



Masters Swimming Victoria

Annual Report 2020



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PRESIDENTS REPORT



2020 – A YEAR TO REMEMBER!

2020 was indeed a year like no other and one that tested the resolve of many. MSV and our members like so many others around Australia and the world faced a variety of incredible challenges but showed time and time again remarkable fortitude, compassion and sense of community.

2020 started off with gusto and we were all looking forward to having a very successful year. The always well run and supported 28th Malvern Marlins Interclub, a regional MSA Club Coach Course held by the Warrnambool Whales, Powerpoints popular Summer Smash followed closely by the incredibly successful Melbourne2020 IGLA [Internationals Gay and Lesbian Aquatic Championships] all took place within the 4 weeks of February.

Warrnambool Whales went on to hold a 100x100's in March with other Clubs taking part in the GVSS and other events just before COVID finally caught up with us in Australia. Events were cancelled, pools closed, restrictions put in place and '*mask wearing, working from home, pivoting and zoom*' becoming some of the most used words/phrases and are embedded in our vernacular now.



Just as things started to open-up and we seemed to be on the road to a 'new normal', with some clubs commencing small group swims within guidelines and others just happy to be back in the pool Victoria was thrust back into lockdown with the longest and some of the strictest restrictions seen in Australia. But during this time MSV, Clubs and members kept connected more than before through a variety of means: emails, zoom, enews, face time, social media.

#whatweneedtodo became a tagline used on social media and was embraced by many Clubs and members with photos being shared from all around Victoria, Interstate and even overseas showing MSV members and supporters following the many different restrictions and keeping connected with others. This exemplifies the incredible spirit that embodies MSV members.

MSV held the AGM and Board Meetings throughout 2020 via zoom which has proved a successful communicating tool. In the midst of the pandemic Rachel Cairns was elected President with Susie Kempson as Vice President and MSV welcomed a new Coaching Director – Amy Jones and new Technical Director Simon Bole-Brown and new Committee members Darryl Flukes and Brett Davidson. Tim Boness stayed on as Finance Director and they hit the ground running working hard on all the new restriction documentation and COVID-safe Guidelines.

RETURN TO PLAY PLAN: Working with MSA, VicSport and State and Australian Sporting Bodies the MSV Management Committee developed the MSV Return to Play Plan in accordance with Victorian and Federal Government Guidelines to enable our Clubs a safe return to swimming. The Return to Play Plan was reviewed throughout the year to stay relevant and be responsive to the ongoing changes that took place as the Victorian COVID restrictions evolved.

The Return to Play Plan assists clubs return to swimming under Victorian Stay Safe and Restricted Activity Directions issued by the Victorian Chief Health Officer. The plan guides clubs to get back in the pool without compromising the health of our swimmers or the community.

In developing and revising the plan due to the ever-changing face of life in Victoria, MSV made every effort to ensure swimming at squad was as fun and simple as possible while minimising the risk of coronavirus transmission. All MSV clubs are required to comply with this Return to Play Plan except when the club is also affiliated with Swimming Victoria. Clubs that are affiliated with both State associations must comply with the Swimming Victoria Return to Play Plan.

MSV also worked hard to keep clubs and members up to date with the changing restrictions throughout 2020 and created a dedicated webpage <https://mastersswimmingvic.org.au/covid-19-and-beyond/> that housed links to relevant Victorian resources pages plus others State pages and links to exercise programs whilst in lockdown.

MSA, MSV and the MSA Acting President wrote a collaborative letter to the Victorian Premier and MPs advocating for adult swimming groups to resume training under the 'Return to Play' guidelines approved by Sport and Recreation Victoria in October 2020 when pools were still closed.

The letter has been addressed and sent to the following:

- To the Hon. Daniel Andrews, Premier of Victoria
- The Hon. Martin Pakula MP, Minister for Sport
- The Hon. Ros Spence MP, Minister for Community Sport
- The Hon. Martin Foley MP, Minister for Health
- The Hon. James Merlino MP, Deputy Premier, Minister for Mental Health

Members of the MSV MC and Administrator participated in a number of COVID information zoom meetings and at the height of the second lockdown weekly briefing sessions. Towards the end of

2020 MSV MC have also been working hard on revising the MSV Constitution, By-Laws and a Marketing Strategy – all aimed at growing MSV membership and the masters brand in Victoria.

Whilst 2020 saw many events cancelled the events run were done successfully and with style.

HIGHLIGHTS:

Malvern Marlins 28th Interclub – 15 February 2020

Another wonderful Marlins Meet was held with 89 swimmers from 15 Clubs taking part in the outdoor pool at Harold Holt Pool just before it was closed for renovations.

MSV Club Coach Course - held in conjunction with the Warrnambool Whales – 16 February
5 candidates attended and the workshop was once again run by National Coaching Committee Member - Bruce Allender who moved up to Qld later in 2020. MSV wishes Bruce all the best – we will miss him.

