



masters
swimming
VICTORIA

Annual Report 2013 - 2014

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MSV Board Members



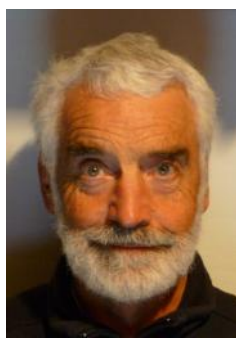
ARCHER TALBOT
President



SONIA HALSVIK
Vice President



JIM MILNE
Finance Director



JOHN MARSHALL
Technical Director



BRUCE ALLENDER
Coaching Director



PAUL WATMOUGH
Recording Director

MSV Life Members

Alan Davis

Paul Watmough

Bruce Ripper

Hans Wehrens (Deceased)

Danny Smith

Barbara Wilson-Brooks

Edward (Ted) Tullberg

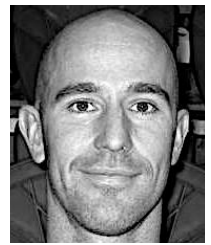
Jeanette Holowiuk

MSV Ambassador



LINLEY FRAME

President - Archer Talbot



Governance

Thank you to the committee for all of their voluntary work during the year. It is a very productive group of people and I greatly appreciate their time, effort and support of all that is Masters Swimming Victoria.

The MSV management committee is made-up of:

Archer Talbot (President)
Sonia Halsvik (Vice President)
Jim Milne (Finance Director)
Paul Watmough (Recording Director)
John Marshall (Technical Director)
Bruce Allender (Coaching Director)

I would also like to thank the MSA/MSV office staff for their support and advice in administrative matters, with the running of this great organisation.

Thank you to our Ambassador, Linley Frame – it is great to have an avenue into the elite swimming world, where the benefits of Masters Swimming can be extolled by a superb athlete, thereby increasing the recognition of MSV.

Hours of untold labour...

Much of the work done by volunteers goes unrecognised throughout the community, as any mother would know! So this is my chance to give some recognition for the work which goes above and beyond any position description or title.

Thank you to the following:

- All of our officials and volunteers at the pool competitions, as well as their chief organiser John Marshall and our Chief Timekeeper Bruce Ripper.
- Sonia Halsvik for her ongoing negotiations with MSAC, and her training as a Member Protection Information Officer (as required for compliance to new Government regulations).
- Paul Watmough for coming back on-board as Recording Director, for his work with the online system, and for volunteering to be convenor for the Melbourne MSA National Championships in 2016.

- Paul Vine, a wonderful MSV member, who has spent countless hours on reworking our constitution to align with the Government's model rules.

Sports Development Officer

The involvement level of MSV members in pool and open water swims notably increased throughout the year. I attribute this to the re-employment of a Sports Development Officer one day per week, Sally Cuming. Sal has worked above and beyond her role in the promotion of Masters Swimming in the wider community, and in enhancing the member benefits, or 'value add', that MSV offers its members. Thank you Sal for all of the energy, enthusiasm, and marketing expertise that you have put into MSV.

Participation

The summer saw MSV members participate in the Great Victorian Swim Series, whereby if you registered for the series as a club member, you gained points towards the final trophy. Congratulations to our winning club, filled with champion open water swimmers, Doncaster Dolphins. There were over 100 MSV members who registered for the seven events in the series, which made-up a third of the overall participants. Thank you to our sponsor, Cousins Tours and Travel for having us on-board – we loved it!

The MSV Long Course in April was a great success with 250 competitors, which was a significant increase on the 189 from the previous year. The event is 'more fun' now for participants, due in part to the spot prizes and awards that are given out. Thank you to our pool sponsors, who provide us with great prizes including Funky Trunks, with their vouchers to their brilliantly colourful bathers range, Aquashop who support our member of the month award and Vorgee as part of the national sponsorship program across all Branches.

Our members

In this annual report you can read the reports from our member clubs. They really are great organisations filled with so many people working towards "fitness, friendship and fun" in the swimming environment.

Thank you to all of the clubs who have recently submitted ideas for the development of MSV. Many club committees have spent a great deal of time thinking about the best path forward and their ideas will be discussed and considered by the incoming committee.

We ended the financial year with 1040 individual members, belonging to 30 clubs, both of which have increased from last year. And I already know that two new clubs are joining our ranks in the coming months. There is a very positive feel amongst our membership base at the moment, and I attribute it to the energy of our volunteers, a great committee, a friendly and effective administration group, and to the ongoing employment of a dynamic sports development officer.

The Future

A number of developments will unfold over the next year, including, but not limited to: the development of our relationship with Swimming Victoria – congratulations to Gill O'Mara (MSV member) for her recent appointment to the Swimming Victoria board, planning for the Melbourne MSA National Championships in 2016, the second summer of the open water swim series (GVSS), the new MSV constitution and many pool competitions.

Personally, I believe the best way forward for our organisation is through participation. If members want more open water swims and more pool competitions, then 'show' the committee by registering for events, and by getting involved. We are all volunteers here and all help is appreciated.

Happy swimming... happy living.

Vice President - Sonia Halsvik



2013-14 has been my first official year in the role of MSV Vice President and it has been an extremely rewarding one.

The MSV committee is committed to growing the Masters Swimming Victoria community and it is clearly evident in the passion and dedication of each member of this group. It has been a pleasure working with you all for 2014.

Costs with the Melbourne Sports and Aquatic Centre have been managed and we've seen some significant savings in the way we hire the pool. While it is still expensive, it has put us in a better position to run meets at MSAC without losing money.

I have been working with the State Government and Sports Victoria on a grant application for the 2016 Melbourne MSA National Championships. With a bit of luck, we'll be able to get the cost of the pool covered which will allow us to cover our costs in hosting the event. There are some other grants that open up later this year that may help MSV grow in the community.

I became part of the working group to discuss options with Swimming Victoria on how we can retain our swimmers and promote the sport across both sporting bodies. You will notice that we will be promoting SV events and significant news, and they will promote our events in the same manner. There is still a long way to go, and a lot of work to do but, there is a lot of support and dedication on both sides to make this work. I will keep you updated through regular updates to the committee throughout the year.

I completed the Member Protection Information Policy (MPIO) training for MSV this year. This training is part of *Play by The Rules* and helps us protect our members by having good policies and procedures in place to handle different situations. Our MPIO policy is available on the MSA website and I encourage all of you to read it.

The next twelve months will be busy with our upcoming 2016 MSA Nationals in Melbourne. There is a lot of work to do to make this event one that the masters swimming community will remember. Many hands make light work so please consider helping out when we call for volunteers.

I wish you all the continued fitness, friendship and fun that is Masters Swimming Victoria and look forward to sharing another successful year with you all.



The Portarlinton Mussels had a strong team of 11 at the MSV Long Course in April

Recording Director - Paul Watmough



Another successful year for recording within the Victorian Branch, with me being able to jump back into the recording role for Victoria.

This year, while the Melbourne Sports and Aquatic Centre remains the pre-eminent venue for the majority of State meets, the Swim Meet Committee is looking to hold some meets at cheaper alternative venues. From a recording perspective, this creates a recording challenge as most venues do not cater for AOE (timing pads) or SAT (Red Buttons), therefore we rely heavily on timekeepers with manual stopwatches to provide consistent and effective result recording.

Records Achieved by Branch Swimmers

MSV had another successful year at meets, with many records set between the period of July 1 2013 and 30 June 2014.

- 11 Long Course Records - 10 State, 1 National.
- 165 Short Course records - 120 State, 45 National.
- 53 Relay records - 31 State, 22 National.

Vorgee Endurance 1000

As I mentioned in last year's report; the Vorgee Endurance Program 'captures' all Long Distance swims into the results portal automatically, as well as any specific club operated swims. What this means is that previously only clubs who had formally indicated that they were participating in the competition were included (between 5 & 7 Clubs). This year, 21 clubs were included in the competition (compared to 15 last year) by virtue of competing in the Long Distance Short and Long Distance Long Course Championships as well as their own Club Endurance competition

Maximum points awarded for all swims by club members (Trophy):

- 1st Malvern Marlins - 7,646 points
- 2nd Surrey Park - 4,813 points
- 3rd Doncaster Dolphins - 4,461 points

Average Points per swimmer (Award)

- 1st Surrey Park – 141.56,
- 2nd Malvern Marlins – 49.97
- 3rd Doncaster Dolphins – 42.49

Club member Participation (percentage of club members participating against registered club members):

- 1st Surrey Park – 53%
- 2nd Malvern Marlins – 44%
- 3rd Warrnambool Whales – 41%
- 4th Doncaster Dolphins – 20%

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

In order to ensure that recording wasn't becoming 'single person sensitive', I intended to undertake a series of training seminars during the year to 'develop' recording skills within the clubs and other interested parties. However, due to work commitments and the availability of training venues, this didn't happen. I plan for this to happen during 2015.



