

**COAST AND VALLEY
SWIMMING ASSOCIATION INC**



11th Annual General Meeting
18 August, 2019

Reports and
Financial Statements

COAST AND VALLEY SWIMMING ASSOCIATION INC.

Association Officers & Life Members 2018/19

Patrons

Adam Crouch MP	Member for Terrigal
David Harris MP	Member for Wyong
Sonia Hornery MP	Member for Wallsend
Greg Piper MP	Member for Lake Macquarie
Yasmin Catel MP	Member for Swansea

President	Norm Roberts	Secretary	Jenny Schwetz
Vice President	Blinda Francis-Smith	Treasurer	Michelle Gross
Competition Co-ordinator	Russell Waugh	ATSC Co-ordinator	Jacqui Currey
Development Convenor	Phillip Hawke		
Committee Members	Michele Burley-Jones	Jacki Mackintosh	Greg Skinner
Selection & Development	Blinda Francis-Smith	Narelle Murphy	Debby Tattoli
Competition	Michele Burley-Jones	Narelle Murphy	Debby Tattoli
ATSC	Michele Burley-Jones Jackie Mackintosh	Blinda Francis-Smith David Richards	Narelle Murphy

LIFE MEMBERS

Heather Brown	Geoff Turner	* Ronald Faraday
Karlene Kiem	Norma Turner	* John Brown
Kengo Yagami	Gordon Ferguson	* Phyllis Brown
Trevor McNaughton	Toni Jennar	* Gay McNaughton
Pam Walton	Ed Mitchell	* Allan Scully
Lee James	Michele Burley-Jones	* Nora Roberts
Barbara Starr	David Hinds	* Arthur Roberts
Janice Tredinnick	Norman Roberts	* Kelvin Cox
Carol Cairns	Narelle Murphy	* Peter Andrews
Evan Watkins	David Richards	* Les Lazarus
Patricia Roberts	Jenny Schwetz	* AM (Bert) Jones
Cathy Sheedy	Jim Sheedy	* John MacNamara
Don Robertson	Russell Waugh	* Harry Schofield

* Denotes Deceased

SERVICE AWARD RECIPIENTS

Recognising outstanding service to the Association

2013	Gordon Ferguson	2014	Kengo Yagami Lee Bendeich
	Norman Roberts	2016	-
2015	Judith Duma		
2017	Jenny Schwetz David Richards Russell Waugh Narelle Murphy	2018	Kerry Saunders
2019			

TECHNICAL OFFICIAL AWARDS

TECHNICAL OFFICIAL OF THE YEAR

2014 Janette Kincaid
2015 Andrew Jones
2016 Greg Skinner
2017 Jacqui Currey
2018 Phillip Johnston
2019

ENCOURAGEMENT AWARD

Kym Hobbs/Jeff Gamble
Sonny Hinwood
Jacqui Currey
Seang Siv
Jackie Mackintosh

TECHNICAL SCHOLARSHIP

Andrew Jones
Greg Skinner
Jacqui Currey

COAST & VALLEY SWIMMING ASSOCIATION

HONOUR BOARD



YEAR	PRESIDENT	V. PRESIDENT	SECRETARY	TREASURER	REGISTRAR	DEVELOPMENT CO-ORDINATOR	ALEC CONVENOR	MEMBER
2009-10	David Hinds	David Richards	Kerrie Osborne	Desiree Collins	Danny Linnen/ Russell Waugh	Peter Reinhard	John Hart	Jenny Schwetz Norm Roberts/ Andrew Sylvester Patricia Roberts/Narelle Murphy
							ATSC CONVENOR	
2010-11	David Hinds	David Richards	Narelle Murphy	Desiree Collins	Russell Waugh	Peter Reinhard	John Hart	Jenny Schwetz Robert Osborne Andrew Sylvester
2011-12	David Hinds	David Richards	Jenny Schwetz	Patricia Roberts	Russell Waugh	Peter Reinhard	Andrew Jones	Matthew Frith Narelle Murphy Andrew Sylvester
2012-13	David Hinds	David Richards	Jenny Schwetz	Patricia Roberts	Russell Waugh	Thomas Davis	Norm Roberts	Michele Burley-Jones Matthew Frith Ian Johnson
2013-14	David Hinds	David Richards	Jenny Schwetz	Patricia Roberts	Russell Waugh	Thomas Davis	Norm Roberts	Michele Burley-Jones Matthew Frith Ian Johnson
2014-15	David Hinds	David Richards	Jenny Schwetz	Patricia Roberts	Russell Waugh	Thomas Davis	Norm Roberts	Michele Burley-Jones Ian Johnson Phillip Hawke
2015-16	David Hinds	David Richards	Jenny Schwetz	Suzy Scaron	Russell Waugh	Thomas Davis/ Phillip Hawke	Norm Roberts	Michele Burley-Jones Ian Johnson Phillip Hawke/Michelle Gross
2016-17	David Hinds	David Richards	Jenny Schwetz	Suzy Scaron	Russell Waugh	Phillip Hawke	Norm Roberts	Michele Burley-Jones Ian Johnson Michelle Gross

COAST & VALLEY SWIMMING ASSOCIATION

HONOUR BOARD



YEAR	PRESIDENT	V. PRESIDENT	SECRETARY	TREASURER	COMPETITION COORDINATOR	DEVELOPMENT CO-ORDINATOR	ALEC CONVENOR	MEMBER
2017-18	Norm Roberts	David Richards	Jenny Schwetz	Michelle Gross	Russell Waugh	Phillip Hawke	Jacqui Currey	Ben Booth Michele Burley-Jones Jacki Mackintosh
2018-19	Norm Roberts	Blinda Francis-Smith	Jenny Schwetz	Michelle Gross	Russell Waugh	Phillip Hawke	Jacqui Currey	Michele Burley-Jones Jackie Mackintosh Greg Skinner
2019-20			Jenny Schwetz			Phillip Hawke		Jackie Mackintosh Greg Skinner

COAST & VALLEY SWIMMING ASSOCIATION

STANDING COMMITTEES



YEAR	SELECTION & DEVELOPMENT (5)	COMPETITION (3)	ALEC
2009	Lee James, Narelle Murphy Kengo Yagami (Coach)	Peter Reinhard, Narelle Murphy Paul Sharman (Coach)	Cathy Sheedy, Jenny Schwetz, David Richards
2010	Matthew Frith Kengo Yagami (Coach)	Matthew Frith Paul Sharman (Coach)	ATSC Cathy Sheedy, Jenny Schwetz, David Richards, Michelle Bacon
2011	Adam Beisler, Belinda Boon, Anthony Pearson, Narelle Murphy, Kengo Yagami (Coach)	Deborah Blyth, Norm Roberts Adam Beisler (Coach)	Narelle Murphy, Cathy Sheedy, Jenny Schwetz, David Richards, Andrew Sylvester, John Hart
2012	Peter Reinhard, Belinda Boon, Narelle Murphy, Adam Beisler (Coach)	Deborah Blyth, Narelle Murphy, Matthew Frith, Paul Sharman (Coach)	Andrew Jones, Jim Sheedy, Jenny Schwetz, Graeme Hopkins, Narelle Murphy, Cathy Sheedy, Ian Johnson, David Richards, Lawrie Brown, John Hart
2013	Peter Reinhard, Belinda Boon, Narelle Murphy, Tom Davis (Coach)	Deborah Blyth, Narelle Murphy	Ian Johnson, Jenny Schwetz, Narelle Murphy, David Richards, Cathy Sheedy, Jim Sheedy, Michele Burley-Jones
2014	Belinda Boon, Phillip Hawke, Peter Reinhard, Kirstin Street, Narelle Murphy, Tom Davis (Coach)	Deborah Blyth, Steven Elsworth, Narelle Murphy	Michele Burley-Jones, John Hart, Ian Johnson, Jenny Schwetz, Cathy Sheedy, Jim Sheedy, David Richards
2015	Peter Reinhard, Narelle Murphy, Phillip Hawke, Belinda Boon, Tom Davis (Coach)	Andrew Jones, Narelle Murphy, Michele Burley-Jones	David Richards, Ian Johnson, Andrew Jones, John Hart
2016	Peter Reinhard, Narelle Murphy, Blinda Francis-Smith, Debby Tatoli, Belinda Boon	Narelle Murphy, Michele Burley-Jones, Debby Tatoli (Coach)	David Richards, Ian Johnson, Narelle Murphy, Jacqui Currey, Phillip Johnston, Michele Burley-Jones, Blinda Francis-Smith
2017	Narelle Murphy, Peter Reinhard, Blinda Francis-Smith, Andrew Wright, Debby Tatoli (Coach)	Narelle Murphy, Michele Burley-Jones	Narelle Murphy, David Richards, Blinda Francis-Smith, Andrew Wright, David Van Eldik, Michele Burley-Jones
2018/19	Blinda Francis-Smith, Narelle Murphy, Debby Tatoli	Michele Burley-Jones, Narelle Murphy, Debby Tatoli, Nigel Jones	Michele Burley-Jones, Narelle Murphy, David Richards, Jacki Mackintosh



COAST AND VALLEY SWIMMING COMPETITION CHAMPIONS



Year	Course	Female Swimmer of the Meet	Male Swimmer of the Meet	Champion Club	Quality Point Score	Development Point Score
2009	Short Course	Somali Siv - Macquarie Shores	Keiran Casey – Mingara	Novocastrian		
	Long Course	Lucy Tabrett – Novocastrian	Mathew Mensforth - Hunter	Novocastrian		
2010	Short Course	Meg Bailey – Hunter	Tom Hicks – West Wallsend Indoor Mathew Mensforth - Hunter	Novocastrian		
	Long Course	Abbey Harkin – Novocastrian	Ryan Leonard – Hunter	Hunter		
2011	Short Course	Meg Bailey – Hunter	Ryan Leonard – Hunter	Hunter		
	Long Course	Abbey Harkin – Novocastrian	Ryan Leonard – Hunter	Kincumber Pacific Dolphins		Singleton
2012	Short Course	Meg Bailey – Hunter	Bradley Woodward – Mingara	Kincumber Pacific Dolphins		
	Long Course	Odette Hodgson – K.P.D	Oliver Moody - NUsWim	Mingara		Singleton
2013	Short Course	Rachel Wood - Woy Woy Michaela Hazell - Hunter	Bradley Woodward – Mingara	Hunter		
	Long Course	Michaela Hazell - Hunter	Shaye Booth - Mingara	Novocastrian		Hunter Valley Allstars
2014	Short Course	Michaela Hazell - Hunter	Shaye Booth - Mingara	Novocastrian	Woy Woy	
	Long Course	Alexandra Rees - Novocastrian	Shaye Booth – Mingara Zane Morphew-Watson – Nelson Bay	Novocastrian	West Wallsend Indoor	Singleton
2015	Short Course	Alexandra Rees - Novocastrian	Shaye Booth - Mingara	Novocastrian	Macquarie Shores	
	Long Course	Emily Jones – Novocastrian	Shaye Booth - Mingara	Novocastrian	Macquarie Shores	KPD
2016	Short Course	Emily Jones – Novocastrian	Shaye Booth - Mingara	Novocastrian	Macquarie Shores	
	Long Course	Emily Jones-Novocastrian	Charlie Hawke-Hunter	Novocastrian	Hunter Valley Allstars	KPD
2017	Short Course	Emily Jones-Novocastrian	Charlie Hawke-Hunter	Hunter	Woy Woy	
	Long Course	Emily Jones-Novocastrian	Charlie Hawke-Hunter	Hunter	Macquarie Shores	KPD
2018	Short Course	Cassandra van Breugal-Woy Woy	Charlie Hawke-Hunter	Hunter	Macquarie Shores	
	Long Course	Emily Jones-Novocastrian	Charlie Hawke-Hunter	Novocastrian	Hunter	
2019	Short Course	Cassandra van Breugal- Woy Woy	Charlie Hawke-Hunter	Hunter	Charlestown	
	Long Course					



COAST AND VALLEY SWIMMING

COACHING SCHOLARSHIP



Year	Coach	Club	Year	Coach	Club
2012	Ryan Strickland	Charlestown	2013	Michael Tatoli	Kincumber Pacific Dolphins
				Tom Davis	Nelson Bay
2014	Amy Wilde	Central Newcastle	2015	Andreas Falkenau	Singleton
	Ben Fricker	Novocastrian		Matt Storey	NuSwim
2016	Sam Frame	Valley Aquatic	2017	-	
2018	Melisa Geale	Singleton	2019	-	
	Jai Johnson	Macquarie Shores			

Vale

It is with considerable sadness that the CVSA advises of the recent passing of Phil Johnston.

Phil, a former State Teams attendee for Swimming NSW was a committed member of West Wallsend Indoor SC and a valued technical official of CVSA who was always there with a smile and a joke to help set up in the mornings, and always the last to leave after helping to pack up all the gear after the meet concluded.

He was especially happy in the role of Starter at which he was very experienced.

The Management Committee of CVSA wish to pass on our sincere condolences to Phil's family and many friends.

COAST AND VALLEY SWIMMING

PRESIDENTS REPORT

SEASON 2018/2019

The Area has again had a successful season due to the challenging work and input from the various Committees.

During the year the Area has seen many swimmers achieve personal best time at Area Championships, Country Championships, State and National Championships, and along with this the clubs in the Area have achieved amazing results in the club point scores. There have been many changes in relation to Swimming Centres within the Area, particularly with the Peninsular Leisure Centre continually improving the facilities. I would like to take this opportunity to thank Anthony Burling from the Central Coast Council and the pool staff for the help and commitment to the sport of swimming.

Other pools within the Area have seen improvements carried out through grants which now makes Coast and Valley one of the strongest Areas in the State. This success happens due to the work carried out by all Coaches, Competitors, Parents, Club Committees and Technical Officials as well as the Area's Management Committee, and I wish to take this time to thank Management Committee for their valuable time and support.

The Committee is losing two of its members this year these being Russell Waugh (retiring) and Michelle Burley Jones is moving to Queensland.

Competition Committee.

To Russell Waugh (who is not standing for election), what a hard act to follow! You have set some high standards and you will be sorely missed, especially at the meetings.

Russell and his committee do a fantastic job which is very demanding. It is through you and your committee that we run an efficient Summer and Winter program to meet the needs of all levels of competitors, which is reflected in the number of clubs outside our Area that attend our Meets.