IGLA Games – Melbourne2020 – 20-25 February

(report compiled by A. Godfrey- IGA joint meet director)

After more than 2 years of planning and work, the Melbourne2020 IGLA [Internationals Gay and Lesbian Aquatic Championships] were held at the Melbourne Sports and Aquatic Centre and Williamstown Beach from 20th - 25th February. Melbourne2020 Inc. was created as a not for profit club to combine the forces of Melbourne's two leading aquatic clubs, the Glamourhead Sharks [swimming], and Surge [water polo], to bring the competition to Melbourne. Major support was also given by the sporting governing bodies; Masters Swimming Australia and Masters Swimming Victoria; as well as Swimming Victoria; Diving Victoria, Synchro Victoria and Water Polo Victoria, as well as the various presidents and officials involved in bringing the competition to Melbourne. The swimming competition was held in the FINA certified outdoor pool at the Melbourne Sports and Aquatic Centre. 6 provisional World Records were set over the 4 days of the meet, which was run very efficiently with the help of the Masters Swimming Australia and Swimming Victoria/Australia officials. Dorothy Dickey, our 90 year old lady from Doncaster Dolphins, set 5 World records in the Freestyle races. Jerome Frentsos [from DCAC] set a World Record in the 200 Individual Medley 55-59 age group. Michael Szrodski set a Polish National record in the 1500 Freestyle; and there were many other Australian and US National, and branch records set; individual and relay. Everyone had a great time – many people, like Dan Kowalski, said it was the most fun that they had ever had at a swim meet! There were also 26 Branch Individual Records and 5 Branch Relay Records broken.

Powerpoints Summer Smash – 29 February 2020

Another wonderful Summer Smash was held with 61 swimmers from 13 Clubs taking part.

MS 24hr Mega swim – Fitzroy 28-29 February (Yarra Roughies, Malvern Marlins and Glamourhead Sharks had teams that took part once again – they are all great supports of this swim)

Warrnambool Whales 100x100's – 1 March 2020

33 swimmers took part with nearly 20 taking on the challenge and doing the full 100x100's

Nagambie Club to Pub - 7 March 2020

Aprox 15 Goulburn Valley Crocs took part in one of the last swims in Victoria before COVID restrictions hit with many podium finishes and PB's all around.

Great Victorian Swim Series - MSV OWS CUPS 2019-2020

Masters swimming Victoria supports the Great Victorian Swim Series run by Cousins Tours & Travel and Light on Landscape and the series runs alongside ocean swim events that are all conducted by our hard working and critical Surf Life Saving Clubs with the funds raised from the swims go to keeping our beaches safe. The categories for competing are: Short course (2k or less), Short course Non-Wetsuit (2k or less), Long course (over 2.2k) and Long course Non-Wetsuit (over 2.2k). This season there was a change to the Masters Swimming Victoria awards in order to celebrate all aspects of MSV's mantra of fun, friendship and fitness in this fabulous series.

The two cups are as follows:

TOP CLUB AWARD: everyone who is a member of a masters club who swims counts! Even just one swim. The more swimmers and the more swims, the better the club's chances.

Won by Brunswick Belugas

HIGH PERFORMANCE AWARD: to celebrate the special achievements of our masters swimmers.

Every podium place wins points for the club for this award.

Won by Brunswick Belugas

Great Victorian Swim Series - MSV OWS CUPS 2020-2021

Due to ongoing and rolling restrictions due to COVID no races were run at the start of the 2020-2021 season and no MSV award will be given for this season.



Baddaginnie Postal Swim

The Baddaginnie Masters Swimming Club originally ran the event but the club has since disbanded. Shirley Macfarlane (a driver behind the initial Animal Swim) then joined Surrey Park Masters for a couple of years and they revived the event in 2016 to celebrate its 30th anniversary. The swim comprises swimming 200m Fly, Back and Breast, a 400m IM and an 800m Free. All these events need to be completed in a 24 hour period ... followed by a really big rest. 2020 was the fifth SPSH Baddaginnie Animal Swim and was a quieter year than the recent past and the cut off date was extended and extended to enable as many swimmers as possible to complete the swim. Congratulations to all 27 swimmers who completed the event in 2020 from most states—still waiting on SA to join in the fun and they lost Tassie somewhere along the way but they have even gone international thanks to an NZ entry. Great to see new swimmers joining in the fun and - 2 from Alice Springs (NT), 1 from the Ettalong Pelicans (NSW) and another new Animal from great supporters at Tuggeranong Masters (ACT).

Congratulations to:

- Million Metres Awards
 - 1 Million – Jenny Hookey (Surrey Park Seahorses)
 - 1 Million – Peter Duggan (North Lodge Neptunes and Malvern Marlins)
 - 3 Million – Peter Lord (Surrey Park Seahorses)

Presented in 2020

- Amy Jones (Frankston) – MSV Coach of the Year 2019
- Neil Mitchell (Victorian Masters) – MSV Official of the Year 2019
- Neil Mitchell (Victorian Masters) – MSA Official of the Year 2019
- Mark Thompson(Powerpoints) – Involve Creative Masters Athlete of the Year
- Andrea McNeil (Malvern Marlins) – was awarded an OAM - the Medal of the Order of Australia for her service to swimming

MSV Life Members

BARBARA WILSON-BROOKS
DANNY SMITH
BRUCE RIPPER (DECEASED)
EDWARD (TED) TULLBERG
PAUL WATMOUGH
HANS WEHNRENS (DECEASED)
ALAN DAVIS
JEANETTE HOLOWIUK

Rachel Cairns

President

COACHING DIRECTORS REPORT

2020 saw a number of challenges for our Coaches in Victoria like everyone else involved with swimming in the State of Victoria. After the Annual General Meeting in 2020 I took on the position of Coaching Director of Masters Swimming Victoria, which took place during the first look down in Melbourne.