With five National Records set at the 2014 National Championships, Powerpoints' Mark Thompson was named Male Swimmer of the Meet

Technical Director - John Marshall



The feast or famine in terms of the number of available officials, which was a key focus of last year's report, continued into this year and will only be fully addressed when we significantly increase the pool of qualified officials.

2013 Australian Masters Games

In early October 2013, the Australian Masters Games were hosted by Geelong. MSV was unable to find the resources to run this meet, but Swimming Victoria was prepared to take it on.

Neil Mitchell worked with SV on the organising committee and was also the Meet Referee. Several Masters officials from Victoria and interstate worked at the meet alongside SV officials. The combined approach seems to have contributed to a better relationship between MSV and SV officials.

Thanks again to Neil for the enormous amount of work he put into this successful meet and also to the MSV training officer, Deryn Thomas, who trained students from a local high school as timekeepers for the meet.

FINA Rule Changes

FINA made some rule changes during the year which were subsequently incorporated into the MSA rules. The swimming rule changes were relatively minor, well publicised and seem to have caused few problems.

FINA have also changed the criteria for Masters World Records, which can now only be established at meets *"in which only swimmers registered in a club member of a FINA Member Federation participated"*.

This should not cause any problems at State and National meets because only members can enter, but many interclub meets accept guest swimmers who are not members. To avoid potential arguments, if guest swimmers are permitted at a meet, the flyer must now contain the statement: *"Due to new FINA regulations, when guest swimmers participate, World Records cannot be broken."*

Reaccreditation

Reaccreditation of officials has been a key focus during this year. It is required every four years and involves each official being assessed against the same log sheets as used for assessing trainees in each position for which they work. It does require that somebody has to be available to do the assessment, so effectively requiring that an additional official be available for each assessment at a meet.

The Assessment of trainees takes priority and with MSV being chronically short of officials, it means that the opportunities for reassessment are severely limited. As a result, we are well behind schedule in this program. This will continue to be a focus area for 2014/15.

Coaching Director - Bruce Allender



In 2013/14, MSV conducted one Intro and one Club Coaching course. There has been a high level of interest obtaining a Masters Coaching qualification, with excellent numbers in attendance at all courses.

The follow through by attendees to complete the assignments and the supervised practical coaching has been good. Between July 2013 and June 2014 there were eight Club Coach accreditations and four Intro Coach accreditations. Clubs may like to remind any of their members who attended the courses and have yet to submit their assignments, that they have 12 months after attending the course to meet that requirement.

An MSA hosted Masters Coaching Workshop was held on May 3 2014 at the Richmond pool and attracted a high level of interest from Victorian as well as several interstate attendees. The value to our Masters coaches in learning how elite National level coaches operate cannot be underestimated. Alex Hirschauer (Vicentre) and Brian Ford (Traralgon SC) were most impressive in presenting the Workshop.

The MSV Coaching Director continues to serve as Chair of the MSA National Coaching Committee.



Coaches Frank (VCS), Anna (VGS) and Brenton (VPP) at one of the 2013/14 MSV OWS training sessions

Administration - Emma Evans and Jane Barnes

Administration

There has been no change of personnel this year. Emma Evans continues to work three days per week and Jane two days per week. This structure works well.

Membership

Membership of Masters Swimming Victoria has increased this year compared to 2012/13, with an additional 29 active members. This year's member total is 1040 members, across 30 Victorian clubs. We welcomed four new clubs, Brunswick Belugas and 'one clubs' (a combined Swimming Victoria and MSV club) Melbourne H2O, Melbourne Vicentre and Swimland Swim Club. Sally Cuming, the MSV Sports Development Officer has done a wonderful job in bringing these new clubs on board.

Coaching

Between July 2013 and June 2014 there were eight Club Coach accreditations and four Intro Coach accreditations. During this time, two coaching courses were conducted by the MSV Coaching Director, Bruce Allender.

On the 3rd of May 2014, 16 MSV coaches participated in a specialised MSA Masters Coaching Workshop in Melbourne that was conducted by Alex Hirschauer (Vicentre) and Brian Ford (Traralgon SC).

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 2013 and June 2014, three technical courses (Timekeeper, Inspector of Turns & Judge of Stroke) were conducted by Deryn Thomas.

The following number of technical officials have been accredited / reaccredited in the last 12 months:

- 17 Timekeepers
- 4 Chief Timekeepers / 2 Reaccreditations
- 6 Check Starter / Clerk of Course / Marshal
- 2 Inspector of Turns
- 2 Judge of Stroke
- 1 Starter / 4 reaccreditations
- 0 Referees / 7 Reaccreditations
- 0 GPO's

IMGSTG

In October 2013, MSV, as part of a national program, migrated to a new website platform. The new design has been well received from the clubs and the community.

We are happy to report that many clubs are taking a more active role to learn the functions of the registration process through IMGSTG. Online registrations for swim meets are proving to be successful. It is good to see that the clubs are also utilising the same registration process for their events.



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 of June 30, 2014 MSV has 334 followers on Facebook, up 138 followers from June 30, 2013.

As we continue to develop our social media resources we encourage our audience to continue their support by sharing their stories and photos. A special mention to Jane Barnes who does a tremendous job with our social media posts.

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.



MSV President, Archer Talbot with MSV's new Banner at the MSA Spring Meeting

Membership Statistics

CLUB NAME	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004
Batman Avenue Maulers*	0	0	0	2	2	2	6	4	-	-	-
Bairnsdale Mako*	0	0	0	0	0	0	0	0	0	0	1
Bayside Boomers*	0	0	0	0	0	0	0	0	0	2	3
Badaginnie AUSSI*	0	0	0	1	3	3	3	3	3	3	4
Bendigo Breakers	0	6	6	5	4	8	14	12	15	12	20
Ballarat Beavers*	0	0	0	0	0	0	0	0	34	39	11
Border Masters*	0	0	0	0	0	0	0	0	3	5	8
Boroughcoutas	64	51	39	45	40	47	30	35	34	34	36
Brunswick Belguas	-	-	-	-	-	-	-	-	-	-	-
Bundoora Torpedoes*	0	0	0	8	9	9	7	8	12	16	14
Casey Seals	44	50	41	28	23	29	26	21	21	21	18
Cerberus Salty's*	0	0	0	0	0	0	0	12	32	20	-
Doncaster Dolphins	100	100	95	102	105	103	87	87	89	83	82
Footscray Swimming & Water Polo	2	-	-	-	-	-	-	-	-	-	-
Frankston Peninsula	43	49	32	43	28	37	41	43	49	40	47
Geelong Catfish	7	8	8	9	7	7	7	7	8	7	9
Gippsland Flippers	17	12	14	9	7	6	11	7	4	9	6
Glamourhead Sharks	65	71	63	65	67	61	71	54	71	49	65
Goulburn Valley	24	11	24	19	20	6	38	27	32	30	41
Hoppers Crossing	6	5	9	9	9	7	9	8	11	8	21
Heidelberg Flyers	30	34	30	29	29	36	34	32	29	23	30
Northern Masters (Hume City)	10	10	3	0	-	-	-	-	-	-	-
Kew Masters*	0	0	0	0	0	0	0	9	16	24	25
Maccabi Ajax Swimming Club	23	22	14	5	24	-	-	-	-	-	-
Malvern Marlins	149	145	147	127	120	117	129	125	115	136	113
Melbourne H2O	41	-	-	-	-	-	-	-	-	-	-
Melbourne Vicentre	2	-	-	-	-	-	-	-	-	-	-
Moreland Maulers*	0	0	0	0	0	0	0	0	0	0	7
Nunawading Orcas	36	33	46	39	36	35	37	37	32	37	35
Northcote Yabbies	6	9	8	7	11	13	14	14	13	12	12
North Lodge Neptunes	15	23	13	12	18	22	21	33	34	37	42
Powerpoints	166	164	154	141	125	130	105	118	105	94	83
Portarlington Mussels	13	9	13	0	1	10	-	-	-	-	-
Ringwood Water Rats*	0	0	0	0	0	0	0	14	14	19	21
Rosebud Ranas*	0	0	0	0	0	0	0	2	4	6	11
Sale SADAST	0	5	14	12	17	21	23	17	17	20	20
Silver Sharks	9	10	11	13	10	11	14	15	14	13	14
Surrey Park Seahorses	35	33	36	36	37	33	32	32	33	31	32
Swimland	3	-	-	-	-	-	-	-	-	-	-
Wangaratta AUSSI*	0	0	0	0	6	10	11	12	12	19	-
Warrnambool Whales	53	66	60	61	65	69	69	79	80	72	70
Western Alligators	39	41	30	38	36	32	25	25	26	24	24
Wimmera Masters	10	13	5	2	-	-	-	-	-	-	-
Yarra Roughies	17	17	23	13	18	23	29	35	30	32	43
Victorian Masters	10	15	9	5	2	5	1	-	-	-	-
TOTAL	1040	1015	947	885	879	896	893	929	1013	977	968

