



**masters
swimming**
NEW SOUTH
WALES

MASTERS SWIMMING NSW INC.

2018 ANNUAL REPORT

Life Members:

Ken Ford (dec)

Mark Hepple

Brian Hird

Sue Johnstone

George McGilvray (dec)

Jane Noake

Helen Rubin

Beryl Stenhouse

Gary Stutsel

Margaret (Peg) Wilson (dec)

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PRESIDENT'S REPORT 2018

I'd like to start by thanking everyone for their support throughout the year in my new role as president. It has been a steep learning curve and without the guidance of Jane Noake and Jillian Pateman I would still be that deer in the headlights. Besides her mentoring role, Jane has now taken on the job of Branch Meet Director, a thankless but vital job that she does so well. I would like to acknowledge her for all of her hard work in this latest position. The support I've received from the board during this time of change has also been invaluable and the support from clubs and individuals has made this transition a lot easier.

The board has been busy making sure that swimmers are the centre of the organisation, that we are catering for a range of interests. With this in mind, we have facilitated workshops, coaching sessions, social events, regional initiatives, open water swims and courses as well as our regular carnivals, the Vorgee million metres and e1000 programs. These added incentives would not be possible without an array of dedicated volunteers organising them. Thank you to the coaching team, technical training team, board members, individuals and clubs for making all of this happen.

The branch coaching team, led by Anne Smyth and Di Coxon-Ellis and joined by Paul Bailey, Peter McGee, Gary Stutsel and Caz Makin, has been active throughout the year offering clinics to swimmers and coaches across the state, as well as coaching courses to build up our ranks of qualified coaches.

Once again Mark Hepple has been invaluable to Masters Swimming NSW and Masters Swimming Australia. With the launch of the new website, Mark spent endless hours working behind the scenes on the design and content to get the branch site looking fabulous. In addition he provided support to other branches and national committees in their development of the website. All provided because of Mark's passion and dedication to Masters Swimming, and for this I am ever so grateful.

We have continued to employ Kimberly Back in a marketing and communications role. She has spiced up our Facebook and got Instagram going as well as helping individual clubs with their webpages and Facebook images. Many of her photos are now used in posters and promotional material and we thank her for her continued work.

Now to the swimming.

The 2018 National Masters Swimming Championships were held in Perth in April. NSW was well represented and apparently our swimmers had a good time, so congratulations to all those who travelled over there to compete.

Congratulations also to all of those who broke records during the year. Of particular note were the Blue Mountains Phoenix 320+ women's relay team and the Sutherland Sandbern mixed relay team; both teams broke six records each. Other record breakers include Jenny Whiteley, who achieved over 50 records, Anita Saviane, who broke 14 records, and Aaron Cleland and John de Vries who broke 10 records each.

Tony Goodwin from Manly Masters was named Australian Ambassador to the 18th FINA World Masters Swimming Championships to be held in Gwangju (South Korea) in August 2019. Tony is one of Australia's most successful athletes at World Championships level, having won ten gold medals and broken nine world records. Not only does he continually reach new heights when it comes to his performance in the pool, he has also shared his knowledge and passion through the delivery of breaststroke workshops to our swimmers. Congratulations, Tony, on your ambassadorial role.

I personally would like to acknowledge and congratulate Wett Ones for their growth and involvement in 2018. Throughout the year, their participation in all areas of Masters Swimming has increased and their team spirit, friendliness, and participation has been an inspiration to many swimmers across the state.

Looking ahead, preparations have already started for the 2020 national championships, which our branch will be hosting at SOPAC in April 2020. Jane Noake is heading the team and many people have already volunteered and started working on this major project. Thank you to those who have taken up the challenge!!

The final thank you goes to Jillian Pateman. Her tireless work as our administrator often flies under the radar, and whilst I know she would say "that is my job", she works well beyond just doing her job. Her passion and belief in masters swimming is evident in her efforts and attention to detail. Jillian not only cares about the organisation, she always deals with members with the utmost respect and care. We are very lucky to have such an amazing woman working for us – thank you!

Best wishes to all for a wonderful 2019.
Yours in Fitness, Friendship and Fun.

Kerryn Blanch
President

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COUNTRY VICE PRESIDENT'S REPORT 2018

MSNSW hosted the Bathurst Grape Escape weekend in May run along similar lines to the Griffith weekend of a couple of years ago. It was pleasing to see masters swimmers from thirteen clubs come along to enjoy the pool session and the mini-meet, as well as eating and drinking out. However, one of our aims in organising these events is to attract local swimmers and while we did welcome three or four swimmers from the Orange and Bathurst area to join us we do need to keep working on publicising throughout the state the inclusive and friendly nature of masters swimming.

The geographic spread of BPS carnivals in 2018 was much the same as the previous year: five hosted by regional clubs outside the Newcastle–Sydney–Wollongong strip, two in the Central Coast area and eight definitely metropolitan. Not surprisingly, the branch championships attracted more members from our regional clubs. Nine regional clubs participated in the long-course championships at Sydney Olympic Park, eight in the short-course championships at Woy Woy, five in the long-distance championships at the Lidcombe pool, and four took part in the relay meet at Sydney Olympic Park.

Participation and results from the endurance e1000 program also differed little from the previous year, with swimmers aged between about 55 to 75 doing the most swims and accumulating the most points. Tuggeranong and Clarence River were the most active e1000 swimmers, followed by Port Macquarie and Coffs Harbour.

All up, including all MSNSW clubs (not just regional), only 17 women and 9 men achieved maximum points, and only 41 swimmers completed the e1000 program, i.e. swam all swims for their age group. It is tempting, looking at these figures, to conclude that something needs to be done to the e1000 program to make it both more attractive to swimmers and more enjoyable and doable, especially for those who are not interested in competing in carnivals or who find it difficult to attend carnivals—and that is two-thirds of our membership.

This will be my final report as Country Vice-President as I'm stepping down from the board at the May 2019 AGM. I would like to thank our members for electing me to this position and my fellow board members for their several years of support, camaraderie and goodwill. These last few years have been very rewarding for me personally, although I do regret that some of my hopes and plans for regional masters clubs did not make it into the real world.

Sue Wiles

Country Vice President

NATIONAL BOARD DELEGATE'S REPORT 2018

Autumn Meeting – April 22nd 2018 - Perth

This meeting was held after the National Championships in Perth and was held at the Sage Hotel, West Perth.

- The regular reports from the President, Treasurer, General Manager and Branches were tabled and discussed.
- There was an action for the Technical committee to revisit the safety policy relating to diving in pools.
- There was an action for the Technical Committee to review the technical course notes.
- The Motion 10.1 regarding the amendments to the Constitution we discussed and the motion was carried.
- The Motion 10.1.2 regarding the insertion of the Members Protection Policy was discussed and carried.
- A number of other Motions for constitutions changes were discussed and all were carried.
- Lengthy discussion on Motions 10.2.1 & 10.2.2 relating to the inclusion of Multiclass Categories into Masters Events. The motions were modified and an action from this was to form a subcommittee to seeking advice and opinion from members and relevant external advisers.
- MSNSW tabled a proposal for the encouragement of the use of re-usable water bottles at Masters Meets. This motion was carried.
- Dual Sanction of meets, Masters & SAL, was discussed and the procedures tabled was discussed and put to the meeting and subsequently carried.

Spring Meeting – October 20th & 21st - Melbourne

- The regular reports from the President, Treasurer, General Manager and Branches were tabled and discussed.
- There was discussion regarding National Meets and the running of 400m & 800m events due to the length of these events and the desire to have two pools when run.
- Motion 10.1.1 regarding revision of the National Safety Policy & Procedure on Diving into pools was discussed and carried. A diagram to illustrate was suggested and will be drafted.
- A motion regarding the inclusion of a Hypothermia procedure for Open Water Swims which was carried.
- A motion regarding the rewording of the Open Water Swim Rules was discussed. The most contentious issue was the discussion on changing the maximum distance to be 5km. The motion was defeated.
- Motion 10.1.4 regarding the eligibility of people who can break records was discussed. The proposed wording of the motion was amended and then voted on and was carried.

- Motion 10.2 regarding MSA the President's travel to Branch Championships (States & Territories) was discussed. The Motion was withdrawn.
- Multiclass inclusion was discussed again in relation to the recommendations put forward by the sub-committee. The Motion was carried.
- A paper was tabled outlining activities between MSA & SAL. The NBN will prepare and sign an MOU with SAL outlining the ongoing terms and arrangements between the two organisations. A number of points were put forward and discussed. All recommendations were agreed to be adopted.
- The Endurance 1000 was discussed with an action for MSA and Branches to promote the program for the next 12 months. The national office will also review the program.
- Discussion on the National Swim Series in relation as to whether the points system or series should be changed. The NBN will consider some of the ideas.
- The National office recommended that the Branches reach out to the swimmers of the Invictus groups.

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ADMINISTRATOR'S REPORT 2018

Governance

Masters Swimming NSW is governed by a board of seven members assisted by position holders in Communications, Coaching, Endurance, Recording, Safety, Technical, Training, Social Media and Website. Board members were elected at the Annual General Meeting held in May 2018 which was attended by 49 registered persons representing 17 of our 50 clubs.

Jane Noake stood down from her long term as President and Kerry Blanch, from Wests Auburn Masters took up the challenge. Stuart Meares also took the opportunity to take a rest as Treasurer after many years of steering us through financially and Paul Bailey from Warringah Masters ably filled the role. We welcomed new member Diana Watts from Manly Masters to the Board. During the year Kari Baynes had to step down and a casual position remained open for the rest of 2018.

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

Promotions

Recognition

Many members of MSNSW were recognised for their work and dedication throughout 2018. These included, but were not limited to, Sue Wiles & Kerry Blanch (Gary Stutsel Award), Julia Atkins (Official of the Year), Alison Johnston (Administration Award), Peter Johnston (Coach of the Year), Megan Blamires (Ian Davis Award) and Dawn Gledhill (Betty Grant Award). The branch offers hearty congratulations to all these recipients.

Mark Hepple again put in countless hours of voluntary labour at the computer launching and updating the new website. He then assisted other branches as he learnt and trialled new systems to the benefit of all. As Mark discovered improved ways of working within the new format he wrote help sheets and shared them along with links to instructional videos. Mark found the time to attend the Administrators workshop in Melbourne and presented a session to introduce everyone to the new platform.

Much of the work done by Mark is behind the scenes and not visible to members so he can be under most peoples radar but the Board is well aware of his value to the Branch.

Marketing

Kim Back our Marketing & Communications Coordinator got us on Instagram and we finished the year with over 600 followers. And gee, don't we look good in pictures!

In April we were invited to have a stand at the NSW Seniors Expo at Darling Harbour in the Sydney CBD and volunteers from several clubs put their hands up to be part of this event. Over two days over 14,000 people passed by and many stopped for a chat and check out who we were and what we offered. The loud lesson learnt was that those over sixty five are very interested in learning to swim with many lacking confidence to get wet.

Seaside Pirates meet in August saw many Invictus athletes join us as a warm up for the Invictus Games at which many MSNSW members volunteered their labour across all sports. Swimming NSW invited us to share a stand outside SOPAC and again volunteers from within our membership engaged with the public to explain who we are and what we do.

Dryland Training

Tony Goodwin, Breaststroke World Record holder hosted several pool side clinics prior to swim meets throughout the year. These were provided free of charge and the offer was taken up by many, many members.

Bathurst Grape Escape Project

In May, with the assistance of Sports Marketing Australia and the Bathurst Regional Council, we went three hours west from Sydney to Bathurst for a weekend packed with activities. Not all swimming either! Many of the Sydney and Canberra Masters members stayed in Bathurst on the Friday and the Saturday night. Some went on a bushwalk / cave walk early Saturday, about 20 visited a local winery for wine and nibbles, and nearly 40 got together for dinner on Saturday night at a local eatery. This coincided with a Royal Wedding so there was a bit of bling flashing around.

The aim of the weekend was two-fold: to attract local swimmers and potential swimmers in the Bathurst region to enjoy some coaching and see what was involved in a relaxed mini-meet with a mix of strokes and distances to compete in, and to offer a weekend away for members in the Bathurst region.

The coaching session on Saturday afternoon attracted over 40 participants and was run by three masters-accredited coaches. A handful of those who hopped in the water were local people. The fun mini-meet on Sunday morning was well attended, with about the same number of swimmers and again with a handful of local people trying it out.

Programs & Activities

Coaching Team

MSNSW's Coaching Director, Di Coxon-Ellis ran two Club Coach courses and our thanks go to John Kulhan, Anne Smyth and Paul Bailey who also presented at these. One was held on the far south coast hosted by our newest club the Sapphire Coast Stingrays.



The Coach Project team, led by Anne Smyth, has been active and looked resplendent in new coach shirts celebrating the national initiative of Coach of the Year. Anne and her team visited MSNSW clubs that requested a training session.



(Left) Kerry Blanch models the new Coach shirt and (right) Clarence River Masters coaches proudly display the short and long sleeve versions.

Endurance 1000 Recorder

Jenny Whiteley kept the branch up to date with all things endurance and MSNSW finished 2018 with twenty six members achieving maximum points while another nineteen managed all swims. These numbers are up again from previous years.

Again MSNSW thanks Pauline Samson for her tireless efforts in keeping us all up to speed with the E1000 program and with all things record-y!.

Safety

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

CPR courses were conducted at cost price to encourage all members to get this life-saving qualification.

Technical and Training Team

Di Partridge, Branch Training Co-ordinator, organised a training calendar for Officials courses and provided support and continuing education for all technical officials throughout the year.

MSNSW continues to have a healthy base of officials on which to call.

Swim Meets

Throughout NSW and the ACT nineteen sanctioned meets were booked to be held in 2018. The calendar was made up of nine long-course and ten short-course meets inclusive of our four Branch meets as follows:

Long-course championships were conducted at Sydney Olympic Park Aquatic Centre, with 305 swimmers booked in to compete from 44 clubs.

The branch relay meet in July was held in the short-course diving pool at SOPAC, attracting 279 swimmers from 16 clubs.

The short-course championships were held in October over two days at Woy Woy, attracting 245 competitors from 41 clubs.

The branch long-distance long-course championships were held in November at Lidcombe, with 115 swimmers from 23 clubs.



The Board took the decision to do away with providing single use water bottles so presented officials and volunteers with a MSNSW logo bottle for refilling/reusing.

October saw the branch host an open water swim for the first time in over ten years. The quiet and almost secret location of Lake Parramatta was loaned to us by Parramatta City Council for a test event and happily it went ahead on the first day of their swim season. The few swimmers that took up the option enjoyed the surprisingly clean and almost warm waters.

Acknowledgements

Jamie Turner and Kevin Stirling continue to support and help run and organize the branch office and I wouldn't want to do it without them. My grateful thanks to them both.

We again had the assistance of Volunteering NSW volunteers at branch championships with timekeeping and running and are most appreciative of their presence.

Many thanks also go to our national General Manager and Administration team for their consistent support throughout 2018. It is comforting to know they have my back. Thank you, Noeleen, Kath and Lynne.

Jillian Pateman
Administrator

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**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

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 2018. 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 Net loss of \$32,384. The income of the Association reduced by \$4,348 during 2018, mainly due to a small reduction in grant income received during the course of 2018. This was more than compensated for by a significant increase in the couple of months following the year's end. This will be reflected in the 2019 financial statements.

Expenditure rose by \$36,398 for the period. This is mainly attributable to addition of a second staff member, who has been employed leading in to the 2020 MSA National Championships.

The Association remains in a very strong financial position with net assets of approximately \$199,086 and liquid funds of \$220,990.

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

Paul Bailey
Honorary Treasurer

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

COMMITTEE'S REPORT

Committee members

Your committee members submit the financial report of The NSW Association of AUSSI Masters Swimming Clubs Inc. for the financial year ended 31 December 2018.

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

Committee Member	Position
Kerryn Blanch	President
Paul Bailey	Treasurer
Tony Tooher	Vice President
Sue Wiles	Country Vice President
Jon Hawton	Committee
Diana Watts	Committee

Principal Activities

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

Significant Changes

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

Operating Result

The loss of the Association for the financial year after providing for income tax amounted to \$32,384 (2017: surplus \$10,085), as per the financial statements.

Going Concern

This financial report has been prepared on a going concern basis which contemplates continuity of normal business activities and the realisation of assets and settlement of liabilities in the ordinary course of business. The ability of the association to continue to operate as a going concern is dependent upon the ability of the association to generate sufficient cashflows from operations to meet its liabilities. The members of the association believe that the going concern assumption is appropriate.

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

Kerryn Blanch (President)

Date / /

Paul Bailey (Treasurer)

Date / /

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

INCOME AND EXPENDITURE STATEMENT

	2018	2017
Income		
Grant Operating		
Realisation of Grant Income	17,540	20,000
Total Grant Operating	17,540	20,000
Event Income		
AGM Function Ticket	465	585
Bushranger Fees Online	199	155
Club Registration Fees	2,480	2,480
Coaching Income	171	385
Meet Sanction Fee	800	750
Member Registrations Online	42,819	43,933
MSNSW Long Course Championships	853	3,095
MSNSW Long Distance Championships	2,599	1,241
MSNSW Relay Meet	2,751	3,616
MNSW Short Course Championships	6,072	4,857
Total Event Income	59,210	61,097
Total Income	76,749	81,097
Cost of Sales		
Carnival Expenses	4,432	3,870
Coaching Expenses	1,204	508
Officials Training & Courses	844	-
Recorder Expenses	1,985	2,121
Total Cost of Sales	8,465	6,499
Gross Surplus	68,284	74,598
Other Income		
Other Revenue	410	243
Interest Income	899	1,125
Newsletter and Other Promotional Income	400	100
Total Other Income	1,709	1,467

The accompanying notes form part of these financial statements. These statements should be read in conjunction with the attached compilation report.