There were a number of professional development opportunities through Swimming Australia via online. Even though there was no face-to-face contact with the Coaches of Victoria I was still able to establish a few things for them. I was able to sign off a number of new coaches during 2020 and have a number of our coaches recredited also. I was able to meet a number of our coaches via zoom when I had a meet and greet with them. Also, established a networking group on social media for Coaches as a sharing platform. Plus have created a space where Coaches can easily download import files.

In 2021 I look forward to continuing my role and continue and grow our strong Coaching group in Victoria.

Congratulations to Rob Wilson, MSV Coach of the Year 2020. During exceptional circumstances of COVID19 throughout 2020, Rob was instrumental in guiding a small group of dedicated people to form the Mornington Peninsula Masters Swim Club Inc (MPMSC) and has worked tirelessly within the club as well as contacting external organisations. He personally liaised with the Belgravia Leisure Group to negotiate swim lanes for members; made extra time for Open Water Swims such that coaching was available at Dromana. Rob also took further time to offer free coaching sessions to members of the public – as an example on Australia Day Eve (26th January), Rob attended the all day event helping many members of the public, providing stroke correction advice; and tumble turn manoeuvres.

A very deserving recipient.

Amy Jones

Masters Swimming Victoria Coaching Director

ADMINISTRATION

Masters Swimming Australia has continued to service MSV throughout 2020. Gerard Russell as Book Keeper and Kath Davis as Administrator.

MEMBERSHIP

At the start of 2020 membership was looking good with 936 first claim members by the end of March. With events cancelled and the strict Victorian restrictions of the 2 Lockdowns the final total for 2020 was 967 down from 1112 first claim in 2019. We welcomed 3 new clubs in 2020.

Regional/ One club	Code	Club	2019 Members	2020 members
Regional	VBL	BALLARAT BEAVERS	24	21
Regional	VBC	BOROUGHCOUTAS MASTERS	47	47
	VBS	BRUNSWICK BELUGAS	63	58
	VCN	CARNEGIE	7	3
	VCS	CASEY SEALS	37	28
OC	VDA	DVE AQUATICS	0	0
	VDC	DONCASTER DOLPHINS	91	82
	VFR	FRANKSTON PENINSULA MASTERS	59	48
Regional	VGL	GEE LONG CATFISH	6	3
Regional	VGP	GIPPSLAND FLIPPERS	10	9
OC	VGB	GISBORNE THUNDER	4	0
	VGS	GLAMOURHEAD SHARKS	90	72
Regional	VGW	GOULBURN VALLEY CROCS	26	42
	VHM	HEIDELBERG FLYERS	25	21
OC	VIN	INCLUSIVE SPORTS TRAINING CLUB	26	15
	VAJ	MACCABBI AJAX	29	26
OC	VM1	M1 SWIMMING CLUB	2	0
	VMV	MALVERN MARLINS	159	144
	VMH	MELBOURNE H2O SWIMMING	53	42
	VMO	MELBOURNE OPEN WATER	n/a	0
OC	VVC	MELBOURNE VICENTRE	4	1
	VMP	MORNINGTON PENINSULA	n/a	0
	VHU	NORTHERN MASTERS	1	3
	VML	MELTON SWIMMING CLUB	n/a	1
	VNA	NUNAWADING ORCAS	28	22
Regional	VPM	PORT MUSSELS	6	4
	VPP	POWERPOINTS MASTERS	127	109
	VSP	SURREY PARK SEAHORSES	39	35
	VRR	RINGWOOD SWIMMING CLUB	n/a	0
OC	VSC	SWIMLAND SWIM CLUB	9	11
Virtual	VVM	VICTORIAN MASTERS	30	31
Reg & OC	VWT	WANGARATTA SWIMMING CLUB	0	0
Regional	VWB	WARRNAMBOOL WHALES	62	61
	VWA	WESTERN ALLIGATORS	25	16
	VYR	YARRA ROUGHIES	23	12
Total			1112	967

SOCIAL MEDIA

The MSV website, emails and regular Facebook updates are the primary communication resources for MSV, providing members and clubs with timely and up to date information. At the end of 2020 MSV had 1444 follower up from 1197 followers on Facebook, and 485 followers on Instagram – we have now created a Business Suite for Facebook and Instagram to assist with posting stories and in 2021 will be working on a higher Social Media profile.

We posted over 260 times on the MSV Facebook page. The most popular posts from Social media and the e-news remain ones about what members and clubs were doing throughout lockdown and COVID updates.

