
Masters Swimming Victoria

Annual Report 2012 - 2013



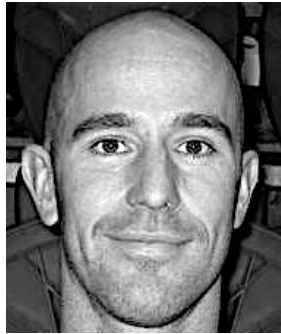
**MASTERS
SWIMMING**
Victoria

Contents

MSV Board Members 2012 - 2013	4
President's Report	5
Vice President's Report	7
Recording Director	8
Technical Director	9
Coaching Director	9
Administration Report	10
Membership	11
Financial Summary	12
Swim Meet Committee	13
Club Reports	14
MSV Coach of the Year	26
MSV Official of the Year	27
FINA Top 10	28



MSV Board Members



ARCHER TALBOT
President



LINUS CRESP
Vice President



VIV MERRILL
Finance Director



JOHN MARSHALL
Technical Director



BRUCE ALLENDER
Coaching Director



RON SAVAGE
Recording Director

MSV Life Members

Alan Davis

Paul Watmough

Bruce Ripper

Hans Wehrens (Deceased)

Danny Smith

Barbara Wilson-Brooks

Edward (Ted) Tullberg

President

Archer Talbot



be a fabulous appointment. Sonia has great enthusiasm, people and general management skills and our recent meets are running smoothly again. Thank you Sonia.

The State Long Course was held in February and the following statistics are provided for your information. The February timing was too early in the year, and will not happen next year (5th April 2014 is already locked-in), but I am mentioning this specifically so all MSV members are aware of the simple rationale that: to run swim meets - we need club members to compete. It is that simple. If all clubs can work on increasing the participation rate of members at State and inter-club meets, then MSV will flourish!

- 189 entrants competed in 712 events
- Total income: \$7822.73
- Expenses: \$330 officials, \$204 catering & raffle, \$7007.55 MSAC pool hire
- Total expenses: \$7541.55
- Profit: \$281.18

MSV resolutions

Club delegates voted on 10 resolutions in November 2011, and a circular was sent by the office dated 02/12 which summarized the responses. In brief, the follow-up to these resolutions has been:

Resolution 1 - Sub-committees

Establish five working sub-committees to target the improved running of MSV. There has been a lack-lustre response from MSV members since passing the resolutions in November. I now believe the following summaries/proposals best cover what can/will realistically happen.

Governance

Thank you to the committee for all of their voluntary work during the year. Specifically, thank you to

- 1) Linus Cresp for his support as Vice President and work on external affairs;
- 2) John Marshall for his leadership in the technical side of officiating at our meets;
- 3) Ron Savage, who took over as Recording Director, and has worked a great deal on making the recording process more transparent and hence accessible;
- 4) Viv Merrill for her work as Financial Director and keeping us in the black for a second year running;
- 5) Bruce Allender for all of his work organizing and developing the coaching opportunities for MSV.

I would also like to thank the wonderful MSV/MSA office staff, Noeleen Dix, Emma Evans, Jane Barnes and Sarah Reid for all of their administrative support, advice and help with the management of this fabulous organisation. They really provide the members of MSV with incredibly important services, so thank you.

It is also with much pleasure that I can announce the appointment of Linley Frame as Ambassador of Masters Swimming Victoria. Linley is a keen Masters swimmer, as you will all know, as well as still being a highly competitive open age swimmer at national level. Linley, who won a FINA World Championship Gold medal in the 100m breaststroke in 1991 and swam for Australia at the Barcelona Olympics in 1992, is a superstar of Masters Swimming, and it is a great privilege to have her on-board as the face of MSV.

Sports Development Officer

A part time position was created for the start of this financial year and two highly competent professionals have shared the position. I believe the development that they are working towards, from targeted marketing of the swimming public to club creation, are providing a great benefit to our organization. They have instilled MSV with a new-found energy and drive, and new opportunities are opening-up for the future well being of the organisation. I hope the members/committee agrees with me and extend the term of the employment of an SDO for another year.

Thank you to Suzanne Mockridge who worked for the first six months in the position. Suzanne's achievements include: having 10,000 MSV flyers distributed to clubs in the open water season, updating the MSV website (contacts, URL, efficiency, etc), designing a pop-up pool sign for clubs who wish to have one and general work on promoting MSV.

Thank you to Sally Cuming who took over from Suzanne and has created a vast array of new initiatives. Sally has helped establish the "one clubs" in Victoria, which will result in new adult members joining our organization. Sally has worked on creating new marketing initiatives, with MSV now having sponsorship arrangements with Cousins Travel and Funky Trunks. Both of these deals will result in our name being more widely spread throughout the adult swimming community.

Swim Meet Committee & State Long Course

The SMC was re-established in January to manage our swim meets. Luckily for MSV, Sonia Halsvik decided to volunteer her time to be chair of the SMC, which has proved to

Competitions sub-committee.

This committee is covered by the SMC.

Technical Officials and Coaching and Training sub-committees.

What we actually require is more volunteers to be technical officials, rather than more 'management'. A huge thank you should be given to John Marshall for all of his work, as well to the group of people who are volunteer officials.

Membership and marketing sub-committee.

This committee was given a kick-start by the employment of an SDO, however, this is the sub-committee I think we should focus on. The Nationals in 2015 will be in Melbourne. I believe a marketing 'team' should be established to help promote this event. Running all of the functions, putting together travel packages and options, working on an effective sales pitch, encouraging all MSV clubs to attend with maximum numbers, is all additional work to that which the SMC will have to cover with the swim program, technical officials, marshals, timekeepers, medals, catering, etc.

Finance Sub-committee.

Finances actually doesn't seem to involve much time management. The MSV Executive has initiated a few 'projects' recently, including the hiring of the SDO, and as long as the board is prepared to take responsibility for the organization's finances through effective club representation and voting at committee meetings, then I believe the sub-committee is 'covered' by the board itself.

Resolution 2 - Volunteers

The call for more volunteer members - ongoing!

Resolutions 3, 4 & 6 - Competitions

Yes, the Long Distance meet in 2013 will be held on one day, 17th November 2013, and is a short course meet.

A Long Distance Long Course will be held next year.

The Relay meet, 8th September 2013, has been retained. Long distance relays will be trialled at the Long Distance Short Course in November

to see if attendance can be increased from the average of 55 per day. As we are paying commercial rates at MSAC, which equate to approximately \$7000 per day, 55 swimmers is not cost effective and cannot be maintained.

Resolutions 7 - Pop up A-frames

All clubs have been contacted about the A-frames, with many positive responses to owning one. The A-frames are being produced and will be available once the rebranding project has been completed by MSA.

Resolution 9 – Volunteers Function

Will be held at the end of year function for volunteers. This is to be organized later this year.

Resolution 10 - Presidents' Function

The inaugural function will be held in conjunction with the AGM, 20th August, at Sports House. MSV Presidents, MSV club delegates and Life Members will be invited.

Future

The key to MSV's future is in participation - this can't be stressed enough. We need more swimmers at events for the organization to run cost-effectively, we need far more technical officials to help run our meets.

I also believe marketing is key to our future well-being, and that is why I am so 'pro' employing an SDO. As you will see from our accounts, even though our employment expenses for the year increased, we made a profit and our total equity has increased in the past two years, after a number of years with small losses:

2009	\$62,725
2010	\$61,126
2011	\$60,433
2012	\$69,532
2013	\$70,335

Our numbers (July based) are also starting to increase again, after a decline from 2006 highs, which I credit to the new energy and enthusiasm and professionalism and skills of our SDOs, Suzanne Mockridge and Sally Cuming.

2010	879
2011	885
2012	947
2013	1015

MSV is helping Swimming Victoria organise the swim meet at the Australian Masters Games in October 2013. Thank you to the MSV members who are assisting on this project: Gillian O'Mara, Linley Frame, Neil Mitchell (technical expert), Deryn Thomas (teacher of GPoO 1&2 and the Timekeepers Course).

MSV will be hosting the 2015 MSA Nationals in Melbourne. This is a very exciting project. As you will see from the list below a number of key MSV members have already committed to helping make this event a great success. However, each person will need a team behind them to share the load, so it would be greatly appreciated if all clubs can produce some volunteers - please just let me know!

Paul Watmough has offered to be Convenor for the Nationals in 2015, which is great news. Thank you Paul.