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

**INCOME AND EXPENDITURE STATEMENT
(Continued)**

	2018	2017
Expenditure		
Depreciation	997	1,131
Advertising	1,780	487
Aerobic Expenses	1,686	1,686
AGM Expenses	1,946	1,451
Audit Fees	2,200	2,001
Board Meeting Expenses	1,757	752
General Expenses	95	1,137
Insurance	331	324
Postage, Printing & Stationery	1,063	762
Subscriptions & Dues	1,000	511
Superannuation	7,300	4,928
Telephone & Internet	113	476
Top Ten Expenses	456	384
Training & Development – Member & Club	2,163	1,950
Wages and Salaries	78,127	48,000
Website Development	1,364	-
Total Expenditure	102,378	65,980
Current Year Surplus/(Deficit) Before Income Tax Adjustments	(32,384)	10,085
Current Year Surplus/(Deficit) Before Income Tax	(32,384)	10,085
Net Current Year Surplus After Income Tax	(32,384)	10,085

The accompanying notes form part of these financial statements. These statements should be read in conjunction with the attached compilation report.

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
AS AT 31 DECEMBER 2018**

ASSETS AND LIABILITIES STATEMENT

	Notes	31 Dec 2018	31 Dec 2017
Assets			
Current Assets			
Cash and Cash Equivalents			
Cheque Account		13,074	31,555
Online Saver		209,716	208,817
Petty Cash on Hand		200	200
Total Cash and Cash Equivalents		222,990	240,572
Trade and Other Receivables		-	20,000
Total Current Assets		222,990	260,572
Non-Current Assets			
Plant & equipment			
Office Equipment		9,924	9,924
Office Equipment – Less Accumulated Depreciation		(7,350)	(6,353)
Total Plant and Equipment		2,574	3,571
Other Non-Current Assets			
Swimsuits & Medals on Hand		834	1,416
Total Other Non-Current Assets		834	1,416
Total Non-Current Assets		3,408	4,987
Total Assets		226,398	265,559

The accompanying notes form part of these financial statements. These statements should be read in conjunction with the attached compilation report.

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
AS AT 31 DECEMBER 2018**

**ASSETS AND LIABILITIES STATEMENT
(Continued)**

	Notes	31 Dec 2018	31 Dec 2017
Liabilities			
Current Liabilities			
Trade and other payables	3	2,520	1,927
Club Registration Fees - In Advance		2,020	1,920
Governance Grant		-	385
Hunter Project Grant		-	1,711
Illawarra Grant - May 2018 \$10,000		3,333	-
Audit Fees Accrued 31 December		2,100	13,700
Registrations NSW Online - In Advance		17,340	12,443
Coaching Grant		-	2,003
Total Current Liabilities		27,313	34,089
Total Liabilities		27,313	34,089
Net Assets		199,086	231,470
Member's Funds			
Capital Reserve		195,293	227,677
Financial Instruments		3,792	3,792
Total Member's Funds		199,086	231,470

The accompanying notes form part of these financial statements. These statements should be read in conjunction with the attached compilation report.

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

NOTES TO THE FINANCIAL STATEMENTS

1. Summary of Significant Accounting Policies

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

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

The following significant accounting policies, which are consistent with the previous period unless stated otherwise, have been adopted in the preparation of these financial statements.

Property, Plant and Equipment

Leasehold improvements and office equipment are carried at cost less, where applicable, any accumulated depreciation.

The depreciable amount of all PPE is depreciated over the useful lives of the assets to the association commencing from the time the asset is held ready for use.

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

Impairment of Assets

At the end of each reporting period, the committee reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, an impairment test is carried out on the asset by comparing the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value in use, to the asset's carrying amount. Any excess of the asset's carrying amount over its recoverable amount is recognised in the income and expenditure statement.

Provisions

Provisions are recognised when the association has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured. Provisions are measured at the best estimate of the amounts required to settle the obligation at the end of the reporting period.

Cash on Hand

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

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

NOTES TO THE FINANCIAL STATEMENTS

1. Summary of Significant Accounting Policies (continued)

Accounts Receivable and Other Debtors

Accounts receivable and other debtors include amounts due from members as well as amounts receivable from donors. Receivables expected to be collected within 12 months of the end of the reporting period are classified as current assets. All other receivables are classified as non-current assets.

Revenue and other Income

Revenue is measured at the fair value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed. For this purpose, deferred consideration is not discounted to present values when recognising revenue.

Interest revenue is recognised using the effective interest method, which for floating rate financial assets is the rate inherent in the instrument. Dividend revenue is recognised when the right to receive a dividend has been established.

Grant and donation income is recognised when the entity obtains control over the funds, which is generally at the time of receipt.

If conditions are attached to the grant that must be satisfied before the association is eligible to receive the contribution, recognition of the grant as revenue will be deferred until those conditions are satisfied.

All revenue is stated net of the amount of goods and services tax.

Financial Assets

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

Accounts Payable and Other Payables

Accounts payable and other payables represent the liability outstanding at the end of the reporting period for goods and services received by the association during the reporting period that remain unpaid. The balance is recognised as a current liability with the amounts normally paid within 30 days of recognition of the liability.

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

NOTES TO THE FINANCIAL STATEMENTS

	2018	2017
<hr/>		
2. Plant and Equipment, Motor Vehicles		
<hr/>		
Plant and Equipment		
Plant and Equipment at Cost	9,924	9,924
Accumulated Depreciation of Plant & Equipment	(7,350)	(6,353)
Total Plant and Equipment	2,574	3,571
Total Plant and Equipment, Motor Vehicles	2,574	3,571
	2018	2017
<hr/>		
3. Trade and Other Payables		
<hr/>		
Other Payables		
PAYG Withholdings Payable	2,520	1,927
Total Other Payables	2,520	1,927
Total Trade and Other Payables	2,520	1,927

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

MOVEMENTS IN EQUITY

	2018	2017
<hr/>		
Equity		
Opening Balance	231,470	-
Increases		
Profit for the Period	(32,384)	10,085
Retained Earnings	-	217,592
Other Increases	-	3,792
Total Increases	(32,384)	231,470
Total Equity	199,086	231,470

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

STATEMENT OF CASH FLOWS – DIRECT METHOD

	2018
<hr/>	
Operating Activities	
Payments to Suppliers and Employees	(89,859)
Cash Receipts from Other Operating Activities	78,459
Cash Payments from Other Operating Activities	(20,984)
Net Cash Flows from Operating Activities	(32,384)
<hr/>	
Investing Activities	
Proceeds from Sales of Property, Plant and Equipment	997
Other Cash Items from Investing Activities	38,163
Net Cash Flows from Investing Activities	39,160
<hr/>	
Other Activities	
Other Activities	(6,776)
Net Cash Flows from Other Activities	(6,776)
<hr/>	
Net Cash Flows	-
<hr/>	
Cash and Cash Equivalents	
Cash and cash equivalents at beginning of period	-
Cash and cash equivalents at end of period	-
Net change in cash for period	-

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

TRUE AND FAIR POSITION

**Annual Statements Give True and Fair View of Financial Position and
Performance of the Association**

We, Kerryn Blanch, and Paul Bailey, being members of the committee of The NSW Association of AUSSI Masters Swimming Clubs Inc., certify that –

The statements attached to this certificate give a true and fair view of the financial position and performance of The NSW Association of AUSSI Masters Swimming Clubs Inc. during and at the end of the financial year of the association ending on 31 December 2018.

Signed: Kerryn Blanch

Dated: / /

Signed: Paul Bailey

Dated: / /

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

AUDITOR'S REPORT

Independent Auditor's Report to the Members of the Association

We have audited the accompanying financial report, being a special purpose financial report, of The NSW Association of AUSSI Masters Swimming Clubs Inc. (the association), which comprises the committee's report, the assets and liabilities statement as at 31 December 2018, the income and expenditure statement for the year then ended, cash flow statement, notes comprising a summary of significant accounting policies and other explanatory information, and the certification by members of the committee on the annual statements giving a true and fair view of the financial position and performance of the association.

Committee's Responsibility for the Financial Report

The committee of The NSW Association of AUSSI Masters Swimming Clubs Inc. is responsible for the preparation and fair presentation of the financial report and has determined that the basis of preparation described in Note 1 is appropriate to meet the requirements of the committee under the constitution and is appropriate to meet the needs of the members. The committee's responsibility also includes such internal control as the committee determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on the financial report based on our audit. We have conducted our audit in accordance with Australian Auditing Standards. Those standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the association's preparation and fair presentation of the financial report, in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the association's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the committee, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Opinion

In our opinion, the financial report presents fairly, in all material respects (or gives a true and fair view –refer to the applicable state/territory Act), the financial position of The NSW Association of AUSSI Masters Swimming Clubs Inc. as at 31 December 2018 and (of) its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements, and the requirements of the committee under the constitution.

Basis of Accounting and Restriction on Distribution

Without modifying our opinion, we draw attention to Note 1 to the financial statements, which describes the basis of accounting. The financial report has been prepared to assist The NSW Association of AUSSI Masters Swimming Clubs Inc. to meet the requirements of the committee under the constitution. As a result, the financial report may not be suitable for another purpose.

Auditor's Signature: Peter P. Vlahopol

Auditor's address: Suite 403, 379-383 Pitt Street, Sydney NSW 2000

Dated: / /

**THE NSW ASSOCIATION OF AUSSI MASTERS SWIMMING CLUBS INC.
FOR THE YEAR ENDED 31 DECEMBER 2018**

CERTIFICATE BY MEMBERS OF THE COMMITTEE

I, Paul John Bailey of Narrabeen NSW certify that:

1. I am a committee member of the Association, and
2. I am duly authorised by the committee to make this statement
3. The financial statements for the year ended 31 December 2018 were submitted to the members of the association at its annual general meeting.

Dated: / /

COACHING DIRECTOR'S REPORT 2018



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

Members of Anne's team are: *Di Coxon Ellis* (coaching director) *Paul Bailey*, *Greg Gourley*, *John Kulhan*, *Caroline Makin*, *Jane Noake*, *Bill Moorcroft* and *Peter Johnston*. At the end of the year *Peter McGee* joined the team.

Initiatives have been:

- Visiting club coach sessions run by *Anne Smyth* were held at Molonglo and Campbelltown with more planned for 2019.
- A Stroke Workshop was conducted by the Coaching Team at the Bathurst Grape Escape weekend with many attendees. Coaches were *Anne Smyth*, *Paul Bailey*, *Di Coxon-Ellis* and *Caroline Makin*. This session was very positively received.
- *Tony Goodwin* held Breaststroke Workshops at meets early in 2018, providing our members with concrete and practical information on Breaststroke.
- Regular email contact with coaches has been continued enabling the distribution of information and ideas to support and mentor our coaches.
- The new coaching page on MSNSW website has been regularly updated with information. This has included swimming blogs from *Mark Morgan*, swimming tips from the Coaching Team and a set of programs written by *Anne Smyth* for members to access.
- A Coaching Forum was held at branch short course at Woy Woy in October with *Peter Johnston* running a session on warm up and cool down tips at swim meets and *Caroline Makin* presenting the swim programs found on the website. This was the third forum held to bring together coaches for the sharing of ideas and creating a network.

- More workshops and regular contact through email and webpage are planned for 2019 to continue to build on the coaching network for Masters Swimming NSW. Events that have already occurred include a Starts Workshop run by *Peter Johnston* at the Merrylands Meet on February 23 and a Shoulder Injury Session organised by *Peter McGee* with presenter *Jerome Murphy*, January 14.

For the 2018 Year of the Coach, thanks to MSNSW for the coaches shirts which many coaches chose to purchase and we wear them with pride

Anne Smyth

Coaching Team Coordinator



Clarence River Masters Coaching team, resplendent in the new shirts.

The Branch Coaching Director's role concentrates on coach accreditation and reaccreditation

The Masters Club Coach **accreditation** has three components (1) an online Club Coach course, (2) a face-to-face one day workshop and (3) supervised on-deck coaching. After the workshop participants are required to complete a workbook, log their coaching hours and submit evidence of a CPR and a signed Code of Behavior and they become accredited as a Club Coach.

During this "Year of the Coach" Masters Swimming Australia, in recognition of the incredibly important role that coaches play in Masters swimming, offered a Club Coach Workshop attendance subsidy. Three people from NSW received a subsidy to travel more than 150km to attend a workshop (Katrina Burgess, Thomas Boyce both ACT and Michaela Mate Sydney [travelled to Sapphire Coast]).

The **two Club Coach workshops** MSNSW conducted in 2018 were:

1. July - Sapphire Coast with 9 participants. Presenters were *Paul Bailey, Di Coxon-Ellis and John Kulhan* and we were joined by as trainee presenter *Anne Smyth*. *Lucy Williams* of Bega Valley Aquatic Centres was granted Recognition of Prior Learning (RPL) but still completed the masters workshop. Two have already completed all requirements. Well done to *Susan Keey* (Sapphire Coast) and *Michaela Mate* (North Sydney).

2. October - Sports House, Sydney Olympic Park and Ryde Aquatic Centre with 7 participants. Presenters were *Paul Bailey, Anne Smyth, Vicky Watson* and *John Kulhan*. *Alison Johnston* also was granted RPL and completed this workshop. Two others have completed all requirements. Congrats to *Katrina Burgess* (Tuggeranong) and *Oscar Perez-Concha* (Wett Ones).

As reported last year we held one workshop in 2017 with 1 new accreditation that year. In 2018 a further four of the other trainees completed all their requirements – *Susan Leech* (Ryde), *Wendy Magnus* (Wett Ones), *Peter Bull* (Singleton) and *Phil Murray* (Cessnock).

The 2016 trainees were granted an extension and two more were accredited in 2018. Congrats to *John Collis* (Molonglo) and *Greg Lewin* (Ryde).

In 2018 we had huge numbers of coaches send in their updating docs for Club Coach **reaccreditation** –1 decided not to continue on from the Intro Coach from 2014.

Of 21 coaches to reaccredit, 16 renewed:

Scott Hay (Blacktown), *Diane Partridge* (Cessnock) *Jane Lawrence & Robyn Wattus* (Clarence River), *Craig Allatt* (Molonglo), *Peter Johnston* (Merrylands), *Charmian Frend* (North Sydney), *Anne Smyth, Andreas Falkenau, Greg Gourley* and *Leisa Cass* (Tuggeranong) *Kerryn Blanch* (Wests Auburn), *Peter McGee* (Wett Ones), *Simon Watkins* (Lismore MSQ). Also *Sunny Fung* and *Hung Pham* not currently members but still coaching masters. *Lynne Johnston* (Clarence River) *Peter Kellaway* of Myall and *Peter Brown & Trish Appleby* of Warringah decided not to renew and we thank them for their past contribution to coaching. Only one more to renew!

MSNSW Coach of the Year 2018:

Two clubs nominated their wonderful coaches for the award this year: *Greg Gourley* by Tuggeranong and *Greg Lewin* by Ryde. Not only same name but very similar in their skills and abilities so it was an extremely hard decision as both coaches ticked the boxes. Unfortunately only one can be nominated for the National award (we checked!) so after much soul searching *Greg Lewin* was chosen. *Greg Gourley* can be assured of a Highly Commended certificate.

Greg Lewin has therefore been nominated for the MSA Coach of the Year which is announced at the National Swim and is presented at the ASCTA Conference at the Gold Coast.

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

Another way to recognise your coach if they are not a member of your club is by paying only \$10 for MSA coach membership so they become part of the Masters family.

In 2018, Anne Smyth became an accredited MSA presenter for the Club Coach workshops and was a welcome member to the teaching team, in addition to her fabulous work as the Team leader of the Coaching group as evidenced by her report.

I also continue to enjoy the support of previous Branch Coaching Directors John Kulhan & Vicky Watson in presenting the Club Coach course. John assesses all the workbooks from the courses, for consistency's sake. Also a big thank you to Paul Bailey as a presenter, for his unflagging efforts visiting clubs.

As always, many thanks to our wonderful administrator, Jillian Pateman, for her administrative support in the organisation of workshops and professional development. And thanks for organising the gorgeous coaching shirts!

Di Coxon-Ellis

MSNSW Branch Coaching Director

Supported by the



MEET DIRECTOR'S REPORT 2018

I feel very honoured to be the Branch Meet Director for two main reasons. It allows me to work with the greatest bunch of officials in Australia at each branch meet and it also means that I facilitate swim meets which allow our members to have a great deal of fun and achieve their goals. I would like to thank ALL the officials who work at any meet in NSW, without you we would not be able to run meets and I would also encourage other members to become involved in officiating. Contrary to what many members believe it is actually fun as you get to speak to many more swimmers than you would if you were just sitting around the pool, it is a way of meeting people from other clubs, and you are needed. We will need more officials if we are to run a successful National championships next year so please consider becoming involved in our team, we are more than happy to talk with you about it and mentor you through the process.

I would make special mention of Warringah Masters who won the Division 1 trophy at each branch meet this year- an incredible result and I appreciate the hard work that goes into encouraging their members to be part of their team to achieve such a result. Congratulations and well done Warringah.