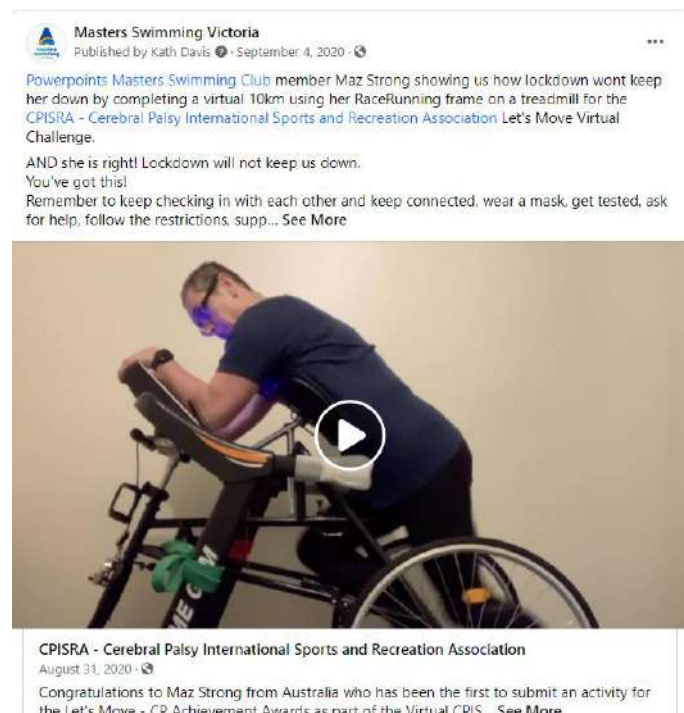
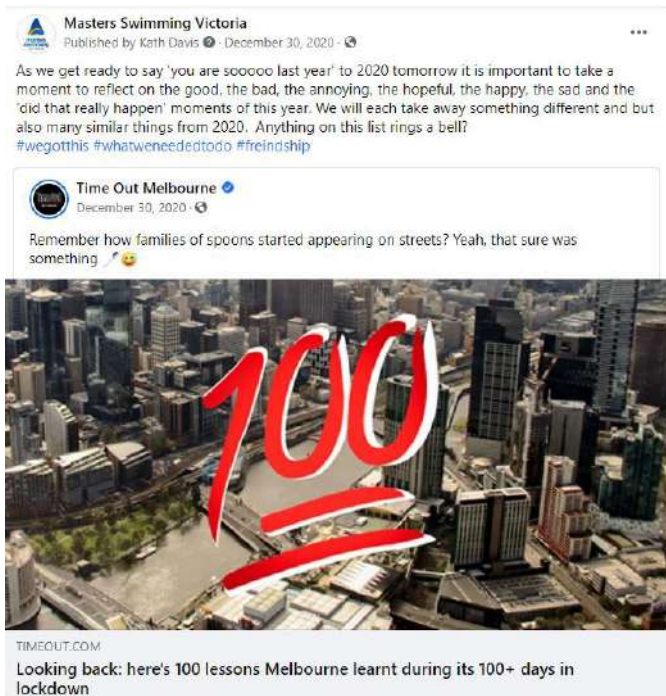
Some of the most popular posts were:

- Show us your favourite swimming meme (26/04/2020)
 - 1,604 people reached
 - 166 reactions
 - 7 shares
- Shoutout to intrepid Warrnambool Whales members (29/05/2020)
 - 925 people reached
 - 102 reactions
 - 5 shares
- Lane ropes are off at MSAC (12/05/2020)
 - 700 people reached
 - 85 reactions
- Victoria is cautiously easing restrictions (24/05/2020)
 - 551 people reached
 - 44 reactions
 - 5 share
- COVID update (8/07/2020)
 - 1.4K people reached
 - 161 reactions
 - 6 shares
- Warrnambool member John Sheely #whatweneedtodo post (12/08/2020)
 - 617 people reached
 - 40 reactions
 - 2 shares
- MSA President and Marlins member Gerry Tucker #whatweneedtodo post (7/08/2020)
 - 604 people reached
 - 77 reactions
 - 2 shares



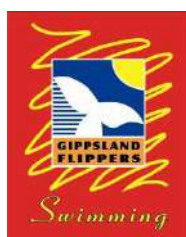
- MSV Coaching Director & Frankston member Amy Jones #whatweneedtodo post (12/08/2020)
 - 479 people reached
 - 33 reactions
 - 3 shares
- Stop glasses fogging up when wearing a mask (26/07/2020)
 - 474 people reached
 - 16 reactions
 - 1 share

As we continue to develop our social media resources we encourage our audience to continue their support by sharing their stories and photos, tagging #mastersswimmingvictoria #msv #fitnessfriendshipfun #whatweneedtodo





Carnegie Masters
Swimming Club Inc.



MASTERS SWIMMING CLUB



Portarlington
Mussels





DONCASTER DOLPHINS

As for all Masters swimmers in Victoria, 2020 was a lean year for both training and competing, but we managed to stay well connected through the lockdowns. We were able to maintain a solid membership base of 84 swimmers. Like many clubs we are exploring ways to attract younger swimmers including those transitioning from juniors.

In 2020 we were delighted to welcome Neroli Nixon back as our Head Coach after Rod Clarke stepped down earlier in the year. Neroli was our Head Coach many years ago and brings a wealth of experience to the role. She joined us in June between lockdowns and after a very short period of getting us going again we had a longer and stricter lockdown so did not get back in the pool again until November. However, she eased us back into training focusing on technique and consistency, providing a strong base for 2021 when we hope to get back into more competition. Neroli has been very ably supported by assistant coach Declan McKay. Since return from lockdown we have been able to access earlier training times on weeknights which have been very well attended by our members.

