

Annual Report 2023



Masters Swimming Victoria



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Officer Reports

President's Report

After a year of consolidation, governance overhaul and direction setting in 2022, I am pleased to report on a busy and largely successful 2023. Your board set itself a number of goals throughout the year and is pleased to report a high level of achievement:

In the pool

- Continuing to increase the number of active members: Final count: 1347 first claim swimmer members- up from 1285 in 2022 and an increase of more than 200 on the pre-pandemic numbers from 2019 and 2018.
- Continuing to increase the number of active clubs: After beginning the year with 1 new club, 6 new clubs were affiliated during 2023, and another 2 were approved for affiliation beginning 2024.
- Holding long-course & short-course meets, including a short course long distance meet and 2 very successful relay meets, and 5 inter-clubs.
- Increased attendance at meets (Long Course, Short Course Relay).
- Increased numbers of volunteers helping at meets.
- Surpassing an average of 80 swimmers at interclub meets.
- First co-sanctioned meet with Swimming Victoria.
- First MSV open-water championships (also co-sanctioned with SV).
- 2 MSV coaching development courses, including one for open-water.

We were pleased to see our swimmers succeed in the open water and the pool. We congratulate Powerpoints' Jennie Bucknell on breaking three individual world records, and Powerpoints team Jennie Bucknell, Lachlan McDowell, Gillian O'Mara, and Mark Thompson on breaking two relay world records.

On dry land

- A much-enjoyed social event.
- Created an MSV Youtube channel for promotional and educational videos.

Governance

- Finalised constitution review.
- Reviewed by-laws.
- Maintained sound financial position while holding MSV fees steady at pre-Pandemic levels.

As usual, this was managed with just one dedicated part-time administrator and a handful of volunteers. Special thanks must go to **Alan Godfrey** for hours of work put into arranging all meets and following up with a pile of recording work. On the day, **Simon Bole-Brown** and his ever-reliable team of officials make sure meets run smoothly and within the rules. After many years of service, for which we thank you greatly, Simon will be stepping down as Technical Director in 2024.

All board members committed themselves unselfishly to the roles they have undertaken and I thank them all, on behalf of all members of MSV, for their continuing support to your board and this association. Each quietly playing their part to deliver the services you expect.

2024's goals build on the successes of 2023 – increased membership, clubs and meet participation. We also need to address key person risk in the organisation, including technical officials, as we continue to rely on a few key individuals. 2024 will be a particular test as we prepare to host the Nationals in 2025.

Darryl Flukes, President

Recording Director's Report

We had some excellent meets at MSV in 2023 and look forward to a competitive 2024.

Note also that MSV is hosting the MSA Nationals in 2025 – 8-12 April at MSAC and we will be looking for volunteers to help over the next year to create a great meet.

We were lucky in 2023 to have 5 major Branch meets and 5 Interclub meets.

- MSV LC 173
- MSV SC 211 MSV, 14 SV
- MSV LC Relay 265
- MSV SCLD 80
- MSV SC Relay 326
- Malvern Marlins 110
- Mornington Peninsula 82
- Glamourhead Sharks 91
- Powerpoints Summer Smash 85 (plus 1 visitor)
- Powerpoints Spring Fling 53

There were 646 individual swimmers competing over the year, with 1447 swims.

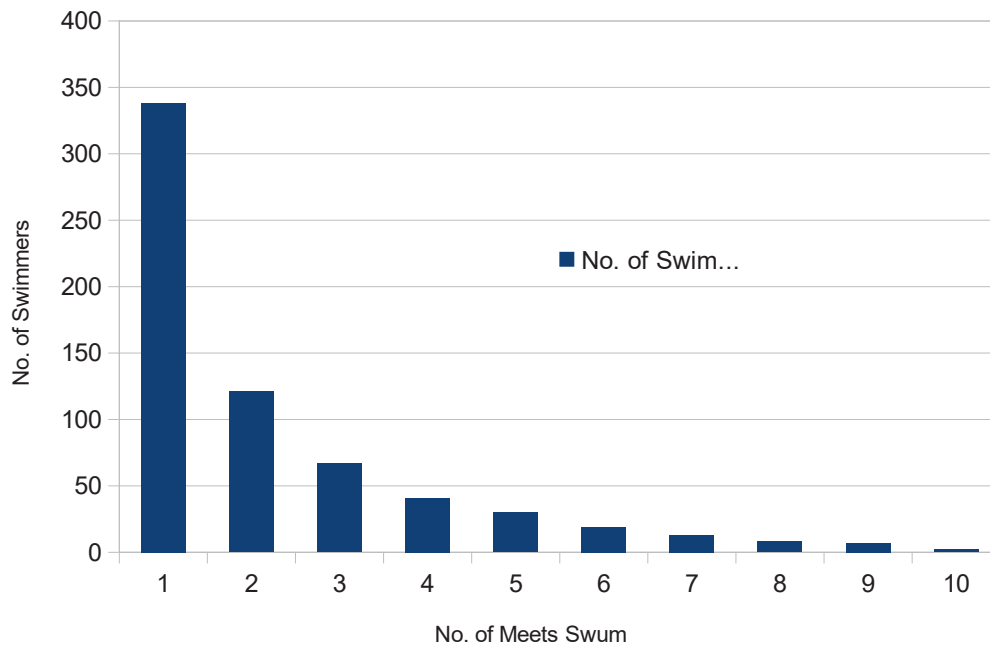
The Short Course Relay meet was very popular with 131 swimmers participating in only this meet. Notably, of all the 1403 MSV members, 646 swam in just 1 event (46%).

Still lots of room to increase and we urge clubs to continue encouraging their members to participate.

It would be great to have more clubs hold their own Interclub meet. We are in the process of organizing material on Swim Central and Club Assistant and, with help of the Swim Meet Committee, getting programs up and running for future meets. MSV is also looking to train some people to assist (or take on) the role of Recorder and accompanying Meet Director role.

Alan Godfrey, Recording Director

Competitors 2023



Coaching Director's Report

The Coaching Director was appointed at the 2023 AGM and was ably supported throughout the year by Dennice Breeschoten.

Towards the end of the year we visited 2 clubs to observe some sessions. We hope to visit more in 2024.

2 coaching workshops were held; one at Melbourne High, the other an Open Water Swim workshop led by Jason Bryce at Williamstown.

Again we hope to run more workshops in 2024.

It was informative to be a visitor on the National Coaching Committee until the appointment in October as an active member.

While MSA instituted a new Coaching Excellence Award, MSV kept the Coach of the Year award. Some excellent nominations were received to be presented in 2024.

Coaches are also getting more used to the Dita platform and online work that can be done there. After the survey by MSA there was a big jump in participation of online discussions as more people found out about the platform.

In 2024 MSV is looking to encourage more new coaches and get our current coaches re-accredited as their licence/qualification comes up for renewal. We look forward to engaging with more coaches in 2024.

Alan Godfrey, Coaching Director

Administrator's Report

Governance

Masters Swimming Victoria (MSV) began 2023 with an updated constitution, accepted at a Special General Meeting in December 2022.

The key changes to the Constitution are:

- A simplified governance structure requiring a board of six to nine members, replacing the old structure that required each club to nominate a representative to the board.
- Clarification of the definition of "Members" (being Clubs).

A number of minor changes were also approved, which clarify and correct various points and make the Constitution more relevant in 2023, the last Constitution having been approved in 2014.

The MSV Board in 2023 was elected at a Special General Meeting on February 1st (with Alan Godfrey appointed as Coaching Director at a subsequent board meeting), and re-elected at the Annual General Meeting on May 24th.

