centre

Coaching: Tuesday & Thursday Evenings 5:45pm to 6:45pm

Saturday Mornings 9am to 10am

Club Races: Saturday Mornings 7am to 9am

Interclub Meets

Members attended the following meets:

Central Coast

NSW Short Course Championships

Ettalong

NSW Long Course Championships

Achievements of Members

12 Medals at NSW Short Course Championships

11 Gold

1 Bronze

3 State Records

10 Medals at NSW Long Course Championships

3 Gold

3 Silver

4 Bronze

25 Top Ten Times Achieved



Molonglo Water Dragons

Annual Report 2010

Once again we had a good year of swimming at Molonglo Water Dragons. Our membership was steady during the year.

Our training is spread over 2 venues with a third used for aerobic swimming. We have an excellent team of coaches who have really shown dedication in 2008 to the club. It goes without saying that without these people we don't have a club.

Our training sessions remained the same as 2009 at:

- Civic pool - twice a week (Mondays and Wednesdays 19:30-20:30).
- Queanbeyan pool twice a week (Wednesday (19:00-20:00) and Sundays (17:30-18:30))

In the second half of the year Adam Pine joined our coaching team on a casual basis. He is a former Olympian who has generously coached us over a number of sessions. We have focused sessions on different strokes and each swimmer definitely improved their techniques.

We continued with the inter-club competitions between Molonglo Water Dragons and Tuggeranong. This project has been spearheaded by Gary Stutsel. The points were cumulated over the year and unfortunately, despite a last minute surge by Molonglo, Tuggeranong beat us over the year. We have tried to keep the tussle informal to encourage those who hadn't tried competitions before to participate. In 2010 we had a number of tussles which were well attended; all those who participated enjoyed the experience. We will continue the format for 2011

Siân Jowitt

President – Molonglo Water Dragons

Myall Masters Swimming Club Inc.

Annual Report 2010

Our club has enjoyed a very successful year, both competitively and socially. Our membership stands at over 30 people.

We continue to enjoy exclusive use of the Tea Gardens 25 metre, six lane pool on **Monday evenings** from 5.30 to 7.00 pm during the months of October to mid April training under the guidance of coach Leon Bobako.

Six new removable pool diving blocks plus fittings have been acquired by conducting a fund raising "Swimathon" in February. Other major community pool users including the Tea Gardens Amateur Swimming Club and the Tea Gardens Public School also participated. Five thousand dollars was raised. Many thanks to those groups and to all individuals who participated and generously donated funds to this worthy cause. The old masonry blocks were non-compliant (too high) and deemed unsafe by council who had no available funding for infrastructure replacement. However, council was able to demolish the old blocks and provide storage facilities for the new demountable blocks. Congratulations to all involved.

We were also successful in gaining a **community sports grant** provided by the **Holiday Coast Credit Union** that enabled us to purchase new, stainless steel backstroke indicator poles and socket fittings. These now compliment our new starting blocks and replace the old, unstable galvanized pipe poles.

During the winter pool closure, our keen members car pool for a 100 kilometer return trip to the Lakeside Leisure Center heated pool at Raymond Terrace. Winter swimming participation was down somewhat this year as the weather was lousy and many people were away on holidays.

The Tea Gardens Hotel/Motel has generously continued its **support for our club** with discounts for accommodation, food and beverage and a cash donation which assists in providing member benefits such as equipment (swim aids and instructional material), sports clothing and administrative expenses. We greatly value this support and urge all Masters Swimmers to patronise and recommend the Hotel to others as much as possible. Thanks to Treasurer Bob Voigt who has been instrumental in negotiating with the hotel on our behalf.

Our carnival regulars have not been quite as active this year, however we did have John Coles compete and acquit himself very well in the 65-69 age group at the X111 Fina World Masters Swimming Championship in Goteburg Sweden. Well done John.

Social activities in the form of The **Club Awards** night held in March at the Tea Gardens Hotel/Motel was once again very popular and well attended. Social Secretary Rod Andrews and the catering team of the Tea Gardens Hotel/Motel provided us with a great evening as usual. Our annual awards recognise swimmers judged by our Club Coach to have demonstrated “determination in developing swimming technique, attendance at training, self motivation, participation in inter club events (but not necessarily) and commitment to the Myall Masters Club. The award for swimmers from lanes 1,2 & 3 went to Graham Patterson and John Coles took out the award for advanced swimmers from lanes 4, 5 & 6.

Christmas seemed to swoop down on us this year and we have taken a break from the usual Christmas function to have a quiet, convivial BBQ in the park following our swim evening on Monday 20th December. We will be looking forward however to our end of season celebrations and awards function (date to be announced soon). Many thanks to our super Publicity Officer Rhonda Bobako for keeping us and the world up to speed on all our goings on throughout the year.

Our **Committee** over the past few seasons, spearheaded by Secretary and Coach Leon Bobako, have been coordinating with Great Lakes Council and other business organisations to gain community grants available to local sporting bodies. Funds have been made available that have enabled **improvements to the Tea Gardens pool** that benefit our club, local swimming and community user groups (notably schools, learn to swim programs, amateur swimming clubs, aqua fitness groups etc). Pool improvements gained so far are, heat retention blankets, a shelter awning protecting the northern pool deck and the removal of fixed starting blocks that did not comply with safety regulations relating to block height and pool depth and their replacement with demountable blocks as well as new backstroke poles (see report above).

My sincere thanks to both the Committee and members for their support in 2010 without which our club would not be the enjoyable and well functioning group that it is.

Here's looking forward to a rewarding and happy 2011 and to continuing our swimming for fun, fitness and friendship.

Peter Brown
President

Nelson Bay Dolphins

Annual Report 2010

The 2010 year was a mixed year. While there were many exceptional personal achievements, including a swag of personal bests and gold medals for Pamela Nix at the National Championships in Launceston and some good team performances, which included taking out the average point score at the Novocastrian BPS, we lost our most enthusiastic member. Sadly, Harold Moore passed away in September. He was the only member to turn up regularly at training and was always in attendance at team functions. He was the life of the party and his loss has been felt by all.

During the year we were also without our local swimming pool for five months. Some members were able to train at Raymond Terrace or Newcastle pools. A few brave and hardy members swam in the bay during the May till October pool closure. It was cold, though pleasantly refreshing, and didn't help those who needed practice with their tumble turns. As a result, club functions and carnival attendance were the only ways we were able to stay in touch with each other.

Membership was at 10 for 2010 so we are not growing rapidly. While 2011 looks to be a challenging year, we already have a couple of members that were not with us in 2010. Perhaps this might be the membership boom we were hoping for.

Our regular Tuesday and Thursday afternoon swims and Sunday morning swims were poorly attended during 2010 and it will be interesting to see if there is a change with new pool management taking over.

A huge thanks to Pamela Nix and Tom Dodd for the marvellous work they have done for the club and to all our members who make being a part of the Dolphins a pleasure.

There were no safety issues to report.