A few Dolphins competed in the limited number of pool meets at the beginning of the year. The most notable achievements were by Dorothy Dickey in the Melbourne 2020 IGLA championships where she broke 6 World records, 15 National records, 15 Victorian records and numerous club records. In the 1500 Freestyle (90–95 years) her time was nearly 2 ½ minutes faster than the previous world record.

Her 800m split time was under WR time as well, but the timing pad didn't register and sadly for Dot, due to the pandemic there was no opportunity to do an 800m event later in the year.



Even though we were in lockdown for nearly half of the year, Brian Walsh and Colin McCraith still managed to complete the full Endurance 1000 program breaking many club records in the process.

Open water events were limited in 2020 due to COVID restrictions but we did have some swimmers competing in the virtual swims held at the end of the year.

Our committee used the lockdown time productively: in the first half of 2020 we conducted a member's survey with a great 67% response rate.

We used the survey feedback to inform design of our new uniform- initially focussing on polo shirts but planning to expand this in 2021. We have refreshed our website to a more modern look which is also easy and intuitive to maintain. This includes a new club logo. We have reviewed and broadened our annual awards in response to feedback from members.



Sadly, we had to postpone our Swim for Life program for 2020, but planning is already underway to hold this again in November 2021 supported, as in previous years, by Bendigo Bank and Aquarena.

Obviously social activities were limited during lockdown but we managed to stay connected with online chats over breakfast

on Saturday mornings, continuing our regular newsletter and circulating some member profiles which members enjoyed reading. We hosted a "meet the coach" session with Neroli through Zoom prior to returning to training late in the year. It was really good to be able to hold our traditional Xmas breakup BBQ breakfast at the pool in December and this was an opportunity to finally honour Rod Clarke's significant contribution as Head Coach and Club Registrar for many years which had been postponed from the beginning of the year. We held a successful AGM "virtually" but postponed the presentation of awards until 2021 when we could reconvene face to face.

We are looking forward to great swimming and socialising in 2021!

Caroline Clarkson

President Doncaster Dolphins



Frankston Peninsula Masters Swimming

Like most clubs we were excited to start the new decade of swimming which was our 39th year of our club. We had a strong start to 2020 in the open water. With a number of our swimmers picking up places and wins across a number of open water races. Lorne's Pier to Pub saw two of our swimmers get Sharkbait medals. Amy Jones earning a double (20 year) Sharkbait and Caitlin Owen joining the Sharkbait club with her 10-year medal.

We trained hard in January and February. March saw us having to change our training a little. Monday 16th of March was a great training session however little did we know it would be our last club training until Monday 9th of November.

Over both lockdown our swimmers tried some land exercises to fill in their time. While the cold winter did not stop a number of our swimmers from swimming in the bay, most of which did not wear a wetsuit.

November was full of excitement as we were back as a club again, doing what we do best and train together. For the rest of the year, it was filled with excitement for our swimmers, being back in the chlorine and having something normal again to look forward to.

End of 2020 saw our club looking forward to 2021 and putting the lockdowns behind us. Frankston's swimmers are looking forward celebrating the club's 40th Birthday in March, racing again and having a much more normal life. Fun Fitness Friendship





GIPPSLAND FLIPPERS

Although 2020 will be remembered as being like no other in our living memory, our year started well with the annual Don Coupe Memorial Swim Meet at the Moe Swimming Club meet of the year.

Despite the chilly water, it was well attended by members of Moe Swimming Club and Gippsland Flippers, coming together to enjoy a 50m dash in the Pairs Handicap Freestyle Relay. It was a fine way to honour our late President. Andrew Marks from the Warragul Water Warriors was the recipient of the Don Coupe Award for the person who has invested their time and enthusiasm to encourage children and adults to continue to swim.

We have to thank members and the devoted coach of our small but enthusiastic club, for 'hanging in there' and returning to training after each lockdown, with commitment to start again from square one.

In the interim of awaiting leisure centres to open once again, some of our members got stuck into applying for grants for new apparel for the club. We had a dedicated team of 3, doing research, making calls and completing the application to the Department of Sport and Recreation, which we were successful with, being awarded \$1000 towards uniforms. We now will start the in-depth investigation for new caps and bathers.

We look forward to a more consistent year of swimming and training with our new look.



Moe Swimming Club and Gippsland Flippers members, along with Margaret Coupe and family at the annual Don Coupe Memorial Swim Meet 2020. Andrew Marks was the recipient of the Don Coupe Award.



Poolside with Flippers, making a statement! You just can't miss those tops!!



GEELONG CATFISH

In comparison with Melbourne, here in Geelong we were relatively fortunate in the strange year that was 2020. Pool swimming was off the agenda for many weeks, but some of our members swam several times per week in the ocean at Torquay, right through the winter. Apparently ocean swimming was so popular that wetsuits were in short supply. Others took up jogging, gardening and bushwalking to maintain some fitness.