President: Darryl Flukes
Vice President: Dennice Allen-Breeschoten
Finance Director: David Cowie
Recording Director: Alan Godfrey
Coaching Director: Alan Godfrey
Technical Director: Simon Bole-Brown
Club Board Member: Patricia Baker
Club Board Member: Brett Davidson
Club Board Member: Jason Bryce

The MSV Constitution stipulates that the position of Secretary is to be undertaken by the appointed Administrator. Through all of 2023 this position was held by Kara Pogos.

Following the acceptance of the updated constitution, the Board commence a review of the By-Laws, which were also last updated in 2014.

Membership

MSV finished 2023 with 1347 first claim swimmer members, up from 1285 at the end of 2022 and an increase of more than 200 on the pre-pandemic numbers from 2019 and 2018.

In 2023, MSV offered non-swimmer (dry membership), which was provided by some of the clubs. There were 11 non-swimmer MSV members at the end of 2023.

Clubs

MSV began 2023 with 33 clubs, including 1 newly affiliated club, Lara Masters Swimming Club.

An additional 6 clubs were welcomed and affiliated in 2023:

Ararat Masters Swimming Club
Boronia Swim Club Masters
Kangaroo Flat Masters Swimming Club
Laverton Wyndham Aquatics
Nyah Two Bays/ Swan Hill Amateur Swimming Club
Yarra Plenty Waves Masters

A further 2 clubs were approved for affiliation beginning in 2024:

Monbulk Aquatic Club
Westbourne Masters

Sanctioned meets - Pool

Branch Meets

MSV Long Course Championships - 25 and 26 March, Ballarat Aquatic and Lifestyle Centre
MSV Relay Championships – 7 May 2023, MSAC
MSV Long Distance SC Championships – 2 July 2023, Caulfield Grammar
MSV SC Championships – 24 September 2023, MSAC
MSV SC Relay Championships – 29 October 2023, MSAC

Interclubs

29th Malvern Marlins Interclub 2023 – February 11 2023, Harold Holt Pool
Powerpoints Summer Smash 2023 – March 3 2023, MSAC
Mornington Peninsula Masters Simming Club Second Annual Interclub – 19 March 2023, YAWA
Glamourhead Sharks Interclub Swim Meet 2023 – 20 May 2023, Caulfield Grammar
Powerpoints Spring Fling 2023 – to be held Sunday 17th September, MSAC.

Achievements and highlights:

Powerpoints team of **Mark Thompson, Gillian O’Mara, Jennie Bucknell, and Lachlan McDowell** smashed the mixed 4x200m Freestyle relay **world record** in the 200-239 age group at the Powerpoints Summer Smash. With a time of 8:55.03, not only were they more than 30 seconds under the previous record, they were faster than any other Australian masters relay team of any age group in history!

The team followed up with **another world record** at the MSV Long Course Relay Championships in the 4x100m mixed freestyle relay (200-239 age group) with a time of 3:57.74.

Powerpoints swimmer **Jennie Bucknell set three individual world records** at the MSA National Championships 2023 in Hobart: two in the 50 freestyle and another in the 100m freestyle.

A highlight of the year was working with Swimming Victoria to make the MSV Short Course Championships MSV's first co-sanctioned meet. In the process of organising the meet, MSV learned about how to run an official meet for two separate swimming bodies and how to manage two sets of entries and results.

Following the success of the Short Course Relay Championships in 2022, which brought back the Battle of the Divisions contest, there were two Relay Championships in 2023.

Battle of the Divisions 2023, Long Course

- Division 1: Melbourne H2O
- Division 2: Glamourhead Sharks
- Division 3: Inclusive Sports Training
- Division 4: Yarra Roughies

Battle of the Divisions 2023, Short Course

- Division 1: Malvern Marlins
- Division 2: Brunswick Belugas
- Division 3: Melbourne Open Water
- Division 4: No Club

Special recognition goes to MH2O for bringing nearly a quarter of the total number of swimmers who were there on the day!

We were pleased to see the Goulburn Valley Crocs at the relay meets in 2023, as they had to withdraw in 2022 due to flooding.

Sanctioned Meets – Open Water

Victorian Open Water Championships – 9 December 2024, Eastern Beach Geelong

MSV was excited to collaborate with Swimming Victoria on a second dual-sanctioned meet in 2023, the Victorian Open Water Championships.

Wet weather on December 9 didn't stop 31 female and 26 male masters athletes from taking on the 2.5km MSV championship race, alongside SV members and independent athletes. The 2.5km, a standard distance on Victoria's open water racing calendar, was chosen as the MSV championship distance as it was closest to the 3km distance swum at World Aquatics Masters Championships.

Thank you to Jason Bryce for his valuable advice throughout the planning process, and to Swimming Victoria and Race Director Grant Siedle for their hard work organising the event. Thanks also to the team of safety monitors and officials, Geelong City Council, and Sports Event Services.

Coaching Events

MSV hosted two coach development workshops in 2023.

Coach to the Coach 1 – 1 October 2023, Melbourne High School

The event focused on freestyle and backstroke technique, as well as aquaphotography and strength and conditioning.

Coach to the Coach 2 – 19 November 2023, Williamstown Anglers Club

This event covered a variety of topics related to coaching for open water swimming, including pathways, rules, dryland exercises, freestyle technique, breathing, sighting, cold water protocols, and feeding stations.

Other Events

MSV Relays Presentation Dinner

MSV hosted a social night at Sandy Bay Hotel on November 4. The event included a presentation of trophies for the division winners of the Short Course Relay Championships 2023, presentation of world record certificates, acknowledgement of 2023 record breakers, dinner, drinks, a DJ, trivia, and a raffle. Prizes were a deck coat from Aqua Shop South Melbourne, a discount on wetsuits from Great Ocean Wetsuits, and free entry to all MSV meets in 2024. Thank you to Patricia Baker for leading the organisation of the event.

Other developments

- MSV moved to Sports House, opposite Melbourne Sports and Aquatic Centre, in September 2023.
- The MSV Board commenced a review of the MSV By-Laws. Thank you to David Cowie and Brett Davidson for leading the review.
- MSV soft launched a YouTube channel.
- MSV had 3 clubs participating in the Allianz Swim Club project: Ballarat Masters, Frankston Masters, and Mornington Peninsula Masters. Thank you to Donna Gadsby for performing the role of Branch Welcoming Officer, and Dennice Allen-Breeschoten for her assistance administering the project.

Acknowledgements

Thank you to all of the members of the MSV Board, the MSV Technical Officials, and all of the members of the various MSV sub-committees for volunteering so much of their time and effort to make MSV such an exciting and wonderful community. Thank you to all of the branch administrators for their support and collaboration. Finally, thank you to Kath and Sarah in the National Office for their support and guidance.