Peter Nix





Annual Report 2010

North Sydney Masters had another successful year in the pool, in the ocean, and in the social arena. With 133 club members and a great committee on-board, we managed to complete several accomplishments such as the inaugural semi-annual Club Fun Day in April (followed by the second one in September) organised by Belinda Herring and Louise Weaver. These days offered an informal setting for those nervous about racing to see what it is all about. Jen Langgons with the help of Melanie Speet also worked with North Sydney Council to create new North Sydney Masters pool signs which are displayed proudly at the end of our lanes during our sessions. Lastly, Melanie Speet as equipment manager organised new bright red North Sydney Masters T-Shirts and an exclusive Funky Trunks / Funkita design designated for North Sydney which you will spot our swimmers wearing in training, at ocean swims, and at carnivals.

Due to a request from NSW AUSSI to balance out the carnival calendar, we have moved our carnival back to February timing and therefore, cancelled the planned November 2010 carnival. Alan Godfrey will again be carnival director for this event in 2011.

The biggest change to the squad this year was the resignation of two long-time volunteer coaches in November and December of Kevin Porter and Alvin Parr-Whalley respectively. We will sorely miss both coaches. In the meantime, Hiroto Homma and Stephen Badger have both increased their coaching sessions to two times per week (Mon & Wed Evenings), while Alan Godfrey has agreed to coach Friday evening and Sunday sessions solo. All three coaches are committed to helping the swimmers meet their goals, whatever they may be, and the club continues to thrive.

The social calendar for 2010 was expertly executed by our social convener Melody Xu. Events attended by club members included barbies & Pizza nights at the pool, Xmas in July (hosted by Peter Murray again), Mollymook "training camp" and the Xmas party. Mollymook was once again a great success, thanks to the efforts of Robert Hayter and Alan Matthews in organising pool time and accommodations for everyone who attended.

Last year, more than 30 swimmers attended more than 25 carnivals, and surprisingly 63 new club records were made in addition to 20 state and 5 national records and one relay world record. The numbers of attendees are a little declined because of the postponement of our own carnival mentioned above. According to last year's statistics, Melissa Beams raced 5,225m, while two swimmers attended international meets - James Wright at the FINA World

Masters Championships in Sweden and Alan Godfrey at the 2010 Gay Games in Germany. Helen White was awarded female swimmer of the year, Alan Godfrey male swimmer of the year, Anna Doukas most improved female and Luke Parr most improved male swimmer of the year.

North Sydney Masters had another great year in the Sydney Ocean Swim Series. Numbers were similar to previous years with between 5 and 25 swimmers at each of the ocean swims between November and May. Fun and a personal sense of achievement are definitely the main reason for our swimmers taking part in ocean swimming, although many club members picked up age group medals throughout the series, with Louise Stevenson, Melanie Speet and Christina Echols our most consistent medal winners. At the club's annual Christmas Party and award ceremony, the club awarded Melanie Speet female ocean swimmer of the year and Colin Hannah male ocean swimmer of the year. Further abroad, Dori Miller successfully swam the English channel and even attempted a return leg back to England after reaching France (for the North Sydney swim of the year) and Louise Stevenson completed the Rottneest Channel swim as the top female solo swimmer.

Participation in both carnivals and ocean swims is a direct result of the encouragement and cajoling from our pool and open water captains Gillian O'Mara, Hiroto Homma and Colin Hannah.

Other volunteers that made 2010 the success it was include Matthew Leditschke as statistician and, along with Pete Gregory, website administrator, Alan Godfrey as race secretary, John Kain as treasurer, Rachel Fox as secretary, Jen Langgons on membership, Grant Parr as vice president and Vlad Bonderencko as safety and training officer. With our strong membership and commitment of our volunteers, we look forward to another successful year in 2011.

Christina Echols
President





Novocastrian Masters Swimming Inc.

Annual Report 2010

It has been a year tinged with both happiness and sadness. Our oldest member known to many Masters swimmers, 88 year old Ernie Emmett, died on 12 December. At his funeral on 18th December there was a large turnout of Club members, both past and present, to form a guard of honour together with members of the RSL. There have been expressions of sympathy from numerous Masters Swimmers and these reflect the friendships which Ernie made during his time as a Masters swimmer.

Overall the club membership has remained fairly constant through 2010 although fewer than in 2009. We started the year with 50 financial members and finished with 54. Several members are distant or 'second claim'. *Wests Balance Health Club* as our home pool continues their valued support of the club so that Tuesday training nights are all well attended.

Adam Beisler, our enthusiastic coach, continues to encourage members to improve fitness, style and lung capacity with a mixture of exhortation, humour and encouragement.

This year we have not quite matched the competitive results of previous years, but have continued to be represented at meets in both the Sydney area and regionally. The "Golden Turkey" has, unfortunately, resided more with us than with our friendly rival, Warringah Masters. For those who don't know only Novocastrian and Warringah compete for this award. It is unique in that it is given to the club that achieves fewer points at each Meet.

At the end of the Division One BPS competition Warringah (7695 points) came out tops and deserves our congratulations. It was down to the wire for second place but the final meet of the year at Raymond Terrace saw Novocastrians (6105 points) pull away to push Blacktown Masters Swimming into third place (5520 points).

Four of our swimmers appeared in the top 20 list of "most active" swimmers. Members who achieved branch records during 2010 include our coach, Adam Beisler (25m free, 25m fly, 50m back, 100m butterfly), Bill Walker (400m butterfly,

breaststroke IM, 1500 breast), Ann Campbell (200m fly and 400 m freestyle), Wendy Gordon (400m free), and Ian Jeffery (25m back, also a National Record, and 100m IM).

Aerobics remains an integral part of club activities and we plan to focus on boosting the club's participation rate during 2011. Once again the club held two special swim mornings to boost the aerobics efforts. These were held in conjunction with informal social activities that added friendship and fun to fitness.

Our home meet in November was attended by approximately 105 swimmers, with the number reflecting similar lower than usual attendances at most meets this year. It was great that people from distant clubs came along and supported our event. We were particularly pleased to see Linda Isley assisting with the marshalling although not officially asked because at the time of organising sanction she was away. Her assistance at meets is always welcome and she does such a great job. The support from all the officials and those who helped is greatly appreciated. These events could not be successful without these willing helpers, including the youngsters who are roped in as runners.

Other important club activities included the social interaction afforded by our attendance at Clarence River and Port Macquarie BPS meets, their fine post-meet receptions are always great fun, a post-meet dinner with Warringah and a well attended Christmas function at the home of Nick and Maureen Woodcock (Nick being one of our Club Captains).

The club has continued its tradition of supporting our community in different ways, both as individual members but also as a club, typically raising money for community causes. This year members supported Pat McCarthy (Cessnock) who was involved in the Relay for Life walk in memory of her late husband Les, who was an active Masters swimmer.

Our club will continue to thrive in 2011 with enthusiastic members carrying forward the principles of fun, fitness and friendship

Alan Moore

Hon. Secretary, Novocastrian Masters Swimming Inc

Oak Flats AUSSI Masters Swimming Club Inc.

Annual Report 2010

Oak Flats is a small but enthusiastic group of swimmers meeting three times a week at Kiama Leisure Centre. In 2010 we had a contingent of 10 swimmers who attended a range of carnivals over the year. We ventured as far north as Raymond Terrace in December and west to Campbelltown mid year. During the remainder of the year we attended carnivals at Ryde, Ettalong and our old favourite... Blacktown.