Finance Report - Jim Milne



I am pleased to present my first Finance Report for Masters Swimming Victoria (MSV) which is primarily a member funded organisation that, unfortunately, is not eligible for direct state government funding. The 2013-14 audit was conducted by Crowe Horwath (formerly WHK).

The National Office continues to provide administration and bookkeeping services to MSV and I'd like to thank Emma and Noeleen for the excellent work that they perform.

The administration fee paid to Masters Swimming Australia is adjusted annually using CPI.

Income

Overall, total income is less than last year. Membership has increased slightly this year but bank interest has dropped significantly against the previous year. The structure of MSV's cash investments has since been changed to maximise interest income. Revenue from entries for MSV swim meets was less than previous years.

Expenses

Total expenses are higher than last year. The Marketing Expenses and the costs of the Sports Development Officer for one day a week are seen as an investment in the future of MSV and these costs have been covered from Accumulated funds for this year.

The Swim Meet Committee is working to minimise the charges in staging the meets by better planning and volunteer support.

The club signage project was completed with all affiliated clubs from 2013 receiving the offer of a lightweight pool sign to promote their club free of charge. Most clubs took up this offer.

Balance Sheet

Most of MSV's Assets are in cash while prepayments of 2014-15 expenses make up the Other current assets in the Balance Sheet.

While MSV has a strong Balance Sheet, it only has a small amount of money in reserves. It has not been increasing its Accumulated funds in recent years and therefore ideally requires an increase in income to provide the funds required to continue the utilisation of the Sports Development Officer and to commence the preparations for the 2016 National Championships in Victoria. Hopefully both of these projects will reap rewards for the future of MSV.

Swim Meet Committee - Sonia Halsvik



The SMC has had another great year.

A successful meet

I am constantly learning the ins and outs of what exactly is required to run a successful state meet. I am also learning that we can't please everyone with the programs that we come up with, but bear in mind, we are focused on the motto of "fitness, friendship and fun". We also have the enviable task of ensuring our meets run within the acceptable time-frames for MSAC and that we try to minimise any loss to MSV.

The Committee

Our committee has grown in 2013/14, welcoming Helen Whitford into the group. Helen has an outstanding record in MSV and has been a wonderful addition to the team. Again, John Marshall continually shares his knowledge of the rules and regulations within Masters Swimming and his contributions have been invaluable. I must also thank Paul Watmough, Bruce Allender, Julie Johnson and Danny Smith for their vast experience in the world of Masters Swimming.

They make my life a lot easier and are only too happy to offer advice and support when needed.

MSA National Championships 2016 - Melbourne

Our National event is now scheduled for 2016 – and the Melbourne Sports and Aquatic Centre has been booked for the April 21 - 24 – so lock it away in your diaries now. We want to work hard to make our National event one that the MSA community will remember fondly in the years to come. There are lots of discussions and planning activities starting to ramp up and we'll be calling on people to help us soon.

2014/15

2014/15 also promises to be an exciting year for MSV. We are getting more people involved in our events and the vibe amongst the MSV community is growing. Here's to a bigger and even better 2014/15 season.

Sport Development Officer - Sally Cuming

It has been a great year for MSV with a renewed energy at MSV meets, as well as wonderful success and strength of numbers at the MSA Nationals and a bigger profile in Open Water Swimming throughout Victoria.

It was terrific to see greater participation by some of the smaller and newer clubs in 2013/14, including Portarlington Mussels, Melbourne H20, Swimland, Heidelberg Flyers and Yarra Roughies.

Open Water Swimming

MSV's commitment to Open Water Swimming with our Open Water Club Championships in partnership with the Great Victorian Swim Series (GVSS) saw a high number of clubs participating in the summer series. Being a part of the GVSS raised MSV's profile and branding.

OWS is our biggest opportunity to market MSV clubs to the wider community and a chance to recognise our members racing over OWS.

It was great to see MSV clubs, including the Boroughcotas and Doncaster Dolphins swim so strongly over the OWS season. The Rip View Swim Classic was a great marker over the season, as almost every age category was won by a MSV swimmer - very impressive!

2013/14 New clubs:

- **Melbourne H20** - July 2013
MH20 participated in the MSV events and the 2014 MSA Nationals. In June 2013, they ran their annual Winter Solstice meet, a relaxed meet great for those returning to racing or trying out different strokes. This year, 14 MSV clubs supported the event.
- **Melbourne Vicentre** - September 2013
Vicentre has adult squads that we need to encourage to join MSV.
- **Swimland** - February 2014
- **Brunswick Belugas** - July 2014
Brunswick will not register any members until September 2014 to make the most of the membership, but are a well established group.



The Boroughcotas at the
2013 Australian Masters Games

Sponsorship

Funky Trunks - Funky Trunks sponsored the MSV Long Course and Short Course Championships with 60 x \$25 Vouchers (total price of \$1500).

A supply of Funky Trunks vouchers to the total value of \$900 were provided for the Malvern Marlins, MH20 and Casey Seals Interclub events, even though this isn't part of their agreement.

The total value of Funky Trunks sponsorship in 2013/14 was \$3400.

MSV was also given a member discount of 20% off with the code MSV2014. MSV receives cash back on code use and hopes to achieve \$500 - \$1000 per year. This is not included in the above total sponsorship value.

Aquashop, South Melbourne - Aquashop provided us with member benefits of 10% off their entire range, including expert fitting from Craig and Lyndell.

\$1200 worth of vouchers for the "Aquashop Member of the Month" were provided. Each month a club nominated a member who contributes to their club and MSV. This has been a great way of recognising many members for their contribution to the MSV community and Aquashop has agreed to sponsor the Aquashop Masters Member of the Month 2014/15.

We are using the Aquashop database for marketing of MSV events.

Cousins Tours and Travel - Inclusion in the Great Victorian Swim Series, which included our MSV Open Water Club Championship. Cousins Tours and Travel are donating prizes for the MSV Short Course in August.

Use of the Cousins GVSS database at 5000 people.

Strengthening relationships

As we don't have a marketing budget, we have developed relationships with several other swimming communities. These relationships have mutual benefits to both MSV and wider swimming community groups.

Thank you to: Megaswim, the Pier to Pub, Cousins Tours and Travel, Surf Lifesaving, Aquashop, Adult Swim Squads - Black Line Fever, Bucky's Beavers, GESAC, Spirited Away, Victorian Duathlon Championships, Effortless Swimming

Summary:

- Over the year we have worked on increasing MSV member benefits and growing the MSV membership.
- MSV member's benefits now include Funky Trunks discount and vouchers at State Meets and Interclubs; Aquashop 10% off entire range and \$1200 in vouchers for the Aquashop Masters Member of the Month.
- Increased racing with the inclusion of the GVSS MSV Open Water Club Championships (run over seven Victorian open water swims).
- State Long Course, Short Course, Relay and Long Distance meets.
- Increased communication to members via e-News and Facebook and social gatherings post meets.
- Increased number of clubs and members with a growing profile of MSV in the community.