The 2015 National Championships Committee:

- Program - Sonia Halsvik
- Finance - Archer Talbot
- Marketing - Sally Cuming
- Social - Susan Kempson
- Technical - John Marshall
- Safety – tbc

Vice President

Linus Cresp



At the outset of my report I must say that I am stepping down from the position of Vice President of Masters Swimming Victoria. I have enjoyed the camaraderie and support all those involved with the Board of MSV. However due to personal circumstances I have found it increasingly difficult to give the position the attention I believe it deserves.

My endeavors throughout 2013 have focused on the new pool at Frankston Aquatic Centre, which is scheduled for completion in mid 2014. It was hoped that it might serve as an alternate venue for State level competition. However, I must report that although the main pool will be a FINA standard 50M pool suitable for competition it will not have automatic timing. The lack of the timing facility may impact on its suitability for MSV competition. I have attended a number of meetings with the consultative committee for the Frankston Aquatic Centre, progress has been slow and confirmations cannot be made until the pool's completion mid next year.

In August of 2012 Frankston Masters Swimming held their annual inter-club swim meet with the support of many other clubs. The evening was a great success not only for the Frankston club, but also for the Masters Swimming community as there was a great deal of publicity generated by the successful setting of a World Record by North Lodge Neptunes for the women's 50M Relay age 360+ years. The valiant ladies of the relay team were successful in setting a second record at the Victorian State meet in 2013.

In closing I would like to thank all those who have supported me throughout my tenure on the executive of Masters Swimming Victoria.

MSA Finance Director, Gerry Tucker enjoying a Meet with the Malvern Marlins



Recording Director

Ron Savage and Paul Watmough



Paul Watmough



Ron Savage

An interesting year for recording within the Victorian Branch. As many of you will be aware, I had announced that I wouldn't be continuing into the 2013 season in the Recording role and my role was taken up by Ron Savage of the Silver Sharks.

Now my work circumstances have changed and I am able to devote time to recording for the Branch again. Many thanks to Ron for taking on a very complex and time-consuming role.

One issue that occurred recently relates to the need to ensure that all pools used in competition are measured regularly and certainly after any major work is undertaken with the pool. As a result, a swim was 'relegated' from an interclub to a time trial, which meant no records could be set.

Procedures have been instigated by the Swim Meet committee to ensure that any future interclub competition must have club verification that the pool has a 'recorded' valid (read current) survey held by MSA. This information can be provided by the Branch Office.

Records Achieved by Branch Swimmers: (Meets held during the period July 1st 2012 – 30th June 2013)

There were 6 World Records achieved during the year, by Kirsten Cameron, Linley Frame, Patrick Galvin and the North Lodge Relay team of Hazel Gillbee, Nancy Ayres, Trudy Bullivant and Claris Artis. Fantastic effort to all concerned.

There were 106 Long Course Records set - a total of 99 State and 7 National. There were 178 Short Course records set - a total of 150 State, 28 National.

A total of 45 Relay records were set - 36 State and 9 National.

Endurance 1000.

This last season was the first full year that the competition has run. It also signifies a 'capture' of all Long Distance swims into the competition automatically. What this means is that previously only clubs who had formally indicated that they were participating in the Aerobics Competition were included (between 5 & 7 clubs). This year, 15 clubs were included in the competition by virtue of competing in the Long Distance Short and Long Distance Long Course Championships.

- Maximum points awarded for all swims by club members: 1st Malvern Marlins with 8,177 points, 2nd Surrey Park with 6,918 points and 3rd Doncaster Dolphins with 4,562 points.
- Average Points per swimmer: 1st Surrey Park – 192.17, 2nd Malvern Marlins – 57.18, 3rd Warrnambool Whales – 53.69
- Club member Participation (percentage of club members participating against registered club members): 1st Malvern Marlins – 58%, 2nd Surrey Park – 55% 3rd Warrnambool Whales – 54%

The recording team continues to be well supported during the year by Linda Gunzburg, Susie Kempson, Sonia Halsvik and Jeanette Holowiuk.

I will undertake a series of training seminars during the next year to 'develop' recording skills within the clubs, encouraging them to 'manage' their own meets instead of relying on one person.

Paul Watmough

Technical Director

John Marshall



Last year's report started with problems with the Negative Reaction Time reports for the AOE at MSAC and that issue carried over into 2012/13 but without any clear resolution by MSAC. It is something which we will have to continue to monitor.

This year has been either feast or famine in terms of the number of officials available to work at swim meets. In past years I have been something of a cracked record in calling for more officials but this year we have occasionally had sufficient officials available to be able to schedule breaks during the day's program. That has not been the consistent position however and there have been meets where we have just scraped through so the need for more officials remains an ongoing issue.

There has been quite a good participation in official's training course over the last year or two but too many of those who have done the training have not followed through with the necessary practical time on pool deck. As I noted last year, trainee officials do need to be prepared to officiate at several meets a year. Attending courses without the practi-

cal follow through will not resolve the shortage of officials. Whilst we try to accommodate those who want to compete and officiate at the same meet, it is a significant challenge for the Meet Referee to manage and can result in being short of officials for parts of the meet. That situation can put the entire meet at risk because it is difficult to track when part-time officials return to duty and is therefore something we do not encourage.

This year saw a further increase in the number of competitors, which is an encouraging sign for MSV, but that was accompanied by an increase in problems relating to inexperienced swimmers. Some of those problems could have been avoided by better briefing of new competitors by clubs but there is also a comprehensive guide for new competitors on the MSA web site which anybody can access to get the information for themselves. I did write an article to the e-newsletter at the time highlighting this so hopefully we will see a reduction in delays and problems at future meets.

Coaching Director

Bruce Allender



Coaching Workshops

A coaching workshop was conducted on October 14th 2012 facilitated by Brenton Ford of the Powerpoints club. This was attended by 15 coaches and was very well received. There was a lot of interest in further programs of that style, although we have been unable to plan any recently, this is a high priority for next year.

Coaching Courses

An Intro Club coach course was organised by Casey Seals to give their club members interested in coaching for their club an opportunity to get accredited. Six people participated in this workshop in November 2012, and two of them went on to the Club Coach workshop held in Many 2013. One coach has now completed all the requirements at this stage.

Another Intro Coach workshop was run at Richmond Recreation Centre in April, with 15 enthusiastic participants from several Melbourne metropolitan clubs as well as from Tasmania and as far afield and Warrnambool. Several have already submitted their assignments for accreditation, and the follow up Club Coach workshop is planned for later this year. Several more people have asked for another Intro Coach workshop, and the intention is to run this before the end of this year.

The recent interest in gaining coaching accreditation is very promising, and is a real opportunity to improve the experience and skills of the coaching at branch club level.

Administration

Emma Evans and Jane Barnes



There was a change of personnel this year with Jane Barnes coming on board to cover Emma Evans maternity leave. Sarah Reid officially left Masters Swimming in February 2013 and is expecting a Spring baby. Emma returned to three days per week in the office in April 2013, while Jane continues to work two days per week.

Membership

Membership numbers of Masters Swimming Victoria has increased this year compared to 2011/12 with an additional 64 active members. This year's member total is 1,015 members across 28 Victorian clubs.

We welcomed a new club, Footscray Swimming & Waterpolo Club and our first 'one club', Melbourne H2O is coming on board in July 2013. In late 2012, Hume City officially changed their name to Northern Masters. No clubs have discontinued this year.

Coaching

Between July 2012 and June 2013 there were 8 Club Coach accreditations and 2 Intro Coach accreditations. During this time, 3 coaching courses were conducted by the MSV Coaching Director, Bruce Allender. On October 14th 2012, 16 MSV coaches participated in a specialised Coaching Workshop conducted by Brenton Ford.



Technical Officials

Training courses have been held throughout the year to increase the numbers of technical officials. It is important as an organisation for us to have officials on board, as our swim meets wouldn't run smoothly without them. Between July 2012 and June 2013, 11 technical courses were conducted by MSV Technical Director, John Marshall and Deryn Thomas.

IMGSTG

We are happy to report that most clubs have mastered the registration database, IMGSTG. All members are advised to register themselves online at the end of each year. This is to improve the integrity of the information and to eliminate the necessity of payments being made by the clubs. Training and assistance is readily available to clubs who would like help in all areas of the registration system.

Social Media

The MSV website, online monthly e-newsletter and regular Facebook updates are the primary communication resources for MSV, providing members and clubs with timely information. As we continue to develop our social media resources we encourage our audience to continue their support by sharing their stories and photos. Have you 'liked' us yet?