By year's end we had managed to achieve first place in our division for average points per swimmer per carnival. Our average points per swimmer was strong in relation to all divisions.

During the warmer months of the year we took part in river swims at our old haunt....the Minnamurra River. These swims were followed with a sizzling breakfast on the BBQ and lots of chat and good friendship. In July we organised a walk along the newly opened coastal walk from Kiama to Gerringong. For our efforts we followed this up with a feast of fish and chips on the beachfront at Gerroa.

In May a group of our swimmers took part in the MS Megaswim at Homebush. We each completed a two hour swim and took part in fundraising to support our efforts.

Through the year we redesigned our Blue Swimmer logo and now are sporting blue and white shirts with our new 'crab'. We hope to extend our clothing range this year to jackets also featuring our new logo.

This year our President, Bob was fortunate to receive a kidney transplant and has been out of action for some time but is now on the mend and in typical style can't wait to get back into the pool and back to 'normal life'.

We look forward to another year of swimming, good health and friendship in 2011.

Carolyn Worthy
Secretary



Penrith Masters Swimming

Annual Report 2010

The Penrith Club completed the 2010 season with 22 swimmers and 1 social member.

Thanks to our race secretary and treasurer Stephanie, President Geoff, safety officer Angela and clothing officer Kim.

Our main training session is held on Saturday mornings at Penrith Pool 7 till 8-30am usually followed by a big breakfast. Some of our members also swim extra sessions with our friends from the Blacktown Club.

The club finished 10th out of 12 in division 1 with most members swimming somewhere between 4 to 10 meets each for the season.

We had 4 swimmers attend the World Championships swimming very credible times and obtaining many PB's.

Our President Geoff had a crack at the English Channel in August swimming for 6hrs and reaching the halfway mark (about 16kms) in water temperature of 17deg. A great effort till leg cramps forced him out of the water.

One of our long term members Raphael Collins has pulled up stumps and moved to Queensland to retire and join the local masters and surf club. Health problems has kept our good friend Angela out of the water for a large part of the season but she will be back to training in early 2011.

We have had a good year with social activities from bushwalking to dinner and movies and a couple of great dinner shows at Panthers.

Garry Fletcher
Secretary

PICTON AUSSI MASTERS

Annual Report 2010

Membership

This year Picton Masters had 14 registered swimmers, 3 of those being new members and 2 being 2nd claim members.

Club Sessions

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

Interclub Meets

- **Central Coast, Ettalong, Wett Ones, Campbelltown, Lake Macquarie and Auburn**
- **NSW State SC - 4 swimmers:**
 - Scott Bidewell 2 gold, 2 silver, 1 Bronze
 - Elly Ramon 1gold, 1 silver, 1 bronze
 - Lin Molloy 3 silver, 1 bronze
 - Sue Feigler 2 silver, 2 bronze
- **MSNSW Relay Carnival**
 - 3silvers, 1 bronze
- **NSW State LC-7 swimmers**
 - Anna Barnes 2 gold, 2 silver, 1 bronze
 - Sue Feigler 2 silver, 2 bronze
 - Margaret Wilby 2 silver, 2 bronze
 - Elly Ramon 1gold, 1 silver, 1 bronze
 - Annie Cooke 2 silver
 - Andrew Musgrove 4 gold
 - Scott Bidewell 2 gold, 2 silver, 1 bronze
- **National Swim - Launceston**
 - Scott Bidewell 2 silver, 1 bronze
- **World Champs -Sweden**
 - Anna Barnes 16th 100 Breast, 6th 400 IM, 10th 200 IM, 14th 100 Fly, 4th 200 Fly
 - Annie Cook 9th 50 Back, 12th 200 Back, 11th 50, Fly, 9th 50 Free, 9th 100 Back

Swimmer Achievements

Scott Bidewell - State Record - LC 50m Breast, SC 25 Breast, SC 100 Breast, SC 200 Breast

Anna Barnes - 2009 FINA Top 10 - 8th 200 Fly, 8th 400 IM

Social Activities

Many members competed in the NSW Corporate Games for Wygrain, winning the following awards:

- Medalist Award (highest number of medals won over all sports and all divisions)
- Division 2 (6-10 Participants) winners

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

Anna Barnes

President



Port Macquarie Masters Swimming

Annual Report 2010

Once again we have had a great year of swimming, and many thanks go to all the members of the club for their support and participation in another successful and enjoyable year.

We can congratulate ourselves as we have maintained a spot in Division 1 with a greatly improved place of 4th with a point score of 4587. Our participation in carnivals and especially our own, with 37 of our members swimming on the day shows our enthusiasm for the sport.

We have maintained a constant number on our Saturday morning club swim, with a modified program this year to include a more balanced format. Our thanks go to Sheryl for her coaching & for her dad Olly for lending a hand as Sheryl jetted off around the world. Our thanks go to Michael and the pool staff for the great job of keeping us safe in a well-maintained complex.

The contribution of members in taking on club activities makes for ease of running the Club. Reg who has taken on the role of club recorder and has done for many years and Warren maintaining the records for the aerobics sessions have made my job easy knowing the processes are well looked after.

Thanks to Christine for organising & producing another group of time keepers. To the members who have put their hands up to take on further responsibilities and increase their qualifications to ensure swim meets are run successfully. Without all these people giving their time our club would not be as successful as we are. To all the members of Australian Masters who gave up their time to help us in our carnival, a special thanks. The support from Di Coxon-Ellis and the NSW AUSSI Masters team has been invaluable and I give thanks to their patience as I went through the learning curve.

Our finances are still solid with a special thanks to Joy Cain for her work with the Port Macquarie full & half Ironman and to all our members for the very successful swim carnival, and to Gary G for the great job as the money man.

It is with regret that I am unable to carry on as president for the coming year. Due to work commitments Gary & I will be heading back to Victoria. I know the club will be in good hands with the many enthusiastic members who willingly take on the management roles.

I wish the Port Macquarie Club well for the future & will watch the progress online.

Trish Berry
President

Prairiewood Masters

Annual Report 2010

Prairiewood club membership consisted of four people:

- One male:
 - ✓ Hung Pham
- Three females:
 - ✓ Margaret Peterson
 - ✓ Linda Music
 - ✓ Na Vuong

Club Sessions are held on Thursdays nights 7pm-8pm where stroke correction and time trials are held

Aerobic swims - Sundays 7am-9am four members swam aerobics swim this year. Winter months are popular as we swim in an outdoor heated 50m pool.

Hung Pham





Raymond Terrace AUSSI Masters Incorporated

Annual Report 2010

2010 has proved to be even more difficult than 2009, primarily due to the fact our membership is reduced to 15, so less to carry on the official positions and general running of functions and our carnival. We felt with the age lowered to 18 years may have encouraged some new members but that has not been the case. Perhaps there is a need to advertise that fact and we offer coaching and teaching to prospective members.

We are fortunate to have several able and willing coaches who offer their free time voluntarily to encourage our swimmers to keep fit and improve their swimming, whereas most Masters clubs need to adopt professional coaches.

Our training is held at our Raymond Terrace pool each week on Saturdays at 8 a.m.