Club Reports

Brunswick Belugas

While we might be a new club to Masters Swimming Victoria, many of us in the Brunswick Belugas have been swimming together for more than 10 years, some even longer.

After talking about joining MSV for more than 12 months, in May 2014 we finally incorporated our club, joined Masters Swimming Victoria, and the Brunswick Belugas were born. Up until this point it felt like we were a club already, in all but name, so it's nice for it to be made official.

In this our start-up phase, our inaugural committee consists of:

- Raoul Mulder – President
- Paul Turner – Secretary
- Wayne Steel – Treasurer
- Vito Muré – Committee member
- Wayne Mortensen – Committee member

Our club grew out of the squad the which have trained at the Brunswick City Baths a couple of mornings a week since the mid- to late-1990s and continues today. During the recent closure of the BCB pool during the centre's renovation, we managed to stay together as a group to continue swimming together at our adopted pool of Northcote. As we were coming back home to Brunswick it was mooted and decided to try and develop our swimming further and we looked into joining MSV.

Our focus to date has been the open water season each summer, where there will generally be at least a couple of Belugas at most of the swims. For the past three years we have swum our own Winter Pier to Pub at Lorne on the last Saturday in June. We are looking forward to pushing ourselves a bit more and joining other clubs at the upcoming swim meets throughout the year.

While many of us still swim in the mornings during the week, the Brunswick Beluga's training session is held on Saturday mornings at the Brunswick Baths, followed most weeks by breakfast at a local café.

Paul Turner
Secretary



The Belugas at their 2014 Winter Pier to Pub in June.

Casey Seals



For such a young club we have come a long way in establishing a reputation as an accomplished and yet social, friendly club.

Last year, our swim meet 'The Casey Seals Splash' was a huge success and we are excited about the upcoming Splash on the 16th of August at Casey ARC. It's a great warm up event leading up to the MSV short course meet.

Our training nights have a diverse group of swimmers, who all have their personal requirements: serious pool competition, triathletes, open water, fitness or just social. Our head coach Frank Haas and assistant coach Jennifer Veres handle the task well.

Our members regularly attend and support all swim meets and recently we had 15 competing at the state long course. Out of a membership of around 40 this was a really fantastic achievement.

Jan Gooley brought back 2 bronze medals from the worlds at Turin Italy, with just 0.2s from a third bronze. Soon after, Jan was at Nationals in Rockhampton with her daughter Megan. No medals this time but they both achieved a lot of PBs. Our second-claim club member Susie Kempson kept them company and amused by her always fun and happy outlook.

Open water swimming is one of our main activities and again brought the Seals members out of the pool for some fun. The highlights were great attendances especially at Lorne and Mt Martha, and Sarah Byron and Ebony Ebenwaldner on the podium for nearly all their swims. Our Bloody Big Swim team of Ebony, Molly Thwaites, Susie Kempson and Mal Winder won the mixed team category, their second win in a row. The Casey Seals OWS Calendar continues to be the top source of information about Victorian OWS events.

Many members of Casey Seals contribute to building a fantastic environment and the running of the club. I would love to put all of

their names into this report but I will only mention a few.

Greg Chaplin a hard working tireless Club Secretary, David Scott Treasurer, Susie Kempson Registrar, and Jan Williams for her outstanding effort as state delegate and always there supporting Casey Seals, even though she no longer does much swimming herself. A big thank you to you all.



The Casey Seals finish the Bloody Big Swim

Doncaster Dolphins



The 2013 – 2014 swim season was a great year for the Doncaster Dolphins.

This year we celebrated 30 years as a club. There was a fantastic celebration held at the Eastern Golf Club which was organised by a very dedicated team. Olympian Brook Hanson came along as our guest speaker and shared the story of her career - which was truly a highlight in itself.

Membership

VDC maintained a strong membership base during 2013 with a slight drop in numbers at the beginning of 2014 and climbed to a total of 101 members at 30th June 2014. 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.

Frankston Peninsula



Frankston Masters Swimming Club seems to be a model of consistency in structure and function.

At the beginning of 2014 we re-elected an essentially unchanged committee, with some executive members continuing in positions they have held for many years. Whilst this ensures that the Club continues to operate in a stable manner, it also means that the committee consists of aging members. There is a real need to action some transition strategies to provide for the ongoing successful operation of the Club. Amy Jones has added a younger presence to the committee this year and has made significant contributions in a number of areas, including improving our presence on social media via Facebook.

Club membership has again fluctuated. Enquiries have been high throughout the year and many of these have led to new attendees at training on a trial basis. Achieving new committed memberships has been less successful but our numbers grew steadily in the second half of 2013 and by year's end we were approaching the magic 60 mark, which has not been achieved for quite some years. Unfortunately the coming of the new year has seen a number of non-renewals and we are once again trying to

Swim Meets

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

We performed exceptionally well in the Open Water season with over 30 members doing one or more of the OWS events and great results in the Vic Series. We had 8 swimmers who ranked in the top 3 of their various age groups with Dorothy Dickey receiving a special Legends award.

We were very happy to win the inaugural MSV Open Water Club Championship and look forward to defending our title this time next season.

build our numbers up to the half century. The revolving door is ever present!

During the year we were once again saddened by the loss of a popular former member. Deanne Davis had been an inspiration to many around her as she battled to overcome breast cancer. She was determined to continue her swimming after her initial treatment and made her open water debut at the MMAD swim only weeks after surgery. She joined in training when able but unfortunately this became less frequent. She left behind a young family, and a huge impression judging by the tributes expressed at her farewell service.

Members have participated in many pool competitions from local to world levels, and success has been enjoyed at all levels. Alice Kinnaird continues to lead the small band of enthusiastic competitors with gold medals everywhere. Other consistent performers in 2013-14 were Marion Beulke, Lois Dennigton, Diane Cairns, Amy Jones and Rob McCartney.

The connection of Masters Swimming with the open water circuit has been well received and has increased interest in open water participation. Two members, Sue Clarke and Richard Grant also completed the Melbourne Ironman.

Our own Interclub was not well attended, but thoroughly enjoyed by an enthusiastic band.

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. This was the last year that we will have support from the local council however sponsorship has been secured for our next.

Joshua Fairfax
President



The Doncaster Dolphins celebrated their 30th anniversary with a party in early 2014.

All were presented with a trophy and many shared the spoils of the monster raffle.

This was the end of an era as Jubilee Park will be dismantled in the coming year. We look forward to exciting meets in the new Peninsula Aquatic & Recreation Centre.

Christmas 2013 was marked by a most enjoyable outing for barefoot bowls at Yamala Bowling Club followed by a sumptuous shared meal with BBQ, a great family event. The 2013 annual Gavin Hamilton Skins trophy was won by President Andrew Gibson for the second consecutive year, and Linus Cresp continued his domination of the Peter Daniel award. Long serving executive member Laurence Westcott was made a Life Member in appreciation of her untiring work for the Club.



Frankston members warmly welcomed the connection between MSV and the 2013/14 OWS season.

Geelong Catfish



The highlight for most of the Catfish this year was our excellent showing at the 2013 Australian Masters Games held

in Geelong. Our small contingent took home 39 medals – with every Catfisher winning at least one. We all had a lot of fun in the relays and it was so good to be able to field men's teams for a change.

We welcomed one new Masters Australia member in 2013, giving us a registered membership of eight. Our presence at State swim meets was stronger as a result. Notably our women's relay team came second out of the four teams in the age group at the 2013 MSV Short Course titles – our best result for some time.

Our club has had its best representation for a while in the Australian rankings, with five swimmers and two relay teams achieving top 10:

- John Lidstone - 7th SC 50 m fly
- Lynette Newman - 9th SC 100 back and SC 200 back

- Chris Porter - 6th LC 100 fly, 6th SC 100 fly, 6th SC 200 fly, 6th SC 200 IM and 8th SC 400 IM
- Margot Milne - 6th SC 200 free, 2nd SC 50 br, 1st SC 100 br and SC 200 br, 10th SC 50 fly, 5th SC 100 IM
- Robyn McKenzie - 9th SC 50 free and SC 100m, 4th SC 50 br, 4th SC 100 br, 8th SC 50 fly,
- Women's 4 by 50 freestyle relay team 9th
- Women's 4 by 50 medley relay team 5th

Several of our club members enjoy the open water swim season every year, and this year was no exception. Lit, Loretta, John and Lynette displayed tremendous stamina and perseverance to complete some of the swims where conditions were far from ideal – the size of the waves breaking at shore made the Torquay swim look more like a surfing competition at times!