Monthly e-news

'On the Blocks' monthly e-newsletter continues to be well received by clubs and members. Based on the statistics we receive, the most popular items have been club updates, as well as coaching and technical articles. We rely on members and clubs to provide us with stories and photos to keep everyone up to date with what is happening in the Masters Swimming Victoria community.

Note: Club Reports were not received from:
Bendigo Breakers, Footscray Swimming Club, Goulburn Valley Crocs, Hoppers Crossing, Heidelberg Flyers, Maccabi Ajax, Nunawading Orcas, Sale Sadast.

Membership Statistics

*clubs no longer affiliated

CLUB NAME	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003
Batman Avenue Maulers*	0	0	2	2	2	6	4	-	-	-	-
Bairnsdale Mako*	0	0	0	0	0	0	0	0	0	1	1
Bayside Boomers*	0	0	0	0	0	0	0	0	2	3	5
Boroughcoutas	51	39	45	40	47	30	35	34	34	36	37
Badaginnie AUSSI*	0	0	1	3	3	3	3	3	3	4	3
Bendigo Breakers	6	6	5	4	8	14	12	15	12	20	24
Ballarat Beavers*	0	0	0	0	0	0	0	34	39	11	11
Border Masters*	0	0	0	0	0	0	0	3	5	8	17
Bundoora Torpedoes*	0	0	8	9	9	7	8	12	16	14	16
Casey Seals	50	41	28	23	29	26	21	21	21	18	19
Cerberus Salty's*	0	0	0	0	0	0	12	32	20	-	-
Doncaster Dolphins	100	95	102	105	103	87	87	89	83	82	92
Frankston Peninsula	49	32	43	28	37	41	43	49	40	47	51
Geelong Catfish	8	8	9	7	7	7	7	8	7	9	11
Gippsland Flippers	12	14	9	7	6	11	7	4	9	6	5
Glamourhead Sharks	71	63	65	67	61	71	54	71	49	65	78
Goulburn Valley	11	24	19	20	6	38	27	32	30	41	39
Hoppers Crossing	5	9	9	9	7	9	8	11	8	21	23
Heidelberg Flyers	34	30	29	29	36	34	32	29	23	30	33
Northern Masters (Hume City)	10	3	0	-	-	-	-	-	-	-	-
Kew Masters*	0	0	0	0	0	0	9	16	24	25	30
Maccabi Ajax Swimming	22	14	5	24	-	-	-	-	-	-	-
Malvern Marlins	145	147	127	120	117	129	125	115	136	113	113
Moreland Maulers*	0	0	0	0	0	0	0	0	0	7	10
Nunawading Orcas	33	46	39	36	35	37	37	32	37	35	45
Northcote Yabbies	9	8	7	11	13	14	14	13	12	12	12
North Lodge Neptunes	23	13	12	18	22	21	33	34	37	42	39
Powerpoints	164	154	141	125	130	105	118	105	94	83	80
Portarlington Mussels	9	13	0	1	10	-	-	-	-	-	-
Ringwood Water Rats*	0	0	0	0	0	0	14	14	19	21	22
Rosebud Ranas*	0	0	0	0	0	0	2	4	6	11	7
Sale SADAST	5	14	12	17	21	23	17	17	20	20	17
Silver Sharks	10	11	13	10	11	14	15	14	13	14	16
Surrey Park Seahorses	33	36	36	37	33	32	32	33	31	32	41
Wangaratta AUSSI*	0	0	0	6	10	11	12	12	19	-	-
Warrnambool Whales	66	60	61	65	69	69	79	80	72	70	77
Western Alligators	41	30	38	36	32	25	25	26	24	24	25
Wimmera Masters	13	5	2	-	-	-	-	-	-	-	-
Yarra Roughies	17	23	13	18	23	29	35	30	32	43	38
Victorian Masters	15	9	5	2	5	1	-	-	-	-	-
TOTAL	1015	947	885	879	896	893	929	1013	977	968	1049

Finance

Viv Merrill



The 2012-2013 financial years audit was conducted by WHK, the same auditors as last financial year.

During the year, the Victorian board has been provided with reports of actual expenses against budgeted expenses every two months from the Finance Director.

Total swim meet income has remained constant, the most popular swim meets being State short courses and relay meets. State long course events still struggle to attract swimmers.

Bank interest income is down compared to budget.

During the year, a Coaching workshop in September 2012 and an Introduction to Coaching Course in April 2013 provided income to MSV.

The National Office process all payments and sales for Victoria and for this an administration fee is charged, which is adjusted each year by CPI.

With the employment of a Sport Development Officer from August 2012 to June 2013, member numbers have increased by 6.4% and with this, the IMGSTG fee also increases.

Promotional material, swimming flyers for general marketing, artwork, design and brochures created during this time have increased printing and stationery expenditure above budget.

Swim meet expenses have been reduced by approximately 50% due to the in house catering provided by Casey Seals member, Jan Williams and her team.

The Victorian Branch currently manages excess funds by investing in an interest bearing Online Saver account and the Term Deposit is invested and managed depending on the interest rates.

The debit card in the name of the President is used to cover expenditure such as life membership fees.

Overall, the new Sport Development Officer initiative has been covered by the Branch from current surplus funds.

Swim Meet Committee

Sonia Halsvik - Chair

I came to the role of Chairperson for the State Swim Meet Committee a little late in the piece and have had to learn quickly all the quirks of the role. I decided to give a little back to MSV and am striving to help ensure that we have enough volunteers doing their bit now, and in to the future. These are exciting times for Masters Swimming and I am glad to be a part of it.

The committee this year saw a few changes – and we certainly had our share of issues but working with the team of John Marshall, Paul Watmough, Bruce Allender, Julie Johnson, Danny Smith and Paul Watmough certainly made my job as Chair and Meet Director a lot easier.

I must thank John Marshall, who was more than happy to answer any of my questions and offer advice when I needed it. I certainly could not have done this job without his valuable experience.

As a committee we have come together a couple of times in order to prepare for the relevant MSV State Meets as well as discuss Club Meets. We have not had a perfect year in relation to club meets but we have learned lessons that will ensure issues like the ones we had do not happen again. We all want the members to have great meets whenever they swim.

Some of the Committee are involved in the Geelong Masters Games in October and as Chair, I wish the team all the best. I'm sure you will all do a fantastic job.

We have started to have discussions around our Nationals Event in 2015. I have been looking in to a number of government grant opportunities for this event. In conjunction with the team, I'm hoping that Melbourne 2015 will be a National Event people will compare themselves to for years to come. There is growing interest in our event already and hopefully we do all our members proud.

I will be standing for Vice President Operations next year as well as continuing on as Chair of the Swim Meet Committee. I am looking forward to the great times and challenges ahead. I'm lucky enough to have a great team supporting me making my job even easier.



Club Reports



Boroughcoutas

The main event for the Boroughcoutas for 2013 was the Queenscliff Blue Water Challenge which was our ocean swim held on January 27, 2013. It was the 21st annual Challenge conducted by our club and while the weather wasn't as favourable as in previous years, we still had a good number of entrants from all over Victoria.

Our members also competed in many of the ocean swims held in the early months of the year, including the Pier to Pub, Anglesea and Point Lonsdale swims.

We had another good contingent of swimmers make the journey to Noosa Heads for the Annual Noosa Ultimate Sports Festival in April 2013. We had around 20 swimmers compete with several members gaining good placings for the various events. It was quite a successful social event as many partners and family also attended.

Our main winter social event was our annual Pizza Night at the Ocean Grove Pizza Parlour in June, where we had over thirty members and guests attend and enjoy the evening.

Our current membership stands at 51 and we continue to get membership enquiries at our squad sessions which we hold at Ocean Grove on Tuesday evenings and Waurn Ponds on Sunday mornings.

Kerry Worsley
President



Casey Seals

As always it has been a very busy year for the Casey Seals. The following are just some of the highlights from the past twelve months.

The seals attended and swam many of the open water races, with the focus for many of our swimmers, "The Bloody Big Swim" (Individuals, duos and teams).

This year we have welcomed a number of new members, achieving our highest membership ever with 46 Seals YTD.

Many of these members are triathletes, still to compete in their first masters swim meet. These triathletes however cannot be forgotten with some exceptional athletes on board. Elizabeth Dornom qualified to compete in Kona, Hawaii for the Hawaiian Ironman. Raelene Warren, Shelley Miles and Cecilia Benedict have also been training and travelling for great triathlon / running achievements.