Not only does Russell set up the season's meets, but he also compiles meet results before they are sent to State.

Again, Russell thank you for all your help and support over the years and we all wish you the best for the future.

Development Committee

To Phillip Hawke and his committee thankyou - for all the work that you and your committee do in compiling and running our Development Program.

Coast and Valley are very lucky to have someone like you who is dedicated to the development of our swimmers. Our development programs are the best run throughout Swimming NSW with many ideas coming from the area adopted by State. The Development Camp which was run in Queensland this season was a great success with positive feedback from all who attended. I wish to take this opportunity to thanks both Kerry Saunders and Debby Tattoli for their continued support of the development program.

Area Secretary

To Jenny Schwetz, thank you for all the efficient and demanding work that you do during the season. With the input that you provide makes this Area run extremely efficiently. The Area is extremely lucky to have someone as dedicated to the job of Secretary as you are.

Area Treasurer

To Michelle Gross, I thank you for all your valuable time and effort in keeping track of the Area's finances which is a demanding job. Your accurate reports allows the Committee to run an efficient and productive Area for all our members.

Committee Members

As President I have had the privilege with work with a happy and efficient committee and value their input. Please accept my thanks for the work that you all do during the season, and we are looking forward to another successful coming season.

I would like to take this time to thank Michele Burley-Jones for the work as the Area's Publicity Officer. The work that you have carried out during your time on the committee was valued. The reports that you compile for the Area, as well as the media was of great value and the management Committee and the members of Coast and Valley wish you well for the future.

Technical Officials

To Jacqueline Currey and the Technical Committee my thanks for your time and commitment. To those officials who regularly support the Area's Swim Meets, I would like to thank you for your time and expertise, for without your help we would not be able to conduct the efficient Swim Meets that our Area is renowned for.

I would like to take this time to express my and the Committee's concerns about the lack of new officials coming through the system, and would like to challenge all clubs in the area to start a program centred around developing new officials.

In conclusion, thank you for your attendance here today, the Area is only as strong as the clubs within the Area and if we all work together, we will continue to be the best Area within Swimming NSW.

Norman Roberts

President

COAST & VALLEY SWIMMING ASSOCIATION INC

ABN: 73 923 667340

Financial Statements

For the Year Ended 31 March 2019

Coast & Valley Swimming Association Inc

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For the Year Ended 31 March 2019

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Coast & Valley Swimming Association Inc

ABN: 73 923 667 340

Statement of Profit or Loss and Other Comprehensive Income For the Year Ended 31 March 2019

	2019	2018
	\$	\$
Revenue		
Active Kids vouchers	1,344	0
Carnivals & championships income	64,582	64,927
Donations- Golf Day and Uniform Support	0	4,885
Squad fees	6,708	6,740
Fundraiser – Golf Day	4,012	0
Grants	0	5,000
Interest received	1,523	1,584
Membership fees	9,214	8,735
Merchandise sales	0	1,642
Sundry income	0	2,290
Total revenue	87,383	95,803
Expense		
Accountancy	880	880
Affiliation fees	209	205
Bank fees & charges	12	62
Carnival & championship expenses	31,393	25,911
Equipment expense	1,182	1,602
Development squad	7,564	23,735
Donations	0	251
Filing fees	0	0
Honorarium	3,300	2,700
Insurance	0	0
Legal fees	45	44
Meeting expenses	235	0
National A's trip	18,097	0
Printing & Stationery	1,264	3,137
Sundry expenses	0	131
Technical Guides	935	0
Training & scholarship	895	895
Trophies & awards	8,133	17,966
Uniforms	9,764	5,344
Total expenses	83,908	82,863
Surplus from ordinary activities	3,475	12,940
Total changes in equity of the association	3,475	12,940
Opening Accumulated Surplus	128,604	115,661
Closing Accumulated Surplus	132,079	128,604

Coast & Valley Swimming Association Inc

ABN: 73 923 667 340

Statement of Financial Position

As at 31 March 2019

	Note	2019 \$	2018 \$
ASSETS			
CURRENT ASSETS			
Westpac – 191702		48,063	46,576
Westpac – 199077		18,766	18,680
Westpac – 272534		1,318	3,737
Westpac – 284236		3,814	0
Westpac Term – 199085		27,161	26,538
Westpac Term – 238146		11,508	11,244
Westpac Term – 251703		22,229	21,729
Cash on hand		100	100
TOTAL CURRENT ASSETS		132,959	128,604
TOTAL ASSETS		132,959	128,604
LIABILITIES			
CURRENT LIABILITIES			
Accounts Payable		880	0
TOTAL CURRENT LIABILITIES		880	0
TOTAL LIABILITIES		880	0
NET ASSETS		132,079	128,604
MEMBERS FUNDS			
Accumulated surplus		132,079	128,604
TOTAL EQUITY		132,079	128,604

Coast & Valley Swimming Association Inc

ABN: 73 923 667 340

Notes to the Financial Statements

For the Year Ended 31 March 2019

1 Summary of Significant Accounting Policies

(a) General Information

This financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of the Committee under the Associations Incorporation Act New South Wales. The Committee has determined that the incorporated association is not a reporting entity.

The financial report has been prepared in accordance with the requirements of the Associations Incorporation Act 1991 and the following Australian Accounting Standards:

AASB 1031	Materiality
AASB 110	Events after the Balance Sheet Date

No other applicable Australian Accounting Standards, Interpretations or other authoritative pronouncements of the Australian Accounting Standards Board have been applied.

The financial report is prepared on an accruals basis and is based on historic costs and does not take into account changing money values or, except where specifically stated, current values of non-current assets.

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

(b) Revenue and Other Income

Membership income is recognised when the membership monies are received.

Grant and donation income is recognised when Coast & Valley Swimming Association has control of the funds, which generally is at the time of receipt.

Revenue from the sale of goods is recognised at the point of delivery as this corresponds to the transfer of significant risks and rewards of ownership of the goods and the cessation of all involvement in those goods.

Interest revenue is recognised when received.

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

(c) Cash and Cash Equivalents

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

(d) Property, Plant and Equipment

Property, plant and equipment is carried at cost and depreciated over the useful life or at depreciation rates set by the Committee.

Coast & Valley Swimming Association Inc

ABN: 73 923 667 340

Notes to the Financial Statements

For the Year Ended 31 March 2019

(e) Income Tax

The Coast & Valley Swimming Association Inc has been granted income tax exemption pursuant to s.50-55 of the Income Tax Assessment Act 1997.

(f) Goods and Services Tax (GST)

The Coast & Valley Swimming Association Inc is not registered or required to be registered for GST. As a result, GST is not charged on revenues. All expenses and the cost of acquisition of assets are shown inclusive of GST.

2 Events After the Balance Date

There has not been any matter or circumstance that has arisen since the end of the financial year, that has significantly affected, or may significantly affect, the operations of the Association, the results of those operations, or the state of affairs of the Association in future financial years.

3 Retained surplus

Retained surplus reflect the accumulation of surpluses since the incorporation of the Association.

4 Company Details

The Coast & Valley Swimming Association Inc is a not for profit organisation operating in Australia.

Principal Place of Business and Registered Office:

Coast & Valley Swimming Association Inc
10 Kimbarra Close
Kotara NSW 2289

Coast & Valley Swimming Association Inc

ABN: 73 923 667 340

Compilation Report

to the Members of Coast & Valley Swimming Association Inc.

Report on the Financial Report

We have compiled the accompanying special purpose financial statements for the year ended 31 March 2019 of Coast & Valley Swimming Association Inc, as set out on pages 2 to 6. The specific purpose for which the special purpose financial statements have been prepared is set out in Note 1 to the financial statements.

The Responsibility of the Committee Members

The Committee Members of Coast & Valley Swimming Association Inc are solely responsible for the information contained in the special purpose financial statements, the reliability, accuracy and completeness of the information and for the determination that the significant accounting policies used are appropriate to meet their needs and for the purpose that the financial statements were prepared.

Our Responsibility

On the basis of information provided by the committee Members, we have compiled the accompanying special purpose financial statements in accordance with the significant accounting policies as described in Note 1 to the financial statements and APES 315: Compilation of Financial Information.

We have applied our expertise in accounting and financial reporting to compile these financial statements in accordance with the significant accounting policies described in Note 1 to the financial statements. We have complied with the relevant ethical requirements of APES 110: Code of Ethics for Professional Accountants.

Assurance Disclaimer

Since a compilation engagement is not an assurance engagement, we are not required to verify the reliability, accuracy or completeness of the information provided to us by management to compile these financial statements. Accordingly, we do not express an audit opinion or a review conclusion on these financial statements.

The special purpose financial statements were compiled exclusively for the benefit of the Committee Members who are responsible for the reliability, accuracy and completeness of the information used to compile them. We do not accept responsibility for the contents of the special purpose financial statements.

Kilpatrick Lake Mackenzie Pty Ltd
313 Charlestown Road
Charlestown, NSW, 2290



Director: Neil Watson
Charlestown

6 August 2019

Registrars / Competition Report 2018-19

I thank Michele Burley-Jones, Debby Tattoli, Narelle Murphy & Nigel Jones for their input & support during the year on the competition committee. As I am retiring from this role, I also thank the many people who have helped me over the past 9 years.

Thank you to the clubs & pools that hosted CVSA events during the year; your co-operation makes running these meets easier.

Thank you to the hard-working officials that worked at the meets throughout the year & make it possible to run club meets & Championships.

The number of officials in our area is dropping and unless parents put their hand up to help & work to gain experience and accreditation in forms of officiating, the continuing low numbers of officials we have **WILL** affect future allocation of club swim meets & CVSA championships.

As a result of this CVSA has had to take a tough stance in relation to technical officials & the approval of swim meets. More of this will be related in the ATSC & Presidents reports.

Congratulations;	2018 Winter Championships	2018/19 Summer Championships.
Champion Club	Hunter	Novocastrian
Female Swimmer of the meet	C.Van Breugel	E.Jones
Male Swimmer of the meet	C.Hawke	C.Hawke
Quality Club Point Score	Macquarie Shores	Hunter
Development Meet Club of the meet; Novocastrian		

Congratulations to the clubs, athletes & coaches in the area who have competed at State & National level and to the swimmers & coaches that have been selected in Australian & New South Wales teams & squads.

Coast & Valley clubs proved more than competitive by finishing well up in the club point score at Winter & Summer, State & Country championships

On behalf of the competition committee

Thank You

Russell Waugh

Coast & Valley Development Report

2018-19 Season

The work required in delivering our Development program is enormous and often a thankless task completed mainly by volunteers. The contribution of individuals who devote spare time to helping our athletes often goes unrecognised. The efforts, energy and commitment of our volunteers demonstrate a strong sense of community that flourishes in our sport and the Coast and Valley area. Not only is a large commitment of time needed to deliver these programs but also CVSA contributed approximately \$20,500 in financial assistance to run these programs. Some of the activities and funds required are only made possible through the generous support of sponsors and fundraising activities like the annual CVSA Golf Day. Once again, Anthony Watson and Tania Morphew of Tanilba Bay Golf Club generously assisted with our major fundraising event of 2018.

A brief summary of the program and proven initiatives that were carried over in 2018 were;

- all eligible swimmers are emailed invitations to participate in Development Squads in May, (once the SNSW and SAL teams have been finalised and announced). There were approximately 500 eligible swimmers emailed invitations for Development Squads with approximately 170 swimmers accepting the invitations.
- We continued an online payment system for the development squad administration fee, which streamlined the payment system for both swimmers and our tireless CVSA treasurer.
- In addition to this we continued with an online application form, which reduces administration of paperwork and is much more environmentally friendly. The CVSA Facebook page was used to keep swimmers and their parents informed of development activities and support the information on the CVSA website.

2018 saw the introduction of our National A Touring Squad. It was identified that SNSW was not running a program for National A squad athletes and CVSA believed that opportunities, such as intensive swim camp, would assist athletes to reach their potential in their home coaching program. Selection in the National A squad reflected the swimmer's commitment to the sport and continued improvement in their swimming career. Unfortunately, not all athletes could be invited to attend the camp, but a team of twenty athletes were selected to attend the swim camp at the Sports Super Centre, Runaway Bay Gold Coast, from the 17th – 20th July 2018. Team Coaches Debby Tattoli and Kerry Saunders and Team managers David Lamond and Melisa Geale supported the athletes. A small team from North Coast Area also attended the camp.

Thirty-four swimmers were part of Senior Target Squad, representing fifteen clubs from our area, for their development day at Newcastle University on the 23rd June. The development day consisted of education sessions in the morning followed by pool skills sets in the afternoon. The education sessions delivered on this day were Physio / stretching, Strength and Conditioning, Nutrition, Sports Psychology and Beyond the Black Line Program from Australian Swimmers Association. Twenty-six swimmers from STS competed at PLC Woy Woy, on 4th & 5th August against other NSW area squads. The team was made up of 13-18 year olds who had represented their clubs at Country and / or State level earlier in the year. The Target Meet at PLC is run under SNSW rules and the meet format sees swimmers limited to 3 individual events on Saturday and on the Sunday the events are team events with relays and Skins. The meet was

a friendly competition between the SNSW area squads and the meet rules were designed to put all teams in with a chance of winning the point score for the weekend. CVSA narrowly missed winning the quality point score for the weekend meet, so congratulations to all those who competed. Suzy Scaron and Shannan Johansen were the Team Managers throughout the season for Senior Target Squad with myself assisting and Kerry Saunders, Debby Tattoli, Sam Frame and Michael Hyslop supporting the STS as CVSA Coaches.

The Junior Target squad was comprised of twenty-four swimmers from twelve different clubs. The Development day at Newcastle University held on 1st July consisted of lectures, and pool training sessions. The education sessions delivered on this day were Physio / stretching, Strength and Conditioning, Nutrition and Social Media. The presentations were followed by pool training sets for the afternoon with guest coach Simon Watkins from Trinity Lismore attending as a Mentor Coach for this development weekend. Twenty-two swimmers were part of Junior Target Squad that competed at PLC Woy Woy, on 4th & 5th August in the SNSW Target Meet against other NSW area squads along with the CVSA Senior Target Squad. This squad featured our state level athletes aged 9-12 year of which many seem destined to achieve great results in coming years. Our Team mangers throughout the season for Junior Target Squad were Carmen Cleare and Dimity Douglas with myself assisting and Kerry Saunders, Debby Tattoli, Sam Frame and Michael Hyslop supporting the JTS as CVSA Coaches.