The Long course branch Meet was held in March at SOPAC with 305 swimmers over the 2 days. We had large numbers from Warringah, Manly and Blacktown and it was great to have 9 swimmers from Armidale and 4 swimmers from Coffs Harbour amongst our numbers. Congratulations to Jenny Whiteley and Tony Goodwin who were swimmers of the Meet and Vicky Watson who was awarded the Peter Gilmour trophy for the best butterfly swim relative to the current records.

The Division 1 branch Champions were Warringah, Division 2 North Sydney, Division 3 Liverpool and Division 4 Tattersalls.

Congratulations to Merrylands who won the executive trophy with 12 of their 14 members swimming at the meet.

The Relay Meet was held at SOPAC on 15th July with 279 swimmers from 16 clubs. Great to see some large teams from our regional areas- Port Macquarie, Maitland, Myall, Tuggeranong and Wollongong. As always it was a fun day and congratulations to Warringah for winning the overall pointscore.

The branch Short course meet was held at the Peninsular Leisure centre at Woy Woy in October with 245 swimmers from 41 clubs. We had a number of interstate visitors as this was the NSW event in the Australian Masters swim series.

Congratulations to Jenny Whiteley who broke 4 World records at this meet and was the female Swimmer of the Meet, and congratulations to Paul Lemmon who was the male Swimmer of the Meet and broke 4 National records.

The Division 1 branch Champions were Warringah Masters very closely followed by Wett Ones (41 points difference). Division 2 branch champions were North Shore Masters, Ettalong Pelicans won Division 3 and Bushrangers won Division 4. The average pointscore trophy was won by Manly Masters and the Gordon Cozins trophy for the combined relay scores was won by Warringah.

The Long Distance branch meet was held at a new venue, the newly renovated Auburn pool and we were fortunate to have a lovely day in the sun. We had 115 swimmers from 23 clubs.

My highlight would have to be 90 year old James Short (complete with cheer squad of great-grandchildren) swimming 1500m freestyle and breaking both the 800m and 1500m branch record during the swim.

Congratulations and thanks to Warringah for supporting our branch meets who won their 4th Branch title with a huge win in Division 1. Division 2 was won by Wests Auburn. Raymond Terrace won Division 3 and Tattersalls Division 4.

Once again thanks to all the officials who have been part of the team in 2018, your work is greatly appreciated. 2019 and 2020 will be a little different due to the National Championships in Sydney being a short course meet. Our Branch Short course Championships in 2019 will be back at Peninsular Leisure Centre in October and our Long course Championships in 2020 will be at the AIS in Canberra in October 2020.

Jane Noake



ENDURANCE RECORDER'S REPORT 2018

General STATS: No: Clubs = 44 (2017=44), Participants = 432 (2017=451), Females = 230, Males = 202

Top Scoring Clubs

NTN Tuggeranong with 16911 points, 41 participants out of 97 members
 NCT Campbelltown with 12136, 28 participants out of 28 members - great effort
 NBT Blacktown with 10720 points, 38 participants out of 45 members

Clubs with highest Average points

NCT Campbelltown with average points of 433.4 (28 participants out of 28 members)
 NWS Wests Auburn with average points of 390.29 (13 participants out of 17 members)
 NBT Blacktown with average points of 28.2 (38 participants out of 45 members)
 NB: Castle Hill's average was actually the highest with 644.2 but they only have 5 members and Singleton with 390.33 only has 3 members and I believe the e1000 rule states 6 members are required.

Swimmers with Maximum Points (1005)

(5 up on last year)

Member	Club	Age	Age Group
BALE , DAVID	NTN	45	45-49
BLAMIRE , MEGAN	NBT	49	45-49
BURGESS , KATRINA	NTN	51	50-54
DA COSTA , LEANNE	NCH	58	55-59
DAVIS , ADRIAN	NPM	67	65-69
DAY , BRENDA	NTN	69	65-69
FORRESTER , KURT	NBT	29	25-29
GRIFFITHS , ROBIN	NBM	64	60-64
KAUPERT , PETER	NWG	77	75-79
KEOGH , LESLEY	NCT	61	60-64
KNICKERBOCKER , AUDREY	NBT	27	25-29
LANE , KYLIE	NTN	41	40-44
LLEWELLYN , GEOFFREY	NCN	85	85-89
MAKIN , CAROLINE	NTN	50	50-54
MCGOWAN , ATSUKO	NTN	39	35-39
MCLEOD , RUSSELL	NCT	68	65-69
MCMURTRIE , WENDY	NPM	51	50-54
O'NEILL , IMOGEN	NCL	29	25-29
PARKINSON , MICHAEL	NWS	48	45-49
PELOSA , JAMES	NCT	56	55-59
REID , ANN	NTN	56	55-59
ROGERS , SANDRA	NBT	54	50-54
ROUEN , HEATHER	NCT	62	60-64
SINDEN , OWEN	NCT	63	60-64
STONEHOUSE , MICHELLE	NBT	56	55-59
WHITELEY , JENNY	NRY	60	60-64

Swimmers with Maximum Swims (62)

(2 up on last year)

Member	Club	Age	Age Group	Points
MCDONALD , MARK	NBT	31	30-34	983
RISK , LINDSAY	NCT	71	70-74	983
PHILLIPS , RICHARD	NTN	50	50-54	969
CAMPBELL , DONNA	NTN	56	55-59	952
MICHELS , KERRY-ANN	NBT	51	50-54	934
LEARY , CHRISTINE	NTN	64	60-64	927
PATEMAN , JILLIAN	NBM	59	55-59	917
HENSON , KATHRYN	NCL	56	55-59	861
GENOVESE , KERRI	NCL	57	55-59	844
BLANCH , KERRYNN	NWS	45	45-49	825
TEUNISSEN , ANDREA	NTN	58	55-59	825
HATCHER , SALLY	NPN	62	60-64	746
MORRISON , HILARY	NWS	72	70-74	725
MCNAIR , HEATHER	NBM	48	45-49	705
KULHAN , JOHN	NTR	67	65-69	678
SKULANDER , ANNIKA-LEE	NBT	28	25-29	567
COLYER , TANYA	NCN	58	55-59	496
ANDERSON , CASSIE	NWS	38	35-39	489
SWEETING , BRUCE	NCL	54	50-54	486



MEET RECORDER'S REPORT 2018

Swim Meet System

2018 marked my 20th year in the role of Meet Recorder for Masters Swimming NSW. Many changes have been implemented in that time - remember having to fill out those pink & blue cards by hand, then get them in the post, with your money, 3 or 4 weeks before the meet?

In 2018, I officiated at 11 interclub meets, three branch Championships, and the branch Relay meet. My role for each of these includes setup of the online entry system & compilation of entries, setup of the meet database, programme preparation, report preparation for officials, management of results poolside, checking for broken records, submission of relevant record applications, and the uploading of results to the MSNSW website and MSA results portal.

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

An additional 5 meets were conducted by host clubs using their own licenced software and equipment. For each of these meets my role includes the setup of the online entry system, the compilation of entries and the setup of the meet database, checking post-meet that all broken records have been correctly identified & that relevant record applications have been submitted, then the uploading of results to the MSNSW website and MSA results portal.

From the beginning of 2018, all sanctioned meets now utilise online entries only.

651 members participated in one or more swim meets during 2017, representing 46.5% of our membership, compared with 48.5% in 2017.

Semi-Automatic Timing

Wylas Timing has been utilised at all meets where I officiated as Meet Recorder, except where AOE electronic timing was used. Timekeepers & officials have become familiar with the equipment.

Top Ten System

[The MSA Results Portal](#) continues to be the go-to place for up-to-date information on members results, Top Ten rankings and records. The database is updated from swim meet results and [Endurance 1000](#) data throughout the year, plus additional manual entries from club time trials and non-MSA meets that are submitted by club recorders at the end of the year. A total of 740 times were recorded manually for 78 swimmers from 9 clubs.

Mark Hepple

MSNSW Meet Recorder

WEBMASTER'S REPORT 2018

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

A huge project this year was the migration of our website to a new platform utilizing the Wordpress content management system. After 5 frustrating months of development, the new website went live in early December.

Many thanks to:

- **Kim Back** for her work on the News section of the new website
- **Lindsay Brice** for assistance with the MSNSW meet results pages
- **Peter Gregory** for assistance with all things technical

While our main website is hosted by SportsTG, we would like to take this opportunity to also thank:

- **Ingenium Internet** for the hosting of our MSNSW Results & LiveResults pages
- **Spin Internet Services** for hosting our email

Website Statistics

Due to the update & subsequent changeover of the web server, detailed annual usage statistics are unavailable, but most common pages visited continue to be related to swim meets - Calendar, links to online entries, Programmes, & Results, plus Membership and Club List pages.

51% of visits to our site are from desktop computers, 36% from mobiles, and 13% from tablets.

Other than the 40% of visits from those amongst us who have bookmarked the site, the vast majority of referrals to the site come from Google at 43%, 3% from Bing, 3% from Facebook, and 1½% from the MSA website.

Mark Hepple

INGENIUM INTERNET



RECORDS RECORDER'S REPORT 2018

World Records

Twelve World Records were approved in 2018, all to Jenny Whiteley from Ryde AUSSI Masters. Congratulations Jenny!

March	Jenny Whiteley	200m Breaststroke	LC	3:04.15	60-64
March	Jenny Whiteley	50m Freestyle	LC	28.90	60-64
March	Jenny Whiteley	100m Breaststroke	LC	1:23.37	60-64
May	Jenny Whiteley	100m Breaststroke	SC	1:20.50	60-64
May	Jenny Whiteley	100m Breaststroke	SC	1:25.48	60-64
May	Jenny Whiteley	50m Breaststroke	SC	37.08	60-64
May	Jenny Whiteley	50m Freestyle	SC	28.50	60-64
May	Jenny Whiteley	200m Breaststroke	SC	2:57.05	60-64
October	Jenny Whiteley	200m Freestyle	SC	2:15.93	60-64
October	Jenny Whiteley	200m Individual Medley	SC	2:36.81	60-64
October	Jenny Whiteley	100m Individual Medley	SC	1:12.19	60-64
October	Jenny Whiteley	100m Freestyle	SC	1:02.60	60-64

National Records

53 National records were recognised throughout the year, 30 to women and 15 to men plus 8 Relay records.

Congratulations to:

Aaron Cleland, John De Vries, Paul Lemmon, Tony Goodwin, Daniel Jones, Peter Kaupert, Liz Wallis and Jenny Whiteley

Relay Teams

Blue Mountains Phoenix	320-359	4 x 50m	Free	women	LC
Blue Mountains Phoenix	320-359	4 x 100m	Free	women	LC
Blue Mountains Phoenix	320-359	4 x 50m	Medley	women	LC
Blue Mountains Phoenix	320-359	4 x 50m	Free	women	SC
Blue Mountains Phoenix	320-359	4 x 25m	Medley	women	SC
Blue Mountains Phoenix	320-359	4 x 50m	Medley	women	SC
Warringah Masters	280-319	4 x 100m	Medley	men	LC
Sutherland Sandbern	230-359	4 x 100m	Free	mixed	SC

Branch Records

2018 saw 117 individual branch records made or broken and 14 relay records achieved.

There was a wide split again this year with 61 going to women and 50 to men.

The statistics in regards to pool length showed 60 of these records being attained in long course and 71 in short course pools.

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

20-24	0	25-29	2
30-34	3	35-39	6
40-44	9	45-49	9
50-54	9	55-59	4
60-64	40	65-69	4
70-74	3	75-79	14
80-84	4	85-89	1
90-94	9	95-99	0

All **strokes** were targeted:

23 in Backstroke

28 in Breaststroke

27 in Butterfly

27 in Freestyle

12 in Individual Medley

Lastly a look at what **distances** were popular with record breakers in 2018:

9 for 25m

20 for 50m

16 for 100m

24 for 200m

20 for 400m

20 for 800m

8 for 1500m

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

Blue Mountains Phoenix (6), Sutherland Sandbern (6) and Warringah (2).

My congratulations to you all.

Jillian Pateman

Records Recorder

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TECHNICAL DIRECTOR'S REPORT 2018

In my 2017 report I indicated that it was probably my final year as MSNSW Technical Director. However I have continued in this role in the vain hope that I could help to hasten changes to National training notes and resources that are now over five years out of date. The little progress that was made in 2018 was due to the independent efforts of our Di Partridge and Neil Keele. Unfortunately there aren't any defined links between Branch Technical Officers and the National Technical Committee (NTC) so there has been little progress over the past 12 months. One major frustration is that rule changes are proposed then passed and I have no knowledge of them until they have been adopted and sent to the NSW Office. I have now turned 80 and even though I feel my brain is as active as it ever was I should now step down before it is too late to do so with dignity.

There was only one Swimming Rule changed in 2018 namely SW 12.6M governing the setting of National records that affected our members. Changes were also made to Open Water rules SW 5.10, SW 5.11, SW 5.11.1, SW 5.11.2, and SW 5.11.3. I received queries from swimmers and officials regarding the breaststroke turn, backstroke turn, backstroke to breaststroke turn in the Individual Medley and how to determine if swimmers are swimming underwater further than the 15 metres allowed in Freestyle, Backstroke and Butterfly events.

There has also been an ongoing debate as to whether a swimmer who misses the wall when turning can go back and expunge their error. This has partly been caused by officials not referring to all the rules (for the answer see SW 10.4) and partly because the MSA Swimming Rules were more closely aligned with SAL Rules. This alignment meant that some clarifications were deleted, such as "it is not possible to go back and touch if you miss your turn". Several of the changes to the Rules that govern roles and procedures have still not flowed on to the training and support documents causing problems for intending and trainee officials and course presenters. For example Officials Training Notes on the website that should link to the current November 2018 version Swimming Rules still link to the January 2018 version. Also the FINA DVD, which is listed as a resource, is over five years out of date even when using the 2013 rule changes. Reference to it needs to be deleted from the MSA website and if a replacement is needed MSA should source a current online presentation from SAL/FINA. Rumour has it that MSA is seeking to come to an arrangement with SAL to use their resources for training and accrediting officials. This would be of value especially in country areas of MSNSW and in branches that do not conduct many swim meets. A final item that I brought to the attention of some NTC members is that DQ code GT "*Left lane before Referee's instruction*" currently references rule SW 10.9M that allows swimmers to leave the water when they have completed their swim. It would better to reference rule SW 2.1.9M (see MSA Rules Nov 2018).

In conclusion I wish my successor all the best and offer my assistance and advice for as long as it is useful.

Gary Stutsel
Branch Technical Director

TRAINING COORDINATOR'S REPORT 2018

Congratulations to the thirty eight officials who gained their accreditation in 2018. I encourage clubs when recruiting officials for your swim meets to offer positions to these new officials. Don't know who they are? Then please contact the Training Coordinator.

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

Marshal/Check Starter/Clerk of Course officials had to Re-accredit in 2018. Thirty seven out of a possible forty one qualified Marshal/Check Starter/Clerk of Course attended the workshops.

MSNSW has a contingent of 56 active officials who officiated across 214 swim meets. There are many others who only officiate at their own swim meet. Thank you to all officials for your hard work and dedication to MSNSW. From an official point of view all MSNSW swim meets run smoothly, so congratulations to these officials for their outstanding team work throughout the year. Please remember, MSNSW can never have too many officials.

There were fifteen courses offered in 2018. A total of 51 candidates attended courses. All courses are held on a day of a swim meet and one hour before warmup. Only 38 candidates completed their competencies in 2018. Thank you to all the dedicated mentors, presenters and co-ordinators.

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

Thank you all the wonderful dedicated non swimming volunteers, MSNSW board for your support, Jillian Pateman, branch Administrator and Gary Stutsel, Technical Director for their many hours of work during 2018. All are valued members of MSNSW.

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

<i>Current Qualified Officials</i>	<i>2018</i>
Timekeepers only	239
Chief Timekeepers	41
Marshal/Check Starter/Clerk of Course	40
Starter	24
Inspector of Turns	25
Judge of Strokes	8
Referee	21

Please note some officials are accredited in multiple positions.

Officials Positions	Accredited in 2018
Timekeepers	32
Chief Timekeepers	2
Marshal/Check Starter/Clerk of Course	3
Starter	1
Inspector of Turns	0
Judge of Strokes	0
Referee	0

Please note some candidates accredited in multiple positions.

Courses	Number of Courses	Candidates in 2018
Timekeepers (individual clubs are able to conduct courses)	5	32
Chief Timekeepers	2	1
Marshal/Check Starter/Clerk of Course	4	10
Starter	1	13
Inspector of Turns (including General Principles of Officiating 3 & 4 requiring no training hours)	3	5
Judge of Strokes	0	0
Referee	0	0

Please note some candidates participated in multiple courses.

Coordinators were:	Presenters were:
Diane Partridge	Ann Reid
Ann Reid	John Kulhan
	Diane Partridge
	Noel Partridge
	Di Coxon-Ellis

Diane Partridge
NSW Training Coordinator

Supported by the



MARKETING AND COMMUNICATIONS REPORT 2018

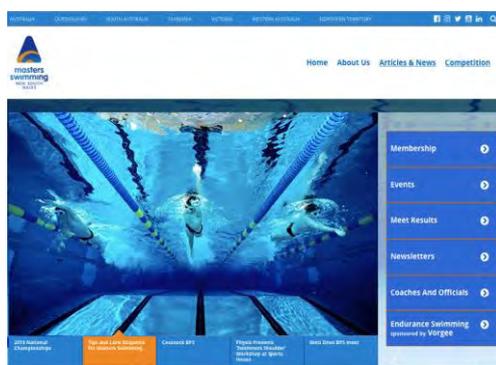
There has been great success in the areas of Marketing and Communications at the branch and club level over the past 12 months.