Ebony & Peter Ebenwaldner made the trip to the Gold Coast for the Pan Pacific Masters Games.

The Seals had a good turn out at State LC with Peta Howlett swimming in her first Masters Swim Meet.

Just 6 Seals attended the national championships in Sydney, however even with just 6 swimmers we finished in the top 20 overall. Carolyn Grasby competed for the first time.

The Seals Splash was run on July 7th with just 64 swimmers, a disappointing result but we are already looking at how we can improve the numbers for next year! (Any feedback appreciated).

Megan Gooley & Justin got married and Molly & Craig Thwaites welcomed baby Summer to the world (number 3)

We have 11 swimmers competing in the State SC championships on July 21st. We look forward to the rest of the year and open water season!

Ebony Ebenwaldner



Megan Gooley married Justin in Mansfield

The 2012 – 2013 swim season was yet another year of change for Doncaster Dolphins - new President, Vice President, Club Captains and committee members are among those changes.

Sadly we also had our head coach Sarah Posner resign after nearly three years of great service due to health reasons. Sarah gave up quite a lot of her time to our club over the last 5 years and she will be missed. Rod Clarke has taken on the role of Head Coach in the interim until a permanent solution can be decided upon in the near future.

Membership

We maintained a strong membership base during 2012 with a slight drop at the beginning of 2013 and climbed to a total of 102 members at 30th June 2013.

Our members continue to have a wide selection of training sessions to choose from with 13 available sessions per week. This is made possible not only with our own coaching staff but also through our strong connection with YMCA Aquarena staff who offer additional training sessions.

Swim Meets

This year we have been very successful both in and out of the pool. Our results in local, country, State, National, and Masters Championships were very pleasing and a reflection on the great work done by our coaches. We gained a number of branch and National records throughout the year.

We also did exceptionally well in the Open Water season with 32 members doing some of the OWS events and great results in the Victorian Series.

Other Highlights of The Year

Once again we held our popular Swim for Life program that was greatly supported by our members who volunteered their time. This program not only promotes a healthy lifestyle for all but provides VDC, greater recognition in the community of Doncaster and surrounding areas.

The construction of the Aquarena Pavilion was completed and we have access to some very modern facilities.

We put the new facilities to use immediately by holding our inaugural two day training camp. This provided a great benefit to all who attended and they all expressed a desire to participate again.

Joshua Fairfax
President



Dolphins members at the Danger 1000.



The Doncaster Dolphins team at the Casey Seals Splash



Frankston Peninsula

The highlight of the club's year has to go to the annual Swim Meet where the "Golden Girls" from North Lodge set a world record for the 360-399 Freestyle Relay. The event gained a lot of media attention and created much positive publicity for Masters Swimming. The club also benefited financially, as the event was sponsored by Mt Eliza Personal Assistance Call Service (ME-PACS).

Membership

The club has again experienced a high level of interest from new swimmers, largely resulting from visits to the club website. Many have taken advantage of the offer to 'try before you buy', with a good number making the commitment to joining the club.

A number of these newer members are playing an active role in club activities, such as coaching and fund raising, thus easing the pressure on the ageing members of the club.

Recently the club has also welcomed back several former members after 10 and more year absences. Unfortunately there has still been a higher than desired loss of formerly financial members, but at this stage our club membership is once again nearing the half century.

Fitness, Friendship and Fun

The majority of club members participate for "fitness, friendship and fun" thus a major focus of the club is oriented in this direction. Although we are serious in our training, it is important to maintain a healthy balance and all training sessions are followed by a social gathering over tea and biscuits, providing an opportunity to become more acquainted and to discuss the program, along with the usual idle chatter.

Competition

The competition side of our sport is not neglected but, at this stage, a relatively small number of members have maintained a club presence at National, State and Interclub levels.

Most notable have been Marion Beulke, Diane Cairns, Lois Dennington and Alice Kinnaird – our own "golden girls." Alice is a regular gold medallist at all levels of competition and Marion, at 86, has been collecting a bagful of State freestyle records.

Other club members are very regular participants in competitions such as life saving, open water, and services competitions with regular successes being recorded.

The club particularly encourages members to become involved in local open water swims to support the life saving clubs, Pt Leo, Mt Martha, Dromana and Bonbeach generally witnessing a good turn out of members. Wherever possible the occasion is also used for a social gathering.

The annual Rotarians Against Malaria swim at Frankston Pier is also actively promoted and supported by the club.

Club Awards

Special club awards this year were Life Membership to coach Richard Grant, and the Peter Daniel Club Person Award to Linus Cresp.

Our President Andrew Gibson was at last a winner of the Gavin Hamilton Skins Trophy in a hotly contested competition on the final training night of the year.

Fundraising

Fundraising activities, as well as providing valuable funds, have also been successful social occasions and have given more junior members of the club an opportunity to make an extra contribution.

The annual Rotary raffle was again a good money spinner, and a Bunnings sausage sizzle saw many members involved during the day.

Future

Last year reference was made to the possibility of a "hard copy" 50 metre pool being built in Frankston. Well, we hold our breaths no longer, it is well on the way to being a reality.

It is still anticipated to be completed by June 2014 and the hole in the ground is showing distinct signs of turning into a first class aquatics centre. Our main interest will be in the 10 lane pool which will have the option of 50 or 25 metre formats.

It will definitely change the nature of training for many Peninsula residents, and we anticipate a greater interest in Masters Swimming to follow.

**Con Duyvestyn
Secretary**



Geelong
Catfish

Geelong Catfish

Catfish have maintained a small but active membership over the past year. We have had a strong presence at the open water swims held on the Geelong side of the Bay. Several podium finishes were our members, with John Lidstone and Lit Belcher, in particular.

Margot Milne's performance in the pool for 2012 was impressive, with 15 swims ranked in the National Top 10, and three breaststroke swims that ranked in the World Top 10. Annette Bird (her first) and Chris Porter also achieved National Top10 rankings.

We have been represented at all MSV Interclub and State meets held so far this year, with Lynette Newman being particularly active. We were pleased to see swimmers competing for the first time, our own member Loretta Jeffers being one of them, acknowledged and welcomed during State Long course meet.



Gippsland Flippers

The latter half of 2012 quietened down somewhat after the hectic start of the year organising and running our successful swim meet.



Ladies Relay Team at State Long Course
Alison, Sue, Dorette and Marion

Training Sessions

Around this time, we also introduced a coached training session each Wednesday evening at Churchill Leisure Centre, with a coach from Traralgon Swimming Club, Dean Gooch. This attracted swimmers from the local area, and resulted in a couple of memberships to Flippers, as well as giving us a thorough workout and advancing our fitness level and skills.

Congratulations to Annette Bird and John Lidstone for coming first in their age groups at the recent North Lodge Pentathlon meet.

Our swimmers would not do so well at both open water and pool events if it weren't for the tireless efforts of our squad coach Rob Berry. Squad is held Tuesday and Thursday nights, with around 12 swimmers attending most nights.

Over the past three years we have offered a daytime swim squad during the October Senior's Festival that is held throughout the State. Last year, the squad was held at our 'home' pool, Waterworld, with Loretta Jeffers taking the lead role in organising the event. Our intention in offering the squad each year has been to raise our profile in the Geelong community, with the hope of attracting new members. Ten swimmers took part, with two continuing on to attend our evening squads.

Competitions

In 2012, we had swimmers represent the club at Casey Seals Splash, Frankston and Glamourhead Sharks interclubs, as well as the State Short Course Championships.

We entered a Ladies team in the Relay Meet in September, which they thoroughly enjoyed and had some great swims. A male member of Flips also swam successfully as a second claim member to Powerpoints.

A member introduced the newest Flipper last September, when Tara Maclean was born to Andrew and Jo. They say to start them young and she's as comfortable in the water as you will ever see anyone.

Competition continued in 2013 with State Long Course, followed by attendance at North Lodge Pentathlon.

Clubs like ours don't function without volunteers. I thank our committee for their efforts, with special thanks to Lynette Newman - our hard working Secretary, Loretta Jeffers for keeping us all informed through the newsletter and John Lidstone for keeping us financial.

Our main challenge for the coming year will be to grow our club so we can have a stronger Geelong 'presence' at State and National events - being able to field more than the occasional relay team at State meets would be nice!

We are all looking forward to the Australian Masters Games on our own turf in October.



The ladies at the Long Course
Championships

We also had one member attend Nationals in Sydney in April as a second claim member to Casey Seals, bringing home PB's for all but one swim, and a Silver Relay medal as well!!