The CVSA Para Squad participated in the Development activities in their age groups at Newcastle University along side the other squad swimmers. This squad had their own swim meet at Ryde where all the SNSW Area Para squads competed.

The Achievers Squad was comprised of seventy-one swimmers from sixteen different clubs. Again, this squad spent a day at Newcastle University, grouped in age groups, on the 23rd June or 1st July. These days consisted of education sessions and pool skills sets. The education sessions delivered over these days were Physio / stretching, Strength and Conditioning, Nutrition and Social Media. The Achievers Squad then competed on the 13th October at SOPAC in the Swimming NSW Area Achievers Squad Meet. Lara Gordon and Narelle Murphy were the team managers throughout the season and on the Achievers meet day we had the assistance Melisa Geale as the CVSA Team Coach.

The Junior Establishment Squad activity sees the end of our Development program for 2018-19 before we kick off the next year's activities. This year on March 15th nineteen swimmers travelled to SOPAC to be basket carriers at SNSW State Open. The team manger for Junior Establishment Squad was Lisa Shailer with the assistance of Narelle Murphy and our coach was Michael Hyslop.

As development coordinator I would like to thank the following people in particular for all their efforts over the season in assisting with the planning and execution of squad activities; Narelle Murphy, Jenny Schwetz, Russell Waugh, Blinda Francis-Smith, Jacki Mackintosh, and Norm Roberts. A special thanks to our dedicated area coaches Kerry Saunders, Debby Tattoli, Sam Frame, and Melisa Geale all of whom volunteer multiple weekends at Development activities to assist the swimmers in our area. This year we also had the assistance of the SNSW Development Officer Michael Hyslop. Our volunteers who filled the roles of Team Managers and Squad Meet coaches, David Lamond, Suzy Scaron, Shannon Johansen, Carmen Cleare, Dimity Douglas, Lara Gordon and Lisa Shailer. Without the assistance of all these people and the parents and coaches who just turn up on development days to assist, the development Program would not be able to be delivered.

We were also very lucky throughout the Development Program for so many businesses and individuals to volunteer their time to make special presentations to the swimmers. These

include; Craig Boettcher from Regant Street Physio, Jason Varoxis from Enliven Nutrition, Shaun and Yvette from Strength Republic, Senior Constable Brett Rose, the Youth Liaison Officer for Newcastle Police District and Kurt Herzog from the Australian Swimmers association. I would also like to make a special mention to Simon Watkins from Trinity Lismore who attending as a Mentor Coach at our Development Day.

Finally I have so many people step forward and assist as volunteers in numerous ways that it is difficult to remember them all, but the swimmers, parents and I thankyou for your support.

Phillip Hawke
Selection & Development Co-ordinator

Area Technical Swimming Committee Report

Season 2018/2019

Once again it has proven to be a busy year for the Coast and Valley technical officials with a lot of swimming meets being held. I wish to extend my sincere thanks and appreciation to those technical officials and parents who regularly attend these meets and assist with technical duties. Without their ongoing participation we would not be able to conduct the level of meets that the Coast and Valley area provides.

I would also like to thank the Management and Technical Committee members for their advice and support throughout the year. Their time and effort is greatly appreciated.

Congratulations to all those who have gained new accreditations over the past season. A special mention to Jacki MacIntosh who has achieved her Level 1 Referee accreditation.

Many CVSA Technical Officials have officiated at higher-level meets over the past season. It has been great to see CVSA faces on the pool-deck at State meets. I have officiated at several National meets, being appointed as Men's Referee at the National Age Championships, Multi-class sessions. I encourage other Technical Officials to nominate for meets outside the CVSA area to gain different experience.

CVSA has been asking clubs to be more proactive in acquiring people to officiate from within their club at local swim meets. This has been due to the number of Technical Officials retiring from active service. Some clubs have supported this request & have been active in getting people accredited. It is disappointing to note that some clubs have seemed to ignore it. At the 2018 CVSA Forum the 2018 AGM it was passed that clubs would have to supply at least 4 accredited technical officials, not including timekeepers from within their own club to officiate at their clubs swim meet. Clubs must now supply a list of accredited Technical Officials that will be working at their meet when applying to hold a swim meet. If this is not done the club will only receive Provisional Approval until they supply the list of officials. If the club still does not supply the officials clubs will NOT have their meet approved & the meet will only be classed as a Picnic Meet & times swum will NOT be approved.

Becoming a technical official is very easy with Swimming NSW's initiative of on-line training and examinations for technical officials. There are now seven training modules:

- General Principles
- Clerk of the Course (Marshal)
- Check Starter
- Timekeeper/Chief Timekeeper
- Judge of Strokes
- Inspector of Turns
- Starter

These modules provide candidates with the basic theory required to fulfill the positions on pool-deck. They are convenient and interested individuals can complete the training when and where they want. Practical experience and assessments (2 for Starter) are still required before the candidate can be deemed competent. Many CVSA members have completed the on-line modules and achieved their accreditations after practical assessments. Many others have completed the online component, but have yet to complete practical assessments.

The system for Referee training involves a written exam as well as 2 practical assessments. This year 3 candidates successfully achieved over the 85% pass mark in this exam. Any candidates wishing to sit for the position of Referee must inform the Swimming NSW Technical Swimming Committee to arrange a time to sit the written exam.

The following is a list of current active officials in each club, according to the Swimming NSW database. Some of these may include non-financial or members with current accreditations who are

no longer officiating. It also does not include any new officials since the start of July 2019. Any clubs not listed do not have any currently accredited officials.

Club	Total Number of Officials	Number of Referees	Number of Starters
Beresfield	9	2	5
Boolaroo/Speers Point	4	0	1
Central Newcastle	6	4	5
Charlestown	5	2	4
Coalfields United	1	0	0
East Maitland Olympic	1	0	0
Gosford Stingrays	4	1	2
Hunter	14	1	6
Hunter Valley All Stars	1	0	0
KPD	14	1	2
Kurri Kurri	2	1	2
Macquarie Shores	7	0	1
Mingara Aquatic	16	3	6
Nelson Bay	4	0	0
Novocastrian	3	1	1
NuSwim	8	0	0
Raymond Terrace	4	1	2
Singleton	4	0	2
Swansea Sharks	1	0	1
The Entrance	4	0	2
Titans	7	1	3
Toukley	2	1	1
Valley Aquatic	5	0	2
West Wallsend Indoor	4	1	3
Woy Woy	10	2	4
TOTAL	140	22	55

The Area Technical Committee will happily provide training support to all parents, coaches and swimmers who wish to become technical officials and maintain the professional and efficient swimming meets that CVSA is known for.

Last year's annual Technical Officials' Dinner was changed to a casual dinner in the bistro at Lake Macquarie Yacht Club due to very poor attendance. This year it was decided to hold this Thankyou Dinner following the AGM & Forum to encourage better attendance. The Technical Officials awards will be presented at the AGM and as such, the names are not published in this report.

Jacqui Currey

Area Technical Swimming Committee Co-ordinator

SNSW Development Officer Report

Michael Hyslop

2018/2019 Season

What a great season we have had in the CVSA area! It has been my first full season in the role and I have thoroughly enjoyed getting to know as many people as possible and look forward to getting to know everybody else.

New Initiatives for 2018/2019

There was a couple of exciting new initiatives in our area which were ran as pilot programs this season. These are sure to be back bigger and better in 2019/2020.

- SNSW Open Water Leaderboard – This event combined some of the coasts best open water swims available throughout summer and points were given for each race. The swims included Toowoona Bay, Terrigal and Bondi to Bronte. The 2018/2019 Leaderboard is complete. Prizes and certificates will be sent to those who finished on top.
- SNSW and SLSCC Pool Rescue Development Clinic – A major project to begin 2019 was the collaboration between SNSW and SLSCC to run a Pool Rescue Development clinic available to members of both parties. 80 kids registered including 27 SNSW members and they all participated in a three week training program and finished with a mini-meet at Woy Woy on the 2nd of June. The carnival combined pool rescue events and also swimming races in an attempt to show athletes both sports. I firmly believe the sports should collaborate further and that there is definitely room for both sports to work side by side in the future. I would personally like to thank Andrew Rodham and Gordon Ferguson for making themselves available as technical officials for the morning.
- Lane Ropes to Leadership Camps – A series of camps conducted in regional NSW for SNSW members. These camps didn't involve any swimming but instead taught some of our young athletes leadership skills and hopefully gave them skills to take back to their clubs.
- Junior Dolphin Clinics – We were excited to have 3 junior dolphin days in our area. Unfortunately, this is the end of the junior dolphin program but we encourage clubs to run similar clinics in the coming seasons – They promote fun, social skills and also some water skills.

I would like to take this opportunity to thank the area committee, the club committees, the coaches and the technical officials for the past season. Without you all, there is no swimming for any of our athletes at any level!

I would also like to add a special thank you to Phillip Hawke our Development Convenor. Phil puts in countless hours on our area development program and deserves to be commended. Our area is going from strength to strength as far as development is concerned in our area.

Remember, if you see me at the pool, don't be afraid to say hello!

Happy Swimming!

Michael Hyslop

Michael.hyslop@nsw.swimming.org.au

[0406 549 838](tel:0406549838)

CVSA Development Officer



COAST & VALLEY SWIMMING ASSOCIATION 2018 WINTER SHORT COURSE CHAMPIONSHIPS

The Annual Short Course Swimming Championships were held at the Peninsular Leisure Centre at Woy Woy on the weekend of Saturday 16th and Sunday 17th June, 2018. Events catered for 9 years and under to Open Division for both male and female as well as events being available for Multi-Class swimmers.

There were 2984 entries from 523 swimmers competing from 25 Clubs within our Area.



Charlie Hawke 15 years of age from the Hunter Club once again took out the Male Individual Point Score (2nd year in a row) adding to his other achievements of top Male Swimmer in the 2016 and 2017 Long Course Championships. Charlie (202 points) was followed by Shaye Booth 17 years of age from Mingara Club (184 points) and third was Ryley Twiss 14 years of age from the Hunter Club (178 points).

The Team Rankings – Combined Team Scores – Club Champion for 2018 Short Course was won by Hunter Swim Club Inc. (2219 points) following their achievement in 2017 Long Course as Top Club Champion followed by Kincumber Pacific Dolphins Swim Club (1246 points) and third being Novocastrian Swim Club Inc. (1236 points)



Cassie Van Breugel 24 years of age from Woy Woy Swim Club Inc. took out the Female Swimmer of the Meet beating her main rival over the past few years who was Emily Jones 15 years of age from Novocastrian Swim Club Inc. second, and third being Averil Jones 13 years Hunter Swim Club Inc.

The Quality Club Team Rankins – Combined Team Scores – Club Champion for 2018 being Macquarie Shores Swim Club with 18 competitors achieving 36.50 points followed by Mingara Aquatic Swim Club 41 competitors achieving 28.05 points and third was Novocastrian Swim Club having 48 competitors scoring 25.75 points.



There were a total of 50 records set at this meet. 23 records were set by the females and 24 records by the males with 2 male relays and 1 female relay also setting records.

The most outstanding competitors being Emily Jones 15 years from Novocastrian Club setting 7 records followed by Charlie Hawke 15 years from Hunter Club setting 6 records, Billy Moody 12 years from Singleton Club with 6 records as well as Cassie Van Breugel 24 years from Woy Woy Club also setting 6 records. Other competitors who set records were from:

- Charlestown - Kelsey Van Eldik 12 years 2 records, Alexander Walker 11 years 1 record
- Hunter – 1 record each - Ella Bradley 15 years, Cassandra Fayers 14 years, Emily March 13 years, Heidi Schneider 12 years & 2 relay records
- Hunter Valley AllStars – Claudia Yates 16 years 1 record

- Kincumber Pacific Dolphins – Charlise Wheeler 15 years 1 record
- Macquarie Shores – Ella Kohl 11 years 1 record
- Mingara Aquatic – Shaye Booth 17 years 2 records, James Koch 19 years 1 record, Nathan Ward 16 years 2 records and 1 relay record
- Nelson Bay – Lachlan Sandy 16 years 1 record
- Novocastrian – Kane Edwards 10 years 1 record
- NuSwim – 1 record each - James Newall 20 years, Alexandra Noonan 10 years, Ryan Walker 16 years
- Titans – Noah Sanchez 12 years 1 record

Congratulations to all swimmers on their achievements and qualifying to compete at the next levels.
Swimmers who achieved the placings of first, second and third in their individual age groups were as follows:

Age Group	Female	Club	Male	Club
9 yrs. & Und	Alexis Sutherland	Hunter	Zack Price	WWI
	Taylah Markulin	KPD	Archie Quinn	Nelson Bay
	Bronte Bowker	Hunter	Hayden McGregor	Mingara
10 years	Daisy Breasley	Hunter	Kane Edwards	Novocastrian
	Aaleyah Tolar	Hunter	Ben McGovern	NuSwim
	Alexandra Noonan	NuSwim	William Lockett	Novocastrian
11 years	Lola Russell	Hunter	Taylen Marks	NuSwim
	Ella Kohl	Macquarie Shores	Brock Hepburn	Mingara
	Lara Clack	NuSwim	Alexander Walker	Charlestown
12 years	Heidi Schneider	Hunter	Noah Sanchez	Titans
	Kelsey Van Eldik	Charlestown	Billy Moody	Singleton
	Mackenzie Gray	Singleton	Jack Breasley	Hunter
13 years	Averil Jones	Hunter	Daniel Chisholm	Mingara
	Emily March	Hunter	Charles Walker	Charlestown
	Natalie Hotham	Mingara	Thomas Dever	Hunter
14 years	Caitlin Montgomery	Titans	Ryley Twiss	Hunter
	Cassandra Fayers	Hunter	Daniel McLoughlin	KPD
	Angel Newling	Novocastrian	Dillon Siv	Macquarie Shores
15 years	Emily Jones	Novocastrian	Charlie Hawke	Hunter
	Charlise Wheeler	KPD	Lachlan Mackay	Macquarie Shores
	Ella Cleare	Hunter	Thomas Grice	Macquarie Shores
16 years	Claudia Yates	Hunter Valley AllStars	Nathan Ward	Mingara
	Jessica Pollard	Gosford Stingrays	Ryan Walker	NuSwim
	Shaylah Forsyth-Paziuk	KPD	Lachlan Sandy	Nelson Bay
17 years & Over	Cassandra Van Breugel	Woy Woy	Shaye Booth	Mingara
	Alexandra Rees	Novocastrian	Fergus Henderson	Woy Woy
	Ashleigh Oberekar	Valley Aquatics	Adam Vincer	NuSwim

The Area Management would like to thank all the Technical Officials for giving their valuable time for the Area's swimmers to officiate at this meet, thank you very much for your efforts and without these volunteers, their knowledge and expertise the meet would not succeed, thank you.