Based off our professional marketing plan, I have focused on improving our owned assets including a complete MSNSW website restructure. I have spent a large amount of time creating new professional artworks, brand imagery and general communication tools. The overall goal is to continue to raise the profile of the organisation, drive membership and improve the brand as a whole. Other areas of focus have been on the continuous management of the MSNSW social media pages, content creation, growing our general audience and improving our social reach.

During 2018 I have attended many events including a variety of BPS meets, branch championships and the MSNSW AGM. During my time at these events I have managed to obtain a large range of brand imagery and film for future use in MSNSW and club level marketing activities. I have tried to meet as many members as possible which has given me a greater insight into the organisation at the grass roots level.

Website upgrade

The Masters Swimming NSW website upgrade has been completed with the new site live and functioning well. Special thanks to Mark Hepple who spent hundreds of hours working on the site and continues to research, build and maintain new elements on the website. Special thanks to Kath and Noeleen at MSA for their work on the overhaul. Our goal was to have a modern, responsive site that is rich with resources including inspiring health and fitness content in addition to the swim meet calendar, programs and results. Both Mark and myself continue to work on the site throughout the year ensuring it is an up-to-date, useful platform for current members and a valuable marketing tool for potential new members.



Social Media

Fans and followers of our social accounts, Facebook, Instagram Twitter are continuously growing. Over the past year, posts on the MSNSW Facebook page have reached close to 30,000 views. Our following has grown to over 2,600 people and our individual campaign posts are seen by over 2,000 people each. I worked to create generic, campaign style content that all clubs can use and access to help promote their clubs, drive membership and promote their events.

Some of our 2018 Event Campaigns and General Membership Campaigns during 2018.



Instagram

Following the relatively recent launch of the @mastersswimmingsw Instagram account we have grown a healthy audience of over 1,200 people. The account features over 200 images and is constantly being featured and tagged by our clubs, swimmers and state swimming bodies.



Photography and film-making

Throughout the year I have attended a variety of swim meets and met with an extensive list of members to capture imagery and create short feature films that can be used for marketing purposes. One standout video was a wrap up of the MSNSW Branch Short Course Championships which was seen by over 1,800 people on social media. Below is our new Facebook cover photo featuring one of our own members.



Education

With the help of Kerry Blanch and Jillian Pateman I was able to run a very successful marketing, website and social media workshop for club presidents and delegates. This was an excellent opportunity to help clubs improve their club level marketing initiatives, social media skills as well as discuss hurdles and opportunities with other clubs. I was also given the opportunity to run a similar presentation at the annual MSA two-day conference in Melbourne with the aim of improving the entire Masters Swimming profile around the country.

Media

I am pleased to report that many MSNSW members have been in the spotlight over the past year including various features in local newspapers, radio interviews and who could forget Tony Goodwin's interview on the national prime-time television show, Sunrise on 7. Each media appearance has been very positive for the organisation, continuing our excellent reputation.



Swim Into Spring Toolkit

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

Partnerships

I have continued to research and engage with suitable brands and organisations with the goal of sponsorships and general partnership opportunities. I am happy to report that a number of clubs have extended current sponsorship deals and have attracted new partnerships to their organisations.

I would to thank the MSNSW board, the MSA board and administration, Jillian Pateman, Mark Hepple, the MSNSW coaching team and every member of the organisation that has assisted in marketing, communications, public relations, storytelling, research and posing for the camera over the past year.

Kim Back

MEETINGS 2018

MSNSW Branch at National Meetings

During 2018 Jon Hawton, as Branch Delegate, attended both the National Annual General Meeting and the Spring General Meeting.

In August 2018 Jillian Pateman attended the National Branch Administrators' meeting in Melbourne.

MSNSW Board

The Board of Masters Swimming NSW met on thirteen occasions throughout 2018 at Sports House, Sydney Olympic Park including the Annual General Meeting. The attendance at these meetings was as follows:

Name	Position/s	Attended	Apologies	Possible
Jane Noake	President until May	5	0	5
Kerryn Blanch	Board Member/President from May	12	1	13
Tony Tooher	Vice President	12	1	13
Sue Wiles	Vice President Country	12	1	13
Stuart Meares	Treasurer until May	4	1	5
Paul Bailey	Treasurer from May	7	2	9
Jon Hawton	Board member	9	4	13
Kari Baynes	Board member until August	8	0	8
Diana Watts	Board member from May	7	2	9
Jillian Pateman	Administrator/Minute taker	13	0	13

Annual General Meeting

This was held in the Lachlan & Murray rooms at Sports House, Sydney Olympic Park on 12 May 2018 and was attended by the Board, seventeen delegates from Member Clubs and twenty two registered persons, including three Life Members.

Apologies were received from eleven registered persons and twenty-four clubs.



CLUB MEMBERSHIP 2018

NSW CLUBS	2017	2018
Armidale AUSSI Masters Swimming Club	21	24
Bidgee Masters Swimming Club	14	10
Blacktown City Masters Swimming Inc	33	46
Blue Mountains Phoenix Masters Swimming	26	22
Bush Rangers	9	11
Campbelltown Collegians AUSSI MSC Inc	27	28
Castle Hill RSL Masters Swimming Club	11	5
Cessnock Masters Swimming Inc	33	29
Clarence River Masters Swimming	78	75
Coffs Harbour Masters Swimming Inc	26	21
Coogee-Randwick Master Swimmers Inc	24	19
Cronulla Sutherland AUSSI Inc	10	6
Dubbo Redfin AUSSI Masters Swimming Club	8	3
Ettalong Pelicans Swimming Club Inc	16	16
Ginninderra Masters Swim Club	11	13
Gosford City Seagulls AUSSI Masters	8	9
Hills Masters Swimming Inc	24	23
Lake Macquarie Crocs Masters Swimming In	27	21
Lane Cove Masters Inc	13	15
Liverpool Leatherjackets Masters Swimming	16	19
Maccabi Amateur Swimming Club	10	5
Maitland AUSSI Masters	18	30
Manly Masters Swimming Club Inc	78	67
Merrylands Swimming Club	16	14
Molonglo Water Dragons	60	60
Myall Masters Swimming Club	48	56
North Shore Masters Swimming Club	23	23
North Sydney Masters Swimming Club Inc	87	83
Novocastrian Masters Swimming Inc	38	36
Oak Flats AUSSI Masters Inc	12	8
Penrith AUSSI Masters Swimming Inc	23	10
Port Macquarie Masters Swimming Club Inc	43	40
Raymond Terrace AUSSI Masters Swim Club	10	7
Ryde AUSSI Masters Swimmers (RAMS) Inc	80	59
Sapphire Coast Stingrays Inc.	0	23
Seaside Pirates Inc	58	39
Singleton Masters Swimming Club	6	3
St George Masters Swim Club Inc	18	22
Sutherland Sandbern Masters Swim Club Inc	23	26
Tattersalls Club Swimming	22	34
Terrey Hills	9	1
Trinity AUSSI Masters Swim Club	39	40
Tuggeranong Masters Swimming ACT	109	94
Vladswim	23	10
Warringah Masters Swimming Inc	92	88
Wests Auburn Masters Swimming Club Inc	16	17
Wett Ones Swimming Club Inc	106	133
Wollongong Masters Swimming Inc	11	18
Wyong Wobbygongs Swimming Club	8	8



Armidale Masters Swimming Association

Annual Report 2018

Armidale Masters finished the year with around twelve members. The number has remained constant for about the past five years. Two additional people participated in swims over 2018 but have since left due to work and family commitments elsewhere.

Despite the small number of members, weekly swims are well attended as is the Annual General Meeting and social events.

The major achievement for 2018 was ongoing participation by two members in the Cole Classic Ocean Swim in Sydney. Both members competed in the 1km swim and finished in around 20 minutes.

Plans are underway to increase the level of participation in the Cole Classic and have members attend at least one interclub swim.

Armidale Masters would like to publicly acknowledge the support we receive from The Armidale School and the Moncton Aquatic Centre. Both organisations ensure we are able to access pools through even the coldest Armidale winter. We would also like to acknowledge the support and assistance we receive from NSW Masters in particular Jillian Pateman.

Kind regards

Stephen Phelps
President

Supported by the





Bidgee Masters Swimming Club

Annual Report 2018

Thanks for the opportunity of being President of the Bidgee Masters for 2018.

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

There were very few meets that were cancelled and as the Phantom President, I understand that all those that were held went very well. The most successful concept is of course the meal at Little Italy, Giuseppe's or Il Corso. I believe that the vegetable stack as ordered by President Brian on one occasion was held in high regard.

This year we did not have any outside coaches but the members continued to provide an interesting line up. Thanks to all the members who went to the trouble of setting up session and being a coach!! We can look forward to more volunteers next year.

Again the Bidgee Masters Club did not manage to compete at a national or state level. Perhaps we might do better in 2019. I did report at an earlier meeting that I would not be coordinating an MS 24 Hour Megaswim in 2019, however, MS Australia believe that they can coordinate an event with a Laura Tenison in charge. The date is now set at 2/3 March, so hopefully Di and Pam can put another team together.

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

I have really enjoyed your company of swimmers and swimming on Monday nights on those nights that I have been this year and am looking forward to 2019 for more involvement in the sessions.

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

Brian Munro
President

Blacktown City Masters Swimming Incorporated



Annual Report 2018

2018 proved to be a somewhat successful, busy year for us at Blacktown.

We managed to send quite competitive teams to both the National and Pan Pacs championships, and managed to dramatically increase our participation in the Endurance 1000 program.

We again held our own successful BPS carnival, after not being able to hold one the previous year. We made a point of providing touch pads and an electronic results board for the swimmers, so that any records set at the carnival would stand in the officially surveyed Blacktown pool. This also is convenient for the swimmers and backup timekeepers, as the swimmers can easily and instantly see their results, and they don't have to bother the timekeepers to request their time. We hope this was well received by the swimmers and officials who attended.

We managed to finish the year with 45 members, which has shown a moderate and steady growth of numbers in what can be a challenging environment to recruit new members and maintain existing members. Previously there had been a drop in membership numbers in earlier years. We believe we must now be doing something right!

We have made a point of there being a strong social element to the club, not just a swimming squad/club. We hold regular restaurant dinners/lunches and even now the occasional weekend breakfast!

Our Endurance program ambassadors Megan and Mark organise regular group endurance swims for those who are either keen or mad enough to want to try to complete either some or the entire somewhat daunting program on offer.

We continue to fundraise for our club through the community Bunnings Barbeques program, which we do very well out of with around 3 or 4 of these a year depending on availability. (Don't tell anyone we use chicken sausages because we're not supposed to!)

I guess from the club's performances as a whole our highlight would have been winning the visitors trophy (for the top scoring club from an interstate team) at the 2018 Nationals in Perth. We continue to be the highest attending club from NSW at most of the recent Nationals championships across Australia. We had a great time in Perth at a wonderful venue for such a meet.



Also for the first time we sent a considerable team to the Pan Pacs at the Gold Coast in November, another quality venue at the Southport pool. A number of our swimmers performed very well at these meets, coming home with many medals in the process.

As for the NSW meets, our best result was winning the highest average points trophy at the NSW long course meet at SOPAC with 21 swimmers. We finished 3rd overall at this carnival. At the other meets we finished 4th overall at NSW short course at Woy Woy, 4th in the NSW long distance meet at Auburn and 4th at the NSW relay meet at SOPAC.



At our own Blacktown BPS carnival, we could (sadly for us) only manage 2nd place behind the very competitive Warringah club, who finished an agonising 19 points ahead of us at the end of the day. Congratulations to Warringah. We will keep striving to win our own carnival sometime soon!

On the swimming front, there were amazing performances throughout the year from Aaron Cleland, who set a large number of state and some National records. Kasey Shepherd also had a big year with impressive results at the Nationals and Pan Pacs meets. There were also highly notable performances Stephen Brown, Sandra Rogers, Kurt Forrester, Audrey Knickerbocker, Kemton Cline, Clary Munns, Mark McDonald and Kerry Michels.

At squad training nights attendances remain steady and gradually growing, and we still enjoy fully subsidised lane hire from the Blacktown Council for 2 lanes on our club nights. Aaron has continued to set the training program for us, which has been well received if not a little 'firm' at times!

On the Endurance program, we had a total of 7 swimmers complete the entire program, which was a big result for us compared to years in the past. We also had a high number of club members participate in the program, with a few swimmers completing around at least half of the completed program.

Our webmaster David Irving has done a terrific job in updating our website which we feel has contributed towards our steadily growing younger membership base.

Our long serving club secretary Remy Reinker has thankfully continued in the role and along with Sue who continues in her roles as treasurer and accommodation logistics organiser, they continue to be highly valued mainstays of the club.

A couple of the girls have re-started a club newsletter, which is terrific to have this back up and running. Thanks to Audrey and Leonie for getting this going again.

Many thanks to my fellow committee members for their service throughout the year, particularly to Mark McDonald, Megan Blamires, Kurt Forrester and Aaron Cleland for their valued contributions in various roles.

I would also like to acknowledge the work of Kerryn Blanch, Jane Noake, Tony Tooher, Jon Hawton, Sue Wiles, Di Coxon-Ellis, Di Partridge and Jillian (and others not mentioned) for their continued contributions to Masters Swimming NSW. Without their efforts our clubs would struggle to exist.

Thanks and regards,

Scott Hay
President

Blue Mountains Phoenix

Adult Swimming Club

30 Coolabah Rd, Valley Heights NSW 2777
Nerida Murray 4751 3422 — Sue Wiles 4757 1065 — Kathy Dobson 4782 3947

Annual Report 2018

Blue Mountains Phoenix membership fluctuates from year to year as interested swimmers join but then drop out because they find they don't have the time or the inclination to continue with either squad training, carnivals, the endurance program or the Vorgee million metres. This is a little disappointing but it does seem to be the pattern for masters swimming clubs in general. Towards the end of 2018 we welcomed some new swimmers and swimmers transferring from other masters clubs, all of whom share our love of swimming. Our core group of dedicated swimmers has remained around 12 to 15 for several years.

All in all 2018 was a fairly quiet yet satisfying year for our club. We finished the year a close third (1289 points) in division 2, just 52 points behind the winner (Clarence River) and 3 points behind North Sydney Masters. This was an impressive jump up the divisional ladder from the previous year and the efforts of the carnival goers among us are very much appreciated. We will remain in division 2 for 2019.

Our members did impressively well in the top ten rankings for 2018, placings coming from participation in the e1000 program as well as carnivals. Nationally, 8 of our swimmers top tenned in short-course events (9 in branch rankings), and 10 swimmers top tenned in long-course (11 in branch rankings). Our relayers were equally impressive, with 3 short-course and 4 long-course national top tens and 3 short-course and 6 long-course branch top tens.

Speaking of relays, the determination of our four oldest swimmers to seize the day was well rewarded: Liz, Kay, Sue and Nerida suited up as a 320+ women's team and well and truly broke 6 national records. We'll be looking forward to how these records stack up in FINA world top ten terms when these statistics are released in mid 2019.

Members of Blue Mountains Phoenix enjoy swimming and the company of our fellow swimmers but also have busy and fulfilling lives beyond the pool that leave little time for social get togethers. We train regularly, two to three mornings a week with a professional coach, we count up our laps for the Vorgee million metres and some of us chip away at the e1000 program. Our thanks go again to Nerida Murray, Kathy Dobson, Jillian Pateman, Sally Hatcher and Robin Griffiths in particular for encouraging us to put on our cossies and hop in the water and swim a few more laps.

Sue Wiles
President

CAMPBELLTOWN COLLEGIANS AUSSI MASTERS SWIMMING CLUB



Annual Report 2018

Bryan Ferry sang the classic song 'Lets Stick Together'. So what? So, that's *precisely* what we do at Campbelltown Masters Swimming Club – we stick together! We encourage each other, we help each other, we volunteer for each other, we step forward when things need to be done.

Our recent 2019 carnival was the perfect example of our wonderful club spirit. And it's not just the club members who show this spirit; it's our spouses, partners, children, family, friends, even prospective members (now full members); we all do it. Thank you for sticking together; this is the heart of our club.

No-one typified this spirit more than Hans Preiss who, out of swimming for six months with injury, still turned up every Sunday morning to time keep. "It's just part of what we do at this club" admitted Hans. "Even if we can't swim, we still help out."

2018 was a 'different' year for our club. After a record 18 consecutive years' dominance as NSW endurance swimming champions, last year we were knocked off the top perch. We finished 2nd in NSW and 3rd nationally, so still a wonderful year. And coming second was the best thing that could happen to our club! Why? Our club membership was ageing and we needed new (especially younger) members.

So late 2018 was a huge and refreshing time of new recruits: Sharon Carpenter, Laura Lawrence, Janette Towell and Fiona Woods, who were joined in January 2019 by Jenni Goodhew, Kyle O'Brien, Brian Sutton and Paige Tomkins. Welcome aboard.

Suzie Haddad, who joined in 2017, was ecstatic about the newcomers. "This is the best thing that could happen to our club!" exclaimed Suzie. "Now we'll have lots more going to carnival and swimming relays." And Suzie was spot-on with her judgment as most have competed at the first two carnivals of the year.