Kara Pogos, Administrator



MASTERS SWIMMING VICTORIA INC

ABN 25 821 364 162

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**FINANCE REPORT
For the year ended
31 December 2023**

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Masters Swimming Victoria
Profit & Loss Statement
For the year ended 31 December 2023

	31-Dec-23	31-Dec-22
Income		
	\$	\$
Adult Learn To Swim program	1,818	
Annual Dinner	2,868	
Club Affiliation fees	100	660
Interest	1,111	216
Member registrations	56,493	18,125
Swim Meets	42,726	24,873
Training courses	340	
Total Income	105,456	43,874
Expenses		
Administration fee to MSA	-	22,938
Adult Learn To Swim program	1,364	
Affiliation fee	586	586
Audit fees	2,000	
Bank Charges	79	109
Bookkeeping	4,631	4,496
Board expenses	97	-
Clubs online admin fee	-	461
Communication with Members	139	
Computers expenses	6,244	2,930
Course expenses - Coaching	1,003	
Annual Dinner	4,173	-
Filing Fees	191	60
General expenses	632	
Insurance	152	103
Legal fees	2,660	3,396
Marketing expenses	-	9,704
Office	134	832
Other Employee Expenses	658	
Pool survey costs	3,500	
Rent	4,259	2,588
Storage space	2,786	
Superannuation	3,210	1,090
Swim Meet Expenses	46,249	31,920
Telephone	651	
Wages	28,615	10,385
Total Expenses	114,013	91,598
NET SURPLUS/ (DEFICIT)	(8,557)	(47,724)

The accompanying notes form part of these financial statements.

Masters Swimming Victoria
Balance Sheet
As at 31 December 2023

	Note	Dec-23 \$	Dec-22 \$
Assets			
Current Assets			
Cash	2	106,835	120,709
Accounts Receivable		374	22
Inventory		3,014	8,836
Total Current Assets		<u>110,223</u>	<u>129,567</u>
Non Current assets			
Property, plant & equipment	3	0	0
Total Non Current assets		<u>0</u>	<u>0</u>
Total Assets		<u>110,223</u>	<u>129,567</u>
Liabilities			
Current Liabilities			
Trade and other creditors	4	20,349	28,153
GST Liabilities		(1,106)	1,877
Total Liabilities		<u>19,243</u>	<u>30,030</u>
Net Assets		<u>90,980</u>	<u>99,537</u>
Equity			
Accumulated funds	5	90,980	99,537
Total Equity		<u>90,980</u>	<u>99,537</u>

The accompanying notes form part of these financial statements.

**NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023**

STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES

Accounting policies

These financial statements are a special purpose financial report prepared in order to satisfy the accounts preparation requirements of the Associations Incorporation Reforms Act 2012.

The committee have determined that the Masters Swimming Victoria Inc is not a reporting entity and therefore there is no need to apply Australian Accounting Standards or mandatory professional reporting requirements in the preparation and presentation of the financial statements.

The financial report has been prepared on an accruals basis and is based on historical costs modified by the revaluation of selected non current assets, financial assets and financial liabilities for which the fair value basis of accounting has been applied.

The following specific accounting policies, which are consistent with previous periods unless otherwise stated, have been adopted in the preparation of this financial report.

(a) Property, Plant and Equipment

Each class or property, plant and equipment is carried at cost or fair value less where applicable, any accumulated depreciation and impairment losses.

The depreciable amount of all fixed assets is depreciated on a straight line basis over their useful lives commencing from the time the asset is held ready for use.

(b) Medals on hand

Stock of medals is measured at the lower of cost and net realisable value

(c) Revenue

Swim meets, club affiliation fees, members registrations and training courses revenue are recognised when the entity obtains control over the funds, which is generally at the time of receipt.

Interest revenue is recognised using the effective interest method, which for floating rate financial assets is the rate inherent in the instrument

(d) Goods and Services tax (GST)

Revenue, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the balance sheet are shown including of GST.

**NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECMEBR 2022**

(e) Comparatives

Certain comparative figures have been reclassified to conform with the financial statement presentation adopted for the current year.

	Dec-23	Dec-22
	\$	\$
Cash		
Commonwealth bank- business transaction account	12,302	29,730
Commonwealth bank- on line saver	92,827	89,421
Commonwealth bank- debit card account	1,706	1,558
ANZ- cheque account	-	-
	<u>106,835</u>	<u>120,709</u>
Property, Plant and Equipment		
Plant and Equipment	49,498	49,498
Accumulated depreciation	<u>(49,498)</u>	<u>(49,498)</u>
	-	-
Trade and other creditors		
Trade creditors	-	11,200
Unearned income	16,982	15,329
Payroll liabilities	3,367	1,624
	<u>20,349</u>	<u>28,153</u>
Accumulated Funds		
Accumulated fund brought forward	99,537	147,261
Net income / (loss) for the period	<u>(8,557)</u>	<u>(47,724)</u>
	<u>90,980</u>	<u>99,537</u>

Masters Swimming Victoria Inc.

Statement by Committee

In accordance with a resolution of the Committee of the Masters Swim Victoria Inc., we state that:

In the opinion of the Committee, the financial report as set out on pages 1 to 4:

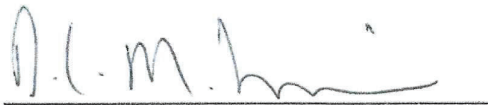
presents fairly the financial position of Masters Swimming Victoria as at 31 December 2023 and its performance for the year ended on that date in accordance with the accounting policies outlined in Note 1 to the financial statements.

satisfy the requirements of the Association Incorporation Reform Act 2012.
to prepare a financial report.

at the date of this statement, there are reasonable grounds to believe that Masters Swimming Victoria Inc will be able to pay its debts as and when they become due and payable.

On behalf of the Committee

Committee Member



Committee Member



Dated

20/03/2024

Membership

Life members

Alan Davis (VSP)

Edward Tullberg (VVM)

Barabara Brooks (VVM)

Danny Smith (VVM)

Paul Watmough (VVM)

Jeanette Holwiuk (VVM)

Code	Club	2019	2020	2021	2022	2023
VAR	ARARAT SWIMMING CLUB					0
VBL	BALLARAT BEAVERS	24	21	34	28	24
VBP	BORONIA SWIM CLUB MASTERS					1
VBC	BOROUGHCOUTAS MASTERS	47	47	44	54	40
VBS	BRUNSWICK BELUGAS	63	58	54	55	76
VCN	CARNEGIE	7	5	Closed	Closed	Closed
VCS	CASEY SEALS	37	28	20	29	31
VDA	DVE AQUATICS	0	0	1	0	Not affiliated
VDC	DONCASTER DOLPHINS	91	82	89	93	96
VFR	FRANKSTON PENINSULA	59	48	48	67	60
VGL	GEELONG CATFISH	6	3	3		
VGP	GIPPSLAND FLIPPERS	10	9	16	14	23
VGB	GISBORNE THUNDER	4	0	0	0	0
VGS	GLAMOURHEAD SHARKS	90	72	68	90	90
VGW	GOULBURN VALLEY CROCS	26	42	43	60	54
VHM	HEIDELBERG FLYERS	25	21	25	36	37
VHS	HORSHAM SWIMMING	n/a	n/a	n/a	3	0
VIN	INCLUSIVE SPORTS	26	15	27	27	25
VKF	KANGAROO FLAT MASTERS					1
VLR	LARA SWIMMING CLUB					9
VLW	LAVERTON WYNDHAM AQUATICS					0
VAJ	MACCABBI AJAX	29	26	4	6	6
VM1	M1 SWIMMING CLUB	2	0	Not affiliated	Not affiliated	Not affiliated
VMV	MALVERN MARLINS	159	144	145	159	165
VMH	MELBOURNE H20 SWIMMING	53	42	58	97	160
VMO	MELBOURNE OPEN WATER	n/a	n/a	2	22	36
VVC	MELBOURNE VICENTRE	4	1	0	0	0
VML	MELTON SWIMMING CLUB	n/a	1	1	2	3