Michele Burley-Jones (Media Liaison)



COAST & VALLEY SWIMMING ASSOCIATION 2018 SUMMER LONG COURSE CHAMPIONSHIPS

Well, what a great three day weekend being the C&VSA Annual Long Course Championships conducted at Peninsular Leisure Centre at Woy Woy on Friday 30 November, Saturday 1st & Sunday 2nd December, 2018.

These Championships produced 48 Records set including a Provisional NSW Recorder by 14 year old Charlie Greedy from the Hunter Club. These records consisted of 42 Individual Records (9 set by Charlie Hawke [Hunter Club] & 7 by Emily Jones [Novocastrian Club]) and 6 Relay Records.

There was 499 swimmers consisting of 231 male swimmers having 1165 entries and females being 268 swimmers having 1364 entries from the age of 9 to 20+ years competed in 142 events (individual and relays) over the 5 sessions which included five visitors – two from Forster Aquatic SC and three from Knox Pymble SC.

The most outstanding female swimmer was Emily Jones 15 years of age from Novocastrian SC who set 7 individual records and won Female Swimmer of the meet. She was followed by Cassandra Van Breugel 24 years of age from Woy Woy SC and third was Ebony Nix 11 years of age from Nelson Bay SC.



Emily receiving her award from President Norm Roberts



Charlie Hawke accepting his award

The most outstanding male swimmer of the meet was Charlie Hawke 15 years of age from Hunter SC who set 9 individual records and won Male Swimmer of the meet. He was followed by Joshua Reed 14 years from Novocastrian and his team mate Lachlan Mackay 15 years third.

The Premier Club Trophy was won by Novocastrian SC with Hunter SC second followed by NU Swim SC third. The Club Handicap Point Score Trophy was won by Hunter SC with 44 swimmers Novocastrian SC with second with 69 swimmers followed by Charlestown SC third with 11 swimmers.



Two members from Novocastrian SC receiving Premier Club Trophy



Two members from Hunter SC accepting the Club Handicap Point Score Trophy

The Age Champions of the Meet were as follows:

Age Group	Female	Club	Male	Club
9 yrs	Tahlia Speziale	Titans	Archie Quinn	Nelson Bay
	Sienna Kennedy-Wilkie	Mingara	Zack Price	WWI
	Olivia Gray	Nelson Bay	Magnus Gregory	Nelson Bay
10 years	Alexandra Noonan	Hunter	William Lockett	Novocastrian
	Jade Downs	KPD	Billy Foran	Hunter
	Aaleyah Tolar	Hunter	Blake Burton	Hunter Valley All Stars
11 years	Ebony Nix	Nelson Bay	Alexander Walker	Charlestown
	Ella Mounter	NUSwim	Cameron Gawn	aNovocastrian
	Lara Clack	NuSwim	Tyler Trethan	NuSwim
12 years	Lola Russell	Hunter	Koby Hall	Novocastrian
	Zara Foran	Hunter	Percy Sinclair	Hunter
	Mackenzie Gray	Singleton	Brock Hepburn	MIngara
13 years	Ava Jankovic	Hunter	Billy Moody	Singleton
	Alix O'Bryan	Singleton	Thomas Dever	Hunter
	Isabella Campbell	Hunter	Charles Walker	Charlestown
14 years	Averil Jones	Hunter	Joshua Reed	Novocastrian
	Emily March	Hunter	Ryley Twiss	Hunter
	Emily Dobbins	Novocastrian	Daniel Mcloughlin	KPD
15 years & Over	Emily Jones	Novocastrian	Charlie Hawke	Hunter
	Cassandra van Breugel	Woy Woy	Lachlan Mackay	Novocastrian
	Jazmyn Teague	Novocastrian	Sam Harris	NUSwim

To all those swimmers who achieved success with their respective times at this meet qualifying them to enter the next levels of competition being either Country Regional Championships, Country Championships, State Age, State Open, National Age or National Open – congratulations, and to those who just competed and enjoyed the sport.

The Management Committee would like to thank those Technical Officials who gave up their time to work on the three days 5 sessions which were run extremely efficiently with limited resources. Without these people the children and parents would not have the pleasure of competing at this level of their sport. Thank you once again Technical Officials.

We would like to say “Merry Christmas” and a Happy and Safe 2019 – good swimming to all.

Michele Burley-Jones (Media/Publicity Officer)
December 2018

CVSA Development and Team Manger's reports

The delivery of our Development program in the CVSA area has changed and evolved over the past few years we are now running the education days based on aged groups rather than Squad groups. All swimmers who qualified for Achievers, Junior Target, Senior Target or National A were invited to be part of our Development Program and those that accepted were able to attend our Education and Training day held at Newcastle University. The swimmers who attended this day at the University were invited to participate in the Development Meet for the Squad they had qualified for. As the delivery of the Development program has changed so is the Team managers reports as the Team managers may only see part of their squad at the Development Day and so I have chosen to evolve the report into a general Development report with notes from each Team manager.

Team Mangers and Coaches

National A

David Lamond and Melisa Geale

Kerry Saunders and Debby Tattoli

Senior Target Squad

Suzy Scaron and Shannan Johansen

Kerry Saunders, Melisa Geale and Michael Hyslop

Junior Target

Carmen Cleare and Dimity Douglas

Kerry Saunders, Melisa Geale and Michael Hyslop

Achievers

Lara Gordon and Narelle Murphy

Melisa Geale

Junior Establishment Squad

Narelle Murphy

Joshua Peoples

Development Days – Newcastle University and The Forum

The 2018 CVSA Development Squad days at The University of Newcastle were delivered in age groups rather than Development squad groups. We delivered the Development Program over two days with the two younger aged groups on the same day and utilising presenters to do multiple presentations on the one day. This was made possible as it was decided to reduce the pool sets to two hour sessions for these swimmers which was much more appropriate, while the older swimmers enjoyed an entire day together with four hours in the pool.

a.) **23rd June, 13 yrs & Over**, (51 swimmers). The education sessions delivered on this day were Physio / stretching, Strength and Conditioning, Nutrition, Sports Psychology and

Beyond the Black Line Program from Australian Swimmers Association. The presentations were followed by pool training sets for the afternoon.

b.) **1st July for 10yrs and Under**, (33 swimmers). The education sessions delivered on this day were Physio / stretching, Strength and Conditioning, Nutrition and Social Media. The presentations were followed by pool training sets for the afternoon with guest coach Simon Watkins from Trinity Lismore attending as a Mentor Coach for this development weekend.

c.) **1st July for 11 – 12 yrs.** (46 swimmers). The education sessions delivered on this day were Sports Psychology, Strength and Conditioning, Nutrition and Social Media. The presentations were followed by pool training sets for the afternoon with guest coach Simon Watkins from Trinity Lismore attending as a Mentor Coach for this development weekend.

The delivery of the Development Day Education sessions would not be possible without the generous assistance of our presenters. The Strength and Condition sessions were run by Shaun and Yvette from Strength Republic, <https://www.strengthrepublic.com.au/#our-story> The Nutrition sessions was delivered by, Jason Varoxis from Enliven Nutrition, <https://enlivennutrition.com> The Social Media sessions were presented by Senior Constable Brett Rose, the Youth Liaison Officer for Newcastle Police District. The Beyond the Black Line program was delivered by Kurt Herzog from the Australian Swimmers association. The Physio / stretching sessions were run by Craig Boettcher from Regant Street Physio and the Sports Psychology sessions were delivered by Fiona McCarthy of Mind and Body Balance



Nutrition – Example of foods to eat during a day of competition

Timing	Food as Fuel Nutrients	Food and Drink Example
Pre Event Breakfast Around 2-3 Hours Before Event	High Performance Fuels Hydration Recovery Fuels (small amounts if desired) Reserve Fuels (small amounts if desired) Fill Fuels (small amounts if desired)	Cereal & Toast • West Bio • Skim Milk • Natural Honey (drizzled on West Bio) With Plain White Bread (toasted) Choice of Vegemite, 100% Fruit Jam, Peanut Butter (thin spread only) With • 2 x Cups (500ml) Water
Pre Event Snack 1 < 1 Hour Before Event	High Performance Fuels Hydration	Fruit & Water • 1 x Large Banana Or 2 x Small Bananas • 1 x Cup 250ml Water (minimum)
Post Event Snack 1 Directly After Event	High Performance Fuels Hydration Recovery Fuels	Low Fat Greek Yoghurt & Water • Chobani Fruit Flavoured Greek Yoghurt Mini Tub • 1 x Cup 250ml Water (minimum)
Pre Event Snack 2 < 1 Hour Before Event	High Performance Fuels Hydration	Cottee's Cordial Drink • 1 x Cup (250ml) water with strong mix of Cottee's Cordial (any flavour)
Post Event Snack 2 Directly After Event	High Performance Fuels Hydration Recovery Fuels	Low Fat Muesli Bar & Water • 1 x Large Low Fat Muesli Bar • 1 x Cup 250ml Water (minimum)
Pre Event Snack 3 < 1 Hour Before Event	High Performance Fuels Hydration	Banana & Honey Sandwich • White Bread • Banana • Thick Spread Honey • 1 x Cup 250ml Water (minimum)
Post Event Snack 3 Directly After Event	High Performance Fuels Hydration Recovery Fuels	Dried Fruit & Low Fat Cheese • Sultanas • Low Fat Tasty Cheese Slices • Water (significant amount required to re-hydrate for next day)
Dinner	High Performance Fuels Hydration Recovery Fuels Reserve Fuels Fill Fuels	Mum's Spaghetti Bolognese Recipe • 5 Star Lean Beef Mince • Wholegrain Pasta • Tomato based sauce with Extra Virgin Olive Oil • Generous Serve of Vegetables (mixed into tomato based sauce) • Water

Sports Psychology – Motivation techniques

Fiona McCarthy
Sport Psychologist
Ph 04 14 778 006.

125 - 150 wpm
1250 - 1500 wpm

Honest?