Campbelltown's Sunday morning swims are the backbone of our club – and always attract most members for relaxed (but still energetic) competition. We are unique in masters swimming clubs around Australia as no other club competes like this. No wonder our club spirit is so high.

The Sunday swims - and attendance at carnivals – all contribute to the Club Champion award, plus other trophies like Most Improved, Encouragement Award, etc. Unfortunately, the secrecy surrounding the winners over the past three months is so tight even Mr President isn't told. The announcement must wait, as always, for our club presentation BBQ.

If our Sunday swims are our club's backbone and club spirit our heart – then the sense of humour gene/gland/organ would have to be our social events! Someone mentioned the word 'multitude' but that would be an understatement for the number of social outings. Even our Sunday morning swims are social events – poolside chats interrupted by having to swim, cake-and-coffee, members turning up just to visit; it's all very social.

Lesley and Mark Thompson are the social sparks, heading up the year with their annual Australia Day BBQ celebration. Our carnival was next, a social event we share with the state. A performance by Grace Knight at the Casual Powerhouse Museum followed, then a Saturday walk to/around Manly, then Heather and Terry Rouen hosted our presentation BBQ.

We always celebrate members' Big 0 birthdays, so scattered through the year Greg Jacques, Elly Ramon, Linda Beveridge, and Sue Heins all (hopefully) enjoyed reaching another decade. Mt Annan Botanic Gardens, Campbelltown Regional Art Gallery and the Dragonfly Café at Mt Annan were the venues chosen.

Live shows are big on our list of social activities, with The Music of the Carpenters, Donna Lee Sings Petula Clarke, and The Piano Man at Casual Powerhouse. All Hail Chuck Berry at Campbelltown RSL, Elvis an American Trilogy at Mittagong RSL, The Book of Mormon in Sydney, and The Wharf Review at Wollongong Performing Arts Centre, along with respective lunches or dinners, were thoroughly enjoyed.

Every three months the club's ladies, friends, wives, etc. had lunch together. Another walk, this time around Rose Bay, Woolloomooloo and the Royal Botanic Garden, was well attended, as were the end-of-year events – Christmas breakfast at Campbelltown Performing Arts Centre and the final BBQ of the year hosted by Annie and Doug Cooke. Whew! What a list.

The future looks very promising for Campbelltown Masters Swimming. We are leading the way in forming a new endurance swimming category, which has more than a little interest shown by other clubs – and NSW

and Australian Masters Swimming organisations! There's also a list of suggestions/strategies/objectives that we have to improve our club and attract new members.

Finally, thanks to some organisations – Campbelltown Amateur Swimming Club for their unwavering support whenever we host a swim meet; Campbelltown Catholic Club for their continued sponsorship; and to Masters Swimming NSW's President Kerryn Blanch and Administrator Jillian Pateman, plus the Board members, for their wonderful support - thank you!

Gregory Jacques
President



Our 4 million-metre-man, Mark Thompson, proudly displaying his award. That's 80 000 laps!



Campbelltown Carnival 2019 with an unexpected star-of-the-show... Duckie-the-Referee stayed poolside for the entire 6-hour carnival 😊





Clarence River Masters Swimming Club

Annual Report 2018

At the time of this report Clarence River Masters Swimming Club has 75 members.

Since the beginning of this season, training sessions are well attended in both Maclean and Yamba pools, with coaches reporting good enthusiasm and improvement in the swimmers.

In the progressive Branch Point Score, the club is currently in Division 2, placing 1st from 13 clubs. This is a good achievement for the club.

We have many members again in the top 10 in age groups.

Our own club carnival was again a success with over 100 swimmers, but sadly only 25 from our club. The committee works very hard to hold this event, our only money raiser for the year. With these numbers decreasing each year we will have to re assess the carnival, which may see some changes in 2019.

We have in the past years had a very good response to postal swims, including 39 swimmers in the West Auburn Turtle swim, 9 in the Swimming up Hills, and 2 in the Bunbury postal swim.

These swims are a great way for swimmers to have timed swims that are entered as postal swims and the club gains lots of points, which is reflected in our position in the Branch point scores.

Members attending carnivals have decreased with only one swimmer at Port Macquarie, and one at the Pan Pacs.

We provided one official at both these carnivals.

Our club has had one member gain her Referee certificate and one member gain his Starters certificate.

Our club enjoys many social gatherings, including camping, swimming at Copeton Dam, many breakfasts out, dinners after training, and of course our annual breakfast out for all members. This year was a huge success, with 61 members attending. All enjoying the wonderful venue, the surf club, and a fantastic breakfast.

Our club enjoys many social gatherings, including camping, swimming at Copeton Dam, many breakfasts out, dinners after training, and of course our annual breakfast out for all members. This year was a huge success, with 61 members attending. All enjoying the wonderful venue, the surf club, and a fantastic breakfast.

The club is able to give back to members again with fully funding the annual breakfast, subsidised shirts, jackets, carnival entries and club caps.

Our club, with the local junior swimming club, built a club shed, which can store our equipment, breakfast boxes, archive, training gear, tent and starter box.

Our club enjoys a good relationship with our local surf club with many members volunteering their time to do surf patrols, education, first aid and water safety.

Our club can have access to the surf club for meetings, gatherings and of course the breakfast.

This year the committee have asked members, through a survey, what they wanted from their club. It was apparent that many swimmers wanted fun sessions, build friendships and training for their fitness. The committee, coaches and the members themselves provide all this.

Thank you to all those members who volunteer and help in any way, thank you to all the coaches who provide great programs and encouragement.

This committee has worked very hard this year to provide a good club, keeping the fun, friendships and fitness with our members.

At the end of another successful year for Clarence River Masters I would like to say thank you and wish you all a Merry Christmas and may 2019 be a fantastic year.

See you all in a pool somewhere,

Jane
President





Coffs Harbour Masters Swimming Club

Annual Report 2018

Again, CHMS has had a positive year with successes in pools long and short, hardworking committee members, blossoming friendships and more fun. Membership has settled to 21 with a core of competitive swimmers participating when and if able, and starring in the local paper reasonably frequently. The non-competitive members have maintained fitness when not globetrotting or fighting off flu and injury. Not before time, Secretary Leanne Da Costa asked for a bit more assistance in her duties. Lorraine Booth took on Social Coordinator, Paul Edwards took on Safety Officer and Julie Collins took over as Race Secretary.

Not much has changed on the fitness front: diversity of members continued to make training together near impossible but the availability to CHMS of the Aquatic Centre facilitates a location for meetings. We continue to appreciate the generosity of Danny Kollen in making this possible. He also supports Masters swimming by setting a challenging coaching session that offers all form strokes in line with competition event choices and stroke correction to any adult willing to try. In addition, members join other local swim squads, both pool and open water, depending on location and timetable. Daniel Bannerman continues his four aerobic fitness squads per week that cater for the working members and which are well attended by both masters and non-masters swimmers.

Friendships have matured over the year particularly centred around the endurance programme session on Saturday afternoons. While the challenge to complete the whole programme motivated several regulars, only one managed all the swims. There were a few outside-the-comfort-zonebut-with-company 800m attempts and 2019 may provide better organization, dedication and more confidence. With few swimmers, impromptu relays, use of pool accessories and diving practice allowed healthy self-directed learning opportunities. There is always space for swimmers to practice their own skills as required. Away from the Aquatic Centre, some members with wider interests have been involved successfully in open water swims and triathlons.

At the end of year dinner, the presentation of the inaugural "Wiri Award" was made in memory of Stephen Wirihana. The award recognizes any member who demonstrates the team spirit of Masters Swimming in any forum of Masters Swimming, and was awarded posthumously to Stephen for his participation at the Yamba Competition in 2017 shortly before his death. The trophy features paua shell in keeping with Stephen's Maori heritage. His wife, Kathy Wirihana will be the curator of the trophy and involved in identifying the next worthy recipient.

I hope that 2019 is equally as satisfying to swimmers of the Coffs Harbour Club, and that the spirit of Masters Swimming is demonstrated professionally in the wider swimming community. I wish all members a happy and healthy New Year.

Hilary Young
President



Hills Masters Swimming Inc

Annual Report 2018

In 2018 Hills AUSSI Masters again remained fairly stable at 23 members with the loss of eight members and gain of seven members. We conduct one official Club training session at 7pm every Tuesday at Galston Aquatic Centre usually coached by *Debra Francia*, one of the GAC's coaches.

Hills had a very satisfying increase in participation of attendance in swim meets on the MSNSW calendar - a total of 12 representatives (more than 1/2 of our membership) at 12 swim meets. Participants were Jim Walker 6 meets, Mark Hepple (5) Tony Howe 4 meets, Kim Chapman & Janet Shearer 2 meets each plus Gail Butler, Nigel Gallagher, Ian McWade, Sam & Freya Shearer and Philip Smillie 1 meet each.

Hills stats for 2018: Meet (no of swimmers) Placing/no of clubs:
Raymond Terrace (1) 25/27; Campbelltown (1) 25/25; Myall (1) 17/20; Blacktown (5) 11/27; Bathurst (1) 8/14; Hills (7) 3/21; Ettalong (1) 30/33; Manly (4) 14/28; Pirates (1) 25/29; Ryde (2) 21/27; Warringah (1) 23/25; Wests (1) 20/21.

In 2018 we increased the distance for our postal swim "Swimming up Hills" which runs from 1 September through to 30 November, again with online entries. Thanks again to *Mark Hepple* for setting up the online registration for this postal swim plus collating results and producing certificates. Even with the increased distance we again increased entries to 49 this year - from 12 in 2015, 22 in 2016 and 36 in 2017.

50 paid but 46 completed the swims. Entrants were 36 female and 14 male, regions were: ACT 6; NSW 36; TAS 4; VIC 3 & WA 1.

Age Groupings:

25-29 - 2	55-59 - 8
30-34 - 3	60-64 - 4
35-39 - 2 (1female DNC)	65-69 - 10 (1female DNC)
40-44 - 2	70-74 - 1
45-49 - 6	75-79 - 2 (1female DNC)
50-54 - 10 (1 male DNC)	DNC – did not complete

Must be the great T-shirt! That's your motivation for next year's postal.

Hills conducted a successful Long Distance Swim Meet in 2018. Held at Galston AC we attracted 67 attending swimmers (40 female and 27 male) from 21 clubs. The meet was won by Warringah. For a small club we offered great hospitality with a sausage sizzle all day and refreshments available. Galston Swim Club provided support with PA equipment and stopwatches. Credit also goes to the visiting officials led by Marilyn Earp as Meet Referee and many fantastic volunteers from near and far. Woolworths Glenorie, Cherrybrook, Dural and Castle Hill provided thank you gift cards to recognise the efforts of these wonderful officials.





One meet highlight was the 1500m freestyle swim by nonagenarian Jim Short setting a State record. Jim's feat was lauded in the local paper. Mark Hepple provided his usual efficient recording work and Hills swimmers completed swims prior to the meet start time so we could complete the program in daylight! Thanks to GAC Management & staff for their contribution to the day. Also

Hills members finished the night at the Glenorie RSL Club, our major sponsor. Hills holds bi monthly meetings at the RSL also, usually combined with dinner. It was the venue for our Xmas meeting and party and also at a Dural Restaurant swapped at the last minute due to the major storms causing closure of the chosen restaurant.

We also conducted one officials course in 2018 – a timekeepers course with six participants. Some have completed practical logs at Galston Swim Club nights.

For their contribution all of 2018, Hills says thanks to the following hard workers:

President *Phillip Smilie*, our fearless leader;

Di Coxon-Ellis as Secretary/ Fitness Director/ Registrar/Met Director. *Di* and *Colvin Ellis* represent the club as officials and *Di* volunteers as MSNSW Coaching Director;

Tony Howe as Minutes Secretary/ Race Secretary and officiating at meets;

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

Mark Hepple has done some amazing work this year on the National and Branch websites, setting up for the 2019 Nationals in Adelaide and his continuing work as MSNSW recorder and assistance with online docs.

Sarnia Rusbridge records our Endurance Swims and race nights.

Jim Walker motivates us to go to meets, training and organises social occasions.

The Shearers - Janet Club Captain welcoming new members plus *Freya & Sam* with catering and WUSs at the carnival. *Freya* looks after our Facebook page.

Debra Francia our Coach inspires new swimmers to join masters and is a great advocate for our club.

In 2019 we again hope to inspire more participation in all aspects of Masters swimming, swimming. Again we are sponsored by Glenorie RSL and the four Woolworths stores' contribution to our meet and annual awards (Glenorie store).

Once again, Hills thanks the volunteers and administration personnel of Masters Swimming NSW and Masters Swimming Australia for their contribution in 2018.

Di Coxon-Ellis

Secretary/ Fitness Director/ Registrar



Manly Masters Swimming Club

Annual Report 2018

As I write, the year is nearly over and we are looking forward to 2019 as a year of change and re-invention. Three long standing committee members, Lindsay Brice, Marie Taylor and myself, are stepping down and it is anticipated that there will be new faces on our committee post the AGM in February. The three of us have served in many different capacities, covering Race Secretary (all 3 of us), Captain, President, Social Secretary, Secretary and Publicity! The point I am making is that you don't have to be specifically qualified to take on a role, just willing to have a go.

During 2018 Manly Masters continued to be a force to be reckoned with. We started the year by taking home the Campbelltown Trophy with a team of 13. Right through the year we raised the banner, with Katherine Ahern-Sharpe and Abel Bornstein being our most frequent swimmers. Congratulations to Katherine as the leading female swimmer on the MSNSW Most Active Swimmer table. And we finished the year by topping the Average Points Score at the Wests Auburn Carnival.

Along the way we demonstrated our fitness, friendship and fun at State Championships, National Championships (excellent performance from Helen Ludgate), CPR training at our home pool conducted by Kerryn Blanch, Time Trials, even Swimming Up Hills. Our own carnival was a great success, and I thank all our club participants for their really great support. Combine all this with ocean swims and opportunities to dine out together to make a recipe for continuing strong membership numbers.

Special mention must be made of the Grape Escape. It was a superb weekend away. The organisation by Jillian Pateman and Sue Wiles was spot on, supplemented by our own club arrangements for accommodation and entertainment by Sonja Walters. Peter Rawling barbequed for us on the Friday night which helped sustain us for the weekend ahead. Looking forward to the weekend in Ulladulla next May and will encourage all our swimmers to join in.

Another big event for 2019 will be the World FINA Masters Swimming championships in Gwangju, South Korea, in August, with our very own Tony Goodwin not only competing but filling the role of the official Australian ambassador. Congratulations Tony, we are very proud of you.

I close with praise for our coach, Mark Bemer, ably supported by an increasing depth of coaching talent within our own club members – Dawn Gledhill, Helen Ludgate, Steve Lamy and Tony Goodwin with a guest appearance from our new member, Alex Perry.

Signing off as President of Manly Masters. It has been an honour.

Ruth Fitzpatrick
President





Merrylands Amateur Swimming Club Inc.

Annual Report 2018

2018 was our club's eleventh year affiliated with Masters Swimming NSW.

Membership

15 Members (including 2 second claim) – our equal highest to date

Club Sessions and Venues

Merrylands Swimming Centre (October to March)

Club Races: Saturday Mornings 7am to 9am

Training: Tuesday & Thursday Mornings 5:45am to 7:15am

Tuesday & Thursday Evenings 5:30pm to 7:30pm

Saturday Mornings 9:45am to 11:00am

Granville Swimming Centre (April to September)

Training: Tuesday & Thursday Mornings 5:45am to 7:15am

Tuesday & Thursday Evenings 5:30pm to 6:45pm

Interclub Meets

Members attended the following meets:

Campbelltown BPS

Merrylands BPS

Blacktown BPS

NSW Long Course Championships

Australian Masters Championships

Ettalong Pelicans BPS

Seaside Pirates BPS

NSW Short Course Championships

Achievements of Members

2018 saw Merrylands host our second Branch Pointscore Meet. This was a great success with swimmers from 17 clubs attending. This meet again demonstrated our "One Club" membership, with junior members and parents of our club assisting in roles such as timekeeping etc.

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

One of our Masters members also competed in Swimming NSW Championships, with Alison Sakurovs representing the club in the Metropolitan, State Age and State Open Championships. Alison also received the 2017 Masters Administration Award for a year of outstanding contribution to club administration.

Four members participated in the National Championships in Perth winning 11 medals at the meet.

Peter Johnston was again awarded the 2017 Coach of the Year Award at both the State and National Level for his coaching achievements for the club.

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

Our club continues to operate as a "One Club" catering for juniors and masters swimmers with a membership of over 150. In 2018 we participated in the Parramatta Inter-Club Cup, where all our members get to compete together against the Parramatta City and McCredie Park Swimming Clubs.

We look forward to achieving many more great results in 2019!

Supported by the





Molonglo Water Dragons AUSSI Adult Swimming Club Inc.

Annual Report 2018

The Molonglo Water Dragons had a great year on the competition front, hosting two meets and sending strong teams to local and state meets, and being represented at national and world masters competitions. Our young gun swimmers from Queanbeyan have taken the local swim scene by storm this year, with many swims ranking highly in the national Top Ten lists. Our performance at the State Short Course Championships was excellent, with a team of 12 swimmers bringing home 44 medals and taking out the 3rd Division trophy. Mark Carroll swam five 1st places to win his age group, and a number of other swimmers ranked in the top three in their age group. A couple of our newer swimmers tried out in competitions this year and were pleasantly surprised at how much fun it was. As well as the thrill of the chase, watching good swimmers swim fast is a thrill in itself, and an inspiration to keep improving. Our success at this and other meets is supported by a small but dedicated group of volunteers who help out with timekeeping and other tasks that help things run smoothly.