VMP	MORNINGTON PENINSULA	n/a	n/a	40	85	86
VHU	NORTHERN MASTERS	1	3	4	6	4
VNA	NUNAWADING ORCAS	28	22	23	32	34
VNY	NYAH TWO BAYS/ SWAN HILL					0
VPM	PORT MUSSELS	6	4	5	5	5
VPP	POWERPOINTS MASTERS	127	109	102	95	95
VRR	RINGWOOD SWIMMING CLUB	Jodi	n/a	16	28	18
VSP	SURREY PARK SEAHORSES	39	35	46	45	41
VSC	SWIMLAND SWIM CLUB	9	11	10	12	12
VVM	VICTORIAN MASTERS	30	31	20	32	19
VWT	WANGARATTA SWIMMING	0	0	3	0	2
VWB	WARRNAMBOOL WHALES	62	61	58	69	60
VWA	WESTERN ALLIGATORS	25	16	8	9	10
VYP	YARRA PLENTY WAVES MASTERS					5
VYR	YARRA ROUGHIES	23	12	5	25	19
Total		1112	969	1022	1285	1347

Notable Achievements

MSV Coach of the Year 2023

Awarded to Donna Gadsby (Mornington Peninsula Seadragons)

Donna received the award in recognition of her dedication not just to her athletes' wellbeing, training, and performance – evidenced through glowing testimonials and at swim meets- but also for her invaluable contribution to the wider Masters community, including through delivering professional development sessions and mentoring. Congratulations, Donna!



MSV President Darryl Flukes with Donna Gadsby, Coach of the Year 2023

MSV Vorgee Million Metres

Congratulations to the following MSV Million Metres recipients in 2023:

Name	Club	Distance
Murray Burns	Doncaster Dolphins	1 Million metres
Rod Clarke	Doncaster Dolphins	1 Million metres
Donna Gadsby	Mornington Peninsula Masters	1 Million metres
Peter Duggan	Malvern Marlins	2 Million metres
Jenny Hookey	Surrey Park Seahorses	2 Million metres
Greg Chaplin	Casey Seals	7 Million metres

MSA Endurance 1000

Congratulations to these fit individuals, each of whom clocked up 62 swims in the MSA Endurance 1000:

Name	Club	Age Group	Points
Nolene Schofield	VMV	65-69	1005
Julie Collette	VMV	70-74	1005
John Cocks	VMV	85-89	1005
Sue Lyon	VSP	55-59	981
Colin Mccraith	VDC	75-79	857
Rory Johnson	VDC	35-39	801

MSV World Record Breakers

Congratulations to our World Record Setters in 2023.

Record Holder	Event	Category	Course	Time	Meet
Jennie Bucknell (VPP)	50m Freestyle	55-59 W	LC	27.94	MSA National Championships, 21/4/2023
Jennie Bucknell (VPP)	100m Freestyle	55-59 W	LC	1:01.87	MSA National Championships, 20/4/2023
Jennie Bucknell (VPP)	50m Freestyle	55-59 W	LC	28.24	MSA National Championships, 19/4/2023
Powerpoints Jennie Bucknell Lachlan McDowell Gillian O'Mara Mark Thompson	4x200m Freestyle Relay	200-239 Mixed	LC	8:55.03	Powerpoints Summer Smash 2023, 3/3/2023
Powerpoints Jennie Bucknell Lachlan McDowell Gillian O'Mara Mark Thompson	4x100m Freestyle Relay	200-239 Mixed	LC	3:57.74	MSV LC Relay Championships, 7/5/2023



Powerpoints world record breaking dream team

MSA Awards

Congratulations to the MSA National Championships 2023 Special Award Winners:

Founders Cup	Malvern Marlins
Runners Up Trophy	Powerpoints
Swimmer of the Meet – Female	Lisandra de Carvalho (Powerpoints)

World Aquatics Masters World Championships Achievements

Gold

Graeme Armstrong (VPP): 70-74 50m Back (M) – 36.13

Graeme Armstrong (VPP): 70-74 100m Back (M) – 1:18.85

Silver

Tracey Murphy (VVM): 34-39 800M Free (W) – 9:50.99

Graeme Armstrong (VPP): 70-74 200m Back (M) – 3:01.44

Bronze

Lauren Williams (VMH): 25-29 3k Open Water (W) – 52:24.7

Tracey Murphy (VVM): 35-39 100m Butterfly (W) – 1:08.54



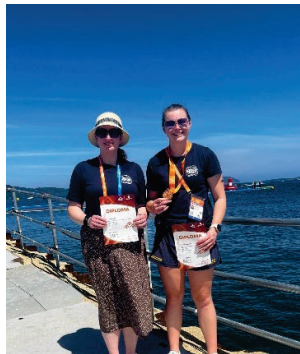
Claire Mas (QRL) and Erin Abson (VWA),



Tracey Murphy (VVM), Worlds



Tony Rebeck, VMM, Worlds



Kara Pogos & Lauren Williams, VMH, Worlds



Susie O'Neill (QRL) & Zhenya Mikutchik (VBS), Worlds

MSA Swim Series

Congratulations to the MSV swimmers who won (gained the highest number of points in) the MSA Swim Series in their Age Groups:

Female

Name	Club	Age Group
Jacinta Humphrey	VPP	30-34
Sonia Veldhoven	VVM	45-49
Rosa Montague	VPP	75-79
Dorothy Dickey	VDC	90-94

Male

Name	Club	Age Group
Darius Schultz	VPP	30-34
John Cocks	VMV	85-89
Patrick Galvin	VMV	90-94

Clubs Affiliated with MSV in 2023

ARARAT SWIMMING CLUB

BALLARAT BEAVERS

BORONIA SWIM CLUB MASTERS



BOROUGHCOUTAS MASTERS

BRUNSWICK BELUGAS

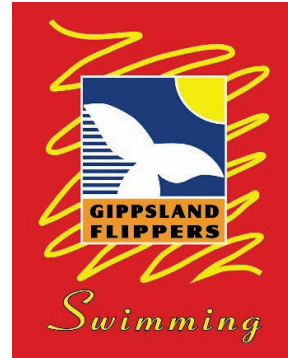
CASEY SEALS



DONCASTER DOLPHINS

FRANKSTON PENINSULA MASTERS

GIPPSLAND FLIPPERS



GISBORNE THUNDER

GLAMOURHEAD SHARKS

GOULBURN VALLEY CROCS



HEIDELBERG FLYERS



HORSHAM SWIMMING



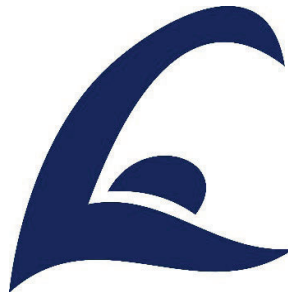
INCLUSIVE SPORTS



KANGAROO FLAT MASTERS



LARA SWIMMING CLUB



LAVERTON WYNDHAM AQUATICS



MACCABBI AJAX



MALVERN MARLINS



MELBOURNE H2O SWIMMING CLUB



MELBOURNE OPEN WATER



MELBOURNE VICENTRE



MELTON SWIMMING CLUB



MORNINGTON PENINSULA



NORTHERN MASTERS



NUNAWADING ORCAS



NYAH TWO BAYS/ SWAN HILL
AMATEUR SWIM CLUB



PORTARLINGTON MUSSELS



POWERPOINTS MASTERS



RINGWOOD SWIMMING CLUB



SURREY PARK SEAHORSES



SWIMLAND SWIM CLUB



VICTORIAN MASTERS



WANGARATTA SWIMMING



WARRNAMBOOL WHALES



WESTERN ALLIGATORS

WESTERN ALLIGATORS

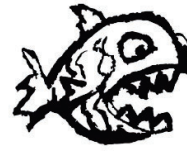


MASTERS SWIMMING CLUB

YARRA PLENTY WAVES MASTERS



YARRA ROUGHIES



**YARRA
ROUGHIES**

Club Reports



Gippsland Flippers at Glamourheads Interclub



Gippsland Flippers



MH20 army at SC Relay Championships



SC Relay Champs Division 1 Winners, MH20



Kristen Kearns, MH20



Carlo Maolitsas, IST



Nikita Rogers, IST

Ballarat Masters

Ballarat Masters Swimming Club has had a successful recovery after our breaks for COVID.