1. TRAINSMART
8x50m
7x48m
1x49m

* 2. Routines
~~~~~  
Pressure ↓ Focus ↑ Confidence ↑

③ SELF TALK  
2 words  
Simple  
Posit Spec Action Oriented.

## Development Day Schedules

| Date       | Saturday 23 <sup>rd</sup> June                                            |            | Date       | Sunday 1 <sup>st</sup> July                                               | Sunday 1 <sup>st</sup> July                                               |
|------------|---------------------------------------------------------------------------|------------|------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------|
|            | 13yrs & Over                                                              |            |            | 10yrs & under                                                             | 11 -12yrs                                                                 |
| 0830       | <b>Arrival</b>                                                            |            | 0830       | <b>Arrival</b>                                                            |                                                                           |
| 0900-1000  | <b>Nutrition</b> – Enliven Nutrition                                      |            | 0900-1000  | <b>Physio</b> – Craig Boettcher – Regent Street Physio                    | <b>Arrival 09:30</b>                                                      |
| 1000-1100  | <b>Strength &amp; Condition</b> – Strength Republic (out in sports field) |            | 1000-1100  | <b>Social media</b> – NSW Police - Brett Rose                             | <b>Strength &amp; Condition</b> – Strength Republic (out in sports field) |
| 1100-1200  | <b>Physio</b> – Craig Boettcher – Regent Street Physio                    |            | 1100-1200  | <b>Strength &amp; Condition</b> – Strength Republic (out in sports field) | <b>Social Media</b> – NSW Police – Brett Rose                             |
| 1200-1215  | Lunch                                                                     | Beyond the | 1200-1215  | Lunch                                                                     | Lunch                                                                     |
| 1215-1315  | <b>Pool Set</b>                                                           | Black Line | 1215-      | <b>Pool Set</b> – Guest Coach Simon Watkins                               | <b>Sports Psychology 1215-1300</b><br>Mind and Body Balance               |
| 1315-1415  | Pool Set cont.                                                            | Sessions   | 1315-1415  | Pool Set cont.                                                            | <b>Nutrition</b> – Enliven Nutrition                                      |
| 1415-1445  | Afternoon tea                                                             |            | 1415-1515  | <b>Nutrition</b> – Enliven Nutrition                                      |                                                                           |
| 1445- 1530 | <b>Sports Psychology</b> 1445-1530<br>Mind and Body Balance               |            | 1445- 1700 |                                                                           | <b>Pool Set</b> – Guest Coach Simon Watkins                               |
| 1530-1700  | <b>Pool set</b>                                                           |            |            |                                                                           |                                                                           |

## National A Squad

Sports Super Centre camp, Runaway Bay Gold Coast, 17<sup>th</sup> – 20<sup>th</sup> July 2018

At 1pm Tuesday afternoon swimmers started arriving at Newcastle Airport. Narelle Murphy met the team to hand out a few last minute uniform items and the team all got to meet Coaches Kerry Saunders and Debby Tattoli and Team Managers David Lamond and Melisa Geale. After a few photos and farewells to parents the team was ready to check in and board the flight to the Gold Coast.



An uneventful flight and bus transfer to the Super Sports Centre and then rooms were allocated to the athletes. The National A camp squad members were:

| Forename | Surname   | Club                       |
|----------|-----------|----------------------------|
| TAYLEM   | BARNARD   | WOY WOY                    |
| BRYN     | BOWEN     | NU SWIM                    |
| Molly    | Breasley  | Hunter                     |
| Lachlan  | Brown     | NU Swim                    |
| AMBER    | CLARK     | NU SWIM                    |
| ELLA     | CLEARE    | HUNTER                     |
| JACOB    | CURCIO    | KINCUMBER PACIFIC DOLPHINS |
| FLYNN    | FARDELL   | MACQUARIE SHORES           |
| ZARA     | GOOD      | MINGARA                    |
| FERGUS   | HENDERSON | WOY WOY                    |



|          |                |                  |
|----------|----------------|------------------|
| Reece    | Jankovic       | Hunter           |
| NICHOLAS | LAMOND         | MINGARA          |
| Caitlan  | Montgomery     | Titans           |
| ZAYNE    | MORPHEW-WATSON | NELSON BAY       |
| ASHLEIGH | OBEREKAR       | VALLEY AQUATIC   |
| JOSHUA   | REED           | NOVOCASTRIAN     |
| DILLON   | SIV            | MACQUARIE SHORES |
| RYLEY    | TWISS          | HUNTER, NSW      |
| CHARLISE | WHEELER        | KPD              |
| ISAAC    | WIGHTMAN       | MINGARA          |

Once settled in to the accommodation the following program of activities had been organized;

| ITINERARY   |                                          |     |                                               |
|-------------|------------------------------------------|-----|-----------------------------------------------|
| GROUP NAME  | Coast & Valley Swimming National A Squad |     |                                               |
| DAY 1       |                                          |     |                                               |
| DATE        | Tuesday 17 <sup>th</sup> July            |     |                                               |
| TIME        | ACTIVITY                                 | PAX | NOTES                                         |
|             |                                          | 24  | Please complete your Lodge arrival checklist  |
| 18:30-19:00 | Dinner                                   | 24  | Trackside Bistro                              |
| 19:30-20:30 | Trivia night                             |     | Elite room booked/ SSC to facilitate          |
| DAY 2       |                                          |     |                                               |
| DATE        | Wednesday 18 <sup>th</sup>               |     |                                               |
| TIME        | ACTIVITY                                 | PAX | NOTES                                         |
| 06:30-07:00 | Breakfast                                | 24  | Trackside Bistro                              |
| 08:00-09:30 | Swim                                     | 20  | Swim Training 3x 50m pool lanes booked        |
| 10:30-12:00 | Talk                                     | 20  | Strength & Conditioning Lecture and Practical |
| 12:30-13:00 | Lunch                                    | 24  | Trackside Bistro                              |
| 13:15-15:30 | Stand up paddle                          | 24  | Stand up paddle boarding                      |
| 18:00-19:00 | Swim                                     | 20  | Swim Training 3x 50m pool lanes booked        |
| 19:30-20:00 | Dinner                                   | 24  | Trackside Bistro                              |
| 20:15-22:15 | Movie                                    |     | Elite room                                    |
| DAY 3       |                                          |     |                                               |
| DATE        | Thursday 19 <sup>th</sup>                |     |                                               |
| TIME        | ACTIVITY                                 | PAX | NOTES                                         |
| 06:30-07:00 | Breakfast                                | 24  | Trackside Bistro                              |

|             |                |    |                                           |
|-------------|----------------|----|-------------------------------------------|
| 08:00-09:30 | Swim           |    | Swim Training 3x 50m pool lanes booked    |
| 10:30-12:00 | Talk           | 20 | Sports Psychology /Elite room booked      |
| 12:30-13:00 | Lunch          | 24 | Trackside Bistro                          |
| 13:30-14:30 | Spartan Course | 24 | Spartan course/ <i>Ed Services booked</i> |
| 18:30-19:30 | Swim           | 20 | Swim Training 3x 50m pool lanes booked    |
| 20:00-20:30 | Dinner         | 24 | Trackside Bistro                          |
| 20:30-21:30 | Laser skirmish |    |                                           |

| DAY 4 - 10am Checkout |                         |     |                                        |
|-----------------------|-------------------------|-----|----------------------------------------|
| DATE                  | Friday 20 <sup>th</sup> |     |                                        |
| TIME                  | ACTIVITY                | PAX | NOTES                                  |
| 06:30-08:00           | Swim                    | 20  | Swim Training 3x 50m pool lanes booked |
| 08:30-09:00           | Breakfast               | 24  | Trackside Bistro                       |
| 09:15                 | Depart                  | 24  |                                        |

The last day of the camp was designed as a fun team bonding day and after departing the Super sports Centre the team travelled to Dream World. After a few hours of fun at Dream world the team boarded a flight back to Newcastle at 4pm arriving in Newcastle at 5:20pm. Parents were waiting to pick the athletes up and by all accounts were happy to see their very exhausted children.

In conclusion we all had a very good camp, (it was a pleasure to look after such a great group of kids). The camp provided a good balance of Theory, Training and Socialising and everyone met new friends within CVSA and from other area associations that attend the camp. This camp would be great to do again.

Other members of the National A squad who took part in the Development Days but did not attend the camp were; Harry Culty, Daniel McLoughlin, Shaye Booth

## **Target Meet – Senior and Junior Target Squad**

On 4<sup>th</sup> and 5<sup>th</sup> August 2018 the Junior Target Squad joined up with the Senior Target Squad at Peninsula Leisure Centre to compete as a team in the 2018 Swimming NSW Target Squad Meet. The swimmers were supported by Team Managers, Suzy, Shannan, Carmen and Dimity with coaches Kerry, Melisa and Michael.

Saturday consisted of all swimmers participating in three to four individual events each. Our CVSA team competed hard in the pool, and on the pool deck cheering their fellow team members on. Our swimmers regularly featured in the placing and many swimmers achieved PB's and State QTs. It was an extremely exciting day for our swimmers who were very keen to come back on the Sunday to further dominate in the pool. All swimmers finished the day to head off home to return again on Sunday morning bright and early.

Sunday morning took some explanation as the Skins experience was new to some and was very exciting to watch and probably exhausting for the swimmers involved. The Relay teams performed very well and as Sunday is a team events day it was fantastic to watch. We also need a special mention to one of our Team managers Dimity who lead the Team Cheering and had all the swimmers fully supporting our team when racing.

CVSA placed second overall in the point score for the weekend. I would like to mention the exceptional behavior from the CVSA team being nothing short of fabulous and a pleasure to be part of. It's great that the children get to be part of a different team and socialise with kids from different clubs.



## Achievers Squad

On Saturday 13<sup>th</sup> October the Achievers Squad travelled and competed as a team in the SNSW Area Development Meet at SOPAC. We travelled down in two buses one from Singleton, picking up at Kurri Kurri and then Ourimbah. The other bus started at Fullerton Cove then Lambton Pool and then Cameron Park. Once at SOPAC the swimmers were gathered together and introduced to the Team managers and Coaches, Lara, Narelle, Phillip and Melisa.

For many of the children it was their first time at SOPAC but this didn't faze them. All competitors went to marshalling without adult help with many of the more experienced swimmers helping out and offering support. The swimmers performed exceptionally well, achieving numerous PB's and medals and they represented CVSA, their clubs, and themselves well during the day and they should be congratulated for that.

At the end of the meet the swimmers boarded their buses for the trip home. It had been a long but enjoyable day for the swimmers and it was a quiet trip home. All the swimmers expressed they found being part of the Achiever Squad to be an enjoyable experience and hope to be involved again next year.



## **JUNIOR ESTABLISHMENT SQUAD 2018**

This year we were unable to go to State Open so a decision was made to attend Forster Aquatic Swimming Club Carnival on Saturday 19 May 2018. Information was sent out to all the Clubs but unfortunately, we received a poor response. A decision was made by CVSA Management that we would still take away the 12 swimmers who had applied. Our swimmers aged from 8 years to 12 years.

An early start was had by Kelsey & our Coach for the day Joshua People from KPD Club, who were picked up at Ourimbah at 5am, our next stop was Cameron Park, then final pick up at Heatherbrae with us arriving at Forster at 8.20am. Phillip Hawke had arrived early & saved part of the grandstand for the Team.

The swimmers were given swim caps, entry into the pool, a CVSA Tee Shirt & travelled by bus to and from the event. On they way up in the bus and during the day Joshua & myself discussed with the swimmers what they wanted to achieve on the day. We discussed swims that they could aim for to achieve Winter CVSA qualifying. Lots of the swimmers qualified on the day for Championships. We also discussed the next level they needed to look at which was Country Championships.

Most of the swimmers swam personal bests throughout the day in all strokes. Kosta Tsiaousia, Sophie Banister, Breanna Martin & Kelsey Page all came home with Gold, Silver & Bronze Medals.

I believe a good day was had by both Swimmers & Parents.

A lot of talent was shown in these swimmers & they will be our future generation of Coast & Valley Swimming Association representative swimmers.

Thank you to Joshua People for his assistance with the Junior Establishment Squad.



Narelle Murphy  
Junior Establishment Squad Manager

### Junior Establishment Squad 2019



On Friday 15<sup>th</sup> March, 2019 19 swimmers from the Coast & Valley Junior Establishment Squad travelled to Sydney Olympic Park for the NSW Open State Championships. These swimmers joined from a variety of clubs in the Newcastle, Singleton and Central Coast areas; and were accompanied by Team Coach Michael Hyslop, CVSA representative Narelle Murphy and 11 parents.

On arrival the squad members were all excited to enter the pool for a training session with Michael. For many of these swimmers it was their first occasion visiting SOPAC, being amazed by the size of the complex and depth of the pool. For others, it was a great opportunity to refine skills in the competition pool prior to upcoming school representative meets.

After our training session the swimmers got changed and enjoyed an early dinner at McDonalds. We then went downstairs to be briefed on our role as basket carriers for the championships. We had some free time to view the Olympic memorabilia around the pool area. The kids were amazed at just how big the hand & foot moulds of some champion swimmers were. Another point of much conversation was the changes to race suits over years, with many of kids too young for the era of full body race suits. During this time Narelle had the opportunity to speak to the accompanying parents about the Swimming NSW/CVSA development plan, and answer any questions from families.



We formed two shifts of basket carriers, and were just short of two full teams. Narelle had kindly grouped the basket carriers loosely on their local swim club, combined with a good mixture of ages to