We may be a small club, but we get around!!

Social

On the social side, a Christmas BBQ was enjoyed by all at the rural home of our Secretary.

Future

In May this year, we had our youngest swimmer join, so watch this spot for records to be smashed in the 18 to 24 age group.

Gippsland Flippers wish all swimmers good health and fast times when we see you at the next swim meet.



Glamourhead Sharks

2012-2013 has been a fantastic year for the Glamourhead Sharks with a variety of events, both competitive and social. Here is just a quick insight into what has been filling our calendar over the last 12 months.

Competitions

The Glamourheads hosted their bi-annual swim carnival at Richmond Recreation Centre on the October 13th. With 124 registered swimmers, it was one of the biggest swim events of the 2012 calendar. After the meet, everyone was invited to come together as friends and enjoy a great meal and to judge the world famous trifle competition. We thank everyone for attending this event and making it one of the best nights in the Glamourhead's history.

Summer came quickly and with this, a number of Glams competed in a variety of open water events. Russell Knee and Leonie Dodds swam valiantly and are inspirational to all swimmers who want to compete in the great outdoors.



Having fun at the 24hour Mega-Swim

During the summer, the Glams also raised funds for the 24 Hour Mega Swim and participated in the Mother's Day Classic. The 24 Hour Mega Swim is a fun relay event where teams of up to 15 people swim for twenty-four hours, it is always a fun and charitable event that helps raises funds to help find a cure for those living with MS.

Awards Night

Our "Golden Goggles" awards evening is always an amazing event held every year. It is always full of laughs, smiles, awards and friendship! This year we celebrated our great efforts during the year and our President's work during his time at the helm.

We also congratulated our award winners:

Most Improved Male Swimmer	Kirk Goodsell
Most Improved Female Swimmer	Deidre J Smith
Team Spirit Award	Shaun Polidano
Female Swimmer of the Year	Robbie Leslie
Most Outstanding Swimmer of the Year	Alan Godfrey
New Life Member	Anke Kohfahl

2013 Nationals

The Masters National Championships came up quickly and was a great opportunity for some of our Glams to head interstate to compete. For a small club, our team won 18 medals, with a number of outstanding performances from the following: Kirk Goodsell and Brent Caverly swam fantastically in their 200 Butterfly and 400 IM. Adrian Green, Shaun Polidano and Jack Dow swam their hardest in relays and individual events, also Luke Wallace swam a killer 50m Freestyle.

Swimming Clinics

During a weekend in June, we played host to Olympians Matt Targett, Ashley Delaney and Sarah Katsoulis in order to provide our swimmers with a brilliant swimming clinic. It was a privilege to have these three elite swimmers dedicate their time to provide us with their expertise and knowledge in all four competitive strokes. The opportunity for all swimmers to receive one on one training and advice to help them improve in the water was a relished experience.

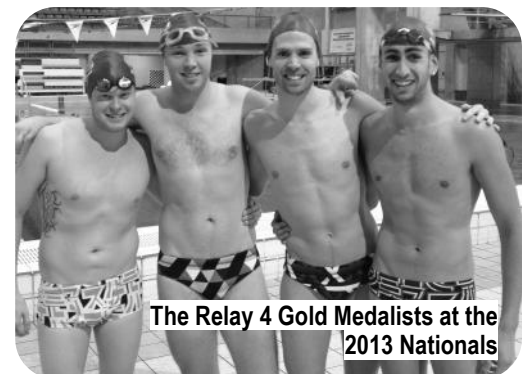


Future

With the club continuing to expand and grow, we are coming across new challenges and areas to better our club for the future.

Our committee and coaching team have been working hard to develop new ways to support our members and to best support each other in the competitions we enter.

With a great year now behind us, all the Glamourheads are now looking forward to what adventures the new year will bring.



The Relay 4 Gold Medalists at the 2013 Nationals



Malvern Marlins

Membership

For the year to 30th June 2013, the Malvern Marlins have gained 21 new members and five transfers in, for a total membership of 144 (including five 2nd Claim members) between the ages of 22 and 95 years.

Training

We offer five coached training sessions and one Endurance swimming session each week. Of our 21 volunteer coaches, fourteen have their Level 1M Coaching qualification and another two are working towards theirs. Patrick Devine continues to offer CPR updates to all club members.

Competitions

Our members competed successfully in Pan Pacs, National, State and Interclub competitions, as well as Masters Games, Open Water Swims and our own annual "Pole to Pole" event.

Marlins were consistently in the top two clubs at 2012 State Short Course, Relay Meet and Long Distance Long Course and 2013 Long Course meets. Kirsten Cameron set two World Records, in the 800m and 1500m Freestyle 35-39 years at the LDLC meet in November 2012.

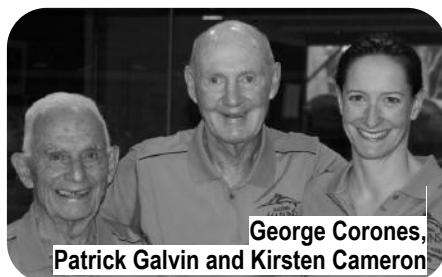
We won the Endurance Competition for MSV and were 11th in the National Endurance Trophy for 2012. Congratulations to Joan Simpson and Patrick Galvin for both attaining maximum points.

Twenty three swimmers did very well at Nationals in Sydney 2013, bringing home 58 individual and 11 relay medals. Patrick Galvin set two World and four National Records, Kirsten Cameron broke three National Records and George Corones (swimming as a Marlin) obtained two National Records.

For the second year in a row, we won the 240-279 years Age Group Relay Trophy at Nationals and the club placed 4th overall.

Nine of our members currently hold National records, with Kirsten Cameron, Jan Jeffrey, Pat Galvin and George Corones all breaking National Records under the Marlins name in 2012-13.

Kirsten Cameron, Leigh Rodgers, Jan Jeffrey and Tom Currie and five of our Relay teams were named in the 2012 World FINA Top 10 Rankings.



George Corones, Patrick Galvin and Kirsten Cameron

Jeff Green was named Victorian Official of the Year for 2012.

Gerry Tucker continues as the National Finance Director for Masters Swimming Australia. While Viv Merrill is MSV Treasurer.

John Marshall continues as the MSV Technical Director. He is also Marlins Club Delegate and on the MSA Technical Committee.

Bruce Allender remains the MSV Coaching Director and chairs the MSA Coaching Committee.

Several other members are involved with MSV committees, are qualified officials, or are gaining experience towards becoming officials.

Membership

After actively promoting the club, we have maintained the increased numbers at training and continue to attract new members.

Patrick Devine and Joan Simpson were awarded Honorary Life Membership of the club at our 23rd anniversary presentation dinner in May 2013.

Social

Marlins enjoyed social activities such as our Retro Night, a bike ride, movies and our Christmas family BBQ.

Fundraising

Our team of 25 members at the 24 Hour Mega Swim in February, raised over \$6,073 for MS and covered an amazing 70,600m or 1,412 laps.

We were also able to donate \$500 to the Ardoch Youth Foundation, \$215 for "Swim Against Malaria" and \$50 to Southern Health. We are very proud of the contributions our members make to charity.

Malvern Marlins once again contributed to the "Take the Plunge" event which was held at Harold Holt Swim Centre in November.

We successfully hosted our 21st Annual Malvern Marlins Interclub in February this year, with 100 swimmers competing again this year.

Future

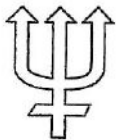
The Malvern Marlins always strive to provide a friendly atmosphere, by encouraging our members to participate in all the activities of the club and Masters Swimming Victoria.

We also actively encourage and reward members who gain coaching or officiating qualifications.

We hope to further promote the club and have embraced Social Media, with our Facebook Group now up to 58 members.



Joan Simpson, Carline Giles and Elizabeth Gibson at the MS-Mega Swim



North Lodge Neptunes

2012 and 2013 have been two very successful years for the North Lodge Neptunes.

The Highlight - The Golden Girls

To create a World Record and receive recognition in many countries of the world certainly was the highlight of our year.

On 18 August 2012, Clarice Artis (97) Trudy Bullivant (90), Nancy Ayres (89) and 'the baby' Hazel Gillbee (84), made up the 360+ year age group. The four ladies swam the 4 x 50 metre Freestyle Women's Relay and created the Short Course World Record at the Frankston Interclub Swim Meet.