We also have a number of members who complete ocean swims and do the Vorgee 1000 endurance swim program. This year Marg Larkin and John Collis joined the million metres club and can be seen wearing the snazzy polo shirts that commemorate that achievement. For those who don't swim solely for fitness, our regular post swim sessions at various establishments are important in keeping the fun and friendship levels up, and that's a key element in getting swimmers back to the pool so they can work on their fitness.





Myall Masters Swimming Club Inc.

Annual Report 2018

- Tea Gardens Real Estate became a major sponsor for the Club and part of the package was a cash contribution to the club and fitting out of Club Tee Shirts. This year we are please the relationship continued with an additional sponsorship of \$1,500. We are delighted the partnership is working for Tea Gardens Real Estate and Myall Masters Swimming.

- Annual swim meets:
 - Swim meet held in February was a resounding success with 130 entries for the event.
 - We continued with the Country v's City shootout. Country being the winners on this occasion.



*Country vs City shootout.
Winners: Country*

- Membership has grown and currently 52 active swimmers have been registered and I welcome our newest swimmers: -
Chris Coppock, Kazuaki Takahashi, Tracey and Paul Rochester, Anne O'Brien, Ronnie and Warwick Nicholls, Doug Gillespie, Graeme and Kerry Patterson, Colin Bertram and Lessa Fenner
- Myall Masters Swimming Club's Presentation night was a remarkable success and thanks must go to Shirley Darch and Mal Motum for pulling off the special night for our Club.

At the Presentation Night awards were given to: -

- ❖ Club Member of the Year: - Brad Jensen
- ❖ Encouragement award: - Adrian Reynolds
- ❖ Recipients of Coaches Certificate of Encouragement were Jenny Brailey, Sharon Taylor and Max Harder.
- ❖ High Achievement Awards went Chris Mobbs (late), Peter Kellaway, Leon Bobako and Brad Jensen
- ❖ 1st in the 2017 NSW men's 4x 25m men's relay title in the 280 -319 years, an average age 70 years. The team ended the year ranked No #1 in Australia, ahead of all other Masters Swimming Clubs.



*Club Member of the year –
Brad Jensen*

- Special mention of relay participants who achieved excellent results at our Swim Meet in February they were: -
 - Women's 4 x 50m Freestyle - 200-239
Linda Stubbs, Kate -Louise Maddison, Liz McKay, Sharon Taylor
 - Men's 4 x 50m –240-279
Brad Jensen, Davis Olsen, John Coles, Terry Flynn
 - Men's 4 x 50m – 200-239
Ian Felton, Geoff Gessey, Paul Rochester, Adrian Reynolds

- Club was represented at 2017 State Short course relay Championships swam at SOPAC Homebush in May last year. Teams who competed with distinction were: 4 x 50m – Freestyle men's relay 280-319 1st in State Champions and ranked 2nd nationally Brad Jensen, Michael Rose, Chris Lock, Leon Bobako

4 x 25m – Men's Medley 280-319
2nd State champs and rank 3rd Nationally
Chris Lock, Leon Bobako, Brad Jensen, Michael Rose

4 x 50m - Men's Medley 280-319
3rd in state titles and ranked 4th Nationally
Chris Lock, Brad Jensen, Leon Bobako, Peter Kellaway

4 x 100m – Freestyle mixed men and women 240-279
2nd in the State champs and ranked 3rd National
Chris Mobbs, Christine Sefton, Liz McKay, Brad Jensen

4 x 50m – medley mixed men and women 240-279
3rd in the State champs and ranked 8th National
Chris Lock, Christine Sefton, Jenny Hyde, Leon Bobako

Some outstanding members who should be recognise with some special thanks. –

- John Estens for his generous time to the maintenance of club facilities, include refitting cable shed, re-cabing lane ropes, repairing external notice board just to name a few.
- To Linda Stubbs for putting her hand up and take on the role of Club captain.
- Adrian Reynolds for his tireless assistance every week set up the pool for our Monday night swims. Always at pool when required.
- Rhonda Bobako: for her huge contribution in having the pool heating reinstalled and pool repainted
- John and Chris Dunning: for always putting their hand up to assist with club's involvement with community activities.
- David Brailey: the ultimate camera man always available to assist.
- To our coaches headed by Brad Jensen, Mal Motum, Leon Bobako, Peter Kellaway.
- To Mobbsy for his contribution to making our year a success that it has been. Especially as director of the inaugural open water swim.
- To all our volunteer helpers at our annual swim meet.
- To your committee; Shirley Darch, Val Mobbs, Rhonda Bobako, Linda Stubbs, Judi Glover, John Estens, Mal Motum, Brad Jensen and Leon Bobako goes special thanks.

At the AGM held 1st May 2018

Elected

- President - Chris Lock
- Vice President - Linda Stubbs
- Secretary - Judy Glover
- Treasurer - John Estens

Committee

- Adrian Reynolds
- Kerrie Patterson
- Mal Motum
- Shirley Darch

Sub-Committee

- Coach - Brad Jensen
- Captain - Brad Jensen
- Social - Kerrie Paterson
- Publicity - Val Mobbs
- Social Media Editor - Sharon Taylor
- Registrar - Linda Stubbs
- Public Officer - Christine Sefton

Over the winter we saw very little activity; however, a very active sub committee ran a most successful Jimmys Beach Open Water Swim in November 2018.

The noteworthy results were:

	600	1500		
Registrations both events	61	65		
Oldest				81
Youngest				22
Average Age				52
Non-Masters Swimmers	30	26		
percentage of Total swimmers	58%	46%		
From the Hunter Region	39	48		
percentage of Total swimmers	75%	86%		
How they found about the event:-				
Facebook-Groups -Events				
Taree Community Notice Board				
Stroud				
Medowie Community Group				
Foster Tuncurry				
Maitland Community Events				
Medowie and Raymond Terrace Community Groups				
Bulahdelah Community				
Raymond Terrace Community Notice Board				
Newcastle /HunterVallaey				
Triathlete groups				
Masters Swimming NSW				
https://mailchi.mp/oceanfit/up32zjwgbn-1677661?e=865d825138				
http://www.oceanswims.com.au/				

Myall Masters Swimming Club Applied for the 2018/19 Local Sports Grant Program. We were successful in securing a grant for \$1,325.00 for the project.



Start of the 600m Jimmys Beach Open Water Swim



Start of the 1.5km Jimmys Beach Open Water Swim

Final event for the year - 2018 was the most successful Club's Christmas party.



MEDIA RELEASE

Wednesday, 5 December 2018

LOCAL SPORTS CLUBS RECEIVE LIFE-SAVING EQUIPMENT

Port Stephens Liberal Candidate, Jaimie Abbott joined Port Stephens Duty MLC, Catherine Cusack today at the Tea Gardens Swimming Pool to announce the eight sports clubs in Port Stephens who will receive funding from the Berejiklian Government towards the purchase of life-saving technology to assist people experiencing cardiac emergencies.

Ms Abbott said the clubs had been successful in securing grant funding towards the purchase of an Automated External Defibrillator (AED) as part of the Local Sports Defibrillator Program.

President of Myall Masters Swimming Club, Christopher Lock welcomed the news.

"This funding from the Berejiklian Government will enable us to continue to provide a much-loved physical and social activity for our local community in the safest possible environment," said Mr Lock.



Chris Lock
President

Supported by the





Novocastrian Masters Swimming Club

Annual Report 2018

Overall the club membership stabilised through the year with the club finishing the year with 37 financial members. As the year ended we welcomed three new members and a couple who have come to see if they want to join in 2019. We are hopeful that those potential members who attended 'trial' training sessions, may join. Average attendance at Monday night training has been 11 swimmers. At the time of writing (Jan 2019) there are 19 Financial Members, but experience has shown a flurry of membership fees paid after January. As the club enters its 23rd year (started in 1996) records show that 242 swimmers have been members. The club has continued with the home pool located at Coughlan's Swim Centre at Warners Bay on Monday nights between seven and eight pm, supported by a training coach (Ben Fricker or Adam Biesler).

Novocastrian Masters Inc was placed sixth (2881 points) in the Division One Branch Point Score competition, reflecting the decline in the numbers of members attending BPS meets through 2018. In spite of the reduced involvement, those who did compete enjoyed the competitions and friendships gained from the participation. This is particularly true for those who "also swam" without gaining places.

The Club web page was updated during the year and a Facebook account opened which makes it easy for members to follow the activities of our club swimmers.

We hosted a successful swim meet this year at the Charlestown Swim Centre (50m pool). The Novocastrian swim meet is open to the public for entries and has been generously supported by the Lake Macquarie City Council. This year we were again honoured by the Mayor of Lake Macquarie City, Cnr Kay Fraser who welcomed the swimmers. 119 Masters swimmers who participated plus one non-Masters swimmer which was disappointing as it was hoped that by being an 'open' meet non-Masters swimmers might be encouraged to become members. Lake Macquarie City Council provided medals for all place getters.

The annual Club Presentation function is to be held in February and, as in previous years, it will feature some casual bare-foot bowling lawn bowls followed by a meal and presentation of awards. In addition, we held a Christmas social get-together at the Warners at the Bay Hotel at Warners Bay after our last training session.

Although attendance at training was less than that of previous years, we benefitted from the coaches enthusiasm to improve swimmers' fitness, style and lung capacity.

Three club social functions were held. A large contingent of club members and partners attended a musical evening with a meal at Lizottes Restaurant for a performance of Back to ABBA. The morning after the Novo meet a breakfast was held in Warners Bay together with some swimmers from Warringah Club and the end of year Christmas function was held at Warners on the Bay after the final training session for 2018.

The club finances remain in a healthy state and it is important that they remain so. Challenges for the coming year, include maintaining financial viability of the club (with increasing costs especially running the annual Meet). It is important for the club to keep growing, by recruiting new members and retaining existing ones.

An on-going challenge is to get active swimmers within the club to train as Officials and to be willing to serve on the Committee. I would like to thank the 2018 committee members, Wendy, David, Cherie, Nick, Kay and Robin for work on the committee work during the year (especially in the planning and execution of our swim meet). Non-Committee members who have significantly contributed to the success of the club through 2018 include Maureen, Tracey and, especially, Malcolm Harrison.

The AGM is scheduled for 3 February 2019 during the Presentation Day at which the Club Champion will be announced and at which a new committee will be elected.

Alan Moore
President

Supported by the



Oak Flats Aussi Masters Inc.

“Swimming for fitness and fun”

Phone: 02 42377852

Postal Address: 20 Eureka Ave, Kiama Downs

Email: chworthy@westnet.com.au



Oak Flats Aussi Masters

Blue Swimmers

Annual Report 2018

We started off 2018 with the ambition and commitment to win our division for the year. We swim in Division Three so we thought if we put the effort in to competing in as many carnivals as we could we win this!

We only have 9 swimmers but we headed into the year with enthusiasm. Some of us travel and have minor operations and illnesses and we sometimes thought it wasn't possible but as the year rolled on we slowly crept into first place. We managed to stay in front and then had a surge and pulled away to a great win with 2094 points. What a great achievement and we are all so proud of ourselves.

We always have our nights out and BBQs and in the warmer weather lots of swims in the Minnamurra River at Kiama. Sometimes we have brekkie after our swims or just sit and enjoy the view and the chit chat. We often have extra swimmers joining us and we encourage them to join our club but no success yet.

Our club has had the numbers increase for short times but the members we have are our nucleus who stay keen to train and compete.

Yours in swimming

Narelle Day
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 2018

Membership: The club ended the year with 59 members (25 males, 34 females). Under the leadership of our President, Andrew McCrindell, the club continues its success, and we acknowledge Andrew's many contributions to club activities and direction. The club also thanks all committee members, and the large number of members who generously give their time to help organise a wide range of club activities over the year.

Club Sessions and venues: Regular training nights are held at Ryde Aquatic Leisure Centre on Mondays (7.45-8.45pm) and Wednesdays (7.30-8.30pm); a Saturday morning swim (8.00-9.00am) was introduced in the second half of the year on a trial basis. Wednesday night includes a social gathering after training for tea/coffee and biscuits, and once a month member birthdays are celebrated with birthday cake. The club is fortunate to have Greg Lewin as its Head Coach, who coordinates a stimulating mix of training sessions and drills with ever changing instructional techniques tailored to our abilities to prepare members for all major meets. Training videos, weekly core strength work, and training mirrors are included in his programs as well as some mentoring for budding coaches. All club members are encouraged regardless of ability, from high achieving swimmers to those learning form strokes for the first time.

Interclub meets: Ryde competed successfully in the Division 1 Branch Points Score trophy race with carnival wins at Merrylands and Ryde, and finished the year in third place. Notable results were 2nd at Raymond Terrace and 3rd at Novocastrian. Ryde finished 6th at the MSNSW Long Course Championships, 8th at the NSW Short Course Championships and 10th at the MSNSW Relay Meet. Members also competed at the Bathurst Grape Escape and Hills long distance meet.

Results at all these meets were achieved not only through some outstanding individual efforts but also from members of all ages and abilities. Three stand outs were listed in this year's top 24 most active swimmers; they are: Helen Rubin, Cassie Anderson and Jamie Turner.

A small team attended the National Championships in Perth with some outstanding individual results and medal winners.

Kathy Andrews: Gold for 400F, 200F, 100F, 200IM; Silver for 50F; Bronze for 50FL
Heather Morgan: Gold for 200F, 100F, 100BS, 50FL, 50BS, 50F; Silver for 800F, 400F
Barbara Capellini: Gold for 200BS; Silver for 100BS, 50BS
Susan Leech: Bronze for 100BS, 50BS

Ryde was represented at Pan Pax (Gold Coast) by Jenny Whiteley and Helen Rubin. Helen won 2 Gold and 1 Silver, and Jenny won 12 Gold and 2 Silver. The silvers were in relays.

Jenny Whiteley is our swimmer of the year with an outstanding performance of 11 confirmed World Records:

50m Freestyle long and short course 28.7 and 28.5S

100m Freestyle short course 1:02.6

200m Freestyle short course 2:15:93

50m Breaststroke short course 37.08S

100m Breaststroke long and short course 1:20.5, 1:23.37

200m Breaststroke long and short course 3:05.15, 2:57:05

100m IM 1:12:19

200m IM short course 2:36.81

In addition, Jenny clocked a World Record at the National Pool Lifesaving Championships in the 100m obstacle race along with 6 National records and 7 Branch records from Pan Pax.

Jenny is an inspiration to us all. What a fantastic performance!

Achievements of members: Jenny Whiteley currently holds 39 State records and 32 National records covering all strokes and distances from 50m to 1500m and others are yet to be confirmed.

Ryde finished with 5 **National Top Ten** swimmers: Jenny Whiteley, Heather Morgan, Kathy Andrews, Jamie Turner, Julia Reidl; and 7 **State Top Ten** swimmers: Amanda U, Stephen Black, Barbara Capellini, Harriet Kelly, Ailsa Jeanes, Greg Lewin and Helen Rubin.

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

Carnival officials: Ryde now has eight qualified carnival officials.

Social activities

1. A charity swim-a-thon was held during a club training night, raising almost \$5000 for Muscular Dystrophy NSW as our co-beneficiary.
2. Annual club dinner was again popular and very well attended.
3. Annual Christmas Party with presentation of club awards for **Service:** Greg Lewin; **Participation:** Stephen Black; **Encouragement:** Megan Cotton, and **Long Service:** Maureen Pollock.

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

Lesla Colburn

Secretary



Sapphire Coast Adult Swimming Club

Annual Report 2018

We appear to have had some small success at the completion of our first year as an adult swimming club. Throughout the year we managed to attract a total of 23 members and continued to hold regular weekly activities despite the large distances around our footprint here on the far south coast of NSW.

During the year we successfully affiliated with Masters Swimming NSW and incorporated with Fair Trading NSW. We have attracted a number of sponsors to help with the financing of the club. Thanks must go to Bendigo Bank for help in the set up stages and special thanks to Maggie & Rosies Antique Emporium for on-going sponsorship. Without their help items such as our stop watches, banner and caps would have come out of member pockets.

Our home pool at the Sapphire Aquatic Centre Pambula has welcomed us with open arms and generously provided us with the facilities and backing necessary to operate as a club and for that I thank Nic Hoynes, the Aquatic & Leisure Facilities Coordinator for Bega Valley Shire Council. With Nic's help we initiated the regular Thursday night adult squad group which is regularly attended by many of our members and now also some of the general public. We also have a number of lanes set aside each Sunday morning for club-only activities which include squad style sessions as well as the opportunity to do timed swims and occasional fun events. Sunday mornings also provide the opportunity to gather after training for the occasional social outing too.

As one of the states more far flung masters clubs our attendance at MSNSW and MSA swim meets will always be a challenge. Coming to the rescue, at only a mere 3 hour drive away, is the ACT Masters clubs who thoughtfully have taken us under their wing for inclusion in their ACT inter club meets. Thanks to the Tuggeranong mob for that. Members of our club (The Stingrays) attended 2 of the ACT meets in 2018 to finally register in the competitive world.

In a more local sense we flew the flag at the 2018 Tathra Wharf to Waves open water event and also the 2018 Bega Business House Relay. The Stingrays held their own very nicely in both those events.