foster leadership and support. The baskets this year were again huge - half the height of some swimmers, and wider than their little bodies. This proved to be a challenge for a couple of younger swimmers, meaning I got a workout helping to run and carry baskets as they got tired. Special thanks must go to Sophie Kelley, Evie Harris, Kade Taylor, Elana Sydenham and Tahj Regattieri for offering additional support and basket duties to cover both teams over the night.

The kids were very excited to brush shoulders with some big names and their idols, helped by Narelle's experience. We were very fortunate to receive three gifted medals from swimmers throughout the night, and these were shared between some very excited CVSA swimmers. At the end of the night Cate Campell took the time to come over and sign memorabilia for our swimmers. The swimmers were all very kind and many thanked our children for their help on the night.

Swimming NSW gathered all the JES swimmers together at the end and thanked us for our help, providing thankyou bags with some snacks for the bus ride home. The bus trip home was much quieter with many children exhausted from carrying baskets and running back and forth.

Narelle and I were very proud of how our swimmers behaved. They displayed teamwork to help each other out when some were tired. The respect shown to our championship swimmers was commented on. The young CVSA swimmers will look back fondly on this trip for a long time to come, with new friendships formed. It has been great to see kids from different swim clubs recognise each other at events since the JES 2019 trip.



Lisa Shailer

Manager

Junior Establishment Squad



## COAST & VALLEY SWIMMING ASSOCIATION 2019 WINTER SHORT COURSE CHAMPIONSHIPS

The Annual Short Course Swimming Championships now a three day event) were held at the Peninsular Leisure Centre at Woy Woy on Friday night 21<sup>st</sup> Saturday 22<sup>nd</sup> and Sunday 23<sup>rd</sup> June, 2019. Events catered for 9 years and under to Open Division for both male and female as well as events being available for Multi-Class swimmers of which were several Paralympians.

The Marshalling Area in the gazebo outside on the northern side of the complex was extremely cold all weekend and the swimmers were continually asked to wear appropriate clothing and something on their feet, due to four of the plastic slides could not be closed.

Under those conditions the swimmers achieved outstanding results. There were 32 individual male, 26 individual female, 4 male relay and 3 female relay records set. The female individuals most outstanding were Cassandra Fayers 15 years of age Hunter Club with 1 provisional State Record (1500 metres Freestyle) and 4 Area records, Emily Jones 16 years of age Novocastrian with 8 records, Cassie Van Breugel Woy Woy 25 years of age 5 records and Averil Jones 14 Hunter with 4 records. The male individuals only had one outstanding swimmer being Charlie Hawke 16 years of age from Hunter Club with 11 records. Due to the programme being updated, all the individual records could not be published.

Cassie Van Breugel 25 years of age from Woy Woy Swim Club Inc. took out the Female Swimmer of the Meet beating her main rival over the past years who was Emily Jones 16 years of age from Novocastrian Swim Club Inc. (172 points) and third being Averil Jones 14 years Hunter Swim Club Inc. (160 points). These placings are identical to the results from the 2018 Short Course Championships.



Charlie Hawke 16 years of age from the Hunter Club once again took out the Male Individual Point Score (3<sup>rd</sup> year) adding to his other achievements of top Male Swimmer in the 2016, 2017 and 2018 Long Course Championships. Charlie (258 points) was followed by Charles Walker 14 years from Charlestown Club (184 points) and third was Alexander Walker 12 years of age also from Charlestown Club (133 points).

The Team Rankings – Combined Team Scores – Club Champion for 2019 Short Course was won by Hunter Swim Club Inc. (2358 points) following their achievement from last years' Short Course Championships with second being Novocastrian (2084 points) and third Nuswim (1170 points).





The Quality Club Team Rankins – Combined Team Scores – Club Champion for 2019 being Charlestown Swimming Club with 12 swimmers achieving 51.42 points followed by Hunter Swim Club 58 swimmers achieving 40.65 points and third was Novocastrian Swim Club having 65 swimmers scoring 32.06 points.

Congratulations to all swimmers on their achievements and qualifying to compete at the next levels. Swimmers who achieved the placings of first, second and third in their individual age groups were as follows:

|               |                         |                            |                       |                           |
|---------------|-------------------------|----------------------------|-----------------------|---------------------------|
| 9 yrs. & Und  | Tahlia Speziale         | Titans                     | James Pyne            | NuSwim                    |
|               | Brydie Gray             | Singleton                  | Haydon Smith          | Hunter                    |
|               | Ava Hepburn             | Mingara                    | Domenic Papichio      | Hunter                    |
| 10 years      | Alexis Sutherland       | Hunter                     | Archie Quinn          | Nelson Bay RSL            |
|               | Bronte Bowker           | Hunter                     | Hayden McGregor       | Mingara                   |
|               | Evie Lucas              | Valley Aquatic             | Magnus Gregory        | Nelson Bay RSL            |
| 11 years      | Violet Williams         | NuSwim                     | Kane Edwards          | Novocastrian              |
|               | Emma Broadbent          | Kincumber Pacific Dolphins | Jonathon Hall         | Woy Woy                   |
|               | Taylah Markulin         | Kincumber Pacific Dolphins | Levi Reynolds         | Hunter Valley Allstars    |
| 12 years      | Lola Russell            | Hunter                     | Alexander Walker      | Charlestown               |
|               | Lara Clack              | NuSwim                     | Brock Hepburn         | Mingara                   |
|               | Emma Duggan             | Kincumber Pacific Dolphins | Cameron Gawn          | Novocastrian              |
| 13 years      | Kelsey Van Eldik        | Charlestown                | Billy Moody           | Singleton                 |
|               | Alix O'Bryan            | Singleton                  | Noah Sanchez          | Titan                     |
|               | Zara Foran              | Hunter                     | Koby Hall             | Novocastrian              |
| 14 years      | Averil Jones            | Hunter                     | Charles Walker        | Charlestown               |
|               | Natalie Hotham          | Mingara                    | Thomas Dever          | Hunter                    |
|               | Emily March             | Hunter                     | Gabriel Jeffery       | NuSwim                    |
| 15 years      | Cassandra Fayers        | Hunter                     | Joshua Reed           | Novocastrian              |
|               | Caitlin Montgomery      | Titans                     | Daniel McLoughlin     | Kincumber Pacific Dolphin |
|               | Abbey Proctor           | Titans                     | Alex Garnett          | Novocastrian              |
| 16 years      | Emily Jones             | Novocastrian               | Charlie Hawke         | Hunter                    |
|               | Sofia Ambler            | Novocastrian               | Lachlan Mackay        | Novocastrian              |
|               | Grace Murray            | NUswim                     | Joshua Smith          | Woy Woy                   |
| 17 years & Ov | Cassie Van Breugel (25) | Woy Woy                    | Shaye Booth (18)      | Mingara                   |
|               | Alexandra Rees (20)     | Novocastrian               | Harrison Gellatly(19) | Novocastrian              |
|               | Jasmine Anderson (17)   | Novocastrian               | James Koch (20)       | Mingara                   |
|               | Taylor Corry (24)       | Nelson Bay RSL             | Sam Harris            | NuSwim                    |

The Management would like to thank all the Technical Officials for giving their valuable time for the Area's swimmers to officiate at this meets, thank you very much for your efforts and without these volunteers, their knowledge and expertise the meet would not succeed, thank you.

It is also sad to hear that two Technical Officials who have continually worked for swimming in general and are both members of the Management Committee are retiring at the forthcoming Annual General Meeting.

*Michele Burley-Jones (Media Liaison)*

## Olympic Pathway

### Performance Squads

Swimming NSW's Performance Squads are designed to support current national team members and transitioning athletes. Transitioning athletes refers to those moving from age group swimming to open swimming or open swimming to either national squad or senior benchmark event selection.

There are three tiers (Gold, Silver, Bronze) and the Open Water Performance Squad within the Performance Squad pathway.

### Gold Performance Squad

|                  |                 |            |
|------------------|-----------------|------------|
| Bradley Woodward | Mingara Aquatic | Adam Kable |
|------------------|-----------------|------------|

### Silver Performance Squad

|                |                 |                 |
|----------------|-----------------|-----------------|
| Shaye Booth    | Mingara Aquatic | Stephen Critoph |
| Alexandra Rees | Novocastrian    | Adam Beisler    |

### Bronze Performance Squad

|                   |                 |                 |
|-------------------|-----------------|-----------------|
| James Koch        | Mingara Aquatic | Stephen Critoph |
| Harrison Gellatly | Novocastrian    | Adam Beisler    |
| Sam Harris        | NU Swim         | Paul Sharman    |
| Matthew Pender    | Valley Aquatic  | Sam Frame       |

## Sharks Squads

Swimming NSW's Sharks Squads are designed to identify and provide support for emerging age group swimmers and their coaches. Talented swimmers will have the opportunity to:

- Enhance education, develop skills and gain exposure to varied opportunities away from their daily training environment.
- Create a supportive environment for emerging swimmers to develop their skills and swimming knowledge in preparation for National Junior Team and/or Talent Identification (TID) Squad selection.

The NSW Sharks structure consists of two tiers: Gold and Silver.

### Sharks Gold Squad

|                  |              |                |
|------------------|--------------|----------------|
| Cassandra Fayers | Hunter       | Kerry Saunders |
| Charlie Hawke    | Hunter       | Kerry Saunders |
| Emily Jones      | Novocastrian | Adam Beisler   |

### Sharks Silver Squad

|                   |                           |                |
|-------------------|---------------------------|----------------|
| Isabella Campbell | Hunter                    | Kerry Saunders |
| Zara Foran        | Hunter                    | Kerry Saunders |
| Ava Jankovic      | Hunter                    | Kerry Saunders |
| Averil Jones      | Hunter                    | Kerry Saunders |
| Emily March       | Hunter                    | Kerry Saunders |
| Daniel McLoughlin | Kincumber Pacific Dolphin | Debby Tattoli  |
| Emily Dobbins     | Novocastrian              | Adam Beisler   |

Lachlan Mackay  
Joshua Reed

Novocastrian  
Novocastrian

Adam Beisler  
Adam Beisler

## Flippers Squad

Identifying and developing extraordinary sporting potential is a tremendously exciting journey. Typically it involves a rare blend of coaching art, science, environment and systematic planning. Sporting potential of this kind is often described as 'gold dust' - rare, valuable and requiring skilful handling along the journey to transfer into World and Olympic excellence.

To prepare Australia's next generation of swimmers for senior performance excellence, Swimming Australia, through the State Technical Directors has thoroughly reviewed the Performance Pathway program. The State and National Talent Program now will be known as Swimming Australia's 'Flippers' program. The program will feature a combination of activities delivered by each State and Nationally with the aim of preparing identified athletes to successfully transition to the pinnacle of swimming in Australia - the Dolphins Swim Team.

Meg Bailey  
Shaye Booth  
Emily Jones

Hunter  
Mingara Aquatic  
Novocastrian

Adam Kable (Coach)  
Adam Kable (Coach)  
Adam Beisler (Coach)

## Touring Team

The aim of the Swimming NSW (SNSW) Touring Team is to provide athletes who are on the cusp of National Team selection with an opportunity to travel and compete at a high-level overseas meet.

From this, swimmers will be able to practice racing under pressure and in an unfamiliar environment. Swimmers will gain greater racing and touring experience, with the goal of National Team selection in the near future.

Shaye Booth

Mingara Aquatic

Stephen Critoph (Coach)

**Team Coaches** - Amanda Isaac (Abbotsleigh)    Bruce Vyvyan (University of NSW)

**Staff** - Jon Shaw (Team Leader, SNSW Coaching Director), Gina Sacilotto (Performance Analyst)

## Paralympic Pathway

### Para Performance Squad

Taylor Corry

Nelson Bay

Thomas Davis (Coach)

### Para Potential Squad

Darcy Gibson

Valley Aquatic

Sam Frame (Coach)



Congratulations to Coast and Valley swimmers selected in the 2019/20 Swimming NSW squads.

#### **Gold Performance Squad**

Bradley Woodward      Mingara

#### **Silver Performance Squad**

Shaye Booth      Mingara      Alexandra Rees      Novocastrian

#### **Bronze Performance Squad**

Harrison Gellatly      Novocastrian      James Koch      Mingara  
Sam Harris      NUSwim      Mathew Pender      Valley Aquatic

#### **Sharks Gold Squad**

Cassandra Fayers      Hunter      Charlie Hawke      Hunter  
Emily Jones      Novocastrian

#### **Sharks Silver Squad**

Isabella Campbell      Hunter      Zara Foran      Hunter  
Ava Jankovic      Hunter      Averil Jones      Hunter  
Emily March      Hunter      Emily March      Hunter  
Daniel McLoughlin      KPD      Emily Dobbins      Novocastrian  
Lachlan Mckay      Novocastrian      Joshua Reed      Novocastrian

#### **Para Squad**

Taylor Corry      Nelson Bay      Luke Andrews      NUSwim

#### **Para Potential**

Tyler Brown      Macquarie Shores      Tahlia Blanshard      Woy Woy

Congratulations to swimmers selected in the following CVSA Development Squads for 2019

#### **NATIONAL A**

|         |          |        |         |         |                |
|---------|----------|--------|---------|---------|----------------|
| Bryn    | Bowen    | Nuswim | Amber   | Clark   | NUSwim         |
| Jack    | Breasley | Hunter | Harry   | Cullity | Nuswim         |
| Lachlan | Brown    | Nuswim | Jessica | Curtis  | Hunter         |
| Sarah   | Bull     | Hunter | William | Daly    | Valley Aquatic |

|         |            |              |       |            |                |
|---------|------------|--------------|-------|------------|----------------|
| Thomas  | Dever      | Hunter       | Ellie | Richardson | Kincumber      |
| Natalie | Hotham     | Mingara      | Chloe | Scanlon    | Novocastrian   |
| Oscar   | Jeffery    | NU Swim      | Heidi | Schneider  | Hunter         |
| Chloe   | McLoughlin | KPD          | Jack  | Sellars    | Valley Aquatic |
| Caitlin | Montgomery | Titans       | Alice | Small      | Singleton      |
| Alix    | O'Bryan    | Singleton    | Ryley | Twiss      | Hunter SC      |
| Rilee   | Perry      | Novocastrian |       |            |                |

## SENIOR AREA REPRESENTATIVE

|           |            |                   |           |                |                  |
|-----------|------------|-------------------|-----------|----------------|------------------|
| Gemma     | Bellette   | Titans            | Iesha     | Mackintosh     | WWI              |
| Mary      | Betell     | Nuswim            | Joel      | Maddick        | KPD              |
| Eliana    | Bootes     | KPD               | Hayden    | Neilson        | NuSwim           |
| Mia       | Braovic    | KPD               | Jazmine   | O'Brien        | Novocastrian     |
| Noah      | Brown      | Novocastrian      | Alistair  | Paterson-Clark | NU Swim          |
| Amelia    | Bull       | Mingara           | Saffire   | Penn           | Novocastrian     |
| Imogen    | Burton     | Hunter            | Ktinka    | Penn           | Novocastrian     |
| Gem       | Crittenden | Hunter            | Daniel    | Robinson       | KPD              |