While our membership has not recovered to pre covid levels our numbers are slowly improving.

We have a number of sessions, Tuesday and Thursday mornings and Tuesday and Thursday evenings. A group also swim on a Saturday morning.

We are very lucky to have both the Ballarat Aquatic Centre and the Eureka 50m pools available to us. Eureka is an outdoor pool.

The club went on a swimming tour to Split in Croatia during August 24 for seven days. We swam from an island called Krapanj daily in crystal clear seas. While it was extremely hot a great time was had by all.

The club participated in the Allianz learn to swim program with our learners completing two sessions. We hope to start a special program for these new swimmers.

Colin Feltham, Secretary



Colin Feltham, Greg Hughes, Bryan Metcalfe
Mona Hatwal, Mukal Hatwal



Swimming tour, Croatia

Casey Seals

2023 was a good year for Casey Seals. We're still in a rebuilding phase following the disruptions of the last few years, and we had quite a few new swimmers join our old (and not so old) regulars, particularly towards the end of the year. We had 32 members.

We try to make our training sessions fun, while also getting some serious swimming done, and everyone seems to enjoy that balance. Some of our members are unable to get to our training sessions for various reasons, but we always enjoy catching up with them at swim meets or the odd social event.

Our swimmers started the year taking part in a variety of open water swims. We then moved on to pool meets including interclubs, state champs, the long distance meet, nationals and GBRMG. The last event for the year was the inaugural MSV/SV OWS at Geelong. Some also did triathlons and ironman events. We'd like to congratulate them all for their achievements, especially those tackling something for the first time.

Thanks to all the MSA/MSV staff, officials and other volunteers who make these events happen, and to the swimmers from other clubs for your support and friendship. We'd also like to acknowledge our past members who have moved on to other clubs, who all know our club motto: "once a Seal, always a Seal".



Casey Seals at training



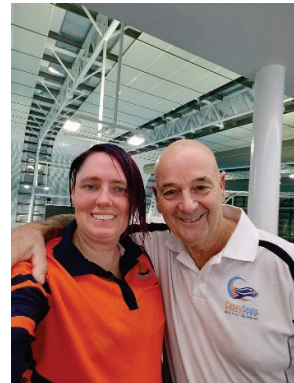
Casey Seals at training



GBR Masters Games



Vic OW Championships



Casey Camaraderie

Doncaster Dolphins

In 2023 our membership numbers reached 100 again for the first time in a number of years. We have a broad mix of swimmers both competitive, and those who wish to swim for fitness and the social side.

Competition highlights:

- We had 26 members participating in open water events, with 13 of those members winning at least one event. At the inaugural MSV open water championships held in Geelong Bec Cook, Sarah Louise, Leanne Sheean and Rohan Fanning all won gold. We also held two open water swim clinics at the end of the year at Half Moon Bay.
- 46 swimmers competed in at least one pool event during 2023. Dolphins broke 7 individual National records, 71 Victorian records and 243 Club records, as well 5 National Relay, 10 State Relay and 42 Club Relay records.
- Dorothy Dickey won the 90-94 age group in the National Swim Series for 2023.
- 16 swimmers competed at the National Championships. The team won 27 gold, 18 silver and 22 bronze medals. The women's 280-319 200m Freestyle Relay (Margie Moore, Jan Sayers, Sue Harbottle and Dee Sheffrin) broke a National record. Sarah Louise was awarded the "2nd Best Female Swimmer of the Meet". Dorothy Dickey broke the National record in 800m free.
- MSV LC Championships: Dolphins came 3rd overall in the combined point score.
- MSV SC championships Brad Johnson equaled the National record for the 25m backstroke. Team placed 3rd overall.
- MSV SC long distance meet. Catherine Wheeler broke the National record for the 400m, 800m and 1500m Breaststroke and Dorothy Dickey broke the National record for the 400m and 800m Backstroke.
- MSV LC relay meet: Sarah Louise, Catherine Wheeler, Shannon Lorimer and Barbara Smith broke the National record (240-279) in both the 400 Medley relay and 400 Freestyle relay. Team 4th overall.
- MSV SC relay meet: National records for Women's 200-239 400m medley relay (Lynda Pedron, Catherine Wheeler, Sarah Louise, Peta Harvey) and Women's 240-279 800m Freestyle relay (Sarah Louise, Leanne Sheean, Dee Sheffrin, Peta Harvey). 3rd overall.
- Four members competed in the Australian Masters Games bringing home 14 Gold and 6 Silver medals. Rod Clarke broke 5 Victorian records at the meet.
- 2023 National Endurance 1000: two swimmers completed the whole program

Our 40th anniversary dinner was held at Heidelberg Golf Club in October. Guests included MSV President Darryl Flukes, local councillors and senior staff from Aligned Leisure who operate Aquarena where we swim. The evening hosted a panel of current and past members, and presentations of years of membership awards: this included Frank Godden (life member) and Dorothy Dickey who received their 40 year awards.

Other social events included brunches, dinner after the AGM, a team dinner after state championships at Ballarat, a “King’s Coronation” morning tea at Aquarena, attendance at a couple of local amateur theatre productions, and our annual Xmas BBQ.

Our club president Caroline Clarkson was awarded Manningham Council Sports Volunteer of the Year for 2023 and received this award at a ceremony at the Manningham Function Centre.

Club award winners for 2023:

- Male Pool Swimmer of the Year: Murray Burns
- Female Pool Swimmer of the Year: Margie Moore
- Male Open Water Swimmer of the Year: Frank Christian
- Female Open Water Swimmer of the Year: Peta Harvey
- Coaches Award: Primrose Ritchie
- Most Improved Award: Primrose Ritchie
- Dolphin of the Year: joint winners Dee Sheffrin and Dianne Lacaze
- Mal Williams Award: Cecilia Zhou

Caroline Clarkson, President



Doncaster Dolphins attentively listening to their coach at the last training session of 2023



Doncaster Dolphins at the MSV Long Course Relay Meet

Frankston Masters

It was another productive year for the club. An influx of new members in addition to rusted on diehards helped to create a vibrant atmosphere on the pool deck each week.

Nonagenarian Marion Beulke led the way in providing inspiration to her fellow members and continues to rack up awards and plaudits for her embrace of swimming as an excellent exercise for fun, fitness and friendship.

The annual Peter Daniels award for the club member who attended training the most during the year went to Paul Ribet.

The annual Gavin Hamilton “skins” contest where participants must swim closest to their nominated time for a dual stroke 50 metre distance was won by Doug Hopkins.

Club President Johnny Butler provided assistance to an adult learn to swim program at the Mt Martha Lifesaving Club.

Socially, the first Thursday of the month dumpling event attracts a dedicated following and the club’s big social night was the Christmas party where an enjoyable time was had by all.