One member fractured some vertebrae in a work accident and spent the time in rehabilitation. For those who had to switch to working on line, there were plenty of different challenges. It also gave us some impetus to trawl through documents and memorabilia from the early days of the club, and cull all of the extraneous material that had been accumulated in a haphazard fashion over the years. Although missing the personal connection and more time to chat, switching to club meetings via Zoom proved to be a winner for us.

Now everybody is able to attend, including our member in East Gippsland! Another very bright spot during the year when the most severe lockdowns were lifted, was the first ever winter opening of the outdoor Kardinia Aquatic Centre. We had outdoor swimming from May through until early August. Such was the popularity that getting a booking required quite a definite strategy. The silver lining from the year is that the City of Greater Geelong has realised how popular outdoor swimming is in winter, and have undertaken a survey to assess the viability of winter opening again this year. This is very welcome as there is usually only one other public pool suitable for lap swimming in the whole of the rapidly growing Geelong area in the winter months.

Hopefully the numbers and enthusiasm will result in the pool being open all winter. As a club, we still struggle with our low numbers. Without a squad of our own, and with the popularity of ocean swimming over pool swimming, it will be difficult for us to attract new members.

Margot Milne

President

Geelong Catfish



GLAMOURHEAD SHARKS

Community & Club Members

The Year 2020 started with busting of excitement and enthusiasm for the Glamourhead Sharks. The Melbourne 2020 IGLA Championships was around the corner. The club's training sessions had expanded to 5 sessions a week. Additional long-distance sessions had been introduced to help the open water swimmers. At times, the weekday training sessions were full in the lanes as record number of swimmers attended training. By mid-February, the club's membership was over 90 active members. Eclipsing previous end of year total membership in second month of the year driven by enthusiasm for the Melbourne2020 IGLA Champs.

COVID-19 Response

Little did we know at the time, less than 2 weeks after wrapping up the Melbourne 2020 IGLA Championships what was about to arrive suddenly on our doorsteps.

By Mid/Late March 2020 COVID19 had forced suspension of all the clubs training sessions for the foreseeable future and all upcoming competitions had been cancelled. We had no idea we would nearly be out of the pool again as a club till December and returning to our home at Wesley College in 2021. The club had to adapt and find new ways to keep together as a club outside of the water.

Like most things in 2020, we all became adaptable to fit with the new challenges of COVID19. Head coach Jason lead with newfound dry land training sessions on a Saturday to keep us active during lock down and not let those COVID kilos under control.

People's mental health and isolation started to become ongoing concern. As we spent more and more time at home with limited human interactions. Saj & Dave created the wonderful Saturday Night Trivia for everyone to help keep us all connected as a club during lockdown. The fortnightly trivia nights turning into a big feature as something to look forward too when the days become mundane. Saj & Dave's tailored a very entertaining and thought-provoking fortnightly trivia nights while encouraging all to remain connected.



Thank you for hours of preparation that went on behind the scenes to prepare for these nights. Anyone who attended Saturday Trivia could see this was not a run-of-the-mill trivia. Highly personalised to the club and extremely creative.

Club Finance's & Grants

In a difficult 2020 mostly spend out of the water, the committee has taken proactive steps to firm up the clubs' finances while overall minimising risks where possible.

Whilst the headline net financial position of the club is quite positive as at the end of the financial year, this disguises a much more complex reality. Typically, the club operates in a position of "ongoing arrears" – i.e., many of our major costs are invoiced and recognised in our accounts after we have already consumed the service (in some cases, several months afterwards). During the downtime of 2020 the committee used the opportunity to balance out all invoices. Outstanding historical invoices pool bookings were brought to our attention and brought up to date.

The Committee was also successful in applying for multiple funding grants to assist in our club's future post COVID19 & lockdown. Short-term Community Sport Survival Program & research grants applications both resulted in successful grant funds.

These funds had been used to assist getting our club prepared in returning into the water again where equipment and training was involved and helped with short term funding stability to balance our invoices. We were also able to provide hardship assistance financially to our members who may be struggling with costs once we started swimming again. Our vision was to ensure no one would miss out on community sport because of COVID19. In preparation for the 20th anniversary celebrations, Caroline was successful in gaining funds to document and record the club's history & benefit of our sport back into the LGBTIQ local community.

After the success of Melbourne2020 and once that organisation had been wound up and concluded, the Glamourheads received funds remaining from Melbourne 2020. With all travel limited in 2020 and future international travel a while away, The Peter Reid travel fund has not been utilised in 2020 (Peter bequeathed some money to club upon his death to be dedicated to assisting swimmers attending international competitions).





MELBOURNE 2020 IGLA CHAMPIONSHIP

The Melbourne 2020 IGLA Championship was an enormous succusses led by the dedicated organising committee:

- Alan Shepherd
- Alan Godfrey
- Caroline Symons
- Malcolm Campbell
- Anthony Harb
- Jesse Godfrey (Surge)
- Matteo Senesi (Surge)
- Paul Whelan (in the early stages)

This once in a lifetime event, hosted in Melbourne would not have been able to be such a success without the hours of dedication everyone gave. All volunteered their spare time and skills to produce an event everyone is proud off. Securing some amazing facilitates, to a full swimming schedule. Our Interstate & International guests fully embraced the packed social calendar. In a year with limited highlights this gave them a lifetime of memories.

