

Coast & Valley Swimming Association Inc. Minutes-Management Committee Meeting

Edgeworth Bowling Club 15 January, 2013

Meeting opened at 7.03pm with David Hinds in the Chair

1. ATTENDANCE

David Hinds	David Richards	Jenny Schwetz	Patricia Roberts	Russell Waugh
Matt Frith	Norm Roberts	Michele Burley-Jones		
Jarrold Anthony	SNSW Development Officer			

2. **APOLOGIES:** Ian Johnson; Tom Davis. Moved Michele Burley-Jones 2nd Trish Roberts that apologies be accepted. Carried

3. **CONFIRMATION** - Minutes of previous meeting:
Moved Matt Frith 2nd David Richards that the minutes of the previous meeting are a true and correct copy. Carried

4. BUSINESS ARISING from the minutes

- 4.1. Outstanding fees – 2012 Development squad. Moved Michele Burley-Jones 2nd Russell Waugh that outstanding fees be written off. Carried. The option of instituting disciplinary procedures was not pursued at this stage.
- 4.2. Call for application from Area clubs to host 2013 winter Championships & winter Speedo 2013 – no replies to date. Reminder to be sent to clubs.
- 4.2.1. Payment options for Accredited Technical Officials working at CVSA swim meets-to be tabled after next Technical Committee meeting

2. CORRESPONDENCE:

2.1. INWARDS

- 2.1.1. Email: Swimming NSW-copy of Competition Strategy; Child Welfare Policy; Child Welfare Policy General Information & Procedures; Member Welfare Policy; Member Welfare Policy General Information & Procedures
- 2.1.2. Email: Swimming NSW re FINA Approved swimsuits
- 2.1.3. Email: Swimming NSW-re transfer of Area registration fees
- 2.1.4. Email: Andrew Jones-Meet Report-CVSA Championships
- 2.1.5. Email: Swimming NSW-Changes to National Database View-fwd: Registrar
- 2.1.6. Email: Renae Deamer re incident at CVSA Championships
- 2.1.7. Swimming NSW -Christmas card
- 2.1.8. Email: Newcastle Embroidery Specialists- invoice & statement-fwd: Treasurer

- 2.1.9. Email: Swimming NSW-re submission of Area Development plans-fwd: Development Co-ordinator
- 2.1.10. Email: Woy Woy SC re Gordon Ferguson -40 years as referee
- 2.1.11. Email: Belinda Boon re swim wear complaint
- 2.1.12. Email: Ellena Morris re updated calendar for Special Olympics-fwd: Management; competition; Development & Technical committees
- 2.1.13. Email: Janelle McCosker re Copeton Freshwater Swim-fwd: Area Clubs
- 2.1.14. Central Coast Local Health District: letter of thanks for donation & receipt
- 2.1.15. Kincumber Pacific Dolphins SC- invoice for catering expenses-CVSA champs
- 2.1.16. Clubs Online: Sonya Moore re Development squad account details
- 2.1.17. Clubs Online: Keiran Richards re Speedo heat entry
- 2.1.18. Email: Swimming NSW-Nov registration fees
- 2.1.19. Email: Matt Story Foundation: Invoice
- 2.1.20. Email: Coalfields United SC re approval of swim meet and program
- 2.1.21. Email: Coalfields United SC – Requesting Development meet a & program be approved for March 10 or 18

2.2. OUTWARDS

- 2.2.1. Lake Macquarie City Council- change of details for correspondence & cheque
- 2.2.2. Hunter SC-re LC Championships
- 2.2.3. Deborah Hodgson re approved FINA swimsuits
- 2.2.4. Email: Swimming NSW-B & C squad meets; winter sprint series
- 2.2.5. Email: Sonya Moore re Dev. Squad account details
- 2.2.6. Email: Keiran Richards re Speedo heats entry

Moved Trish Roberts 2nd Matt Frith that correspondence inwards be dealt with as read and correspondence outwards be approved. Carried

2.3. Business Arising from Correspondence:

- 2.3.1. Approved Gordon Ferguson resume for publication on website
- 2.3.2. CVSA Championship incident – David Hinds to follow up
- 2.3.3. Approved Meet Report- CVSA LC Championships. Moved David Richards 2nd Matt Frith. Carried
- 2.3.4. Adoption of :
 - 2.3.4.1. Child Welfare Policy;
 - 2.3.4.2. Child Welfare Policy General Information & Procedures;
 - 2.3.4.3. Member Welfare Policy;
 - 2.3.4.4. Member Welfare Policy General Information & Procedures

Moved David Richards 2nd Michele Burley-Jones that Policies and Procedures be adopted and a link to these put on the CVSA website. Carried

- 2.3.5. Belinda Boon -Moved Russell Waugh 2nd Michele Burley-Jones that letter be sent . Carried.