Over 200 people, including Media, were there to see history being made! The ladies were interviewed by newspapers, on television, radio at The Olympic Parade and invited to Afternoon Tea with the Governor of Victoria and the Mayor and Councillors of Bayside Council. The ladies who affectionately became known as the "Golden Girls", were back at the State Long Course Championships at MSAC on 23 February 2013. This time they established the 360+ year age group, 4 x 50 metre Freestyle Women's Relay Long Course World Record.

North Lodge is very proud of our Golden Girls and congratulate them on their success.



MSV and MSA Records

National and State records were achieved by the Womens' and Mixed Freestyle and Medley Relays Teams.

Membership

We were pleased to welcome new swimmers into the Club. In 2012 two ladies and four men joined from North Lodge Swimming Academy and four former members of North Lodge have re-joined our Club, after many years away. In 2013 two swimmers have become 'Neptunes.' Twelve months ago we had 12 swimmers and now, we have 24 members and are thrilled to see them all enjoying the competition and friendship which comes from belonging to North Lodge Neptunes.

Social

Bi-monthly Luncheons are always enjoyed by members, friends and former members.

North Lodge Pentathlon

The North Lodge Pentathlon was amazing this year. From a total of 73 swimmers last year, we were pleasantly surprised to receive 127 entries this year.

As usual, the swim was successful, medals eagerly sought, the Supper superb, Raffle Prizes chosen and a fun, enjoyable night had by all! Thanks to all who participated!

Pam Hocking



Northcote Yabbies

Yabbies is a small and friendly Masters Swimming Club with 10 current members.

Competitions

All members have been competitive swimmers in the past, but none currently compete.

Membership

Our membership has been remarkably constant for more than 10 years and the emphasis now with most members beyond 50 years of age is on enjoyment and camaraderie.

Social

Regular social events add to friendships built up over many years.

2013 Committee

Officers for 2013 are as follows:

- President – Jeff Treloar
- Secretary – Philip Beart
- Treasurer – Philomena Horsley
- Coaches – Graham White & Sue Williams

Philip Beart
Secretary



Northern Masters

The Northern Masters have had a great year, both in what the club is doing and in club membership.

Membership

We have increased our numbers to 10 financial members and another 6 or so who 'are interested' (we'll keep working on them, and show them how much fun they can have just keeping fit).

Competition

During the past 12 months the number of club members who have taken up competition swimming has gone from 3 to 8, that is 80% compete in the Masters Swimming Competitions (we almost reached 100% but things happen).

We have found that it is amazing how our swimmers, who have not competed before, had a go at a competition and then loved it so much that they really look forward to next one.

Open Water Swimming

This year has also seen the introduction of Open Water Swimming. A couple of our 'new' members have been avid Open Water Swimmers for a number of years and are coaxing the other club members into trying an Open Water Swim (and there are a number of our club members that have expressed definite interest in this).

Coaching

At the recent 'Introduction to Masters Coaching' training we had five of our members attend, all of them gained knowledge and were very appreciative of the effort and time put in by the volunteers running the course.

We are already gaining benefit from this training and they are looking forward to completing the training in September (we have already had interest in the training from another couple of club members).

Club Uniform

We have settled on our club emblem and colours (dark blue and gold). All the financial club members have their own shirt and kickboards (we have to thank government grants for that).

Training

One of the big highlights is where we get together on a Saturday morning for training under the watchful eye of our upcoming coach 'Gary' (who is also under the watchful eye of our main coach 'Joe'). Following training, it is then onto breakfast at one of the club members houses to put back on all those calories that we trained so hard to get rid of. Oh Well, if this is suffering, then give me more!!!



Portarlington Mussels

Location of the Club

The Port Mussels continue to train out of Portarlington Pool half an hour from Geelong on the Bellarine Peninsula.

Membership

In 2012 the Port Mussels had 13 members (8 women and 5 men), while in 2013 the Port Mussels have 9 members (2 men and 7 women). Ages of our members range from 30s to 60s. We also have many more supporters.

Because Portarlington Pool, where our club trains, offers squad sessions for adults independent of our Club, in general only those swimmers interested in taking part in MSV competitions actually join. 2013 sees some swimmers saving their dollars to participate in the Australian Masters Games, to be held in Geelong this October.

Committee Membership

The Port Mussels Club is run by a committee consisting of:

- President - Lachlan Williams
- Treasurer - Jennifer Champion
- Secretary - Karen Pecar
- Coach - Fiona Brown.

Training hours, training and venues

The Port Mussels train in a number of squads that run on four days during the week at Portarlington Pool.

On Sunday afternoons from October to May intrepid members swam or kayaked from Indented Heads beach.

Competition

This year members competed in the MSV Short and Long Course Championships at MSAC with good results.

Members also competed in triathlons and some of the Open Water Swims including the Rip View Swim Classic, Queenscliff Blue Water Challenge and the Wreck2reef.

Future

In the next few months, the focus will be on training for and raising funds to enter the Australian Masters Games, which will be in Geelong. From there, we aim to raise our profile at the local open water events.



Powerpoints

Powerpoints had another very successful year in all aspects.

Competition

The highlight of our pool competition efforts was to win the Founders Trophy for most successful club at 2013 MSA National Championships in Sydney. This win underlined the strength of our bright green traveling group, as it was our third win as a visiting club in the past five years.

It was very pleasing to see many new faces competing for the club – with quite a few competing as Masters for the first time. The large numbers in our group allowed us to field a wide range of strong relay teams across the age groups. Our numbers were boosted by a few second-claim swimmers who joined us for this trip.

We are very pleased to provide relay opportunities for swimmers from smaller clubs who would otherwise miss out on the great fun of relays.

Club membership was again near record highs, and we welcomed many new members. The club's presence at MSAC attracts the interest of a lot of lap swimmers keen to benefit from our strong coaching program.

Club coaching sessions are a high quality aspect of our club, and this year our coach, Brenton Ford has been deservedly recognised as State and National Coach Of The Year. Brenton continues to provide us with challenging and interesting sets across seven sessions each week.

Open Water Swimming

Through the summer many club members enjoyed the Victorian Open Water season, and again we saw Pointers secure many podium finishes.

Matt Harry loves the ocean so much he has continued to attack the brine throughout winter as he prepares to swim the English Channel in August. Matt has enjoyed the support of many club members in his training and his related fundraising efforts, and we all wish him well!

Acknowledgments

My thanks to the great work of the Powerpoints committee members, both current and previous, who have done so much to ensure the structures and operations of the club are effective and successful.

I would like to especially thank Jennie Bucknell who has stepped down as Club Captain this year – after many years of creating great enthusiasm on the committee and throughout the club, and leading by example.

Brett Davidson
President



The Founders Trophy Winners at the 2013 Nationals



Silver Sharks

Office Bearers for 2013

The club's AGM was held on 3rd March, 2013. All office bearers were re-elected.

President and Recorder	Ron Savage
Secretary, Registrar, Delegate and Public Officer	Bruce Ripper
Treasurer	Pam Downing
Social Organiser	June Ripper
Team Manager	Bruce Ripper

Social

During the year our social organiser June has arranged various lunches and dinners.

Training

Club training sessions are held at 8:30pm on Monday and Thursday nights at the Genazzano pool. These are sessions are structured and run by our coach John Sugden.

Members also swim at the Ashburton Pool at 4pm Monday, Wednesday and Friday afternoons and at 7:30pm on a Monday night. Throughout the week, the MARC is also another training venue. The sessions are in a less structured manner, with the entry to these sessions is at pool cost.

Membership

Club membership is currently 10.

Inter-club Activity

Sue Sibel continues to represent the club at the MSV State Championships and inter-clubs.

Bruce Ripper continues his range of swimming-related positions. These include attending MSV Board Meetings and Swim Meet Committee meetings. He is also the Chief Time Keeper at MSV State Championships.

Ron Savage spent January to June this year (2013) as the MSV Recording Director for Masters Swimming Victoria. However, at the start of July, Paul Watmough, the previous recorder, moved back into the position.



Surrey Park Seahorses

The last 12 months have been very successful for the club.

Membership

Membership has stayed stable at around the 36 mark, this is despite the difficulties arising from the substantial upgrade to Aqualink in Box Hill.

Works are taking place to completely upgrade the indoor pool and the pool's facilities, as well as to build a new ten-lane 25 metre outdoor pool. These works are proceeding on schedule. However, they have had a detrimental impact on the club's Thursday training and Sunday Endurance program, with attendances dropping off during the construction period.

With the works due to be completed by the end of this year we hope to be back in full swing with greater participation in 2014.