There are only a few members who are interested in competition, although several members have top ten in State National and international events and one member who achieved 2 million metres this year, which is very exciting for Raymond Terrace.

Socially the club has several outings and the Hunter Valley Clubs get together for a Trivia night which is fun.

Unfortunately the club is most disappointed that the local Council failed to complete the joint club room planned a decade ago and the tin "shed" now built apart from the pool has no infrastructure such as correct drainage, connection of water, electricity, insulation nor proper disabled and normal access. Council states that there are no funds available to finish the job. However we are endeavouring to press on regardless

Yours in Fitness, Friendship and Fun

Jan Finn
President





RYDE AUSSI MASTERS SWIMMERS Inc. (RAMS)

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

Annual Report 2010

Memberships: The club finished the year with 63 members (31 males and 32 females) which was a slight decrease on club membership for the previous year (68 members). We were active in promoting the club during the year, by submitting articles to the local newspapers which were taken and maintaining an attractive notice board at Ryde pool.

Many people have generously provided their time to help organise the club's activities. Special thanks to our president John Amery, all the committee of management and others involved in the running of the club.

Club Sessions and Venues: The club has been fortunate to have had three regular coaches during the year: Vicki Watson, Greg Lewin and Wendy Seale. The variety of coaches has added to the variety of training sessions and drills provided which we are grateful.

Our regular training nights are Monday and Wednesday from 7:30 to 8:30 pm at the Ryde Aquatic Leisure Centre. Wednesday night also includes a social gathering for supper (tea, coffee and biscuits) at the conclusion of the training session.

Interclub Meets: Thirty two members from the club competed in both long and short course carnivals during the year which included their own Ryde AUSSI Masters meet which was a great success.

Aerobics: Numerous club members have participated in aerobic swims during the year, particularly our annual swim-a-thon at the University of Macquarie pool.

Achievements of members: Jenny Whiteley has had another fantastic year. Placed third in the Top 5 Women's point score, broke 7 National Short Course records and was awarded the Swimmer of the Meet for the third consecutive year at the National titles in Launceston, Tasmania. She also was awarded Life Membership for valuable services and contribution for over 20 years. It was also identified in a newspaper article that she has been a recipient of the TWT Club Six/Ryde Sports Foundation Sports Star of the Year Award.

Other members that have received awards this year include Greg Lewin, (our Coach, webmaster, club newsletter, to name a few hats) for Life Membership. The Betty Grant Award was awarded to Jamie Turner. Our head coach Vicky Watson was named National Coach of the Year and has taken up the position of NSW branch coaching director.

The club had twenty one females and eighteen males that made the National Top Ten point score in one or more age events with Natalie Clarence breaking a Short Course State record.

Social activities:

- Training and social activities were held at the Gold Coast on the June long weekend and at Thredbo on the October long weekend. The Club members would like to thank Vicky Watson and Susan Leech in organising these successful events. This year the Club invited the Tuggeranong Masters to Thredbo training session and everyone had a great time.
- Swim-a-thon to raise money for a charity, Riding for the Disabled, and our club; and
- Annual Xmas Party.
- Each of the above events fulfilled the Masters Swimming slogan of **fun, friendship and fitness.**

Wendy Seale
Secretary



SANDBERN SWIM TEAM

P.O. Box 1053, Sutherland 1499

Annual Report 2010



Membership

Currently we have 63 financial Sandbern members of which 37 are financial Masters' members.

Club Sessions/Venue

We swim at the Sutherland Leisure Centre. Sessions are 0500-0700, 0800-0930 and 0930-1100 Mon-Fri. There are two evening sessions, Tue and Thu 1830-2000. There is also a session on Sat morning 0730-0900. Our Club Coach is Yola Janic and she plans our sessions around the next major competition we will be entering.

Carnivals

During the year we increased our efforts to get more Masters' members to participate in carnivals. We were reasonably successful with this and we had our best season for a long, long time. As a result we finished 2nd in Division 4 and have been promoted to Division 2. In 2011 we are aiming to improve our carnival performances again and hope to do well in our new Division.

Social

Our major social event this year was also a fund raiser. With the assistance of our generous sponsors, The Crest Hotel Sylvania, we held a Trivia Night. This proved to be a social success, with 130 participants and we raised over \$4,000 for the Toure de Cure. This is a long distance cycling event that raises money for a range of cancer foundations. We will be doing the same in 2011 and with a new social committee are aiming to increase the number of events.

Summary

Our membership covers all levels of swimming, but with one thing in common – we like to enjoy ourselves. We are always keen to welcome new members, whether for fun, fitness or competition.

Paul Vallis
Secretary

Annual Report 2010

The Pirates enjoyed our usual quiet January recovering from the festive season and celebrated the end of the recovery by pillaging a local pizzeria. Jane ran a Check Starter course for us, a reminder that we need to keep up with encouraging our members to participate in all the activities that Masters has to offer.

March brought seven Pirates an entry in the World Top Ten, we published the inaugural Seaside Pirates Yearbook and three members took part in a star-studded charity swim organized by Rotary International. Using the skills and skullduggery acquired as Masters the Pirates managed to organise and swim on the winning team.

We decided to hold a Club Championship throughout the year and the first round was held in March. This was a great success not only in the pool but afterwards when the Catering Crew put on a fine repast and everyone stayed to chat.

In March it was time to head up to Ettalong and we spent a couple of fine social evenings gathered around the TV watching Pirates Peter Kerr, Simon Goldschmidt and Mitch Patterson swim in Commonwealth Games Trials. We weren't however, too distracted from the task in hand, and the Club won the Short Course Championship with the young duo of Alan Dufty and Kevin Vickery showing the way with National and State records.

The National swim in Launceston saw a good team from the Pirates do extremely well in the pool and by all accounts the social life was just as exciting. Having set out to prove it, one member (who'd better remain anonymous) put forward the theory that way too much red wine is good for backstroke the following morning.

At the NSW AGM in May the Seaside Pirates were surprised and delighted to be awarded the Club of the Year for 2009, and to win the Sue Johnstone Trophy. It was such a pleasure to see our Vice-President Jane Noake receive a richly deserved Life Membership of the association.

Terrey Hill Aquatic Centre has a large masters squad and in May we organised a challenge relay night. As the event approached we were a little worried at how seriously Terrey Hills were taking it and on the night they gave us a big fright early on. Put it down to match practice perhaps but the Pirates lifted their game and the evening ended with honours evenly divided. Shortly afterwards the Terrey Hills Terriers formed and joined MS NSW and on the form of that very enjoyable night, success won't be far away for them.

The next big event in the calendar was the State Relay Championships and we were edged out once again by our friends from Warringah Masters. OK, they beat us by lots. The team still had a great time with some fearsome combinations and a pleasing number of 'first-timers'. Also pleasing was the number of Pirates helping out on deck and in the back room.

In August a small but powerful team of Seaside Pirates headed off to Sweden and all acquitted themselves well. Some concern was expressed at home though at Jeff Price's increasingly incomprehensible reports on the website. It was thought to be the Swedish beer, Spanish red wine or, more likely, gherkins! At the State Long Distance carnival the Pirates came a narrow second to Blacktown. We held our BPS Carnival at SOPAC this year which was an adventure. We did manage to win it though, just.