The Peninsula Aquatic Recreation Centre in Frankston continues to support the club’s goals and we thank them for this.

Doug Hopkins, Secretary



Frankston Masters Beach Day with Allianz Swim Club Members

Gippsland Flippers

2023 was certainly a year of highs and extreme lows for our club.

It started very well, as usual, with the annual 'Swim for Don' at Moe Swimming Club's memorial meet for Don. A full compliment of swimmers honoured our late President.

Our numbers reached a record for the past 20 years of 25 members; Don would have been very chuffed.

Flippers got back into competition this year with members swimming at both Malvern Marlins and the Glams meet and taking out a Trifle Competition medal. A compliment of swimmers attended both Short Course and the Relay Meet, with the club fielding an amazing 11 teams at the latter, the best number in a very long time.

Thanks to our current President, who is a committed grant writer, we were successful in gaining a grant to purchase a Go Pro and iPad to film training videos for the benefit of every person in the club. As we don't currently have a coach, this is proving invaluable. Along with this, we have a member who is willing to step up and train us in the art of Total Immersion swimming.

Our Friday morning swims have grown in popularity, not only by the choice of pools to swim in at Gippsland Regional Aquatic Centre in Traralgon, but because of the social aspect afterwards in the café, enjoying coffee and potato cakes! We have voted them the best in Traralgon.

Away from the pool, we have had members celebrate the addition of Grandchildren to their clan, a couple of members attend a local coaching course and a visit to Ballarat for a weekend away to enjoy a Baroque horse event. On top of that, members attended a local drama production with the Stage Manager position held by one of our own.

On the down side, we have lost 3 cherished people or their partners from our clan this year. The first was the much loved partner of a committee member who succumbed to MND, the next was a member who had a catastrophic accident in the surf and passed away and the third was the husband of a long time Flipper who eventually succumbed to the cancer he had fought long and hard for 3 years. The support, care and nurture that our members showed to each other over this time was second to none. We hope to never experience another year of loss such as that.

On a deliberately positive note, our year rounded out in a celebration of all things Christmas, with dinner and special 'Elfish' visitors who managed to keep the whole of Morwell RSL amused and the numerous Flipper members laughing and well entertained.

We look forward to the future fun, fitness, friendship - and food! - in the next 12 months.

Sue Graham, Secretary

Goulburn Valley Crocs

We started the year swimming indoors in the 25m due to ongoing repairs from the October 22 floods. The outdoor 50m reopened in February without Solar heating, change rooms or mats. The gas heating for the pool & hot water for showers are still unavailable.

Our Australia Day social saw 28 Crocs complete a 40 x 100 swim & breakfast fundraiser complete with coffee van. Thanks to Stuart for organising it again.

Open water swimming is popular with Crocs attending Pier to Pub, Wharf to Winery, Pier to Perignon, Noosa, Lake Boga & the Magnetic Island Swim to name a few. Lili & Ingrid completed the U24 as solo swimmers - coming 1st & 8th overall!

Our Nagambie swim organised by John & Monica & the “Now” Committee continues to grow. It is a great introduction to open water swimming with a safe environment & we guarantee no marine creatures!

Our attendance competition is still very popular - numbers at training remain strong - winners are posted monthly on Facebook & there are annual prizes. We also have a hotly contested monthly club draw for a voucher provided by Welsford Cafe.

The highlight of the year has been the huge increase of Crocs attending Masters Meets & especially the Relay competitions. Coach Nicole has helped us with our racing skills & also organised the teams. Darren has driven the bus & a pub meal on the way home was enjoyed by all.



GV Crocs at the Pier to Pub 2023



GV Crocs at the MSV SC Relay Champs

Heidelberg Flyers

Heidelberg Flyers went from strength to strength in 2023. With 38 members the club is growing well and feeling strong. We branched out into the new Northcote pool and enjoyed extra swimming sessions in the new outdoor pool over the summer months. Heidelberg Flyers continues to swim twice weekly on a Monday and Wednesday night at Ivanhoe Girls Grammar School.

Heidelberg Flyers started 2023 by joining up to the MS Megaswim to raise money for people living with MS. We, the Midnight Flyers had a marvellous team who swam throughout the day and night and raised over \$17,000. Coming in second, as the second highest fundraiser. 2024 saw us come in first, but that's for next year's report.

The Flyers got in the mood for swims all along the bay over summer. It started in Torquay and went to Black Rock, across to Lorne, back to Sorrento and Portsea and everywhere in between. With many strong ocean swimmers in the team there was representation from the Heidelberg Flyers at every open water event.

A special mention to Al and Anton who competed in the U24. Amazing effort.

Heidelberg Flyers had record numbers of swimmers at the MSV short and long courses in 2023. With lots of fun and inspired by positive role models and a keen team spirit, medals were won, and many newcomers were delighted by what they could achieve in a small and encouraging and friendly club.

Heidelberg Flyers took part in the corporate triathlon in February, we had two competitive Flyer's teams that did well, and everyone finished the course.

The Flying Berger's attended the Noosa triathlon in November and smashed out some record times.

The Flyers enjoy social events including regular bare foot bowls and monthly coffee nights throughout the year.

We ended a very successful year with a lunch down by the bay, celebrating all the achievements we have had and enjoying the friendships we have made.

Ammy Becket, Secretary



Heidelberg Flyers at training



Heidelberg Flyers at training

Inclusive Sports Training

This year saw a new family join our club, with Di, Georgia and Pat Guiney all becoming members. They join the Manolitsas/Hicks family as significant contributors to our pool racing and club success!

A special mention also needs to be made to Nikita Rogers. Nikita is the only club member to race at every opportunity. Thank you and congratulations to Nikita as she continues to improve her times, win lots of races, and drive club participation at so many meets.

The IST awards day recognised Nikita Rogers and Carlo Manolitsas as our club swimmers for the year. Congratulations to both of them.

2023 saw a significant return to competition swimming for IST Masters Swimming Club.

Malvern Marlins (11 February 2023)

- 5th club overall points
- Nikita, Carlo, Alice, Josita, Tom, Liz, Archer

Powerpoints Summer Smash

- 4th club overall points
- Alice, Nikita, Pat, Archer

State Long Course Ballarat

- Nikita Rogers only swimmer at the State Championships
- Nikita won all 7 of her events with a points score of 70/70

Club Relay Meet Long Course (7 May)

- 11 swimmers
- Molly, Nikita, Clara, Liz, Josita, Jo, Carlo, Jack, Gary, Tom, Archer.

Club Relay Meet Short Course - 29 October - MSAC

- 16 swimmers, 9 female and 7 male
- Winners of 4th club division - small club
- Celebratory dinner afterwards at the Limerick Arms - see awards photo below

Thank you to Masters Swimming Victoria and all of the officials, volunteers and helpers for their ongoing efforts to help make masters swimming a vibrant, dynamic and inclusive environment. We especially appreciate the ongoing support of Alan Godfrey - thank you. The opportunities to race are great, but the recognition is even better!

Archer Talbot, Secretary

Malvern Marlins

The Marlins had a most successful year both in the ocean and in the pool in 2023. Our membership grew to 173 swimmers. We were able to hold a very successful Interclub Meet after a 2 year pause due to Covid. In addition, we donated money to several charities: MS, Swim Against Malaria and Swim it Forward.

The open water season saw many Marlins participating in swims along the Victorian Coast. There were plenty of Marlins who had podium finishes in their categories. Two Marlins took part in the MSA National Open Water Championships In Perth, with Rob Wilson claiming a silver medal and Andrea Mc Neil claiming a bronze. At the inaugural MSV Open Water Championships in Geelong we had 5 Marlins win in their respective age groups, with several other place getters.