To the local Glamourhead members and family of volunteers who assisted. Thank you. From volunteering at time keeping on the pool deck. To supporting these championships and cheering from stands.

Thank you for your community spirit and passion in helping make this event the succuss it was. It could not have been done without you.

Thank you to Patrick Studios Australia for coordinating a wonderful opening ceremony.

Thanks also to all the MSV officials and volunteers without whom these events simply would not be able to get off the ground.





INCLUSIVE SPORTS TRAINING

There were only five swimming squad sessions for the whole of 2020, in February and March, as Richmond Leisure centre was closed by mid March. Needless to say, Covid-19 certainly had a detrimental impact on the swimming training of IST club members.

However, club President Liz Gosper ran various online Zoom programs during the lockdowns, including Strength & Conditioning and Zoom Yoga, which were a great benefit to our S14 swimmers. As they say, "staying apart kept us together", and even though we couldn't swim together, we saw each other on Zoom.

Our membership for the year dropped to only 15 members, but with no competitions and no training, it was difficult to encourage anyone to join!

We were unable to resume pool training as the lockdowns lifted in November because Richmond Leisure were not taking squad bookings, but 2021 tells a much better (swimming) story with training resuming and competitions to be swum.

The committee met online, but really just to stay in touch as we all remained locked within our 5-km zones. The AGM was also held online on Sunday 29 November and the same committee was re-elected and is ready for 2021





MALVERN MARLINS

2020 was 30th year of the Malvern Marlins as a Masters Swimming Club but the 30th Anniversary Dinner will now be a 30+1 birthday celebration in 2021. This was one of the many impacts of a very challenging 12 months.

Concentrating on the positives:

- Andrea McNeil, one of our founding Club members, Life Member and long time coach, was awarded an Order of Australia Medal in recognition of her service to swimming
- Patrick Galvin was once again a finalist in the 2019 Victorian Sports Awards
- our 28th Malvern Marlins Interclub Meet went ahead in February, where Leigh Rodgers set a new National Record for 50 metres butterfly
- Marlins showed their commitment to the MS cause on 28 – 29 February, with the Marlins team for the MS Megaswim at the Fitzroy pool once again capably organised by Allison Rochow. Our swimmers at this event raised a total of \$5,009, and had lots of fun, some swimming in teams through the night.
- Marlins team spirit was maintained by:
 - open water swimming in cooler waters than usual
 - virtual programs for yoga, Pilates and dry land workouts
 - regular Zoom “coffee” or “pub night” meetings and competitions
 - regular ‘ring rounds’ for the Committee to keep in touch with all members
- We maintained Committee meetings and even a Club Presentation Night with Zoom



The terms on which pools re-opened 1st June did not allow group training and in any event did not last for long. The Stage 4 restrictions meant that open water swimming was only an option for those lucky enough to live near the bay.

We made sure we complied with the MSV Return to Play Plan so we could resume training together again as a club on 5th November at the Prahran Pool.

We pay our respects to George Corones, a second claim member, who passed away on 22nd March 2020 at the age of 101. George was a World Record Holder who competed for Marlins at several MSA National Meets and FINA World Masters Championships. An example for all of us to follow.





MELBOURNE H2O

The Melbourne H2O Swimming Club has recently transitioned from a "One Club" model to a Masters only Not-For-Profit Club. There's a great vibe around the club with our 7 sessions and 3 awesome coaches. We were fortunate enough to have Ian Pope drop in to run some sessions.

Recently, one of our Junior Swimmers, Col Pearse picked up a handful of Gold Medals at the Aged Championships in preparation for his trials for the Tokyo Paralympics. During the lockdown, Col even trained in his parents' dam in Echuca. Now that Col is back training with us, he is full steam ahead. We wish Col the best for Tokyo!

During the lockdowns, many of our swimmers swam in the bay daily. Some even opted to swim in their skins throughout the winter. Our regular bay swims helped our members stay connected and mentally strong during these trying times. As a result, many of our swimmers have decided to continue swimming in the bay on the weekends. Any other swimmers wishing to join us are welcome to contact Luke Stephens on 0407 543 519. Non Club members are always welcome!







MORNINGTON PENINSULA MASTERS SWIMMING CLUB

Overview

We look to a bright future and a determined way forward in this, the first MSV AGM Report for the Mornington Peninsula Masters Swimming Club (MPMSC). Formed in 2020, the club began in a flurry and has not looked back. We are moving from strength to strength as the Club enjoyed a prosperous and engaged year. The club owes much of the successful growth to a dedicated Committee who were strongly guided by head Coach Rob Wilson. We are proud to say Rob achieved the MSV 2020 Club Coach of the Year.

MPMSC are in a positive financial position and will look towards investing in technology as well as sporting timepieces that will assist club members build upon their current swimming skills.