We have really only had one pool event of significance so far this year – the MSV Long Course championships, for which we fielded a team of six swimmers and one time keeper (all of our registered members for 2014). We all swam well (19 placings) and enjoyed the event.

The spot prizes added a bit of extra interest throughout the meet, though I don't think any of us scored one.

We look forward to watching Australia's somewhat younger swimmers competing at the Commonwealth Games later this month before turning our attention to the Casey Seals Splash and the 2014 MSV Short Course Championships on August 31.

Chris Porter
President



The Geelong Catfish at the 2013 Australian Masters Games in Geelong.

Gippsland Flippers



The past year has brought some big changes for the Flippers, in terms of increase in membership numbers and upgraded promotion of the club.

Apart from the usual attendance by our members and both Interclub and State events alike, (where one of our members in particular made his mark each time he swam,) we have developed certain aspects of our club within the ranks.

At our AGM in February, the club surprised Secretary, Sue Graham, with a club Life Membership and old friends and new gathered to celebrate. At the same time, after applying to local businesses for sponsorship, Treasurer Peter Wilson had organised new club shirts and they were released to the members on the night. Printed club swim caps were also sponsored and were released shortly after. This club clothing will give us better promotion and visibility at future swim events.

Two old members were encouraged to rejoin and swim with us again as a result of attending the Life Membership celebration, and a prospect of more to come. They are

enjoying the coaching given at the Wednesday Night Training Session at Churchill pool, which is attended by not only Flippers, but also the general public and adult swimmers from the Traralgon Swimming Club, and resulted in a partnership with the Latrobe Valley Triathlete Club, offering the athletes' some coaching in what is commonly their weakest leg – the swim. This session has just celebrated its 2nd anniversary.

Another activity which has developed over the past year is our Sunday Brunch swim, which is held on the last Sunday of the month at Morwell Leisure Centre. We have coaching for one hour, which is followed by a brunch provided by the participants bringing a plate to share. It has proved to be a highly popular social event, and we have opened this up to participants of the Wednesday Night session also.

With the advent of Flippers swimming at three venues, the A Frame banner supplied by MSV has proved to be an essential addition, (and really easy to transport around) and resulted in a number of enquiries.

By spreading our training around the Latrobe Valley at the three venues, we are attracting

a much wider audience. This has been helped further by the Freestyle Clinic held in July 2014, which has attracted participants from as far away as East Gippsland. To promote the club even further, we've moved into the technological area, with our own email address, Facebook page and are investigating a website, which we consider not bad for a club of 16 members.

On a sadder note, we have had to wave goodbye to Phil Blunt, our young gun, who has made a move to South Australia for career advancement. We wish him all the best in his endeavours and will miss him greatly.



Sue Graham was awarded Gippsland Flippers' Life Membership in February 2014.

Glamourhead Sharks



The Glamourhead Sharks swimming team has achieved a lot in the past twelve months, in fact far more than can be illustrated within this concise document. This

brief report summarises our club's accomplishments as part of both the Masters Swimming and Gay and Lesbian communities.

3rd World Outgames - Antwerp, Belgium. July 31 – August 11 2013

- 11 Glamourhead Sharks participated
- An international meet including 36 sports
- Some great swimming and medals of every colour came back to Australia

Open Water Swimming season

November 2013 – March 2014

*Glamourhead Sharks swam in 14 events and there were a total of 13 club members who competed at least once during the season.

*This was our most successful Open Water season.

Midsumma GLBTI Melbourne Festival

- **Carnival Day** at the Alexandra Gardens was held on Sunday January 12. The Glams had a stall within the Team Melbourne sporting precinct, providing information to potential new members. 15 club members participated in the 'Funky Trunks Fashion Parade'.
- **Come and Try Sports Day** was held at Footscray Park on Saturday February 1. An initiative of Team Melbourne, the Glams were one of 13 GLBTI sports groups involved. 20 team members participated, with two new members joining the club as a result of the event.
- **Pride March** took place in Fitzroy Street on Sunday February 2, 2014. Ten club members marched in 2014, despite extreme heat conditions.

Fitzroy MS Megaswim - Fitzroy Pool

February 21 and 22 2014

- Annual event to help raise money for Multiple Sclerosis research/treatment.
- Glamourhead Sharks fielded a team of 16 and raised \$9,319.00.
- This has been a team focus event over a long period of time, 2014 was the twelfth time our club has participated.

Glamourhead Sharks awards night

The Golden Goggles - March 15

- Club awards presented.
- Launch of new club website.

3rd Asia Pacific Outgames - Darwin

May 10th – 17th

- 35 Glamourhead Sharks participated with a total of 278 races swum and 207 medals won and were overall winners of this international meet.

Members of the Glamourhead Sharks also proudly participated in many MSV and affiliated club meets throughout the last twelve months.



The Glamourhead Sharks at the 3rd Asia Pacific Out Games, held in Darwin in May 2014.

Heidelberg Flyers



Heidelberg Flyers have had a massive year. We have had consistently good numbers at each training session with our coach Michał Skrodzki.

It is difficult to sum up the year gone by in such little space.

Last October the Flyers had a fantastic turn up at the Geelong hosted Australian Masters Games, raking in many medals, including gold. Our team consisted of John Cocks, Alison Gembarovski, Peter Bakes, Hayden Burch, Tim Bach, Steven Cronk, Peter Houwen and Hilda Hallinan.

Last summer, a number of our swimmers challenged themselves in the 2013-14 open water swimming season. We had a brave contingent of Alistair Tye, David White, Hugh Burch, Jo Gournery, and Richard Poulter who faced the very rough waters of the Point Lonsdale Rip View swim. Our two youngest men, Hayden Burch and Matthew Poulter finished in the top 20 of their age group.

Members also completed the Pier to Pub, Portsea Swim Classic, the Boroughcotas' hosted Queenscliff Blue Water Challenge, and the Pier to Perignon, while Bertie and

Hilda joined the team for the Sorrento Bay Swim.

In 2014, the father and daughter team Peter and Felicity Houwen swam the 30 kilometres of the infamous Rottneest Channel Swim.

Our Iron Man, Richard Poulter, continues to impress us all with his perseverance and stamina to compete in the Iron Man. His completion was unfortunately stifled by injury in the past twelve months, but he is back training and we are trying to convince him to enter the Arch to Arc.

Our most impressive swimmers are those who have recovered from cycling accidents and continue, despite undergoing medical interventions and treatments. We are looking forward to the return of our members who have had to take breaks because of surgery and injuries.

Our largest team participation was in the recent Melbourne H2O Winter Solstice event. Our team of 13 enjoyed the event and once again our relay teams did very well.

Our team consisted of Jackie Fraser, Barry Megennis, Aaron Williams, Stephen Cronk, Peter Houwen, Felicity Houwen, Peter

Bakes, Hilda Hallinan, Lynne Shallue, Alison Gembarovski, Hugh and Hayden Burch and our coach Michał Skrodzki

We aim to launch our long awaited website and plan to get kitted up with new bathers and T-shirts and have team photos.

We have members entering the MSV Short Course, Long Distance and Relay meets and the 2015 MSA Nationals in Tasmania. The 2014-15 OWS season will be here before we know it and the triathletes will also be out in force.

There are plans to organise a swimming camp and a number of social events.



Eight of the Heidelberg Flyers at the 2014 MH2O Winter Solstice Meet

Malvern Marlins



Membership:

For the year to 30th June 2014, the Malvern Marlins have gained 21 new members and one transfer in, for a total membership

of 149 (including six 2nd Claim members) between the ages of 22 and 96 years.

Training:

We offer six coached training sessions and one Endurance swimming session each week. We have maintained excellent numbers at training and have introduced an extra Sunday session.

Of our 17 volunteer coaches, eight current coaches have up to date Level 1M Coaching qualification, two of these having gained their Level 1M in the last twelve months

Patrick Devine has continued to offer CPR updates to all club members.