Training and Coaching

Both the club's coaching and training arrangements are working well. The coaching panel meets on a regular basis to discuss the training program and to ensure that the needs of members are being met.

Endurance 1000

Surrey Park Seahorses finished in second position at the Branch level in the Endurance 1000 Trophy with 6,918 points in 2012. In the Average Points per Member Award we were ninth nationally and first at Branch level.

The Seahorses were the only Victorian club to place in the Top 10 in either of these two competitions. This is a good result for a club of our size, particularly taking into account the impact of the building works on the Club throughout 2012.

Competitions

Two members competed in the Nationals in Sydney in April with pleasing results. Club members also tasted success at the Branch level in the Long Course, the Long Distance Long Course, and Short Course competitions. Of particular note, was Bob Patterson's success in setting a MSV record in the 50 metre freestyle (65-69) at the 2013 MSV Long Course meet in February.

Social

On the social front, there have been a number of successful social events held, with many members enjoying the camaraderie these events generate. These have included two weekends away to Echuca and Cape Otway Lighthouse.

Thanks goes once again to the members of the Club's Committee who ensure the Club continues to function effectively.

Peter Lord
Club Secretary



Warrnambool Whales

The Warrnambool Whales is moving into its 25th year of fitness, friendship and fun through a structured swimming program.

Membership

Our membership in 2012 stood at 64, while in 2013 it has increased to 68. Two of our past members passed away this year. Eric Tonkin and Ron Baguley were active and highly regarded members of the Warrnambool Whales and are sadly missed.

Training

Members have six training times per week available to them with programs implemented by our four coaches. The Warrnambool Whales welcomes visitors from other clubs to join them in training.

Coaching

Long serving coach, Lesley Goddard retired from coaching this year however remains an active member of the club. Two of our members are undertaking MSV's training program for new coaches.

Endurance 1000

The *Endurance 1000* program is well supported by our members. In 2012 Nora Hoy was our leading Endurance 1000 swimmer. All aspects of this program, encouraging swimmers, timing swims, recording times and uploading results to MSV are conducted by our hard working Recorder, Sue Reilly.

Growth

With the support of Aquazone the Warrnambool Whales conducted a three week 'Come and Try' program with the aim of increasing membership.

The program was promoted at the swim centre and in a local newspaper. About 12 people contacted the club, nine participated in the program and eight have since become members. Needless to say we are very pleased with the outcome.

Sally Cuming, MSV Development Officer visited on the third Sunday of the program and swam with the Whales. Sally is currently working to establish a Masters Swimming Club in Portland and introduced visitors from Portland to our club members. We look forward to helping with the establishment of another club in our region.

Social

Social activities are an important aspect of the Warrnambool Whales. The annual presentation night is used to recognise the achievements of our members. In 2013, Denys Dodd and Helen Lovegrove were named Club Champions. Denys was also the recipient of the Best Club Person award.



Western Alligators

Committee

The increased number of new members means we now have a full committee.

Committee members were elected at the club's Annual General Meeting held on 1st December 2012.

President	Anne Rossi
Vice President	Miffy O'Shea
Secretary	Barbara Beaumont
Treasurer	Geoff Hughes
Registrar	Joyce Poole
Coach	Rex Brown
Club Captain	Martin Freken
Property	Mary Gherardi
General Members	David Falzon Jamie Frenken

Membership

The Western Alligators Masters Swimming Club is very pleased with the increase in membership numbers in 2013. Our current membership now stands at 41, up 11 from 2012.

Training

The club continues to meet twice weekly on Monday and Thursday evenings for training. The club is based at the BayFit Swimming Centre in Altona.

Training consists of stroke correction in all swimming strokes, and an aerobic swimming workout to improve fitness. Training is well attended with up to 60% of members in attendance at each session.

Competitions

Monthly club meets are held on the first Sunday of each month. This year we have been fortunate to have the Hoppers Crossing Croc's join us for our friendly monthly club meet. This has

increased the numbers participating in events and added to the social aspect.

The 2012-2013 Open Water Season was a popular choice. Some of our Western Alligators Members attending races.

Attendance at 2012 and 2013 MSV events and inter-club Meets has been low, with the majority of our members preferring the fitness, friendship and fun aspect of the club and training sessions.

Goals for 2013

Our club goals for this year include:

- * Revamping our club brochure
- * Creating a club handbook for all new and existing members
- * Purchasing new club t-shirts, to help increase our visibility and presence at swimming events.

The committee is also working on improving the social aspect of the club by planning club events outside the pool!



Wimmera Masters

The 2012-13 year has been a very successful one for the Wimmera Masters Swimming Club.

Membership

In 2013 the club has consolidated its membership base and currently has 13 swimming members, this is an increase of over 100%.

We have a diverse membership base with people swimming for a ranges of reasons, including triathlon, open-water swimming, masters swimming events or general fitness.

Training

The club regularly has packed training sessions. The home pool for our club is Horsham Aquatic Centre.

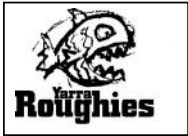
Competitions

This last year we have had swimmers participate at the Pan Pac Games at Gold Coast, at MSV meets and at inter-club meets.

Susie Ellis completed Ironman France in July 2012. Members also participated in open-water swimming events.

Future

Currently we are trying to extend the club's membership base beyond the town of Horsham, in western Victoria. We are hoping to include swimmers in Ararat and elsewhere in the region with the intent of becoming a true regional club.



Yarra Roughies

Growth

The VYR club has been engaged in club building activities throughout 2012/2013 due to declining membership for the previous few years.

Strategies have included running regular social events (non-swimming related) and engagement with social media. We have also encouraged participation in swimming events that foster team building, such as the 24 Hour Mega Swim at the Fitzroy Pool. During the summer, participation in Open Water Swimming events was also encouraged.

The club is struggling with attracting a continuing membership base and a lack of representation at inter-club masters swimming events.

Part of the identified problem is the relationship VYR maintains with the Yarra Leisure who operates the squad sessions rather than the club running/operating these sessions. In practical terms this means that to swim in our squad's sessions, a swimmer pays Yarra Leisure and many swimmers do not see the value for money in joining the club.

Finance

Financially, the club is maintaining a positive cash-flow. Money has been reserved for longevity and future activities.

Awards

In 2013, VYR instituted club awards to encourage participation in competitions and the social/community building club activities.

Future

We are looking at running our own squads that focus on technique. This is thanks to the purchase of a new underwater camera.

In 2014 or 2015, we also aim to run an inter-club competition at the Fitzroy Pool.



Yarra Roughies Mauro Maiorca on the blocks at an MSV Interclub Event

2012 Coach of the Year

Brenton Ford

As the Head Coach of the Powerpoints, Brenton works with a range of members with varying degrees of skill, from Master's world champions to new swimmers. Spending 10.5 hours poolside a week, Brenton regularly varies his programs to promote improvement and to challenge the Powerpoints members in order to get the best out of them.

During the 2012 year, Brenton introduced new coaching techniques to the Powerpoints sessions, so he could keep members challenged and interested with fresh approaches to training. These ideas included "Hell Week" and "Test Sets". To get the most out of Powerpoints members, Brenton also uses a swimmer goal sheet, a three month preparation plan for the Open Water Swimming Season and review by filming and providing feedback for members whilst they are swimming.

In 2012, Brenton not only shared his knowledge with the Powerpoints, but with the wider MSV community. He held a coaching course for MSV coaches in September. This session saw a fully subscribed course expand their knowledge in seasonal planning, managing swimmers, techniques and skills. At the same time, it allowed Brenton to exchange coaching ideas with the Victorian coaches in attendance. In December, Brenton held another clinic aimed at both coaches and swimmers, which covered freestyle techniques.

Brenton also reached out to the MSA community. With the 2011 Coach of the Year unable to run the Masters Swimming Tasmania Coaching Clinic in August, Brenton stepped in and ran the course in Launceston. Brenton also contributed an article to the Coaching Corner of the MSA December e-newsletter.

As the owner of a swimming education business (EffortlessSwimming.com) he is always looking for opportunities to continue learning. Brenton continued to build on his knowledge in 2012, attending the ASCTA conference in Melbourne.

Brenton's coaching style aims to improve his swimmers. This is evident in his choice for the Powerpoints Swimmer of the Year Trophy, which does not necessarily go to the fastest Powerpoints' swimmer. Those who have worked with Brenton have commented on his punctuality, enthusiasm and positive reinforcement in his coaching style.