There were plenty of MSV, MSA and Interclub meets during the year, and the Marlins were well represented at each of these. Three members: Judy Gregory, Tony Rebusk and John Stanton travelled to Japan for the World Aquatic Masters Championships. All three secured top 10 finishes in races among a competitive field.

The MSV State Long Course championships were held in Ballarat with 31 Marlins competing. The Marlin women won their category and the men placed third. Pat Galvin broke 3 National Records in breaststroke and backstroke and our women's 280-319 4x100 medley and 4x100 freestyle relay teams set new National Records.

Highlight of the competitive year was the Marlins winning the Founders Trophy at the MSA National Long Course Meet in Hobart. Janette Jeffrey, Leigh Rodgers, Patrick Galvin and John Cocks were the highest point scorers in their age groups. Pat Galvin broke 4 National Records in 50m and 100m breaststroke and 100m and 200m backstroke.

The Marlins won the Division One Trophy at the MSV Long Course Relay Meet. Our women's 240-279 4x 200m team set a new National record, as did the 280-319 4x 50m freestyle women's team.

For the first time MSV held a meet at the Caulfield Grammar pool - the MSV Long Distance Short Course Meet. We had 10 swimmers competing with several setting new Branch Records and Janette Dickey setting a new National 800m Butterfly Record.

In the last MSV meet for the year - the MSV Short Course Relay Championship, the Marlins placed second in Division One. Marlins broke 4 National records: women's 4x100m freestyle, women's 4x200m freestyle, Mixed 4x 25m freestyle and the women's 4x 100 medley.

Overall a great year of racing. Many thanks to Sharon Newstead, our Coaching Director, for overseeing our training and to our team of volunteer coaches.

The Marlins Interclub Meet returned after a hiatus of 2 years. We had 113 swimmers take part from 25 Masters clubs. The event was beautifully organised by Meet Director Suzie Bratuskins. As usual the dinner afterwards was well received. Thanks also to MSV officials for

their invaluable input. Our raffle was successful in raising \$ 511 for 'Swim it Forward'.



Lorraine and Juan Aw at the Malvern Marlins Interclub

Melbourne H2O

Over the course of the last twelve months, Melbourne H2O Swimming Club has continued to grow, reaching a record high of 162 members. This consolidates our club as one of the biggest and fastest growing clubs in Australia!

We proudly offer 14 sessions per week, averaging 13 member swimmers per session and up to 200 swims per week! In 2023 saw a 34% increase in the number of members swimming weekly and also 32% increase in the number of member swims per week. Our biggest member age group 18-30 year old group has grown 10% in 2023 to 32%.

In 2023 Prahran Pool closed for refurbishment for 6 months. President Luke and coach Ant worked hard to secure alternative lanes at Harold Holt and Melbourne High for 14 sessions. No mean feat! A few weeks before planned PAC closure, the pool boiler died. Members stuck out the cooler water temperatures bravely with and without wetsuits and with social catch ups in the spa after training. Thanks to Harold Holt & Melbourne High staff for being so patient and accommodating during the PAC closure.

In October 2023, 75 members competed in the SC Masters relay championships. The club came first in Masters Swimming Victoria's Division 1. It was an amazing and exhilarating feat for all involved. We thank some key club members, captains and head coach Anthony Kattan who volunteered many hours to organise teams and post the event social celebration. We will continue to focus on key MSV meets to foster competitive growth in the club.

Other fun MSV events MH2O competed in include Long Course in Ballarat, Australian Swimming Championships on Gold Coast, long course in May at MSAC and we had a few members training for the World Aquatics Masters Championships in Japan later this year.

It was a big summer of open water events and our new Club president Richard Murphy and star member Lauren Williams held OW training sessions for some members in their first ocean swim. Great fun was had by all along with OW confidence and a new obsession with OW swimming! MH2O had big turn outs and notable results for Lorne Pier to Pub, Portsea swim classic, Pier to Perignon and other local Melbourne OW events. A special mention to Kristen Kearns who won her category in the Port to pub 25 km from North Fremantle to Rottnest Island, swam the U24 Safety Beach to Sorrento, and has qualified for the English Channel. Prerequisite for entry & qualification was a 6 hour swim in 16 degrees water temp with no wetsuit!

Big thanks to our amazing head coach Anthony Kattan and assistant coach Ruby Haeusler who inspire us every day and attract members far and wide for every session. Another big thanks to Alan Godfrey, who was our Register for most of the year, assisted with coaching and is always supportive of our club.

We continue to have had many fun pub & post event nights, strengthening our social connections and new friendships. In 2023 we had an end of year event and it was fantastic to recognise the great effort and achievements of members from years 2019-2023. MH2O was proud to award Anita Killmier with Life Membership. Anita was a trail blazer in masters swimming, a tremendous athlete herself and continues to be one of the club's greatest advocates and supporters.

We look forward to another year of fun, swimming, and friendship in 2024!

Louise Gardiner, Secretary

Mornington Peninsula Seadragons

2023 was a year of continued growth for our new club, something that we are very proud of. At the end of the year, we had a new high of 92 members!

There was always something happening, with the club active in social events and competitions while our coaching sessions and associated coffee chats were well attended.

Financially, our club remains strong. The financial base set up by the treasurers and committees of previous years mean that our club looks to be in a good state for the year and years ahead.

Our club was involved in the Allianz Swim Club, an initiative to get adults that have never learned to swim. It was very rewarding seeing these swimmers develop over the 8-week program.

We now have five volunteer coaches running the sessions for our club swimmers. Two of our coaches attended the National Coaching Conference in Perth. We now have an attendance app, used for recording the attendance of swimmers at our sessions, replacing the old paper-based version, and making life much easier for our coaches and for reporting.

Our members competed successfully in many competitions across the year, including open water swims, postal swims and the Australian Masters Games in Adelaide. Of particular note, were our successes at the Masters National Championships in Hobart and our participation in the top division at the State Relay Championships (in only our second year of participation in this event).

Donna Gadsby also represented us at the MSA World championships in Fukuoka, Japan coming home with multiple top ten placings.

Tony Catto-Smith ventured to the Dardanelles to complete the 6.5km swim.

Our own Interclub was another successful meet with 85 entrants enjoying the competition and, along with the 34 volunteers and 6 MSV officials, they enjoyed supper afterwards in the outdoor BBQ area at YAWA.

Socially our club was particularly active across the year with dinners, BBQs, suppers, pub meals, coffee catch-ups and ad-hoc get togethers.

Our award winners presented at our awards dinner at the Rosebud Country Club for the 2023 year were:

- Club Member of the Year: Donna Gadsby
- Swimmer of the Year: Brianna Snyder
- Most Improved: Michelle Amoore
- Volunteer of the Year: Mandy Wilson

We also introduced a monthly Seadragon of the Month award which are announced in our social media channels and newsletters.

All bodes well for another potential year of growth in 2024.

Rob Wilson, President



Mornington Peninsula Seadragons Second Annual Interclub



Mornington Peninsula Seadragons with their impressive medal haul

Powerpoints

Powerpoints Masters Swimming Club had a successful year in 2023. We continue to recover from the lows of the pandemic closures. While our membership numbers are not back to 2019 levels, we are enjoying strong attendance at club sessions and have welcomed several newcomers to Masters swimming. Our coach Tim Mulvihill consistently set challenging and enjoyable sessions, and we were disappointed to lose him to the corporate world.