We won the State Long Course Championships in October with a special mention to John Bates who took a National Butterfly record only a few short months after shoulder surgery. We held the third and final Club Championships of the year and this has proved such a successful fun and social event that we will be repeating them in 2011. Another great relay challenge was held with Terrey Hills in December and the year finished with a 100x100 swim. A few members have done this for a couple of years and this year we organized it from the Club. Those who took part all enjoyed it (they say) so this too will become a regular event on our calendar.



SOPAC Swim Team (Masters)

Annual Report 2010

2010 was our 5th year as a club and our membership declined to 8 this year, not having our own lane space and coaches, will continue to restrain new members I think, although we will endeavor to attract more members in 2011.

2010 saw us continue as the Masters component of the swim club at SOPAC and this gave us access to SOPAC coaches and club race meets approximately once a month on a Friday night.

SOPAC has adult squads from 5am till 7am on Monday, Wednesday and Friday mornings (covering from 1.5km up to 4.5km), plus SOPAC management introduced lunchtime squads from 12:30pm to 1:30pm as well, which have proved to be popular for those who work close by. Thanks to our coaches in 2010, especially Ellen.

Looking forward to the future,

John Murray

Administrator, SOPAC Swim Team (Masters)





St George Masters Swim Club Inc

Annual Report 2010

Another year has just slipped by. We have had a few new members join this year but in true fashion some have left. Our current membership is much the same as last year with around 28 members but on the flip side most of the members have been attending on a regular basis. This winter has the usual turn out for a swim during the colder months, but of late numbers have been down due to a number of people away and having the flu. The epic swims between Roslyn and Louise over the 200m swim still continues.

Thank you to Grahame Shade who has done a great job again this year as Treasurer to the Club. It has been a little challenging for him when the money tin each Monday night never seems to balance mostly in the Club's favour. With the warmer weather approaching one would hope to see Grahame back in the pool churning out the laps again. Thanks to Col and Val for doing a lot of the behind the scenes work in organising registration and carnival entries, Val & Joanne for opening and closing the pool when I am not available and Louise for looking after our social events throughout the year. This year Kirk Harrison has taken over the role of Secretary and has done an outstanding job this year with many more to come

This years Christmas party was at Oatley Hotel. We were lucky to have a room to ourselves so we could party hard and not disturb anyone at the pub. We finally got around giving out life membership awards to Col & Val Lynch. As we do every year, we held our pool party for Christmas in July in August.

Our President vs. Vice President's relay tradition has continued with a couple of stand ins when our Vice President's have been away. Bill Richard seems to always have the best team on paper but they never perform on the day (can't handle the pressure of the big events).

This year we had a good turn out at some of the carnivals in the year. St George finished first in Division 3. There are 10 teams in this division. This year we entered the State Relay carnival. It was held in the 50 meter pool for the first time and for those who did the 400IM relay well done. Three members made the inaugural trip to Yamba for a masters' carnival over the long weekend; a great time was had by all with some outstanding results with Louise scooping the "pool" in her age group. We all so went to Port Macquarie in November for more fun, frivolity and some swimming. Next year we plan to go to more country carnivals throughout the year.

I would like to thank everyone for all of their support over the last 12 months

Dennis McKee
President

Tamworth AUSSI Masters

Annual Report 2010

Tamworth AUSSI continued with the same monthly swimming program:

- 1st Wednesday – Training Night
- 2nd Wednesday – Aerobic Night
- 3rd Wednesday – Race Night
- 4th Wednesday – Drills Night
- 5th Wednesday – Stroke Correction

We had eight registered members this year.

In March Kingsley and Andrew competed in the Trial Bay 2.7 km Ocean Swim at South West Rocks.

During the month of May Andrew and martin competed in the 2.2km Winter Whales Ocean Swim at Byron Bay.

In November our application to conduct a Postal Swim in October and November for 2011 was sanctioned. We encourage all Masters Swimming members to take part in the postal swim which is advertised on the national website.

Throughout the year Martin kept the Tamworth AUSSI flag flying by attending several short and long distance carnivals, gaining placings in the top three and top ten for his respective age group.

We has two functions to celebrate Christmas this year: a lunch at the Williams' place and an evening meal at The Rocks Restaurant. We enjoyed these social outings and were able to celebrate the end of another year in AUSSI.

Keep well, see you in 2011.

Sonia Fawdry
Club Captain

Tattersalls Masters Club

Annual Report 2010

2010 was again a relatively quiet year for the Tattersalls Masters Club in terms of carnivals with the club concentrating on internal club pool swimming, open water racing and surf swimming. The Club continues to maintain a competitive group of swimmers across all age groups, and has been well represented in open water events.

Tattersalls Masters had a number of successes over the year with the most notable being another overall win in the Maui Channel Swim - its fourth win in a row, with the final margin being only 15 seconds from the American team – a very tight finish for a 16 kilometre swim!

Tattersalls also managed another overall win the Bondi to Watson's Bay Swim, its ninth in a row.

Tattersalls Masters continued to be very strongly represented in the ocean swim scene around Sydney and beyond, racing in a number of places from Hawaii to Perth.

The internal club championships were strongly contested again this year with some outstanding swims across the age groups. Peter Thiel took out the 100m and 50m Championship races, whilst Chris Fydler took out the 400m.





Trinity AUSSI Masters Swim Club

Annual Report 2010

2010 has not been an easy year with the impact of the GFC and dropping numbers, however we have managed to keep the bulk of our membership with the membership at 34 slightly down from last year.

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

During the year we had our annual carnival in September. This was due to the school using the pool on our regular June date. We were blessed with great weather on the day and all swimmers enjoyed the sunny and quiet outdoors during the lunch break. Talk about lunch break - the swimmers demolished all the soup and sandwiches that were on sale during the break. Congratulations and a big thank you to Daphne and Judith and all their helpers for doing such a great job in making and serving the food. Further I would like to thank all our members for all the work they put into making this carnival a success because, as you all know, a carnival does not happen without all hands on deck and helping.

Whilst our numbers a slightly down we have still had a few swimmers participate at various carnivals during the year and they have acquitted themselves admirably. Hopefully we can get a few more along to the carnivals next year. Whilst no new records were set by our swimmers, they enjoyed themselves and were proud of their performances.

Most members of the club participated in the aerobics program with all those achieving new goals. John Kulhan was able to gain maximum participation by doing every swim possible. Congratulations to all our members for all their swims. I would like to mention Frank Funibaldi who has been a regular swimmer with John in the aerobics programme over the last few years. Frank is not doing

the aerobics program any more however, after his brush with the Almighty last year, I am happy to advise that he is doing well and is in the water doing swims but not competitive ones.

We also had two swimmers complete the 5km West Auburn postal swim. Congratulations to John Kulhan and Sandy Grant - great swim.

At Trinity we are a social bunch and enjoy ourselves whenever we are out and about. This year we had our Christmas party at the Ashfield RSL restaurant with a fine buffet dinner and drinks , great night had by all, Thank you to Daphne for arranging the night .

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

John Kulhan



Tuggeranong Masters Swimming ACT Inc.