Areas of interest for the club are concentrated to:

- Build upon our growing membership. We have a spectacular number of swimmers in the Club! As at March 2021, we have a total of 31 paid up members. This is an increase from the end of 2020, where we had 16 registered members – some are proficient in swimming yet want to go to the next level; some are very experienced yet new to the MSA and the competitive arena.
- As we are located within the Mornington Peninsula, we have the benefit of both Open Water and pool swimmers; one was able to achieve a strong win early in the year
- Hosted a very successful Virtual swim held in picture perfect conditions and finished with a fun and friendly open celebration over breakfast/brunch.
- The club showed a very strong presence at the MSV Long Course Event held in April enjoying eight 1st, five 2nd, and six 3rd placings – a spectacular result.
- We also competed in the Frankston interclub event gaining a 1st place on the 4x50 metre relay – a great result!

Future Directions

We will continue to work with the COVID 19 protocols, so naturally our highest priority will be for the safety of all members. We continue to receive updates from the Masters Swimming Association (MSA) and Masters Swimming Victoria (MSV) on competitions at both state and national level.

Our key priorities are

- Offer coaching programmes that can teach; refine and strengthen a swimmers' abilities;
- Encourage fun, forge friendships that may continue long term into the future;
- Centralise our activities to the Yawa pool without compromising our current swim locations
- Consider the organising of future Open Water swim and pool competition meets
- Promote swimmers to compete in both Open Water and pool competitions both within the state and at national locations





POWERPOINTS

Like all Masters clubs, with a prolonged lockdown, pool closures and lack of pool space once pools reopened, 2020 was a difficult year for swimmers and for the club. Nonetheless we did finish the year with 115 members.

We were fortunate to have a great group of swimmers represent the club at IGLA in February, a short time before the country was locked down and our lives changed significantly. We also managed to squeeze in 2020 Summer Smash before lockdown. This has become an annual event with a continued focus on informal and fun race practice designed to encourage people to try racing for the first time. Summer Smash is an important contribution the club makes to the wider masters swimming community in Victoria. Once again, the number of entries increased in 2020 clearly demonstrating that there is a demand for this type of event among master swimmers.

Members adapted quickly to the restrictions with many brave people taking to the bay to swim. Groups met regularly where restrictions allowed and one of our members managed to rack up more than 300 kilometres in the bay from April to September.

When pools opened again prior to squad training being allowed, one of our creative members launched a virtual competition where each week our members were challenged with a timed distance/stroke to be posted to our Facebook page.

We finished the year being excited to be able to train again albeit constrained by COVID regulations. Our club registration fees have been reduced significantly for 2021 and were grateful to MSV for doing the same. Given that MSA has around \$500,000 in cash on its balance sheet it was very disappointing that they did not reduce their fees especially for members in Victoria who were subjected to prolonged shutdowns and high unemployment.



WARRNAMBOOL MASTERS SWIMMING

2020 started well for the Warrnambool Whales with 39 swimmers participating in the Club's Annual 100 x 100 event and many volunteers helping on the sidelines. All participants achieved their set goals with many exceeding them. Little did we know that soon we would be in lock down due to Covid 19 with a very uncertain year ahead.

However, our Club is made up of some very resilient people and despite the fact that Warrnambool is located on the Southern Ocean which is known for its cold and dangerous waters it has grown a very strong ocean swimming culture. During lockdown the allure of an ocean swim became overwhelming for many of our Members and they swam regularly in the ocean throughout 2020 and in all weather conditions. It proved to be a balm for many keeping them not only fit and socially connected but also providing positive mental health outcomes.

The Committee stayed in contact with Members through our Facebook Page, our Newsletter and it hosted an informal Awards Presentation on the shore at Lady Bay between lock downs. The Committee also held its regular Committee Meetings via Zoom.

The Committee successfully received some grant funding from the State Government and from the local Warrnambool City Council. These funds have been put towards providing each Member with a Free Club T and our Coaches with an all-weather Uniform. The Club is optimistic that 2021 will be a much better year.

Marie Bird
Committee Member
Warrnambool Whales Masters Swimming Club





WESTERN ALLIGATORS

Along with everyone else, 2020 was a struggle for the Western Alligators. Given our normal facility was undergoing renovations during the brief lockdown hiatus in June, and there was a continued hesitation when the lockdowns were lifted later in the year, the club did not begin training again until well into 2021. There was a small subset of the club who met through the lockdowns to do some open water swimming at Williamstown Beach, but the cool(er) water was definitely not to everyone's taste.

In 2020, there were 16 financial members compared to 26 in 2019. There has been a steady decline in recent years; attracting new members and retaining them remains a constant challenge for the club. Further aggravated by the 2020 restrictions, there are currently only four financial members in 2021, so the committee is looking for opportunities to advertise.

The club's main weekly training sessions have changed at the request of Bayfit management to Tuesday and Thursday evenings from 7.30pm to 8.30pm under coach, Rex Brown. Rex took the opportunity during 2020 for a sea change however has offered to continue coaching as there is no readily available replacement. The club will need to find a long-term solution for the coaching as it is assumed that the three hour round commute will very quickly wear thin on Rex.

The committee would like to thank all our swimmers for being members and supporting the Western Alligators. We do, as a club, face challenges with memberships and hopefully over the next 12 months we can begin to grow again.



The way meetings and catch-ups looked in 2020



Rachel Cairns and MSA General Manager
Sarah Pisterman meet online

One of the Glamourhead Sharks
many trivia Zoom nights



Malvern Marlins Committee Meeting
via Zoom

Warrnambool Whales Awards night with a
difference





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