Pool lane access was a challenge in 2023, exacerbated by the temporary closure of Prahran Aquatic Centre. However, we managed to secure space at Caulfield Grammar for some Saturday sessions over winter, and we thank MSV for facilitating access to MSAC. The club currently runs three coached sessions each week. Further to this many smaller informal groups of members meet regularly at various pools.

On the competition front VPP performed very well on the World, National, Interstate and local level.

We witnessed several World Records in the first half of the year: Jennie Bucknell breaking three individual freestyle records, and Jennie, Gillian O'Mara, Mark Thompson and Lachlan McDowell breaking two freestyle relay records.

At Nationals in Hobart our club won the Runners Up Trophy, and Lisandra de Carvalho won the Female Swimmer of the Meet award. Club swimmers broke several relay and individual national and state records. We also won the 200-239 relay age group trophy.

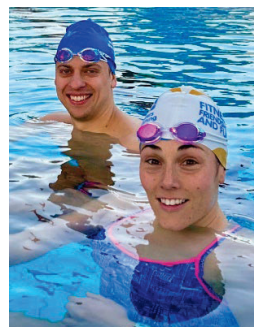
Six Pointers competed for the club at World Masters in Fukuoka in August (three travelling for their first international competition). Graeme Armstrong continued his international success with two gold and one silver medal in his three backstroke events, and Brett Davidson had four top ten finishes from his five events.

Closer to home we saw VPP swimmers at various masters games, state championships and interclub events in Victoria and other states. We held two interclub events at MSAC; the Summer Smash and Spring Fling were very successful. We thank Alan Godfrey and the MSV officials for helping to run these fabulous events.

Relay events at competitions are always a highlight, and we thank our wonderful Club Captains Jacinta Humphrey and Darius Schultz for their efforts in putting together many fabulous combinations over the course of the year. In addition, we applaud them for setting a high standard with their own performances and flying the flag for the next generation.



Powerpoints Team at MSAC



Powerpoints Team Captains

Ringwood Rays

While RSC may be a small club, our swimmers have had some big successes throughout 2023. With a focus mainly on long distance and open water swimming, there were many hours and laps of training to bring home some medals and achieve some fantastic results. We had 2 swimmers compete in their first 10km open water swim at Black Rock in January 2023 and a week later backed it up in a team triathlon to win first place at St Kilda. Brooke Scott also competed in multiple open water swims and triathlons, often posting the fastest swim times in her age group.

In May we experienced a big but exciting as we welcomed new coach, Isabella Walkenhorst, to the team. She has played a crucial role to keep our group growing, encouraging squad members to challenge themselves and get involved in competition.

Zoe Azzopardi and Brooke Scott participated in the Short Course, Long Distance championships in July, both posting personal bests in each of their events and tackling events they didn't think were even possible – like the 800m breaststroke!

The focus on long, open water swimming continued as Zoe Azzopardi went to Spain for the Triathlon World Championships. Towards the end of the year, Zoe Azzopardi, Beth Barrett and Brooke Scott took part in the Victorian Aquathlon Championships, where Brooke took home the title of State Champion. The three girls have been selected to represent Australia for Aquathlon and Triathlon in 2024 and we wish them luck as they embark on the journey!

Lesley Strong, Administrator



Beth Barrett, Brooke Scott, Zoe Azzopardi



Brooke Scott

Wangaratta Amateur Swimming Club Masters

2023 was a year of learning and discovery for Wangaratta Masters Swimming. After several years of no activity, we decided to properly launch a Masters program in Wangaratta in 2024. In preparation for this launch we added a Masters representative to our Swim Club committee, researched key success factors in other Masters clubs, surveyed the community to find out what they wanted from a Masters swimming group, and ensured we had Masters accredited coaches on board and ready to go.

Wangaratta will have more to report for the 2024 annual report, but I'm happy to provide a sneak peak – we have successfully launched our program in February and in the first two weeks have had 20 masters in the pool with minimal promotion. Now that we have all our ducks in a row (so to speak) we will start to promote the club, and anticipate seeing great growth, fitness, fun and friendships by year end.

Allison Allen, President



Wangaratta Masters at training

Yarra Plenty Waves Masters

The Yarra Plenty Waves Masters Squad is back, and it's making waves (pun intended)!

After a hiatus, the Yarra Plenty Waves Masters team is diving back into the pool with a growing number of passionate participants. We've seen both first-timers and seasoned swimmers returning to the water, rekindling their love for the sport.

This exciting comeback is thanks to the unwavering support of the Yarra Plenty Waves committee and our dedicated Masters coaches, Miriam "Mouse" Siddel and Yash Lonkar. Both Mouse and Yash aren't just coaches – they actively train and compete alongside the team, embodying the true spirit of Yarra Plenty Waves.

It's truly inspiring to see the diverse range of members at our club. From the tiniest tots learning the ropes to our mighty Masters, everyone shares a common love for swimming.

Highlights of 2023

- **May:** We joined the fun-filled Glamourheads interclub meet, featuring swimming, dinner, and delightful trifle! Younger swimmers even cheered on their racing parents. We'll be back, Glamourheads!
- **October:** We showcased our club's spirit at both the Australian Masters Games in Adelaide and our very own Club Meet. From the youngest swimmers experiencing their first competition to our veteran Masters, everyone had a chance to shine in a supportive and familiar environment.
- **September:** The MSV Short Course Championships saw our Masters team not only bringing home medals and personal bests but also having an incredible time together!

We're looking forward to an exciting year ahead, filled with more competitions, camaraderie, and of course, the joy of swimming!

Linda Wein, Secretary



YPW at the Glamourhead Sharks Interclub



YPW at the MSV SC Championships

Yarra Roughies

This year has been a year of highlights for the Yarra Roughies across a range of swimming events.

The start of the year saw a number of members competing in Open Water swims.

As always February was marked by the MS Mega Swim at Fitzroy where swimmers raise money for MS and have fun doing it. The Yarra Roughies team this year raised a fantastic \$12,490 while swimming just over 77 kilometres across 24 hours.

Our courageous decision to run our own squads has been vindicated with three sessions run almost every week. Most sessions are well attended and the squad sessions are also attracting interest from swimmers outside the club.

A big highlight for 2023 was the very successful return of the 100x100m event at Fitzroy Pool, which was held twice during the year. The first event in April was booked out in advance, attracted a large contingent of swimmers from outside the Yarra community and was blessed with perfect weather. The second event in November, while not being a sellout was also well attended. Based on the feedback received this event will become a regular fixture in the club's events and fund-raising calendars.

While a small contingent of Roughies swimmers competed at most swim meets during the year, there was an increase later in the year with seven competitors at the State Short Course Championships and twelve swimmers participating in the State Short Course Relay meet.

At our Annual General Meeting in November, Toby Lawrenson and Brad Reynolds stepped down as President and Secretary respectively. Both have given sterling service to our club. Toby first joined the Roughies Committee at the AGM in November 2015 as a general member. He became Secretary during 2016 when the existing Secretary moved interstate. He stepped up to the role of President in January 2020 when the role became vacant due to the incumbent's resignation. Brad was a general member of the Roughies Committee for 10 years from 2008 until 2017. When asked if he could help with the running of the club again in January 2020, he stepped into role of Secretary which he held until November 2023. Thank you, Toby and Brad.

Open Water swimming bookended the year with a couple of Roughies competing in the Victorian Open Water Championships in December.

Jim Milne, President



Yarra Roughies at MSAC for an MSV State Championship event