3. **REPORTS:**

3.1. **Treasurer – Trish Roberts**

Report tabled – copy attached.

Moved Trish Roberts 2nd David Richards that \$10,000.00 be transferred from General cheque Account to Cash Reserve account. Carried.

Moved Russell Waugh 2nd David Richards that entry fee be refund to Jacob Cerniauskas. Carried.

3.1.1. Accounts approved for Payment

Newcastle Embroidery	Tech Official shirts	\$492.00
Kincumber Pacific Dolphins	Catering expenses CVSA champs	\$500.00
Matt Storey Foundation	Swim-a-thon entry	750.00
David Hinds	Re-imbursement Scratchies and envelopes – CVSA Champs	\$77.00
Jacob Cerniauskas	Refund entry fee	\$40.00
Kincumber Pacific Dolphins	Share program sales	\$297.00
Odette Hodgson/Oliver Moody	Swimmer of Meet	\$200.00
Russell Waugh	Re-imbursement-program printing	\$724.23
Kelly's Party Hire	Equipment hire	\$1024.00

Moved Trish Roberts 2nd David Richards that report be accepted and payment of accounts approved. Carried.

3.2. **Competition Committee/Registrar – Russell Waugh**

3.2.1. Congratulations to Oliver Moody and Odette Hodgson on winning the Male and Female swimmer of the meet and to the KPD swim club on winning their first Summer CVSA Championships club point score

3.2.2. Championship report is on website

3.2.3. Speedo sprint heats

1. 114 swimmers entered
2. Moved Russell Waugh 2nd Michele Burley-Jones that refund of entry fees for entries to Speedo Sprints made in error be approved. Carried.

Moved Russell Waugh 2nd Matt Frith that report be approved. Carried.

3.3. **Selection & Development Committee** – Tom Davis

Jarrold Anthony on behalf of Development co-ordinator requested that "Other Squad Initiatives for non-qualifiers CVSA Championships be approved and the fee be \$10.00 per swimmer. Travel to activity will be by bus. Moved Matt Frith 2nd Trish Roberts. Carried

Committee meeting was held today. 156 applications for Development squads have been received to date

Development stand at CVSA Championships was well received

Planning for Development activities is well advanced.

Moved Norm Roberts 2nd Matt Frith that report be accepted. Carried.

3.4. **ATSC Convenor** – Norm Roberts

- Championships went well, though officials were still understaffed.
- Training – organise the running full day/s of training – Venue Edgeworth Bowling Club (if available)
- Technical dinner- planning advanced- quotes have been obtained
- Development day workshops to be organised in co-ordination with development days

Moved Norm Roberts 2nd Matt Frith that report be accepted. Carried.

3.5. **Development Officer** – Jarrod Anthony

Report tabled –copy attached

Minutes of Coaches meeting tabled – copy attached. Moved Michele Burley Jones 2nd Matt Frith that minutes be accepted. Carried

Approved Adam Bielser as Head Coach – Development. Moved Michele Burley-Jones 2nd Russell Waugh.

CVSA Proposed Budget 2013 -Recommendation that Area Coordinators to submit proposed expenditure budget for the 2013/14 season at the next Management meeting. The CVSA treasurer can assist with the 2012 expenses to help plan the areas activities

Recommend approval for CVSA championships to be held at Peninsula Leisure Centre for a further two (2) years (2015/2016). Moved Matt Frith 2nd Michele Burley-Jones. Carried

3.6. **Property Officer-** Ian Johnson

No report

3.7. **Publicity Officer** – Michele Burley-Jones

Report tabled – copy attached. Moved Michele Burley-Jones 2nd Norm Roberts that report be accepted. carried

3.8. **Web Administrator** –Matthew Frith

No report

4. GENERAL BUSINESS:

4.1. Review of championships –

4.1.1. Reviewed awarding of medals to out-of-area place getters- current protocol to be continued.

4.1.2. **Recommendation** made by CVSA Coaches – CVSA Conditions of Entry

4.1.2.1. Swimmers must be affiliated with CVSA swimming association

4.1.2.2. Visitors are welcome upon written application to the CVSA secretary or registrar. Recommendation discussed,; no motion put forward.