MSV congratulates Brenton Ford on being awarded the Masters Swimming Victoria 2012 Coach of the Year. As the MSV Coach of the Year winner, Brenton was nominated for the 2012 MSA Coach of the Year award. Brenton was also successful in winning that award as well.



Archer Talbot and Linley Frame presented the 2012 MSV Coach of the Year plaque to Brenton Ford in July 2013.

2012 Official of the Year

Jeff Green

A non-swimming member of the Malvern Marlins, Jeff Green is accredited in a number of Technical Official roles. These include Time Keeper, Chief Timekeeper, Starter, Check Starter, Marshal, Inspector of Turns, Judge of Strokes and Referee.

In 2012, Jeff officiated at two MSV events, the MSV Long Course State Championships and the MSV Long Distance Long Course State Championships. Jeff also gave his time to officiate at the Marlins Interclub, the Frankston Interclub, the Casey Seals Splash and the Glamourheads Interclub. He was also rostered on to two cancelled Club events.

Not only did Jeff officiate at events in 2012, he acted as a mentor and pool-deck trainer for those new to official roles in 2012. During officials briefing and de-briefing meetings, Jeff was also a willing and respected contributor.

Jeff's willingness to share his knowledge in mentoring and contributing, are important to help grow and maintain the pool of quality officials for Masters Swimming in Victoria.

Jeff's dedication to MSV is shown in the quality of his work on the pool deck. However, it is also clearly evident in the four hour turnaround of travel Jeff encounters to officiate at events!

He is also an active social member of the Malvern Marlins and has been instrumental in recruiting new members to the club.

MSV congratulates Jeff Green on being awarded the Masters Swimming Victoria 2012 Official of the Year.



Archer Talbot and Linley Frame presented the 2012 MSV Official of the Year plaque to Jeff Green in July 2013.

Victorians in the 2012 FINA Top 10

Short Course

Women	Club	Age	Events
Kelly Higgins	Powerpoints	30-34	100, 200 Freestyle; 200 Individual Medley
Ebony Ebenwaldner	Casey Seals	30-34	200 Backstroke
Lisandra Cavalho	Powerpoints	30-34	200 Butterfly
Gillian O'Mara	Powerpoints	35-39	50, 100, 200 Freestyle
Sarah James	Yarra Roughies	35-39	50 Breaststroke
Michelle Pullen	Powerpoints	35-39	200 Butterfly
Linley Frame	Victorian Masters	40-44	50, 100, 200 Breaststroke
Helen Whitford	Powerpoints	45-49	200 Freestyle; 50, 100, 200 Backstroke; 100 Butterfly; 100, 200 IM
Jennie Bucknell	Powerpoints	45-49	50 Freestyle; 50 Backstroke; 50 Butterfly
Dee Sheffrin	Doncaster Dolphins	55-59	100 Breaststroke
Janette Jeffrey	Malvern Marlins	60-64	50, 100, 200 Breaststroke
Margot Milne	Glamourhead Sharks	60-64	200 Breaststroke
Rosa Montague	Powerpoints	65-69	200 Freestyle
Alice Kinnaird	Frankston Peninsula	75-79	50 Backstroke
Dorothy Dickey	Doncaster Dolphins	80-84	50, 100, 200 Freestyle
Trudy Bullivant	North Lodge Neptunes	90-94	50, 100, 200 Backstroke

Men	Club	Age	Events
Alan Godfrey	Glamourhead Sharks	55-59	200 Backstroke; 100 Individual Medley
Michel Maloney	Powerpoints	70-74	200 Breaststroke
Thomas Currie	Malvern Marlins	85-89	100, 200 Freestyle; 50, 100, 200 Backstroke

Victorians in the 2012 FINA Top 10

Long Course

Women	Club	Age	Events
Wendy Tempels	Powerpoints	25-29	200 Butterfly; 400 Individual Medley
Kelly Higgins	Powerpoints	30-34	100, 200, 400, 800 Freestyle; 100 Butterfly; 200 Individual Medley
Ebony Ebenwaldner	Casey Seals	30-34	200 Backstroke
Lisandra Carvalho	Powerpoints	30-34	50, 100, 200 Butterfly; 200, 400 Individual Medley
Gillian O'Mara	Powerpoints	35-39	50, 100, 200 Freestyle
Kirsten Cameron	Malvern Marlins	35-39	200, 400, 800, 1500 Freestyle
Thea Terry	Doncaster Dolphins	35-39	1500 Freestyle
Sarah James	Yarra Roughies	35-39	50, 100, 200 Breaststroke
Linley Frame	Victorian Masters	40-44	50, 100, 200 Breaststroke
Jennie Bucknell	Powerpoints	45-49	50, 100, 200 Freestyle; 50, 100 Backstroke; 50 Butterfly
Helen Whitford	Powerpoints	45-49	800 Freestyle; 50, 100, 200 Backstroke; 100, 200 Butterfly; 400 IM
Dee Sheffrin	Doncaster Dolphins	55-59	50, 200 Breaststroke
Leigh Rodgers	Malvern Marlins	55-59	50 Freestyle; 50, 100 Backstroke; 50, 100, 200 Butterfly; 200 IM
Janette Jeffrey	Malvern Marlins	60-64	50, 100, 200 Freestyle; 50, 100, 200 Breaststroke
Margot Milne	Glamourhead Sharks	60-64	200 Breaststroke
Rosa Montague	Powerpoints	65-69	200, 400, 800, 1500 Freestyle; 200 Butterfly; 400 Individual Medley
Marijke Alderson	Powerpoints	65-69	400 Freestyle
Alice Kinnaird	Frankston Peninsula	75-79	200 Freestyle; 50, 100, 200 Backstroke
Dorothy Dickey	Doncaster Dolphins	80-84	50, 100, 200, 400, 800, 1500 Freestyle; 100, 200 backstroke
Marion Beulke	Frankston Peninsula	85-89	200 Freestyle; 800 Freestyle

Men	Club	Age	Events
Mark Thompson	Powerpoints	40-44	100, 200, 400, 800 Freestyle; 200 Butterfly
Francis Christian	Doncaster Dolphins	55-59	200 Freestyle; 200 Butterfly
Dick Campion	Powerpoints	70-74	800 Freestyle; 100 Butterfly
Michael Moloney	Powerpoints	70-74	200 Breaststroke
Thomas Currie	Malvern Marlins	85-89	200, 400, 800, 1500 Freestyle; 50, 100, 200 Backstroke

Victorians in the 2012 FINA Top 10

Relays

Short Course

Long Course

Women's Teams	Age	Events	Women's Team	Age	Events
Powerpoints	120-159	200 Freestyle	Malvern Marlins	160-199	200 Freestyle
Powerpoints	160-199	200 Medley	Malvern Marlins	240-279	200 Medley
North Lodge	320-359	200 Freestyle	Powerpoints	120-159	200 Freestyle
			Powerpoints	160-199	200 Medley
			North Lodge	320-359	200 Freestyle
			North Lodge	320-359	200 Medley

Men's Teams	Age	Events	Men's Teams	Age	Events
Powerpoints	160-199	200 Freestyle	Malvern Marlins	320-359	200 Freestyle
			Malvern Marlins	320-359	200 Medley

Mixed Teams	Age	Events	Mixed Teams	Age	Events
Powerpoints	160-199	200 Freestyle	Malvern Marlins	240-279	200 Medley
North Lodge	320-359	200 Freestyle	Powerpoints	160-199	200 Freestyle
North Lodge	320-359	200 Medley	Powerpoints	160-199	200 Medley

Masters Swimming Victoria

Level 2, Sports House, 375 Albert Road, Albert Park VIC 3206

t: +61 3 9682 5666

f: +61 3 9682 5444

ABN 25 821 364 162

e: admin@mastersswimming.org.au

w: www.mastersswimmingvic.org.au

Bendigo Breakers.

Boroughcoutas Masters. Casey Seals.

Doncaster Dolphins. Footscray Swimming & WP Club.

Frankston Peninsula. Geelong Catfish. Gippsland Flippers.

Glamourhead Sharks. Goulburn Valley Crocs. Heidelberg Flyers.

Hoppers Crossing Masters. Maccabi Ajax. Malvern Marlins. Northern Masters.

Northcote Yabbies. North Lodge Neptunes. Nunawading Orcas. Portarlington Mussels.

Powerpoints. Sale Sadast. Silver Sharks. Surrey Park Seahorses. Victorian Masters. Warrnambool

Whales. Western Alligators. Wimmera Masters. Yarra Roughies.



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