On the national scene however Alan Cameron, swimming as a Sapphire Coast Stingray, excelled at the Alice Springs Masters Games winning gold or silver in all the 7 events he entered - well done Alan.

Outside of the competitive arena our club hosted a Masters Swimming Club Coach Workshop in July which was well attended by local coaches and members from masters clubs locally and further afield. Masters NSW sent down a number of senior coaches from outside the area to facilitate the event. Thanks to SAC Pambula for their assistance.

Finally, a word of thanks to our club coach Sue Keey who works harder than any coach I have known during my time as a swimmer. Her sharp eye and dedication to our swimming wellness is much appreciated by members and puts us in good stead regardless of the individuals desire to compete or just enjoy and improve.

Yours Swimmingly,

Bruce Williamson
President

Supported by the





Seaside Pirates

Annual Report 2018

2018 was my fourth year with Seaside Pirates and my first year as President. I have been on a steep learning curve, but am grateful for being able to call on Jane's wealth of experience throughout the year and for all the support and advice she has given me. Our membership numbers were down a little and we finished the year with 39 members.

Attendance at branch meets throughout the year was patchy, but as usual we provided a good number of officials. Of special note Jane and Jodie, who carried a huge load of refereeing duties throughout the year.

At State Long course in March we had 12 swimmers and we came 6th in the point score. Five Pirates attended the Nationals in Perth in April and came away with many medals and feeling like we developed a really good rapport with the Blacktown Beavers, who we socialised with a few times during the week.

The Relay meet was well attended with 22 swimmers. As with last year, the State Short course and Long distance meets were not so well represented with 13 and 3 swimmers respectively. We placed 5th in State short course.

Our annual Pirates Meet was held at Knox in September and was a successful event, due to the involvement of so many team members in preparations and on the day itself. We were pleased to have the Invictus Swimmers join us for our Meet, a month ahead of the highly popular Invictus Games in October in Sydney.

Another highlight of the year for some of us was the Pan Pac Masters Games at the Gold Coast in November. 4 Pirates attended and we were all happy to come home with medals. Our two men teamed up with North Shore Masters for some for some very exciting relay swims.

We held the 100 x 100 at the WAC at the end of the year, which was a change of location from the previously used venue of Knox. Numbers were a little down on previous years and we have a plan in place to try to ensure we publicise and grow this event again in 2019. We entered the Bunnings BBQ draw but unfortunately the only date offered to us was 29 December, so we turned that down. Not only a bad time of year, but being day after the 100 x 100 and some of us had difficulty moving off the couch that day!

Seaside Pirates participated in a Wine Drive in 2018. We have three wines with our own labels, specially designed by talented artist Sandi – Plunder & Pillage Pinot, 3 Sheets to the Wind Shiraz and The Wench's Tipple Bubbly. Each dozen of these wines sold brings the club \$50 and we have made several hundred dollars to date from this and will continue with it during 2019.

We carried out a membership survey in early 2018 and key learning points were that roughly a third of club members are there for the racing, about a third for the training sessions (and we still run a Sunday morning and a Tuesday evening training session) and about a third for the social aspects that result from working together on our swimming and our fitness.

We have some interesting plans in place for 2019. As a result of the membership survey, we planned to have interested club members participate in one of the Northern Beaches surf races. We targeted the Bilgola swim on 13 January, and were hoping to have a team get-together afterwards, but unfortunately we had only one person wanting to swim, so this did not work out. We have reintroduced the Endurance programme and most Sundays will include one optional timed endurance event at our routine training session. We also hope to have a weekend away with Blacktown where we can time or count endurance laps for each other.

We have a Bunnings BBQ booked at Belrose for 24 March and hope this will be a fun and moneymaking exercise, as it usually is.

There will be some Club breakfasts and dinners. A handful of us are planning to complete at the FINA World Masters Swimming Championships in Gwangju in August. We look forward to being part of the 'Gwang Gang' and exploring another part of the world with fellow swimmers.

I would like to thank the fabulous 2018 committee. Our Sunday morning meetings have been as much about fun as they have been about business. Thank you to all club members who have helped out during the year, with officiating, organising raffles, helping out with Sunday pool duties and everything else you do to support the Club. We would not be able to run a club successfully without your ideas, time and support – so thank you all. I wish the new committee all the best for the year ahead.

Sue Tomkins
President





Singleton Masters Swimming Club Inc.

Annual Report 2018

The SMSC was less active in 2018 compared to the participation levels in Masters Programs of recent years. This was largely due to member health and injury issues that limited member's capability. As a result of this situation, participation in the Vorgee Endurance 1000 program was also down compared to previous years.

Participation

The SMSC currently has six registered members.

Member Development and Safety

Club Members Peter Bull and Margaret Sadow participated in the NSW Masters Club Coaching course in 2017 and continued with the coaching accreditation program in 2018. Peter Bull completed all aspects of the course within the timeframe but due to a theft, he was unable to submit the required documents. NSW Masters graciously extended the deadline for the program until the end of December 2018.

Competition

- Margaret Sadow competed with good results at the Australian Championships in Perth.
- At the time of this report, SMSC was in 8th position in 2018 Division 3 BPS with 52 points - all provided by Margaret Sadow.
 - Margaret Sadow = 28 Points Raymond Terrace. 3rd place – Women's 75-79
 - Margaret Sadow = 24 Points Myall. 10th place – Women's 75-79

Highlights

- SMSC nominated Margaret Sadow for the Betty Grant Memorial Award.
- SMSC helped Singleton Amateur Swimming Club celebrate its 90th anniversary in 2018.

National and State Rankings

SMSC competing members including Maria Urruzmendi, Margaret Sadow, and Peter Bull had achieved National and NSW top ten rankings as at 22nd November 2018.

SMSC Volunteers

Club participation in the Masters Swimming Australia Vorgee Endurance 1000 program would be impossible without the assistance of volunteer timekeepers at club nights. Thanks to those who donate their time at club nights. 2019 is looking like a big year for the SMSC with members signalling more active participation in competition and postal swims, and the potential for new members.

Peter Bull

President



Trinity AUSSI Masters Swim Club

Annual Report 2018

Trinity this year had a pleasing year both in and out of the pool. Our membership has continued to stay at 40. This was not as much as our record seasons of many years ago, but we are still happy.

At Trinity, we still hold our club nights from 7pm to 9pm in the Trinity Grammar school pool at Summer Hill. During the night we have training and stroke correction for all level of swimmers provided by our coach and club captain, John Kulhan.

It is here we've had new members coming in to learn to swim. We also see our newest members making significant progress. A lot of them are now participating in our club races on Wednesday nights. We are trying to encourage them to even try aerobic swimming.

On the last club night of the month we have a short program and then a light supper to keep us as social as possible. It is here that we discuss our swimming techniques and future events. Of course we also discuss the latest topics in the news and latest gossips.

Unfortunately this year, one of our great stalwarts Judy Vassallo suffered a stroke. She is recovering well but is unable to keep up her job of opening the pool and observing us, while we train. We already miss Judy, but know she is doing well in her home where she is getting the best of care. We are grateful that she was able to attend the Christmas party and the last supper night for the year.

Our participation in other carnivals was not many. Hopefully, we can encourage few more for next year. Although no records were set by our swimmers, they enjoyed themselves and were proud of their performances. It would be great to have our carnival back on the calendar in the future. It would be a great opportunity for our swimmers to be involved in a carnival atmosphere and the experience would be tremendous. We also saw Chris Pollett successfully complete courses in Marshall, Check starter and Clerk of course. This sounds like we're at the horse races. But she will be a great help at all competitions.

We are always trying to get more swimmers involved in the Endurance 1000 program. We had seven swimmers compete this year with our brave captain, John Kulhan completing all the swims. Well done!

At Trinity we are a social bunch and enjoy ourselves whenever we are out and about. This year we had our Christmas Party at a Thai restaurant at Tempe. We had a great night and we need to thank Daphne Kulhan for arranging it and all those that attended.

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

Regards:

Geoffrey Murphy



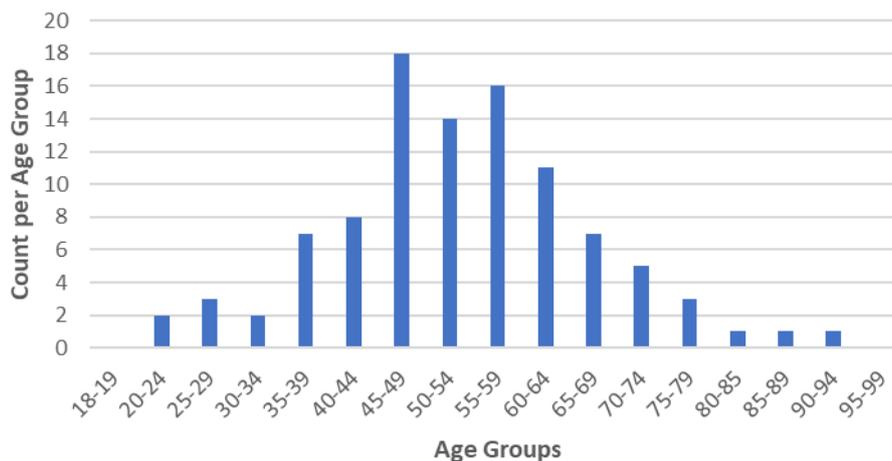
Tuggeranong Masters Swimming ACT

Annual Report 2018

Tuggeranong Masters Swimming Club performed very well throughout 2018, from a club management perspective, and as a club whose purpose is to deliver member services. The club membership again surpassed 100 (including second claim). Training participation rates at the club's four, occasionally five in summer scheduled weekly training sessions were very good. Endurance 1000 continued to grow and grow with very good participation at both the clubs scheduled endurance sessions. There were a reasonable number of participants at postal swims. The clubs BPS meet was a great success. Interclubs were successfully run and drew a few interstate competitors. A few open water swim sessions were run to aid members to training for non-Masters Open Water Swims (OWS) and Triathlon Swims. However, the number of these were limited due to water quality conditions in Canberra Lakes. Club members did participate in a number of non-Masters OWSs and Triathlon events. The club's financial status is sound and the club is being run by an active and effective committee.

The club age distribution profile is shown below. The profile reveals that four age groups with the most members are 45-49, 50-54, 55-59 and 60-64. This distribution alerts us to the need to attract more younger members to ensure that the clubs continues to maintain its high member numbers. The club attracts new members through the web site, word of mouth, brochures at the pool and walk up enquires at coaching sessions. The club recently purchased two free standing banners to be used at training and at competition events to hopefully attract members through an improved visual presence. Through walk up enquiries at training etc, there seems to be a false impression by the public that Masters Swimming is only for very good swimmers and a general lack of knowledge about the allowable ages.

NTN Members Age Profile 2018



Financially, the club is on a sound footing and at the AGM made no changes to training or membership fees. The club training fees being \$4 for each coached session and \$2 for each endurance session. Alternatively, members can purchase a swim card for 12 coached sessions or 24 endurance sessions at \$42. Swim cards are purchased via EFT or by cash at the pool. The swim cards reduce the effort for cash handling at each session. More and more members are moving over to the swim cards.

Pool training and endurance sessions are conducted in Tuggeranong pool. At the club's training times, only the 25-metre pool configuration is available. The club finds that four or less swimmers per lane is optimal, and larger numbers impacts the type of swim set that can be run, as well as the swimmers' experience. The additional summer training session is run at the Phillip 50-meter outdoor pool. At these sessions, members gain the rare opportunity to swim in a 50-meter pool. Although it's not official, it is thought that this pool will close in the next few years.

The club places a lot of emphases on quality coaching; the Head Coach – Anne Smyth sets the annual training plan, and aligned to this plan, the coaches set the individual sessions. Four of the club coaches are on the NSW Coaching Forum. The club has six coaches, soon to be seven. Tuggeranong coaches are all club members and are paid by the club for each session coached.

The club's membership covers most technical official positions, a number of these being second claim members. The number of club Technical Officials is an area where the club could improve, especially in the Referee position.

Prior to the club's AGM held in October 2018, all committee positions had at least one self-nomination, thus the AGM meeting was quickly run and all committee positions filled. The work load on many of the committee members is high, in particular the Treasurer and Secretary positions. To aid the Treasurer position, the club has an Assistant Treasurer. Committee members are reminded to do succession planning so that position holder changes are smooth.

Committee meetings are held approximately every six weeks and are well attended. The meetings are allowed to take up to 1.5 hrs (no more). Recently with the aim of reducing the time taken by the 21 possible committee reports, the club moved to a preference of having written reports circulated prior to the meeting and emphasised that many of the 21 possible reports are optional – meaning that a report was only needed if information needed to be shared, decision made or information recorded in the minutes.

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

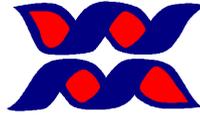
The club is sponsored by Tuggeranong Valley Rugby Union Football Club. For the sponsorship, the club is required to attend monthly meetings and to sell meat raffle tickets on an approximately monthly basis. The sponsorship provides the club the opportunity to seek a grant (which we have not taken up for a number of years) for items such as new equipment, provides to the club the proceeds from the meat raffles and provides free meeting rooms for meetings.

Canberra is endowed with probably the most heated swimming pools per capita in the country. A new pool with a similar design to that of Gungahlin and Tuggeranong is schedule to open in Stromlo / Weston Creek in 2019/20. In collaboration with Molonglo and Ginninderra, Tuggeranong will investigate the possibility of running masters swim sessions at this new pool.

The club's great success is due to the dedication of its committee and the support we have received from the New South Wales Branch of Masters Swimming.

Regards

Greg Gourley
President



WARRINGAH MASTERS SWIMMING

Annual Report 2018

What an exciting year! For the first time (and possibly the only time) your club won the four NSW Championships: NSW Short Course, NSW Long Course, NSW Relay and NSW Long Course, as well as the Branch Point Score in the one year. And having won two of the three 2-day events, and having fielded a solid team at Yamba, we will have won the Brian Hird Trophy as well. Quite an achievement and a tribute to our swimmers, the quality of their swims and to the leadership of Club Captain, Tony Gallagher.

Throughout the year we have continued to benefit from the support of VegeChips® who cover the cost of Lane One, and supply a much-enjoyed product to the NSW Championships and our own Carnival.

During the year, the club was awarded Club of the Year for 2017 reflecting, among other matters, attendance at Branch and BPS carnivals, officials working at other carnivals, attendance at officials' courses, number of coaches and various administrative matters – a tribute to our competitors and all those who work to make the club what it is. We last won the Award for 2016 and for 2010. Also during the year, Julia Atkins was awarded Official of the Year Award for 2017.

Participation

We continue as one of the largest Masters Swimming Club in NSW with around 90 members at year-end. And clearly we remain strong participants in competition. Eight of our swimmers were in the top-25 points scorers in sanctioned competitions: Tony Tooher, Helen Campbell, Julia Atkins, Graham Campbell, Peter Kaupert, Anthony Gallagher, Cameron Jones and Violet Wilkinson. Several of these were Age Group champions as well.

As well we regularly see around 30 of our members training in Sundays, and a smaller group on Wednesday evenings, which is a useful adjunct for those wanting to train more frequently or who simply can't make Sundays due to other commitments.

Other (non-Masters) activities

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

Training

On behalf of us all, I would like to thank Wilson Gamble, our Fitness director and Gordon Whyte for the work they put into ensuring our swimmers have a great training experience on Sundays and Wednesdays respectively. The Wednesday sessions frequently act as an entry point for new members. Between Wilson and Gordon we continue to refine our coaching offering. Noel Peters for Lane One, continues to lead structured sessions in-water for senior swimmers and others. And let's not forget our Sunday morning lynchpin, Bev Cook, who organises the morning tea!

Our Sunday coaching program has been supplemented with guest coach sessions including Breaststroke World Record Holder, Tony Goodwin, and a Starts and Turns clinic by former Commonwealth Games Swimmer, Mark Morgan.

Special mention also for Susan and Peter Myers who stand in on occasion for Gordon (as well as coaching Sundays) and carry learnings from there to the informal Friday session at the Sydney Academy of Sport.

Our approach to training recognises that the majority of our swimmers are not competition oriented but are looking to improve fitness and strokes and above all enjoy the sessions. On Sundays we continue to field three coaches and coaching assistants across seven lanes drawn from a roster of over 20 volunteers. This we do with lanes graded to ability as well as bringing variety to the sessions – something for everyone to benefit from.

Paul Bailey, Wilson's predecessor and now Treasurer for MSNSW also works with the Ann Smyth and the MSNSW Coaching Team including supporting many regional clubs with training sessions, as well as passing on learnings to our own club. Bill Moorcroft contributes session plans to the MSNSW website and is also a member of the MSNSW Coaching Team.

Pool charges

Pool charges continue to be our major expense item. We decided to maintain the \$5 contribution, but it is worth remembering that lane hire for training exceeds contributions. Thanks to VegeChips®, Lane One is pretty much self-financing, but our other sessions still require subsidy – a minimum five swimmers per lane are required to cover costs.

Competition

The Club was placed 1st in Division '1' of the BPS [interclub] Carnival Point Score trophy for 2018.

The big news however, as mentioned above, was the winning of all four NSW Championships – the first club to do so since 2006 and a first for any club coupled with winning the BPS in the same year.