| Lilli     | Davidson   | Titans            | Oliver    | Robinson       | KPD              |
| KEELY     | DRYDEN     | NuSwim            | Lola      | Russell        | Hunter           |
| Lachlan   | Duggan     | KPD               | Noah      | Sanchez        | Titans           |
| Jemma     | Earnshaw   | Singleton         | Mia       | Sargeant       | NU Swim          |
| Mikayley  | Fisher     | Woy woy           | Chelsea   | Scaron         | Novocastrian     |
| Hunter    | Flick      | HVAS              | Tyson     | Scicluna       | Titans           |
| Zara      | Good       | Mingara           | Percy     | Sinclair       | Hunter           |
| Maurice   | Good       | Mingara           | Anastasia | Skey           | NUSwim           |
| Rihana    | Gosselin   | Mingara           | Fox       | Smith          | Titans           |
| Mackenzie | Gray       | Singleton         | Zachary   | Soede          | KPD              |
| Koby      | Hall       | Novocastrian      | Isabella  | Speziale       | Titans           |
| Spencer   | Hamilton   | WWI               | Logan     | Stewart        | Nelson Bay       |
| Brock     | Hepburn    | Mingara           | Isaac     | Stokes         | NU Swim          |
| Jake      | Herring    | KPD               | Casey     | Stone          | Woy Woy          |
| Jed       | Hoyland    | Woy Woy           | Benjamin  | Trigg          | Nuswim           |
| Zoe       | Ingrey     | WWI               | Tiah      | Vale           | Titans           |
| Nathan    | Irvine     | KPD               | Che       | Van Beek       | Macquarie Shores |
| Breanna   | James      | Charlestown       | Matthew   | Wenham         | HVAS             |
| Gabriel   | Jeffery    | NU swum           | Megan     | Williams       | WWI              |
| Emma      | Jeffrey    | KPD               | Macy      | Willis         | Titans           |
| Jake      | Kelley     | Titans            | Joshua    | Yeo            | Mingara Aquatic  |
| Mika      | Kulak      | Gosford Stingrays | Mia       | Zablotsky      | NuSwim           |
| Harley    | Mackinnon  | KPD               |           |                |                  |

## JUNIOR AREA REPRESENTATIVE

|            |                |                   |           |                |                |
|------------|----------------|-------------------|-----------|----------------|----------------|
| Zoe        | Armstrong      | NuSwim            | Dominika  | Kralka         | KPD            |
| Daisy      | Breasley       | Hunter            | Kobe      | Linnert        | Woy Woy        |
| Kate       | Broadbent      | KPD               | Taylah    | Markulin       | KPD            |
| Emma       | Broadbent      | KPD               | Ben       | McGovern       | NUSwim         |
| Tess       | Burgess        | Valley Aquatic    | Hayden    | McGregor       | Mingara        |
| Blake      | Burton         | HVAS              | Scarlett  | McGregor       | Mingara        |
| Zara       | Campbell       | Hunter            | Connor    | Morgan         | Singleton      |
| Lara       | Clack          | NU Swim           | Ella      | Mounter        | Nu Swim        |
| Layla      | Cox            | Singleton         | Sullivan  | O'Sheades      | NuSwim         |
| Grace      | Daniell        | KPD               | Sophie    | Pethers        | KPD            |
| Khoi       | Donarski       | Gosford Stingrays | Alie      | Phelan         | KPD            |
| Jade       | Downs          | KPD               | Mackenzie | Pitfield       | Hunter         |
| Summer     | Dreves         | Gosford Stingrays | Zack      | Price          | Nuswim         |
| Emma       | Duggan         | KPD               | Archie    | Quinn          | Nelson Bay     |
| Lily       | Egan           | NuSwim            | Levi      | Reynolds       | HVAS           |
| Mia        | Elliott        | KPS               | Elizabeth | Rodham         | Woy Woy        |
| Jacob      | Falconer       | Woy Woy           | Genevieve | Smith          | Hunter         |
| Katelyn    | Flanagan       | HVAS              | Matilda   | Smith          | Valley Aquatic |
| Billy      | Foran          | Hunter            | Noah      | Smith          | Valley Aquatic |
| Rory       | Garnett        | Novocastrian      | Sommer    | Smith          | Hunter         |
| Cameron    | Gawn           | Novocastrian      | Tara      | Stewart        | NUSwim         |
| Aleksander | Gillon         | Titans            | Stella    | Sutherland     | Hunter         |
| Elliott    | Graham         | Novocastrian      | Alexis    | Sutherland     | Hunter         |
| Rory       | Gray           | Singleton         | Jayden    | Thompson       | Mingara        |
| Magnus     | Gregory        | Nelson Bay        | Aaleyah   | Tolar          | Hunter         |
| Charlie    | Griffiths      | Novocastrian      | Tyler     | Trethan        | Nuswim         |
| Skye       | Hackshall      | KPD               | Alison    | Trigg          | Nuswim         |
| Hannah     | Hodgetts       | Novocastrian      | Patrick   | Turon          | Novocastrian   |
| Jet        | Hoffman        | Charlestown       | Sienna    | Ward           | Titans         |
| Isaac      | Howells        | WWI               | Andie     | Widseth        | NuSwim         |
| Ronnie     | Jordan         | Woy Woy           | Violet    | Williams       | NU swim        |
| Sienna     | Kennedy-Wilkie | Mingara           | Mikaela   | Williams-Potts | Mingara        |

## ACHIEVERS

|         |          |              |         |            |                |
|---------|----------|--------------|---------|------------|----------------|
| Taylor  | Allen    | Novocastrian | Mia     | Campbell   | Hunter         |
| Elia    | Barluzzi | KPD          | Cody    | Carruthers | Novocastrian   |
| Makayla | Beacher  | NUSwim       | Leala   | Conway     | WWI            |
| Leo     | Birke    | Novocastrian | Jade    | Croese     | Novocastrian   |
| Zinc    | Bosco    | Singleton    | Carissa | Davidson   | Titans         |
| Zach    | Buckland | NuSwim       |         | Devine     |                |
| Liam    | Byrne    | Singleton    | William | Crowley    | Toukley Sharks |
| Zac     | Campbell | Hunter       | Liam    | Doyle      | Hunter         |
|         |          |              | Daniel  | Edwards    | Novocastrian   |

|           |            |                   |          |             |                     |
|-----------|------------|-------------------|----------|-------------|---------------------|
| Imogen    | Egan       | NuSwim            | Angus    | Rogers      | Valley Aquatic      |
| Maddy     | Flannery   | HVAS              | Harry    | Rouse       | Toukley Sharks      |
| Alex      | Fulton     | Titans            | Ollie    | Russell     | Hunter              |
| Brydie    | Gray       | Singleton         | Ryan     | Scholberg   | Titans              |
| Haylie    | Green      | Woy Woy           | Charlee  | Sheather    | Nelson Bay          |
| Eva       | Griffiths  | Novocastrian      | Eleanor  | Shervington | Woy Woy             |
| Nicholas  | Hamilton   | WWI               | Haydon   | Smith       | Hunter              |
| Pippa     | Hamilton   | WWI               | Fidel    | Soede       | KPD                 |
| Thomas    | Hammond    | Nelson Bay        | Tahlia   | Speziale    | Titans              |
| Natasha   | Hawkshaw   | Titans            | Savannah | Stacey      | WWI                 |
| Aleena    | Heald      | Valley Aquatic    | Caitlin  | Stacey      | WWI                 |
| Ava       | Hepburn    | Mingara           | Amie     | Stephensen  | NUSwim              |
| Zach      | Herring    | KPD               | Kane     | Summers     | KPD                 |
| Jesse     | Hudson     | Nelson Bay        | Elana    | Sydenham    | KPD                 |
| Annabelle | Hughes     | Branxton          | Benjamin | Thomas      | Titans              |
| Jemma     | Irvine     | KPD               | Jakob    | Thompson    | NUSwim              |
| Annika    | James      | Central Newcastle |          | Traub-      |                     |
| Java      | Jeffries   | NuSwim            | Dominik  | Rehm        | East Maitland       |
| Morgan    | Jones      | Mingara           | Eva      | Turner      | HVAS                |
| Samuel    | Laczina    | WWI               | Lani     | Waller      | Nuswim              |
| Vincent   | Lalewicz   | Singleton         | Macy     | Waller      | Nuswim              |
| Cora      | Logan      | Mingara           | Lilly    | Walters     | Valentine Torpedoes |
| Isabelle  | McCurdy    | Novocastrian      | Ethan    | Wenham      | HVAS                |
| mackenzie | Mears      | NuSwim            | Adrian   | Wenham      | HVAS                |
| Hanna     | Mounter    | NuSwim            | Hannah   | Wicks       | NuSwim              |
| Grace     | Oshannessy | Nu swim           | Emma     | Williams    | WWI                 |
| Kelsey    | Page`      | Woy Woy           | Isaac    | Yeo         | Mingara             |
| Cooper    | Price      | Nuswim            | Jayden   | Young       | Gosford stingrays   |
| James     | Pyne       | NuSwim            | Emily    | Young       | Gosford Stingrays   |
| Tahj      | Regattieri | KPD               | Rayah    | Young       | NUswim              |
| Jack      | Reynolds   | HVAS              | Cobi     | Young       | NUswim              |

#### PARA (MC)

|           |          |        |        |       |              |
|-----------|----------|--------|--------|-------|--------------|
| Thomas    | Ford     | NUSwim | Emilee | Pratt | Novocastrian |
| Gabriella | Howells  | WWI    | Joshua | Smith | Woy Woy      |
| Lexie     | Phillips | WWI    |        |       |              |

## JUNIOR ESTABLISHMENT

|         |          |                |          |                |              |
|---------|----------|----------------|----------|----------------|--------------|
| Tyler   | Bright   | Novocastrian   | Breeanna | Martin         | Titans       |
| Hunter  | Buckley  | Singleton      | Louie    | Movigliatti    | Novocastrian |
| Hayley  | Chivas   | Toukley sharks | Addison  | Munday         | KPD          |
| Maben   | de Somer | Singleton      | Kaiden   | Regattieri     | KPD          |
| Monique | Edwards  | Novo           | Tahj     | Regattieri     | KPD          |
| Daniel  | Edwards  | Novo           | Joshua   | Spence         | Mingara      |
| Samuel  | Ford     | NUSwim         | Lachlan  | Spence         | Mingara      |
| Evey    | Harris   | Singleton      | Elana    | Sydenham       | KPD          |
| Sophie  | Kelley   | Singleton      | Kade     | Taylor-Hobbins | KPD          |
| Abbey   | Kelley   | Singleton      |          |                |              |

## CVSA CLUB SECRETARIES – CURRENT AUGUST, 2019

|                               |                       |                                                                                                  |
|-------------------------------|-----------------------|--------------------------------------------------------------------------------------------------|
| Beresfield SC                 | Amy Panton            | <a href="mailto:barracudassc@optusnet.com.au">barracudassc@optusnet.com.au</a>                   |
| Boolaroo Speers Point SC      | Cheryl Williams       | <a href="mailto:bspswimclub@gmail.com">bspswimclub@gmail.com</a>                                 |
| Branxton Greta ASC            | Natasha Waeger        | <a href="mailto:BGASC@outlook.com">BGASC@outlook.com</a>                                         |
| Central Newcastle SC          | Kate Price            | <a href="mailto:centralnewcastleswimmng@gmail.com">centralnewcastleswimmng@gmail.com</a>         |
| Cessnock ASC                  | Melissa Meyers        | <a href="mailto:natalie.sweetman@det.nsw.edu.au">natalie.sweetman@det.nsw.edu.au</a>             |
| Charlestown SC                | Jayne Day             | <a href="mailto:charlestownswimclub@gmail.com">charlestownswimclub@gmail.com</a>                 |
| Clarencetown Comets SC        | Louise Knight         | <a href="mailto:clarencetowncomets@gmail.com">clarencetowncomets@gmail.com</a>                   |
| Coalfields United ASC         | Ellena Morris         | <a href="mailto:ellena@hotmail.net.au">ellena@hotmail.net.au</a>                                 |
| Dungog SC                     | Hamish Maccormic      | <a href="mailto:dungogswimmingclub@gmail.com">dungogswimmingclub@gmail.com</a>                   |
| East Maitland Olympic SC      | Hannah Williams       | <a href="mailto:eastmaitland.swimmingclub@gmail.com">eastmaitland.swimmingclub@gmail.com</a>     |
| Gosford Stingrays SC          | Narelle Roberts       | <a href="mailto:secretary@gosfordstingrays.com.au">secretary@gosfordstingrays.com.au</a>         |
| Hunter SC                     | Heidi Tolar(Crawford) | <a href="mailto:hunterswimclub@gmail.com">hunterswimclub@gmail.com</a>                           |
| Hunter Valley All Stars SC    | Luke Potts            | <a href="mailto:luke.r.potts@det.nsw.edu.au">luke.r.potts@det.nsw.edu.au</a>                     |
| Jamies SC                     | Pauline Evans         | <a href="mailto:illfieldpj@bigpond.com">illfieldpj@bigpond.com</a>                               |
| Kincumber Pacific Dolphins SC | Lauren Richardson     | <a href="mailto:Lauren.r01@icloud.com">Lauren.r01@icloud.com</a>                                 |
| Kurri Kurri SC                | Kate Stuart           | <a href="mailto:kstuart05@gmail.com">kstuart05@gmail.com</a>                                     |
| Macquarie Shores SC           | Holly Gawn            | <a href="mailto:macquarieshoresswimclub@gmail.com">macquarieshoresswimclub@gmail.com</a>         |
| Maitland SC                   | Dianne Morris         | <a href="mailto:maitswim@gmail.com">maitswim@gmail.com</a>                                       |
| Mingara Aquatic SC            | Scott Liddell         | <a href="mailto:secretary@mingaraaquatic.com">secretary@mingaraaquatic.com</a>                   |
| Morisset Meteors SC           | Sally Nowalinski      | <a href="mailto:sallynowalinski@hotmail.com">sallynowalinski@hotmail.com</a>                     |
| Nelson Bay RSL                |                       | <a href="mailto:nelsonbayswimclub@gmail.com">nelsonbayswimclub@gmail.com</a>                     |
| Newcastle Premiers SC         | Michelle Mathwin      | <a href="mailto:newcastlepremiers.sc@gmail.com">newcastlepremiers.sc@gmail.com</a>               |
| Novocastrian SC               | Karen Williams        | <a href="mailto:novo.swim@gmail.com">novo.swim@gmail.com</a>                                     |
| Nuswim SC                     | Jordian Lees          | <a href="mailto:nuswim.secretary@hotmail.com">nuswim.secretary@hotmail.com</a>                   |
| Raymond Terrace ASC           | Narelle Murphy        | <a href="mailto:rtasc@hotmail.com.au">rtasc@hotmail.com.au</a>                                   |
| Singleton ASC                 | Julie Jones           | <a href="mailto:singletonswimming@hotmail.com">singletonswimming@hotmail.com</a>                 |
| Stockton SC                   | Hayley Smee           | <a href="mailto:stocktonswimclubnsw@gmail.com">stocktonswimclubnsw@gmail.com</a>                 |
| Swansea Sharks SC             | Darryl Bellette       | <a href="mailto:brownie1969@outlook.com">brownie1969@outlook.com</a>                             |
|                               |                       | <a href="mailto:jrenshaw@colesrefrigeration.com.au">jrenshaw@colesrefrigeration.com.au</a>       |
| The Entrance SC               | Natalie Delaney       | <a href="mailto:teasc@live.com">teasc@live.com</a>                                               |
| Tilligerry Stingrays SC       | Alyssa Allen          | <a href="mailto:tillgerrystingrays@gmail.com">tillgerrystingrays@gmail.com</a>                   |
| TitanS SC                     | Emily Bull            | <a href="mailto:info@titansswimmingclub.com.au">info@titansswimmingclub.com.au</a>               |
| Toukley SC                    | Nicole Thorn          | <a href="mailto:toukleysc@gmail.com">toukleysc@gmail.com</a>                                     |
| Valentine Torpedoes SC        | Sara Taylor           | <a href="mailto:sazad34@hotmail.co.uk">sazad34@hotmail.co.uk</a>                                 |
| Valley Aquatic SC             | Rachel Provost        | <a href="mailto:secretary.valleyaquaticclub@gmail.com">secretary.valleyaquaticclub@gmail.com</a> |
| Wallsend Warriors SC          | Robyn Sanderson       | <a href="mailto:roblynsan54@gmail.com">roblynsan54@gmail.com</a>                                 |