Annual Report 2010

It has been a very busy year for Tuggeranong Masters swimming behind the scenes with a name change occurring and the Club Constitution having a much needed overhaul. A small group of Jane and David Lindsay, David Bale and myself took on the task of overhauling our constitution bringing it into line with the NSW Branch of Masters Swimming as well as Masters Swimming Australia. These changes came about due to the ACT Branch disbanding and this club joining NSW Masters Swimming, as well as Masters Swimming Australia dropping the acronym AUSSI from its name.

With Masters Swimming deciding to drop the acronym AUSSI from its name we decided as a committee to propose a name change. In consultation with our members we agreed on calling ourselves Tuggeranong Masters Swimming ACT Inc.

Finally after several years of deliberating, the Club laptop and operating software was purchased from funds allocated to us by FACSIA for "Volunteer Small Equipment Grants" in 2007. We have also been able to purchase six new stop watches, a white board, a folding table and 5 new pool signs from the Vikings Affiliate Club Bonus Grant. The Vikings have also supported us in the form of proceeds from the three raffle nights we ran in April, July, and October.

In return we have supported the Vikings Club by re initiating the end of month drinks at the Tuggeranong Town Centre Club and made bookings for dinner after the raffles, interclub and Tuggeranong Challenge, annual presentation night and various other functions.

Our website had an overhaul thanks to Terrence Ingram and Caroline Makin. They worked hard together to re-establish our website and bring it into the 21st Century. Caroline regularly updates the content to keep us all well informed of past, present and future events.

Our coaches Brenda Day, Jeanette Droop and Gregory Gourley have done a fantastic job in providing a variety of programs and preparing us for the many carnivals that we have participated in this year. Leisa Cass has filled in when our coaches have been unavailable and she too has done a fantastic job. As a club we appreciate the time and effort our coaches put into providing us with many stimulating and varied programs.

We ended 2010 with 59 financial members and as a club on a whole we have been very active and successful in the pool. Many members participated in various swim meets, locally, within NSW, interstate and overseas over the 12 months. Those meets include: Invitational Meet at SOPAC, Central Coast, Manly, NSW State Championships – SC at Woy Woy, National Championships – Launceston, ACT Duel Meet – Queanbeyan, MS 24 Hour Relay Swim-Canberra, Ettalong, Wett Ones, NSW State Relay Meet – SOPAC, ACT Duel Meet – Tuggeranong, NSW LC –Long Distance –SOPAC, Campbelltown, Ryde, Trinity, Alice Springs, Pan Pacific Masters Games, NSW State Championships – LC at SOPAC, ACT Duel Meet – Queanbeyan, Tuggeranong Challenge and West Auburn

It is not always easy to participate in carnivals due to distances that we need to travel and the cost involved. We have been very fortunate this year to be given funding in the form of "Go Country Subsidy" from NSW Masters Swimming. This has enabled many of our members to participate in the NSW State Championships – Short Course, NSW Relay Meet and the NSW State Championships – Long Course.

Congratulations to all those that have participated in swim meets and a big thankyou to our Club Captain Ian Hampton for tirelessly organising our relay teams at these meets. I am sure you will agree that our members show fantastic comradeship as well as having a great deal of fun – "Go the Viking". Let's not forget the Masters Swimming Motto "Fitness, Friendship, and Fun".

We have enjoyed a friendly tussle with Molonglo Water Dragons on three occasions over the year with the ACT Duel Meets. These have been a fun way to connect with Molonglo Water Dragons and bring the two clubs together for some friendly rivalry.

Participation in Postal Swims has also been strong this year with members participating in various postal challenges. Postal swims entered include, BLDSA one hour swim, Swan Hill DO 45, Bunbury 3 x 400m, Tuggeranong Trifecta – 400m, 800m & 1500m and the Aqua Jets Task Master.

The Inaugural Tuggeranong Trifecta postal swim was held in July. This was the brain child of Jane Lindsay, who organised and ran this event. We had nineteen (19) swimmers entered with eight (8) swimmers entering from interstate. Preparations are in place for the running of this event again in 2011.

As well as the postal swims we have had many of our keen swimmers following that black line up and down the pool in the quest to conquer the Aerobics Program and to help us to arrive back in Tuggeranong in time for Christmas in the “Vikings Murray/Murrumbidgee Challenge”. This challenge is for us to arrive at our destination by Christmas, by combining all our distances swum and charting it along the Murray/Murrumbidgee Rivers. We celebrated along the way as we made the journey up the river but had to catch a bus in Gundagai to get home to Tuggeranong.

Ian Hampton, Anne Smyth and I along with members from Ryde Masters travelled down to Thredbo to attend a four (4) day high altitude training clinic over the long week end in October. Ian put us through our paces with some breaststroke drills in which the effects of these were felt for many days after. All that attended had a fantastic time but by the end were feeling tired and weary. Hope we can encourage more of our members to attend next year.

We held our own carnival, “The Tuggeranong Challenge” on 27th November. This was a successful day with all those participating having a great time. The Winner of the challenge this year was Ann Reid for the second year running.

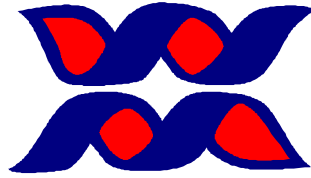
On a social note we once again enjoyed our annual surfing weekend earlier in the year. The waves were good for surfing although we almost lost several people out to sea on the treacherous and rocky crossing that we had to negotiate to get to the beach. Plans are being made for the 2011 surfing weekend

We held a Dinner of the Decades at Charlie’s Sala Restaurant in Tuggeranong where we helped many of our members celebrate a significant decade birthday.

Our annual presentation night was held in December and the following awards were presented. Encouragement award – Joan Skipper and Alan Duus, Most Improved – David Bale, Swimmer of the Year – Anne Smyth, Postal Swimmer of the year – Brenda Day, Iron Person – Caroline Makin and Club Person of the year – Jane Lindsay

So as you can see it has been quite a busy 12 months for the club both in and out of the water. The club on a whole is moving forward and members are embracing what is on offer within the club. Congratulations and thank you to everyone in helping to promote our fantastic club.

Annette Britten
President



WARRINGAH MASTERS

Annual Report 2010

From our record numbers in 2009, Warringah's membership shrank in 2010 to 102 first claim swimmers, in spite of the fact that we actively promoted the Club at every opportunity through the local media and during our training sessions, and managed to recruit eight new members to Masters Swimming.

Even with our reduced numbers, which was also reflected in our Carnival attendance record, we did manage to retain the 'A' Division Pointscore, from our long time rivals Novocastrians. On the championship front we defended our Relay Carnival Trophy, and we extend our congratulations to Seaside Pirates for their success at deposing us for the Long and Short Course Championships Trophies, and to Blacktown City for their success in the Long Distance Championships.

Thanks to the hard work of our Fitness Director and Head Coach Nick Woodhams, we managed to increase our number of coaches to 27, and in so doing retain our policy of one coach to every two lanes during our main Sunday morning training session. This session has been increased to two hours with the first hour devoted to the aerobics programme. We also retain our Wednesday night session.