Competition:

- Our swimmers competed successfully in National, State and Interclub competitions, as well as Masters Games and Open Water Swims.
- Marlins were consistently amongst the top clubs at 2013 Victorian Short Course, Relay Meet and Long Distance Short Course and 2014 Long Course meets.
- We were the top scoring MSV club in the 2013 Endurance Competition and were 13th in the National Endurance Trophy for 2013, with Joan Simpson being one of only three members in the state to gain maximum points.
- 19 swimmers attended the 2014 Nationals in Rockhampton. Leigh Rodgers broke four National Records. Gerry Tucker, Patrick Devine and Pam Kempson all achieved State Records during the meet. The club were runners up overall and for

the third year in a row, we won the 240-279 years Age Group Relay Trophy.

- Nine of our members currently hold National Records, with Leigh Rodgers, Janette Dickey, Patrick Devine and Patrick Galvin all breaking National Records in 2013-14.
- Kirsten Cameron, Leigh Rodgers, Jan Jeffrey, Patrick Galvin, John Cocks, Tom Currie and five of our Relay teams were named in the 2013 FINA Masters World Top 10 Rankings.

Highlights of the Year:

- Patrick Galvin was a finalist in the 2013 Victorian Masters Sport Awards.
- Elana McNeil was named the 2013 MSV Coach of the Year.
- Gerry Tucker continues as the National Finance Director for Masters Swimming Australia and Susie Kempson was also voted onto the National Board in April 2014.
- John Marshall continues his role as the MSV Technical Director, is Club Delegate and is also on the National Technical Committee.
- In 2014 Bruce Allender remains the MSV Coaching Director and is also Chairman of the National Coaching Committee.
- Several other members are involved with State committees, are qualified officials, or are gaining experience towards becoming officials. Sonia Halsvik takes up the new state role of MPIO.
- Jan Jeffrey was awarded Honorary Life Membership of the club at our 2014 annual presentation dinner
- Our Most Improved Award was renamed the 'McNeil Most Improved Award' to recognize the contributions of Andrea and Elana McNeil to the club.

- Our team at the 24 Hour MS Mega Swim in February, raised \$8,980 and covered an amazing 73km, ranking us 4th overall for total distance swum.
- We were proud to donate \$1500 to the Ardoch Youth Foundation, \$500 to Peter Mac, \$237.80 to "Swim Against Malaria" and \$50 to both the Cancer Council and Delta Therapy Dogs.
- Malvern Marlins once again contributed to the Harold Holt Swim Centre "Take the Plunge" event.
- We successfully hosted our 22nd Annual Malvern Marlins Interclub in February, with entries up to 113.
- Marlins enjoyed many social activities, including a bike ride, movies and our Christmas family BBQ.

Looking ahead

- The Malvern Marlins strive to provide a friendly atmosphere, encouraging our members to participate in all activities offered by the club and MSV.
- We actively encourage and reward members who gain coaching or officiating qualifications
- We continue to promote the club and have embraced Social Media, with approximately half our members now engaged in our Facebook Group.
- We are looking forward to celebrating the club's 25th Anniversary in 2015.



Melbourne Vicentre

2013 was Melbourne Vicentre Swimming Club's first year of diving into the world of master's swimming.

Whilst we have been in existence for over 30 years as a swimming club, the move into masters was predominantly driven by the continuing impressive performances by 1991 world breaststroke champion and 1992 Olympian Linley Frame (pictured), in Swimming Victoria, Swimming Australia and Masters competitions.

Linley continues to be an excellent ambassador for our club and MSV with her performances both in and out of the pool, as Masters Games champion in the 50, 100 and 200m Breaststroke in Geelong, MSV Champion in 50, 100 and 200m breaststroke for both long and short course.

She set new Australian Masters records for the 40 - 44year age group in all three breast-stroke distances and continues to hold the World record in the 50 and 100m breast.

Linley also made appearances at the Australian Swimming Championships making the semi finals in the 50 and 100m Breast-stroke. These races were broadcast live on Channel One through, Channel Ten Sport, which was a great way to remind other masters aged swimmers that they too can continue to race past the perceived time frame of a swimmer.

Thanks to Linley's profile, there has been more Masters swimmers entering meets with Swimming Victoria, offering even more racing for our athletes.

Linley's former training partner from the 1990's, Stuart Larke has joined Melbourne

Vicentre this year and we look forward to having Stuart and Linley represent our club with pride.

Masters swimming will be a new focus for us with a view of growing our membership, allowing swimmers from the age of 18 to have a new pathway into Masters swimming in Victoria and Australia.

**Nicole Livingstone O.A.M.
C.E.O. Melbourne Vicentre**



Melbourne H2O



We have just past our first anniversary as an MSV affiliated club, and from an initial membership of 3, we are now at a total of 47 members with 32 registered as swimmers and 15 registered as second claim.

Membership

Many know that we have a training squad with swimmers from many clubs taking part, along with non-registered swimmers. As with most clubs we are now mandating that to train with our squad you must be a registered member of our club. This has taken a while to get everyone on board.

Our challenges are many, but most of our first claim swimmers have no desire to race or compete.

Additionally, as a ONE CLUB, we now have the extra challenge of merging our committee and constitutions so we truly have a ONE CLUB, rather than 2 separate clubs (ie one affiliated with SV and one with MSV) using the same name.

Winter Solstice

We kicked off our new club by hosting our first ever Winter Solstice Meet on July 21 2013.

The event was designed as a fun event to encourage those who swim, to race in a low key setting. The day was an outstanding success and this encouraged us to host it again on June 22 2014, with 75 swimmers and dozens of prizes given away. Our swimming quiz throughout the day awarded additional prizes to those who were quick.

Winners were those who swam closest to nominated times which spread the awards amongst those who may not usually 'win'. The 8 x 50m fun medley relay which could be swum in any order made an interesting tactical race and this was followed up with our concluding race the 'mystery' relay.

We hope to make it a permanent fixture on the MSV calendar but would recommend MSV look at insurances for 'encouragement' style meets that are not sanctioned, but may assist in growing MSV. Although the Winter Solstice swim is predominantly a Masters event, we had to get SV insurance to cover us.

Photos and further information can be found on our website:

www.melbourneh2oswimmingclub.com/winter-solstice-meet

MSV Events

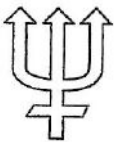
We had 2 swimmers enter MSV Long Course in January and both came away with a positive experience. Jeremy Freeman was awarded the MSV Aqua Shop member of the month for his efforts.

We look forward to increased activity in the forthcoming year.



MH2O members Zoe, Walter and Lachy at the 2014 Winter Solstice Meet

North Lodge Neptunes



North Lodge Neptunes is a small, friendly club which epitomises the MSV motto of Fitness and Fun. Achievements of present and past members of North Lodge are this year's highlights.

Barbara Brooks

In April, Barbara Brooks, swam in the MSA National Championships in Rockhampton, her 39th consecutive MSA National Swim. As she stood on the blocks for her 50 metre freestyle, the founder of North Lodge and AUSSI in Victoria, now MSV, felt thrilled and overwhelmed as she was acknowledged.

North Lodge Nonagenarians

North Lodge Neptunes are honoured to have five past and present members who are over 90 years.

Current members Trudy Bullivant is 92 and Nancy Ayres is 90 and both ladies still swim regularly. At our bi-monthly Luncheons, Clarice Artis who is 99 1/2, Tom Rees who is almost 96 and still swims to keep fit and 94 year old Life Member Sid Krasey are regular attendees and enjoy the companionship and reminisces of catching up with North Lodge

members. We are very proud of this unique group of Neptunes.

Clarice was a nominee for 2013 the Pride of Australia Victoria's Unsung Heroes.

Membership

In 2013 we had 24 swimmers registered, but to date 15 members have rejoined in 2014.

Competition

North Lodge has been represented at swim meets in Victoria and Interstate.

In 2013 at the MSV Short Course, four men and five women swam; two ladies swam at Mildura Murray Masters Carnival; MSV Long Course Relay Meet North Lodge had three men and nine women swimming and in October five ladies competed at the 14th Australian Masters Games in Geelong.

In 2014 we had two competitors at the MSV Long Course Championships and seven ladies travelled to Rockhampton, to compete in the MSA Nationals.

Awards

At the Nationals the ladies were awarded the new Life Members' Award for clubs with five to 20 members and the Age Group Trophy 320 to 359 years.