Captain Tony Gallagher deserves a lot of credit for enthusing our team. He and the 'Black Pearl' continue to be seen ferrying swimmers to many carnivals and arranging accommodation, and this has led to an increase in participation at some of the more distant events. He is diligently working towards an attempt to win the 2020 Nationals in Sydney which we last won in the '90s.

Race Secretary Patrick Chandler's Buster continues to pick winning relays, helped along by tactical choices on the day. Relay records were set during the year at the relay Carnival: NSW/National 4x100 men's medley and NSW/National 4x25 mixed medley.

For 2018, the MAX Records Award, established and presented by Max van Gelder went to Nicolai Morris (25m (NSW) and 50m backstroke (National, SC &LC). Peter Kaupert broke records for 800 (National / NSW SC) back, while Tom Taylor broke the NSW 1500 freestyle LC record.

Our carnival

Our own BPS Carnival continued to be well attended with 183 swimmers entered (153 in 2017) including 47 from the club (40 in 2017). The highlight once again was the Tony Tooher organised 'Medley Shootout'. The Female shootout was won by Jenny Whitely (NRY) over our own Nicolai Morris. In the men's shootout, Aaron Cleland of Blacktown took on Stuart Mackay of Penrith in a repeat of last year's final.

Our Carnival is an essential part of our year's activities and our financial wellbeing, and once again delivered a healthy surplus. It takes a lot of people to run it in terms of officials, warm up / warm down supervisors, set up assistants. Julia Atkins and her helpers organised our raffle, and after-carnival food and drinks. Once again, thanks to Bill "Golden Voice" Moorcroft who announces and maintains various run and data sheets to assist the Meet Director on the day (your President again), as well as producing our program and organising our new Warringah Masters/Powered by VegeChips banner.

Julia once again did a great job on post-Branch Championship gatherings, the excellent Christmas Dinner and Presentation Night at The Belrose, the year-end BBQ, and organising social activities around the Myall carnival (which is now an annual fixture) and Short Course (Woy Woy).

The AquaShop in Gordon was again our major carnival sponsor with some very generous donations for our raffle prizes and gift vouchers to be awarded to club swimmers. Thanks also to Catfish Designs (our swimwear supplier since 2016/7), the Belrose Hotel and Blackmores for their contributions. The staff at the Warringah Aquatic Centre also gave us their full support on the day.

Volunteer effort

The volunteers who make up our Executive Committee and the other positions continued to provide the underpinnings that make our club as successful and well run as it is.

One area where we have made great strides is our on-line presence. Building on the work of Claire Oxlade in establishing our web site, Stewart Heys, as Publicity Officer has done a great job in bringing our Facebook, Instagram and Twitter feeds to life – with lots of useful information for stroke improvement and enhancing one's competitive strengths, as well as lively reporting on carnivals at which we have competed.

As the largest club in the Branch it is incumbent on us to contribute to the running of the NSW body. Paul Bailey and Tony Tooher occupy positions on the Branch Executive, and Peter Kaupert is a member of the Branch Club Development Committee. Warringah Masters accredited officials were also to be seen at many if not most BPS, Branch and National events including refereeing, starters, chief timekeepers, inspectors of turns, marshals and check starters.

I am also pleased to report that once again our Medical Officer, Sue-Ellen Norris, did not have to file an Incident or Medical Report for the year. Thanks also to Marilyn Earp and Keith Bourdon for running / coordinating our CPR sessions.

Finally, I would like to congratulate our 2018 Club Award winners announced at our Presentation and Christmas Dinner:

- Club Member[s] of the Year: Susan & Peter Myers
- Female Swimmer of the Year: Violet Wilkinson
- Highest Carnival Participation: Tony Tooher / Graham Campbell
- The Max Record Trophy: Nicolai Morris
- Male Swimmer of the Year: Tom Taylor
- Aerobic (Endurance) Swimmer of the Year: Peter Kaupert

All well deserved!

Looking forward to another year of fun, friendship and fitness

Graham Campbell
President





West's Auburn Masters

Annual Report 2018

MEMBERSHIP

West's had 17 financial members at the end of 2018. We average about 6 swimmers at most sessions, but thanks must go to our most regular member, who is always on deck for timing, opening and closing – Maureen Hall. West's are working closely with Dooley's (Lidcombe Catholic Club) as a major sponsor.

CLUB SESSIONS & VENUE

West's swim at Ruth Everuss Aquatic Centre (Auburn). Swim sessions were held on Wednesdays at 5:30pm and 7 pm, Fridays at 5:30pm, and Sundays at 9:00am. West's have a wonderful coach (Kerryn Blanch), who has provided all of us with individual programs to follow whenever we can get to the pool. We have six members with Bronze Medallion qualifications and three with Senior First Aid Training.

INTERCLUB MEETS

West's were represented at most BPS carnivals in NSW this year, as well as Nationals (Perth), State (SOPAC, Woy Woy and Lidcombe). In addition, several of our members spent some time on pool deck at many carnivals as officials. (We have a number of qualified officials).

WESTS BPS CARNIVAL

A successful carnival was held, with 136 entries from 22 clubs represented. The weather was good to us, and some great swims were completed. Sadly no records were broken. Wett Ones won the overall point-score, while Manly won the average point-score. A long distance carnival will be held in 2019.

WESTS 5000m POSTAL SWIM

West's held the annual 5000m Turtle Swim again this year. There was a similar response to last year, with 21 individual swims and 44 relays. Hopefully there will be more swimmers taking the challenge in 2019. A number of our members entered the Badaginnie Animal and Toowoomba Tadpole Postal Swims in 2018.

ENDURANCE 1000

13 of 17 members participated in the National Endurance 1000 Scheme (76%), giving us a total of over 6600 points, at an average of over 390. One member (Michael Parkinson) scored maximum points, while Cassie Anderson, Kerryn Blanch and Hillary Morrison completed all swims.

CLUB COMPETITIONS

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

ACHIEVEMENTS

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

SOCIAL ACTIVITIES

Social activities included –

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

Terry Gainey and Kerryn Blanch

Treasurer President

Supported by the





Wett Ones Swimming Club Inc.

Annual Report 2018

It's been a big year. Here are a just a few of the highlights:

Membership

Well, haven't we grown, as people will attest by the expansion on lane numbers we've needed this year. Check out the stats, we are improving our gender mix, our age range, and we've just got a whole lot more people.



Mardi Gras

This year we ramped up our Mardi Gras activities, with an upgrade to our float in the parade (and a significant increase in participant numbers, thank you Mardi Gras!), our traditional Fair Day stall and, for the first time, a Mardi Gras Swim Meet on the night before the Parade and Party. It was all totally exhausting but a great success, as the plethora of pictures show. It also set us up for a great Boot Camp. There are too many people to recognise that made this a big success, but big thanks in particular must go to Tim, Craig and Tristan for guiding their respective events.

Boot Camp

We scheduled Boot Camp this year to be two weeks after Mardi Gras rather than in the middle of the festival, and not only did we get better weather than last year, we also got more people. This has seen our membership figures, and in particular our number of active training members, grow to the numbers which follow. Thanks to Rob and Peter for taking the heavy lifting on this.



Gay Games

Following up on our success in Miami for the Outgames last year, Wett Ones has a massive showing at the Paris Gay Games, where



we had thirty of our members hit the pool (or in the case of yours truly, a luke warm lake straight out of Goblets of Fire) and brought home a swag of PBs and even a fair bit of bling. From the ceremonies to the pool deck to the parties, Wett Ones were out in force and looked mighty fine. Again, too many people to thank for their work on Gay Games, but special callouts to our Merch King Robert and pool deck organisers Nick and David, great work.

Swim Meets

It appears something of a head-to-head rivalry has evolved this year between Wett Ones and Warringah Masters as we vie for every point we can get at each meet, and it's a close run affair. Numbers have never been so high at swim meets in my memory, with

Peninsula Leisure Centre in particular seeming like a second home for many club members. Special mention to Evan joining David in encouraging (energetically!) members to participate in meets. Great work!

New Training Sessions

Earlier this year we introduced, thanks to Janet's support, Tuesday and Thursday lunchtimes training sessions at Sydney Uni, and then in the leadup to the Gay Games we introduced a Thursday morning session led by Peter. We were all pretty damned impressed with the numbers which turned out, I have to say, particularly the morning ones, long before some of us would ever hope to wake up. Thanks Janet and Peter for your hard work on these!

Coming soon is the first of our open water training sessions, a new area for Wett Ones, very exciting, thanks to Nick for kicking these off.

New Coaches

Our team of Peter, Janet, Vassili, Wendje and Nick welcomed Brian and Oscar to the coaching team this year, creating one of the strongest coaching teams we've had. We want to continue growing our swimming options however, so the hunt continues for even more coaches, so put your hand up if interested!

Operations

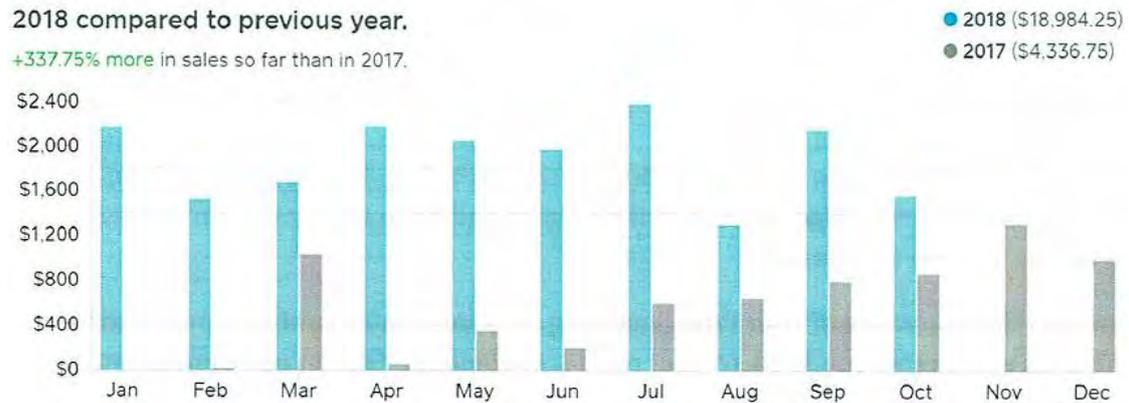
We moved forward with our plans this year to automate club payments, with the use of Square for collecting coaching fees by credit card, doing away with cash payments, and the use of Stripe for our online sales. The results have included some great improvement in efficiencies, and also that most valuable of resources: data. Here are a few of our sales figures:

Coaching Fees

YEARLY GROSS SALES

2018 compared to previous year.

+337.75% more in sales so far than in 2017.



Website Sales

Analytics

1w 4w 1y Mtd Qtd Ytd All Jan 1, 2018 → Oct 24, 2018 vs. Jan 1, 2017 → Oct 24, 2017 Monthly Customize



Wett and Social

Finally, it's worth mentioning that we are a pretty social bunch, and have done as much out of the pool as in it. Amrik's plays have been a bit of a favourite, we have had countless dinners and cake nights at The Royal, and countless brunches at Andrew Boy Charlton on a Saturday morning. We've done Bingay and we've done our Bronte Christmas Picnic BBQ, we've done the Gin Factory and we've done pub lunches at half of Sydney's fine institutions with little need for an excuse. Checkout Facebook, we aren't a shy bunch.

New Partnerships

The big new partnership we signed this year was with Speedo Australia, several years in the making, but we are off and running now. There are significant member benefits we receive from this agreement, including some of the prizes which you will see later today. We also welcomed Jeff at Sydney Physiotherapy, thanks for coming on board Jerry!



Thankyous

This time last year I took on the role of President as a bit of a placeholder, as countless people of great talent were active in the club but not yet keen to take the helm for the year. My greatest achievement is that they have been the drivers of the club this year, and as a person who has difficulty at times letting go, I feel that has been a fine achievement. Many of these people will make up the committee who will take office today, exactly as was hoped.

A huge thanks to our 2018 committee, to Bart, Craig, Bob, Susie, Chris, Cec, Wendy, Charlie, Dan, Rachelle, Sam, Kari and, in particular, huge callouts to Nick, David and Rob who have been whirlwinds of energy from go to whoa. You are all amazing.

To our coaches, the sacrifice you make of your time (including your time you'd probably prefer to be swimming) and the skills and energy you bring to your roles is exemplary. Thank you Peter, Janet, Vassili, Nick, Wendje, Brian and Oscar. We'd be lost without you.

A Personal Message from Me

Thanks to all of you for making the club what it is today, for participating, for the time you put in in every capacity, and for making all your team mates feel loved and appreciated. The club is only as good as its members, and that makes this an unbeatable club. Thank you.





WOLLONGONG

MASTERS SWIMMING

Annual Report 2018

We ended 2017 with a swim clinic conducted by Ann Smyth followed by our usual Christmas break-up with lots of nibbles and Christmas treats. The coaching clinic made us all a little more freestyle savvy and we entered 2018 with lots of enthusiasm.

Roger and a few other club members started the New Year off with a sausage sizzle and our first club breakfast was at Ebb and Tide where we met new members Marilyn and Peter from Darwin Stingers. Unfortunately they were kept busy for the rest of the year but hopefully we will see them on the Masters Swimming trail sometime soon.

In January we saw one of our newest members Brett marry the lovely Zoe. The wedding all arranged in one month what legends and congratulations from us all at Masters Swimming.

Our first club targeted carnival was at Campbelltown, 6 swimmers entered and 2 of us time kept. The 4 x 50m medley mixed 200+ relay was sensational coming in first place with a time 3.37.06! What a great result.

February brought us two new members and Chelsea and Mary joined us. Discussions started about going to Pan Pac at the end of the year and many of us were keen. Robin, Sue and I did a road trip to Blacktown and enjoyed lots of swimming, fun and cake.

Lynne and Rachael received Masters Swimming Australia Certificates for achieving placements in the top ten of their age brackets in The Masters Swim Series 2017! Great swimming girls. Also the State long course championships were held in March and many of us headed to Homebush where records were broken, medals earned and Thomas decided he would give Masters Swimming a go! Roger manned a desk at seniors week at the Convention Centre and we got a few nibbles of prospective new members.

We watched in amazement as the Commonwealth Games started on the Gold Coast. "Surely that's not the same pool we swam in last year at Nationals"! But it sure was and the Gold and Green Australia team were impressive. Also George Coronos put on an amazing display and did Masters Swimming

Australia proud. We enjoyed another club breakfast at the Lagoon Restaurant and saw Sue and Roger head off to Perth for the Nationals to fly the Wollongong Banner once again.

June saw Roger volunteer at the Special Olympics Championships. And our first ever relay teams were magnificently put together by Ross, Brett and Sue. On the 1st July many of us competed at the Manly Carnival and again the Gong did extremely well. But it was the relay carnival that saw nearly all of our club members compete. What a great day it was, so much fun, food, friendship and swimming was had by all. The day was best summed up by Ross who said "Today was hectic, fun, chilly and enjoyable". Robin received her certificate for achieving a new state record in the 50m breaststroke. Congratulations Robin. Thank you all for an incredible day. We are all excited to return to the relay meet again next year.

July ended with a club breakfast at 2quench. August brought a new cover girl for Masters Swimming NSW Facebook Page Congratulations Lynne Matthias. Roger attended the IT workshop in September, and we gained new member Elizabeth.

October we attended another Club targeted carnival. The short course championships at Woy Woy. Eight members registered to compete and I went along to time keep. Such a fun time once again with many of staying at various locations in Woy Woy. Club record tumbled, medals received. Unfortunately Karline was unable to attend the meet but Sue with the usual Masters Swimming spirit stepped up to take her place in the relay and the teams showed their usual relay enthusiasm. More fun, food and friendship was had at another great carnival. Anthea also announced she only has 100,000m to go before she gets her T shirt.

The year rounded off with Brett attending Pan Pacs, Elle also went to cheer him on. It was a great carnival for Brett who achieved 7 BP, and 3 medals. One silver and 2 bronze. Congratulations Brett. Potential new members Angelic, Unita came to check us out with the view to joining us soon. And Graham Warren joined our club.

We are currently sit in 6 position in division 2.

Thank you for everyone's support during 2018. When I look back at 2018 I feel it has been one of best years ever. Filled with lots of fun, food, friendship and a great deal of swimming. I wish you all a happy Christmas and best wishes for the New Year.

Doreen Walton
President

CLUBS THAT DID NOT SUBMIT AN ANNUAL REPORT FOR 2018

Castle Hill RSL Masters
Cessnock Masters Swimming Incorporated
Coogee-Randwick Masters Swimming
Dubbo Redfin AUSSI Masters Swimming Club
Ettalong Pelican Masters Swimming Club Inc
Ginninderra Swim Club
Gosford City Seagulls AUSSI Masters Swimming Club Inc.
Lake Macquarie Crocs Masters Swimming Inc.
Lane Cove Masters Inc.
Liverpool Leatherjackets Masters Swimming Club
Maccabi Amateur Swimming Club
Maitland AUSSI Masters
Nelson Bay Dolphins
North Shore Masters Swimming Club
North Sydney Masters
Penrith AUSSI Masters Swimming Inc
Port Macquarie Masters Swimming Club Inc
Raymond Terrace AUSSI Masters Swim Club
St George Masters Swim Club Inc.
Sutherland Sandbern Masters Swim Club Inc.
Tattersalls Masters Swim Club
Terrey Hills Terriers Master Swim Club
Vladswim Masters Swim Club Inc.
Wyong Wobbygongs Masters Swimming Club Inc.

Supported by the