| West Wallsend Indoor SC       | Ritu Singla           | <a href="mailto:secretary.westy@gmail.com">secretary.westy@gmail.com</a>                         |
| Woy Woy SC                    | Jessie Linnert        | <a href="mailto:wwscsec@gmail.com">wwscsec@gmail.com</a>                                         |
| Wyee Point ASC                |                       |                                                                                                  |
| Wyang ASC                     | Kristy Johnson        | <a href="mailto:wyongasc@y7mail.com.au">wyongasc@y7mail.com.au</a>                               |

## CVSA CLUB RACE SECRETARIES- CURRENT AUGUST, 2019

| CLUB                          | CONTACT              | EMAIL                                                                                            |
|-------------------------------|----------------------|--------------------------------------------------------------------------------------------------|
| Beresfield SC                 | Fiona Sales          | <a href="mailto:barracudassc@optusnet.com.au">barracudassc@optusnet.com.au</a>                   |
| Boolaroo Speers Point SC      | Janette Kincade      | <a href="mailto:twin.cam2@bigpond.com.au">twin.cam2@bigpond.com.au</a>                           |
| Branxton Greta ASC            | Leanne Preece        | <a href="mailto:lpreece82@yahoo.com.au">lpreece82@yahoo.com.au</a>                               |
| Central Newcastle SC          | Matt Quinn           | <a href="mailto:centralnewcastleswimming@gmail.com">centralnewcastleswimming@gmail.com</a>       |
| Cessnock ASC                  | Simone Cameron       | <a href="mailto:slvcameronhotmail.com">slvcameronhotmail.com</a>                                 |
| Charlestown SC                |                      |                                                                                                  |
| Clarencetown Comets SC        | Cathy Haynes         | <a href="mailto:clarencetowncomets@gmail.com">clarencetowncomets@gmail.com</a>                   |
| Coalfields United ASC         | Carol James          | <a href="mailto:ellena@hotmail.net.au">ellena@hotmail.net.au</a>                                 |
| Dungog SC                     | Matthew Kerr         | <a href="mailto:dungogswimmingclub@gmail.com">dungogswimmingclub@gmail.com</a>                   |
| East Maitland Olympic SC      |                      |                                                                                                  |
| Gosford Stingrays SC          | Susie Morris         | <a href="mailto:racesecretary@gosfordstingrays.com.au">racesecretary@gosfordstingrays.com.au</a> |
| Hunter SC                     | Scott Carson         | <a href="mailto:race.huntersc@gmail.com">race.huntersc@gmail.com</a>                             |
| Hunter Valley All Stars SC    | Erin Flannery        |                                                                                                  |
| Jamies SC                     | Jeanette Illfield    | <a href="mailto:illfieldpj@bigpond.com">illfieldpj@bigpond.com</a>                               |
| Kincumber Pacific Dolphins SC | Julie Redfern        | <a href="mailto:kpdracesecretary@gmail.com">kpdracesecretary@gmail.com</a>                       |
| Kurri Kurri SC                | Kate Stuart          | <a href="mailto:kstuart05@gmail.com">kstuart05@gmail.com</a>                                     |
| Macquarie Shores SC           | Tracy McDonald       | <a href="mailto:macquarieshoresswimclub@gmail.com">macquarieshoresswimclub@gmail.com</a>         |
| Maitland SC                   | Dianne Morris        | <a href="mailto:dmorris5@bigpond.com">dmorris5@bigpond.com</a>                                   |
| Mingara Aquatic SC            | Gabriel Villa        | <a href="mailto:racesecretary@mingaraaquatic.com">racesecretary@mingaraaquatic.com</a>           |
| Morisset Meteors SC           | Steven Elsworth      | <a href="mailto:cateve@bigpond.com">cateve@bigpond.com</a>                                       |
| Nelson Bay RSL                |                      |                                                                                                  |
| Newcastle Premiers SC         | Kate Connor          | <a href="mailto:Taylerjae@hotmail.com">Taylerjae@hotmail.com</a>                                 |
| Novocastrian SC               | Michelle Reed        | <a href="mailto:michelle.pete@optusnet.com.au">michelle.pete@optusnet.com.au</a>                 |
| Nuswim SC                     | Mark Armstrong       | <a href="mailto:nuswim.racesecretary@hotmail.com">nuswim.racesecretary@hotmail.com</a>           |
| Raymond Terrace ASC           | David Richards       | <a href="mailto:daverich@optusnet.com.au">daverich@optusnet.com.au</a>                           |
| Singleton ASC                 | Melisa Geale         | <a href="mailto:sascraces@gmail.com">sascraces@gmail.com</a>                                     |
| Stockton SC                   | Kim Hor              | <a href="mailto:stocktonswimclubnsw@gmail.com">stocktonswimclubnsw@gmail.com</a>                 |
| Swansea Sharks SC             | Rachel West          | <a href="mailto:tedge@bigpond.net.au">tedge@bigpond.net.au</a>                                   |
| The Entrance SC               | Laureen Sliwinski    | <a href="mailto:teasc@live.com">teasc@live.com</a>                                               |
| Tilligerry Stingrays SC       | Andrew Chamberlain   | <a href="mailto:andrew.chamberlain@westrac.com">andrew.chamberlain@westrac.com</a>               |
| TitanS SC                     | Blinda Francis-Smith | <a href="mailto:entries@titansswimmingclub.com.au">entries@titansswimmingclub.com.au</a>         |
| Toukley SC                    | George Brown         |                                                                                                  |
| Valentine Torpedoes SC        | Adam Taylor          | <a href="mailto:taylesabroad@hotmail.com">taylesabroad@hotmail.com</a>                           |
| Valley Aquatic SC             | Bernadette Heald     | <a href="mailto:racing.valleyaquaticclub@gmail.com">racing.valleyaquaticclub@gmail.com</a>       |
| Wallsend Warriors SC          |                      |                                                                                                  |
| West Wallsend Indoor SC       | Susannah Williams    | <a href="mailto:carnivalracesecretary.westy@gmail.com">carnivalracesecretary.westy@gmail.com</a> |
| Woy Woy SC                    | Brodie Linnert       | <a href="mailto:wwscrac@gmail.com">wwscrac@gmail.com</a>                                         |
| Wyee Point ASC                | Lisa Munro           | <a href="mailto:trish2147@aapt.net.au">trish2147@aapt.net.au</a>                                 |

## COAST AND VALLEY REFEREES

|            |               |                                                                                            |
|------------|---------------|--------------------------------------------------------------------------------------------|
| Jennifer   | Bell          | <a href="mailto:drjmbell@gmail.com">drjmbell@gmail.com</a>                                 |
| Belinda    | Boon          | <a href="mailto:belinda.boon@health.nsw.gov.au">belinda.boon@health.nsw.gov.au</a>         |
| George     | Brown         | <a href="mailto:gomabr@bigpond.com">gomabr@bigpond.com</a>                                 |
| Jacqueline | Currey        | <a href="mailto:jacqui@eleken.com.au">jacqui@eleken.com.au</a>                             |
| Gordon     | Ferguson      | <a href="mailto:gfaf7@bigpond.com">gfaf7@bigpond.com</a>                                   |
| Blinda     | Francis-Smith | <a href="mailto:blinda@cyberassistant.com.au">blinda@cyberassistant.com.au</a>             |
| John       | Hart          | <a href="mailto:johnbhart@optusnet.com.au">johnbhart@optusnet.com.au</a>                   |
| Danny      | Linnen        | <a href="mailto:dlinnen@nscchahs.health.nsw.gov.au">dlinnen@nscchahs.health.nsw.gov.au</a> |
| Jacki      | Mackintosh    | <a href="mailto:jackimack75@gmail.com">jackimack75@gmail.com</a>                           |
| Peter      | Reinhard      | <a href="mailto:Peter.Reinhard@thalesgroup.com.au">Peter.Reinhard@thalesgroup.com.au</a>   |
| David      | Richards      | <a href="mailto:daverich@optusnet.com.au">daverich@optusnet.com.au</a>                     |
| Norman     | Roberts       | <a href="mailto:nar1950@bigpond.net.au">nar1950@bigpond.net.au</a>                         |
| Patricia   | Roberts       | <a href="mailto:nar1950@bigpond.net.au">nar1950@bigpond.net.au</a>                         |
| Jennifer   | Schwetz       | <a href="mailto:jenny@schwetz.id.au">jenny@schwetz.id.au</a>                               |
| Cathy      | Sheedy        | <a href="mailto:cs18828@bigpond.net.au">cs18828@bigpond.net.au</a>                         |
| Greg       | Skinner       | <a href="mailto:gskinner@energy.com.au">gskinner@energy.com.au</a>                         |
| David      | Van Eldik     | <a href="mailto:vaneldiks@exemail.com.au">vaneldiks@exemail.com.au</a>                     |



## COAST AND VALLEY STARTERS

|             |               |                                   |
|-------------|---------------|-----------------------------------|
| David       | Bell          | david.bell@jewellspharmacy.com    |
| Jennifer    | Bell          | drjmbell@gmail.com                |
| Belinda     | Boon          | belinda.boon@health.nsw.gov.au    |
| George      | Brown         | gomabr@bigpond.com                |
| Phillip     | Coker         |                                   |
| Darcy       | Currey        | darcy@eleken.com.au               |
| Jacqueline  | Currey        | jacqui@eleken.com.au              |
| Steven      | Douglas       | steve.douglas@riotinto.com        |
| Anthony     | Dufficy       | anthony.dufficy@bigpond.com       |
| Gordon      | Ferguson      | gfaf7@bigpond.com                 |
| Peter       | Flook         | peter.flook@effem.com             |
| Blinda      | Francis-Smith | blinda@cyberassistant.com.au      |
| Melisa      | Geale         | melisa@hunterlink.net.au          |
| John        | Hart          | johnbhart@optusnet.com.au         |
| Sonny       | Hinwood       | sonny.hinwood@team.telstra.com    |
| Joy         | Hirst         | meahirst@gmail.com                |
| Karen       | Keegan        | kkeegan67@hotmail.com             |
| Danny       | Linnen        | dlinnen@nscchs.health.nsw.gov.au  |
| David       | Lovell        | davelovell1970@gmail.com          |
| Jacki       | Mackintosh    | jackimack75@gmail.com             |
| Terry       | Moonen        | terrymoonen@gmail.com             |
| Narelle     | Murphy        | narelle.mur@iinet.net.au          |
| Steven      | Nolan         | stevenolan123@live.com.au         |
| Rod         | Price         | rkjl.price@outlook.com            |
| Peter       | Reinhard      | Peter.Reinhard@thalesgroup.com.au |
| David       | Richards      | daverich@optusnet.com.au          |
| Norman      | Roberts       | nar1950@bigpond.net.au            |
| Patricia    | Roberts       | nar1950@bigpond.net.au            |
| Peter       | Roome         | vanessaroom@icloud.com            |
| Margaret    | Sadow         | marg.sadow@gmail.com              |
| Tony        | Sales         | tfsales@bigpond.com               |
| Jennifer    | Schwetz       | jenny@schwetz.id.au               |
| Cathy       | Sheedy        | csh18828@bigpond.net.au           |
| James (Jim) | Sheedy        | csh18828@bigpond.net.au           |
| Seang       | Siv           | seangsiv@gmail.com                |
| Greg        | Skinner       | gskinner@energy.com.au            |
| Steve       | Smith         |                                   |
| Mornay      | Smuts         | mornay.smuts@bigpond.com          |
| Brendan     | Twiss         | btwiss@dodo.com.au                |
| Nerida      | Uljan         | uljan65@gmail.com                 |
| Stephen     | Vale          | gandolf24@hotmail.com             |
| Cameron     | Van Breugel   | cam_can_swim@hotmail.com          |
| David       | Van Eldik     | vaneldiks@exemail.com.au          |
| Emma        | Walker        | emwalk@hotmail.com                |
| Karren      | Williams      | kazwilliams@internode.on.net      |

|          |          |                        |
|----------|----------|------------------------|
| Trent    | Willis   | trentandtiff@gmail.com |
| Geoff    | Woodward | kgbwoody@bigpond.com   |
| Andrew   | Wright   | pup.kel@bigpond.com    |
| Benjamin | Xerri    | benxerri@hotmail.com   |

# Important information about the Working With Children Check renewal

The Working With Children Check has been operating in NSW for nearly five years and some Working With Children (WWC) numbers will start to expire from 15 June 2018.

Individuals with a WWC number that is about to expire will be able to submit a renewal application online within three months of their expiry date. A reminder email will be sent from the Office of the Children's Guardian to applicants three months before their WWC number expires.

They do not apply for a new Working With Children Check but simply renew, and their WWC number will be valid for another 5 years. Information on how to do this is in the reminder email.

If the Office of the Children's Guardian doesn't hold a person's current email address, we won't be able to email them. Your workers should keep their contact details up to date so they can be alerted about their WWC renewals by going to [www.kidsguardian.nsw.gov.au/check](http://www.kidsguardian.nsw.gov.au/check).

## What does this mean for me?

We recommend employers review their own records for upcoming WWC expiry dates or ask their workers if they have renewed their WWC numbers.

When the WWC number has been renewed it needs to be re-verified by the person's employer or organisation.

When an employer verifies they will receive a confirmation email. These emails help employers maintain workplace records for compliance.

A person cannot continue to work or volunteer in a child-related role if they do not renew their WWC number and have it verified by the employer.

It is an offence to work with children in NSW without a valid WWC clearance number or current application by the worker to the Office of the Children's Guardian for a clearance.

For more information and downloadable resources about the Working With Children Check renewal go to [www.kidsguardian.nsw.gov.au/check/renew](http://www.kidsguardian.nsw.gov.au/check/renew).

## Steps for employees and volunteers to renew

>> They check their expiry date, either through their email records or by retrieving it online.

>> If their contact details are up to date, they will also receive an email from the Office of the Children's Guardian which contains a link to the online renewal form.

>> After completing the online renewal form they receive a second email with a reference number.

>> They take the reference number to a Service NSW centre or motor registry and pay the renewal fee (if a fee is required).

>> They are sent a third email confirming a new expiry date for their WWC number.

>> They provide their employer with their WWC number and their new expiry date so it can be verified and the new date recorded by the employer.

## Quick links

- [Lost my WWC number »](#)
- [Find a Service Centre »](#)
- [Update my details »](#)
- [When to renew »](#)

## Working With Children Check contacts

**Phone:** 02 9286 7219

**Email:** [check@kidsguardian.nsw.gov.au](mailto:check@kidsguardian.nsw.gov.au)

**Web:** [kidsguardian.nsw.gov.au/check](http://kidsguardian.nsw.gov.au/check)

## MANAGEMENT COMMITTEE MEETING ATTENDANCE

JUNE 2018– JULY 2019

| <b>Name</b>          | <b>Meetings<br/>held</b> | <b>Meetings<br/>attended</b> |
|----------------------|--------------------------|------------------------------|
| Norm Roberts         | 14                       | 11                           |
| Jenny Schwetz        | 14                       | 14                           |
| Blinda Francis-Smith | 14                       | 12                           |
| Michelle Gross       | 14                       | 10                           |
| Russell Waugh        | 14                       | 12                           |
| Phillip Hawke        | 14                       | 5                            |
| Jacqui Currey        | 14                       | 12                           |
| Michele Burley-Jones | 14                       | 9                            |
| Jacqui Mackintosh    | 14                       | 6                            |
| Greg Skinner         | 14                       | 12                           |