Pentathlon

The 2014 North Lodge Pentathlon is being planned for 22 November at the Noble Park Aquatic Centre.



The North Lodge ladies at the 2014 MSA National Championships in Rockhampton.

Northcote Yabbies

The Northcote Yabbies is a small and relaxed Masters Swimming Club with 10 current members.

Membership

All our members have been competitive swimmers in the past, but none currently compete, apart from the odd event in ocean swims.

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

Training

Training is about catching up with long term friends and maintaining a reasonable level of fitness.

Social Events

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

2014 Committee

Officers for 2014 are as follows:

- President – Jeff Treloar
- Secretary – Philip Beart
- Treasurer – Philomena Horsley
- Public Officer – Allison Smith
- Coach – Graham White

Philip Beart
Secretary

Northern Masters



The Northern Masters "STINGERS" Swimming Club has had an energetic year.

Membership

We currently have 11 financial members with several others who will re-activate their membership and new swimmers who are interested in joining the club (increasing each month). The next twelve months should see our club increase in membership and become more active locally and within MSV.

We are part of the local 3064 Sporting Clubs Group and have a Hume City Council grant to develop a website for the 3064 Sporting Clubs Group to assist people in finding sports within the 3064 area (e.g. swimming, cricket, football, swimming, boxing, soccer, bowls, fishing, boxing, etc). Our aim is to get people active in whatever sport they wish to do.

Open Water Swims

The club has been very active in getting the club members to participate in Open Water Swimming. More than half of our members have completed at least one OWS.

We are confident that at least 80% of club members will participate in an OWS event. We will be conducting training for OWS, as we know that swimming in these events is totally different to pool training.

Club competitions

We have currently joined with the Hume City Swimming Club for competitions. Hume City is a member of Swimming Victoria.

This also enables us to show the parents of the Hume City Swimming Club that we are around and available when their kids are swimming and also to the parents that the

Hume City Swimming Club is available for their kids when they are swimming.

Both clubs are coached by Bronze Licence Coach, Joe Caruana.

Training

Swimming training for the Northern Masters happens on Saturday mornings for those members that can attend. Following training we usually have breakfast together and put back on the 2000+ calories we worked off during the training - but it is a great social event.

Coach training

We have a trained Masters Coach thanks to the time put in by the volunteers from MSV & the many hours that our coach puts into our club. I am sure that we will utilise this training in the future.

Training club members

We have been successful in obtaining grants for training including Austswim, Masters Coach, First aid, CPR, etc. We understand that to advance, a club should invest in training.

We also try to ensure that the club pays for all insurances, re-certifications in CPR & First Aid for our coaches. We believe that volunteers should not have to fork out their own funds to support us. The Hume City Council is very supportive in this.

Social events

After our swim on a Saturday morning we get together for breakfast when we put back the calories we lost during swim training, but it is also a great social event as the places we usually have breakfast are member's houses.

Other social events occur during the year.

Inter-Club Swim Meets

Even though we are a small club, we usually have at least 70% of the club attend inter-club swim meets and we try to compete in as many we can. Members enjoy these events, even though they are initially nervous, but quickly find out that the Masters are a great group to have fun with.

Northern STINGERS Inter-Club

Broadmeadows have a 50m pool that should be operational by October this year and Craigieburn has planned an aquatic centre which should have a 50m and 25m Olympic pool complex within the next 3yrs.

Once the Broadmeadows pool is open, the Northern Masters hope to be holding an interclub swim meet, with the assistance of MSV, the Hume City Council, and local businesses.

Charity

The Northern Masters raise funds and contribute to local charities such as Salvation Army, Cancers for Women, Uncle Bob's, etc. These charities are selected by the club members each year.



Surrey Park members during the 2013/14 OWS Season.

Nunawading Orcas



The club had an interesting year in 2013 in which our coach, Rose Nunn, resigned and we were set the challenging task of finding a new coach.

Membership

The membership of the club steadily increased over recent years, but suffered a dip in numbers in 2013. We firmly believe that this will be reversed in 2014. In 2014 we have been thrilled to attract new members to the club and particularly pleased to see past members returning.

Competition

Competition swims have been well attended and Alan is keen to increase participation of the club in competition events. All Orcas' participants have performed extremely well and we are proud of their achievements.

Coach Search

The committee decided on four applicants and allowed each one the opportunity to

coach the club for one week. This process was extremely well received by the members, who had the opportunity to give feedback to the committee.

Interviews with each applicant, together with feedback from members formed the basis of the appointing our new coach, Alan Godfrey. We are delighted that Alan has been very well received by the members.

Social Activities

Social activities are high on the agenda in 2014 as it is our 20th Anniversary. We have had of Social activities this year, with more planned for the second half of 2014.

We started with a "Dromana Beach BBQ Party" for members and family which was held on Sunday 16 March. This was a fantastic event, followed by some brave souls who participated in a rough bay swim session afterwards. Our AGM was also part of the festivities.

At the end of May we organised a swim for 'bravehearts' at the Carrum LSC and were able to organise the use of the clubrooms and shower facilities for this event. A number of members also came down to cheer us on as we braved the cold Port Phillip Bay.

We plan to have several bay swims during the spring / summer seasons and we hope this new initiative will become a popular activity for members and their families.

**Emilio Badoer
President**



**The Orcas with their new
A-Frame Banner**

Powerpoints



For the Powerpoints, 2013-14 was another incredibly successful year.

At the 2014 MSA Nationals, the Powerpoints were named the Top Club at Nationals for the third year in a row. We had 34 swimmers (20 men, 14 women) in Rockhampton; 32 went to Sydney last year. Mark Thompson won male swimmer of the meet. We had the highest number of competitors of all the clubs represented, so we should have won! But, behind our success is a lot of hard work by the Powerpoints Committee, especially our Competition Subcommittee, and, most of all, by our inspirational coach, Brenton Ford.

Success was also seen at the MSV Short Course (July 2013) and MSV Long Course (April 2014). We have supported our state meets with 52 swimmers competing at Short Course and 57 swimmers at Long Course. We also entered a large number of relay teams, including B teams, into relays. We like to give as many of our swimmers as possible a chance to be in relays. However, we had a problem persuading people to compete in the MSV Relay Carnival at the beginning of September because either they

were away or they wanted to go to the AFL finals. In addition, we chose to enter only 40 teams (instead of our usual 60+) in order to manage our finances (online entry was convenient, but made it difficult to set our own fee structure to cover relay entry costs).

In an attempt to make the November 2013 MSV LDSC meet at MSAC viable, we made a huge effort to encourage participation. We saw 30 Pointers swimming and the club securing eight National records for SC distance relays. We are disappointed that this meet hasn't attracted greater number of participates.

This year we had a strong group at the Marlins meet (16, up from 10 last year). We hope to get more Powerpointers along to other interclubs as we haven't had many swimmers take part in these meets in recent times.

As a club, we continue working towards stronger technical and volunteer support at meets. We have contributed a high number of timekeepers at MSV meets and run the Awards desk. We now have one technical official qualifying as an Inspector of Turns & Judge of Strokes.

Powerpointers love open water swimming and were seen at every ocean swim last summer. Six Pointers were on the podium for their age categories at the Lorne Pier to Pub. Powerpoints came third in the MSV competition "top club" organised as a part of the Cousins Swim series. We had many individual winners in the wet suit, non wet suit and distance categories. We had two competitors swim solo in the Rottnest swim (well done Lisandra and Duncan!) and six members went up to do the Byron Bay swim. Many Pointers have taken "swimming holidays" overseas in such places as Sardinia, Vanuatu, Tonga and the Caribbean.



The Powerpoints squad at Nationals

Silver Sharks



Membership

Club membership is currently 10.

Office Bearers

The Silver Shark's AGM was held on February 16 2014 and saw all office bearers re-elected.

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

Training

Members continue to train as a club at the Genazzano pool, on Monday or Wednesday nights at 7:45 pm with John Sugden. All are welcome to join in, and need only pay the fee for that one swim.

Members also swim at various other pools, although in a less structured manner.

The pools used are:

- Ashburton Pool - 2:15pm on Monday, Wednesday and Friday (cost: pool entry)
- Ashburton Pool - 7:30pm Monday nights (cost: pool entry)
- Monash Aquatic Recreation Centre, Waverley - (cost: pool entry)
- Ringwood Pool.