Individually, Warringah had four entries in the National Top 10, Marilyn Earp (50 fly) and Diana Moore (200 back) amongst the women, and Max Van Gelder (50 free) and Stuart Meares (100 free) amongst the men. A quartet of Warringah swimmers travelled to Sweden for the FINA World Championships, and returned with improved FINA World rankings and PBs to their credit. Max Van Gelder won three gold medals from three starts with times that broke two National Records, and Marilyn Earp won a gold, a silver, and two bronze medals.

Twenty seven swimmers participated in the Aerobics Programme under the watchful eye of Maxine Peacock-Smith. This year we put aside two sessions for those swimmers who wanted to complete 1-hour swims, which helped increase the participation in the overall programme. Two swimmers, Nick Woodhams and Maxine herself, completed all the swims set out in the programme and obtained maximum points for doing so.

Our BPS Carnival suffered a decline in participation in line with the general drop in numbers across the board. However, the highlight was that six records were broken, three national and three branch, all in the 25 metre events with the exception of Stephen Lamy's 100 metre backstroke national record. Peter Berents again put his hand up for the role of Meet Director, and he ran a very successful event.

Outside the Club particular thanks must go to those Warringah members who have made themselves available to officiate at the State Championship and BPS Carnivals. I would like to particularly mention Marilyn Earp who in spite of being one of our outstanding competitive swimmers frequently officiates rather than swim. In addition, she conducts both the officials courses within our club on behalf of Masters Swimming NSW, and the annual CPR update for our qualified members.

At the executive level Stuart Meares and Tony Tooher sit on the Branch Board and Graham Campbell is a member of the 'Marketing and Club Development Committee'. Again the Branch Board continues to successfully promote the sport and every member benefits from the time put into administering it and running the carnival programme. In particular on behalf of Warringah, I would like to congratulate Jane Noake on being awarded life membership of Masters Swimming NSW, a recognition she richly deserves.

Sponsorship continues to allay the cost of running the club, and I would like to take this opportunity to thank The Aqua Shop, the Warringah Aquatic Centre, and Warringah Printing for their continued support.

Wilson Gamble
President





Annual Report 2010

MEMBERSHIP

We had 28 financial members at the end of 2010. We average about 10 swimmers at most sessions, but thanks must go to our most regular stalwarts who are always on deck for timing, opening and closing - Malcolm Heath and Maureen Hall. We are working closely with Dooleys (Lidcombe Catholic Club) and Brad at the Aquatic Centre to try and build our membership numbers.

CLUB SESSIONS & VENUES

We swim at the Ruth Everuss Aquatic Centre (Auburn) on Wednesdays at 6:45pm, Fridays at 7:00pm, and Sundays at 9:00am. During winter this year we swam at Birrong pool. We have a wonderful coach (Kerryn Blanch), who has provided all of us with individual programs to follow whenever we can get to a pool. We have four members with Bronze Medallion qualifications.

INTERCLUB MEETS

We were represented at most BPS carnivals in NSW this year, as well as Nationals in Launceston and State (SOPAC, Woy Woy and Blacktown). Club officials were on deck at most carnivals (We have a large number of qualified officials).

WESTS BPS CARNIVAL

A very successful carnival, with 24 clubs represented. The weather was good to us, and some great swims were completed. Next year we will hold a long distance carnival, swapping year about with Hills Club.

WESTS POSTAL SWIM

We held our annual 5000m postal swim again this year. We had a weaker response than last year, with 16 individual swims and 19 relays. We hope for a better response in 2011.

AEROBICS

19 of our 28 members participated in the National Aerobics Scheme (68%), giving us a total of over 2700 points, at an average of 99. Only one member (Michael Parkinson) scored maximum points, while Kerryn Blanch and Hillary Morrison competed in all swims.

CLUB COMPETITIONS

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

ACHIEVEMENTS

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

SOCIAL ACTIVITIES

Our presentation day was at Towradgi Beach, we had a Murder Mystery night at Wayne's, and our Christmas party was at Daryl's home in Lidcombe. We venture to Dooleys (Lidcombe Catholic Club) every first Friday of the month (after swimming), and for pizza every third Friday of the month.

Terry Gainey
Treasurer



Wett Ones Swimming Club Incorporated



Annual Report 2010

Committee 2009-2010

The following committee was elected at the AGM in 2009:

President	Ryan Bennett	Male Swimmers Representative	Pascal Blanquer
Vice President	Matt Besanko	Safety Officer	Vania Dauner
Secretary	Haydn Wood	PR and Fundraising	Panos Couros
Treasurer	Gordy Turnbull	Social Secretary	Mark Burrows
Registrar and Race Secretary	Vassili Efimov	Non-portfolio	Nick Taylor
Female Swimmers Representative	Catherine Rogers		

The positions of Treasurer changed hands during the course of the year with Gordy stepping down and Daniel Henzi joining the committee as Treasurer. Panos also stepped down in early 2010 and was not replaced in his role of PR and Fundraising although Vania Dauner stepped up and organised the remaining Bunnings BBQ fundraisers.

Membership 2010

The club consisted of 82 members, including 19 female swimmers as at end October 2010, which is an increase of 1 member from the end of last year as well as an increase of 2 additional female swimmers.

Carnivals

As at October 9th, the club had scored 2,435 points which put us in 1st place in Division 2 and is an increase of approximately 300 points over the 2008-2009 season. Approximately 1/3 of the points scored were obtained in our own BPS Carnival.

The Wett Ones participated in several other carnivals throughout the year, including but not limited to:

- North Sydney BPS 2009 - 4th in the overall point score and had 18 members participating.
- Central Coast (Gosford) 2010 - 2nd in the overall point score as we did in 2009. Of note, we set 2 World Records in the 4 x 100 men's Freestyle 120+ and 160+.
- Wett Ones BPS - We had a record number of total participants and a record number of Wett Ones in our 2010 carnival, including several swimmers from our 'sister' clubs in Melbourne (Glamourhead Sharks), Brisbane (Aqualicious) and Wellington, NZ. The Wett Ones finished 1st in the overall point score.
- Gay Games, Cologne Germany - The Wett Ones had 8 swimmers at the Gay Games. Everyone swam well and a number of medals were won. There were two stand-out performances by Corey Buckman (5 gold medals from 5 individual races and 7 club records) and Chris Healey (2 gold and 2 silver from 4 individual races).
- Other carnivals successfully attended included the World Masters Games; Hills BPS; West Auburn Long Distance; Manly Masters BPS; NSW Short Course Championships where we placed 2nd in average club points; Blacktown BPS; Ettalong BPS; MSNSW Relay Carnival at SOPAC; NSW Long Distance Championships; Campbelltown BPS where we placed 3rd in average club points; Ryde BPS; Seaside Pirates BPS; and Trinity BPS where we placed 3rd in overall club points and 1st in average club points.

This year no timekeeper, marshalling and check starter courses were held for Wett Ones.

Individual results

The Wett Ones had 34 members ranked in the National and State Top 10 for their age group. In addition, many club records were set over the course of the year and several of our swimmers improved on various personal best times.