Interclub Activity

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

Bruce Ripper continues his range of swimming-related positions. These include attending branch meetings, swim committee meetings and being Chief Time Keeper at MSV Championships.

Social Activities

During the year our social organizer, June Ripper has arranged various lunches and dinners.

Surrey Park Seahorses



The last twelve months have been a tale in two halves for the Seahorses.

Seahorse Training Base

For the last half of 2013 we were confined to a substandard, temporarily covered, humid and hot antiquated 25m pool, while our new facility at Box Hill was renovated.

We had two training venues, at Genezzano FCJ on a Tuesday night and Box Hill on Thursday. The venues were proving difficult to encourage our own members and attract new members to our Thursday training sessions, or our regular Sunday intra-club competition, as the pool environs were heated for swim school conditions.

The new facility was opened in December 2013 and saw the Club's fortunes change for the better.

With training sessions taking place in our new facility in 2014, we have been able to gain access to the new 10 lane 25m outdoor pool. As a result, we have now based most of our structured activities at the Box Hill facility, however occasionally use the 50m Balwyn pool for our long distance Vorgee Endurance 1000 swims.

Membership

With the increased visibility at the centre, we have attracted four new members to the club, while retaining the majority of our 2013 membership.

Training

Training numbers have improved from 2013 and we've had as many as 14 members compete on Sunday mornings at our intra-club. This is up from 2013, where we were lucky to attract five.

There have been a few teething issues with the new facility, as was expected, but overall it has had a positive impact for our Club.

Coaching

The club's 2014 coaching and training arrangements are working well. Sean Kirwan has continued in 2014 as our Thursday evening coach. Following Rachel Frame finishing up in her role as our Tuesday coach at the beginning of this year, we have seen Nicola Sparrow take over Tuesday nights.

Vorgee Endurance 1000

Surrey Park Seahorses continues to score strongly in the National Vorgee Endurance 1000 Trophy. We topped the State in the Average Points per Member and came second in the overall Top Points.

We are already well on the way to eclipsing our total points for 2013, with the renewed interest and improved conditions. We slipped out of the top 10 nationally in both these contests but are looking to getting back where we belong this year. 2013 was unfortunately the first year where none of our swimmers managed to complete the entire program.

Competiton

Participation numbers in Branch and National competitions were down in 2013, but at the MSV Long Course Championships in April 2014 we were very pleased to have eleven members and two relay teams compete - the highest number for at least two years. It is our hope that these numbers can be maintained for the remainder of the year.

Catherine Watmough proudly represented us at the MSA 2014 National Championships in Rockhampton, where she set many new club records.

Future

Thank you to the members of the Surrey Park Seahorses' Committee, who ensure that the club continues to function effectively in both swimming and social activities.

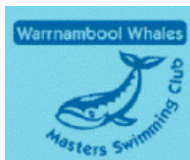
We are excited that 2014 has a very real sense of rejuvenation around the Club.

Linda Gunzburg
President



Surrey Park members at the 2014 Cerberus Swim Classic
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Warrnambool Whales



The Warrnambool Whales continues to provide members with the MSA motto - fitness, friendship and fun - through a structured swimming program conducted at Aquazone.

Membership

Our membership last year stood at a total of 68; a recent surge of new members has seen this year's membership achieve a similar number.

Training

Members have six training sessions per week made available to them, and access to programs implemented by our three great coaches. The Warrnambool Whales welcomes visitors from other Clubs to join them in training.

Vorgee Endurance 1000

The MSA Vorgee Endurance 1000 program is well supported by members. 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.

Social Activities

Social activities are an important aspect of the Warrnambool Whales. This year we have enjoyed Indian cooking classes and a fascinating evening hearing about Andy Alt's travels to Antarctica where he maintained his commitment to training by plunging into the waters off the Antarctic Peninsula. Every Sunday morning after training, sprint trials and our e1000 swims, members are rewarded with a cuppa and raisin toast.

Members' Achievements

Members' achievements in swimming are recognised at the annual presentation night where awards are given for Club Champion, Open Water Swimming Champions and service to the Club.

This year Val Ryan received the 'Sandra Downey Memorial Trophy' for Best Club Person. Val has, for many years, been a strong recruiting force for our Club with many of those she introduced now strong members.

The club also recognised the achievements of Noel Ryan with a special trophy. At the 2013 MSA Nationals Noel achieved 1st

place in all five events he entered and set new Victorian records in three of them. Later, Noel won 2 events at the MSV LDSC Championships and set new MSV records in both.

Long standing member, Nick Thies, provided much fun with his 'Doctor Nick's Magic Show' on the night.



Noel Ryan receiving his award from Life Member and Treasurer, Ted Goddard

Western Alligators



Membership

Western Alligators' membership numbers have increased steadily since a dip at the start of the year.

Western Alligators AGM

Our AGM was held in December 2013 and several new committee members were elected.

This was followed by our end of year function. The function saw awards recieved for the nominate-your-own-time event, as well as the Western Alligators Coach's award and President's award.

Training

Wester Alligators continue to run two training sessions a week in Altona North, at the Bayfit Leisure Centre.

Coaching

In 2013-14 we have been coached by Rex Brown. Rex has a high attention to stroke technique, which is much appreciated by members.

Intra-club Events

In the past year we have conducted a monthly nominate-your-own-time event, which, follow MSV club, the Hoppers Crocs are invited.

Eighteen Alligators recently participated in the fundraising event Swim4Causes. The event was organised by Hoppers Crocs' Leonie Woods.

Open Water Swimming

Several Alligators participated in open water swims over the summer.

Awards

In December 2013, Bob Willis was the fourth recipient of the MSV Aqua Shop Member of the Month award. Bob was awarded as a prime example of swimming for fitness, friendship and fun.

Club Advertising

We are sporting new polo shirts with our club emblem. We also have a new website and an app.



Western Alligator's Bob Willis received the MSV Aqua Shop Member of the Month award in December 2013

2013 Coach of the Year - Elana McNeil

For over twenty years, Elana McNeil has been a regular and exceptionally reliable member of the Malvern Marlins' coaching team.

Elana has a proven ability to improve the level of swimming performance from her squad swimmers. There are many examples of coaching success stories from the past 20 years of Elana's coaching tenure, which include the coaching and encouragement of non-swimmers, world champion and world, national and state record holders such as Pat Galvin and the many members who swim only for fitness.

Elana's squad are exceptionally loyal to her and they turn up, every Thursday evening rain, hail or shine. This loyalty is, in part, due to her enthusiasm for coaching and mentoring her swimmers - she always talks to her swimmers about their injuries, forthcoming meets, personal goals for the season, results from the weekend swim meet etc, before they enter the pool.

Additionally she takes great care with her swim session planning, which her swimmers appreciate. Her sessions are balanced, varied and interesting. This leads to her swimmers being challenged, remaining motivated and keen to regularly attend her training sessions. Elana's swim sessions also run well because she preaches a great swimming etiquette and demands it in return.

Elana is also willing to help the other volunteer coaches at the swimming club, she has a wealth of experience and she is always happy to provide constructive advice and opinion. This has played a significant part in improving the overall coaching quality at the Malvern Marlins during 2013, let alone over the previous 19 plus years!

Congratulations Elana on winning the 2013 MSV Coach of the Year.



2014 National Trophy Winners

Congratulations to the following MSV clubs who took out awards at the 2014 MSA National Championships in Rockhampton.

Founders Cup - Powerpoints - 2183 points

Runner's Up Trophy - Malvern Marlins - 1103 points

Visitors' Trophy - Powerpoints

Life Members Trophy (new in 2014) - North Lodge Neptunes

Male Swimmer of the Meet - Mark Thompson - Powerpoints

Age Group Trophy 120 - 159 - Powerpoints

Age Group Trophy 160 - 199 - Powerpoints

Age Group Trophy 200 - 239 - Powerpoints

Age Group Trophy 240 - 279 - Malvern Marlins

Age Group Trophy 320 - 359 - North Lodge Neptunes



2013/14 Open Water Swimming

In the 2013/14 Open Water Season, Masters Swimming Victoria and Cousins Tours and Travel joined together for the Great Victorian Swim Series. The winner was announced at the Presentation Party at the conclusion of the season.

2014 Great Victorian Swim Series Champions - Doncaster Dolphins



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