World Records

Central Coast (Gosford) BPS

- Men 120+ 400 Freestyle Relay (Chris Healey, Corey Buckman, Haydn Wood and Matt Besanko) - 4:11.85
- Men 160+ 400 Freestyle Relay (Michael Cluff, Ryan Bennett, Pascal Blanquer and Vassili Efimov) - 4:37.86
MSNSW Relay Carnival (SOPAC)
- Men 120+ 400 Medley Relay (Corey Buckman, Matt Besanko, Vassili Efimov, Haydn Wood) – 4:34.05

National Record

MSNSW Relay Carnival (SOPAC)

- Men 120+ 400 Freestyle Relay (Corey Buckman, Pascal Blanquer, Ryan Bennett, Matt Besanko) – 4:06.68

Coached swimming – Sydney University

We were fortunate to have three dedicated coaches for the 2009-2010 season at the Sydney University Sports and Aquatic Centre, all also being active members and swimmers with the club. The club's heartfelt thanks are extended to Danny Crowe, Catherine Rogers and Vassili Efimov. The coaching programme during 2009-2010 was geared towards supporting swimmers preparing for our selected target carnivals.

During late 2010 and early 2011, the coaching programme will focus on preparing swimmers for the Asia Pacific Outgames, which will be held in Wellington, NZ in March 2011. A number of other carnivals will also form part of our target carnivals for 2010-2011.

Andrew Boy Charlton Saturday Morning Swims

Thanks to Dan Henzi for running the Andrew Boy Charlton sessions on Saturday mornings during the 2009-2010 season. Once again, Dan has volunteered to run the 2010-2011 season morning sessions. Wett Ones has confirmed 2 lanes per session and these sessions will continue to have a more relaxed focus than the Sydney University sessions, while still swimming to a written programme.

Communications

The Wett Ones website (www.wetton.es.org) was completely re-designed and launched during the year. We have received many positive comments on its design and functionality. Of key importance is the ability of selected committee members to actively change information on the website to keep it up to date. In particular, our social and events calendar has been of great use. Traffic to our website has increased an impressive 64% since the launch of the new site.

Social & fundraising

Wett Ones primary fundraising activities were once again Bunnings BBQs and the Wett Ones BPS Carnival. Three Bunnings BBQs were held in the 2009-2010 season in November 2009 and March and September 2010. The club wishes to thank all those members who assisted in running and those that helped organise the BBQs, which raised approximately \$1000.00 each.

The Wett Ones Carnival was held in May 2010 and approximately \$1800.00 net profit was raised from entries and the raffle. Significantly, the Wett Ones chose to fully subsidise the carnival entry fee for all our members. The club wishes to thank all those members and members' partners who assisted in the organising and running of our Carnival.

Wett Ones also wishes to thank all of our generous sponsors, including Bondiman, Gelworks, Sydney University Sports and Aquatic Centre, the Royal Pub, George Skoufis Optometrist, Dr. Wayne Sherson & Associates Dentists, the Tilbury Hotel, Paul Daniel Reiki Massage, Palace Cinemas, Poolside Cafe at Andrew Boy Charlton Pool, The Wine Point, The Biathlon at the Boy, Corelli's Cafe and Honeymoon Café for their financial contributions and donations. We are very grateful for your support.

Several social activities were planned throughout the year in addition to our weekly pub nights, held after training on Wednesdays. These events included our 'annual' Sculptures By the Sea walk, a fantastic Christmas Party overlooking Bronte Beach, a day of kayaking on the harbour with a stop at Shark Island, our 'annual' and a weekend at Pearl Beach in conjunction with the Central Coast BPS Carnival. Thanks to our Social Secretary, Mark Burrows, and to everyone else who helped make these and other events happen.

Other News

Passing of Ian Davis

The Wett Ones sadly announced the sudden passing of Ian Davis on 15 May 2010. Ian was a member of Wett Ones for many, many years and contributed to the club in so many ways. He was a long-serving committee member and a solid, dependable and highly valued team mate. Not only did he contribute a great deal to our team, but for years he served Masters Swimming on both the national level, and as president of the New South Wales branch. For this he was recently given a meritorious service award from Masters Swimming Australia. For the past two years, Ian had been a valued member of Aqualicious (Brisbane).

This news came as a great shock to those who knew Ian as he was young and vibrant, with a wry sense of humour and a quick wit. Ian will be sorely missed by many.

Ryan Bennett
President

Matthew Besanko
Vice President & Public Officer





MASTERS SWIMMING

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

Annual Report 2010

My report this year is going to be very brief, as our club membership has shrunk in numbers and our activities limited.

We had a few members represent our club at the Nationals in Launceston, branch and Club meets this year and also members meet to swim on a Sunday morning at Corrimal pool. After many years of swimming at Beaton Park the decision was made to discontinue the Monday night swim due to low numbers using the pool.

Once again I'd like to thank Sue for all her hard work and dedication as an AUSSI official at club, branch and national competitions and also the executive officers for their time, effort and skills devoted to keeping the club functioning.

I'm not sure what the coming year will hold for our club but I wish the existing members a year of health, happiness and swimming their best.

Lynne Matthias
President





Annual Report 2010

Wyong Wobbygongs had a great year in and out of the pool. Our membership is quite stable we lost 3 and welcomed 3 new members, current membership 24.

Our Club nights are well attended with an average of 14 having to share the pool with the water aerobic has not made a difference, I think they like to swim (gig) along with the music or just enjoy Julia's snacks after the session. Thank you to Y.M.C.A. management of Toukley Pool for giving us use of the pool and facilities for free.

To Shane Shepherd the pool coach and Club member, thank you for your expert coaching and advice over the year. Our members also attend Shane's Adult Fitness Squads on Tuesday and Thursday evenings.

On the carnival side where would we be without our dedicated team who did not miss a meet all year representing our Club in true Aussi spirit, they are Jade and Julia Mifsud, Pam Martin, Bonnie Cook and Aileen Williams and everyone who attended meet. Thank You.

STATE SHORT COURSE. 13 swimmers attended, Club finishing 6th overall. Congratulations to Jenny White and Natalie Williams winning State Records in the 25mts Breaststroke.

STATE LONG DISTANCE. Congratulations to Pam Martin, Jade Mifsud and Bonnie Cool all coming home with 2 Gold medals each and winning the Average Point Score well done girls.

STATE LONG COURSE . Club was well represented with 9 swimmers and finishing 15th overall.

SOCIAL. In January we held our annual Family Picnic at Sandy Bay which was well attended and a great day was had by all.

Y.M.C.A. invited us to attend their Community Support Christmas Bingo Luncheon at Lake Haven where we were surprised to be presented with a generous donation to the Club. Christmas party was a very enjoyable evening at Toukley Chinese.

The Club meet at Toukley Aquatic Centre Toukley on Monday 6.30p. to 7.30 pm.

I would like to thank our committee members for your hard work and dedication in keeping this fantastic little Club on track and going so well. To all our loyal members for your support and friendship over the year, thank You.

Ruth Wall
President

CLUBS THAT DID NOT SUBMIT AN ANNUAL REPORT FOR 2010

Cessnock Masters

Hunter AUSSI Masters

Maitland AUSSI Masters

Shoalhaven Seahawks

Terrey Hills Terriers