4.1.3. Review of Swimmer of the Meet award-current monetary award is suitable.

4.1.4. The swimmer of the Meet format. Moved Russell Waugh 2nd Norm Roberts that point score for swimmer of the meet will include points for a swimmer breaking a record.

Points to be:

CVSA record – 5 points

SNSW record – 10 points.

By-laws to be changed to reflect this. Carried.

4.2. Approved Information guide with amendments to Competitions document and tabbed dividers. Copy to be sent to CVSA clubs by registered post. Moved Michele Burley-Jones 2nd Norm Roberts. Carried

- 4.3. Approved of draft calendar. Moved Matt Frith 2nd Russell Waugh. Carried.
- 4.4. Approved Development funding report 2012. Moved Matt Frith 2nd Norm Roberts. Carried. Copy to be forwarded to Swimming NSW.
- 4.5. Merchandise for Speedo Sprints- Belinda Boon and 1 other will sell merchandise at Speedo heats 2013. Swimming NSW will supply merchandise.
- 4.6. Approved Meet Director's report - LC championships Moved Matt Frith 2nd Trish Roberts. Carried.
- 4.7. Noted that three (3) Management shirts still required to be obtained- David Hinds to organise.
- 4.8. Congratulations to John Hart on being awarded a scholarship in the Australian Sports Commission's (ASC) 2013 National Officiating Scholarships (NOS)
- 4.9. Norm Roberts to check on timing Equipment for Speedo Sprint heats
- 4.10. Norm Roberts advised that laptop has malfunctioned again. Moved David Richards, 2nd Trish Roberts that new laptop be purchased with Norm and David to liaise. Carried.
- 4.11. Moved Russell Waugh 2nd Mat Frith that Coalfield United Development meet be approved for 10 March, 2013 and letter to be written advising that closing date for summer meets is June 1. Carried.

5. MEETING CLOSED

9.16 pm

6. NEXT MEETING: Tuesday 19th February, 2013 – Edgeworth Bowling Club – 7.00 pm

PRESIDENT: David Hinds

SECRETARY: Jenny Schwetz

COAST & VALLEY SWIMMING ASSOCIATION TREASURES REPORT

AS AT 1 DECEMBER 2012

FORWARD \$21,427-12

Income

Area fee 7759-00

Dev squad 160-00

LHAQ affiliation 50-00 \$ 7969-00

\$29,396-12

Less expenses

Chq 247 PT Stephens coaches 1150-00

No 248 Ethos Health 534-00

No 251 Purnells trophies 31-20

No 252 J Schwetz 62-00

No 255 D Hinds 89-25

TOTALS \$1866-45 \$ 1866-45

BALANCE AS PER STATEMENT No 40 \$27,529-67

O/s chqs - no 249 Gosford Hospital \$50 no 250 Kellys party hire \$624-80

No 253 N Roberts \$39-26 No 254 C Sheedy \$121-68

Term deposit due 12/7/13 @ 4.6% \$22,475-48

Cash Reserve a/c \$21,343-27 + Int 31/10 \$64-46 = \$21,407-73

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COAST & VALLEY TREASURERS REPORT
AS AT 1 JANUARY 2013

FORWARD \$27,529-67

INCOME

Championship fees 21,721-40

Dev squad fees 1600-00

SNSW area fees 1785-00

TOTALS \$25,121-40 \$25,121-40

\$52,651-07

LESS EXPENSES

CHQ NO 49 Gosford Hospital 50-00 No 60 LMCC 430-(

No 50 Kellys party hire 624-80 No 63 Kellys Party hire 1024-

No 54 C Sheedy 121-68 No 64 Program printing 724-

No 56 DFT 43-00 No 65 KPD Club (program sales) 297-

No 58 Westlakes printing 621-50 No 66 O Hodgson 100-

No 59 Purnells trophies 5207-20

TOTALS \$9243-46

\$9243-46

BALANCE AS PER STATEMENT NO 41 \$43,407-61

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O/S CHEQUES

no 242 SNSW \$50 no 51 Purnells \$31-20 no 52 J Schwetz \$62
No 53 N Roberts \$39-26 no 55 D Hinds \$89-25 no 57 SNSW \$100
No 61 N Murphy \$20-10 No 62 N Roberts \$96-00

Cash Reserve \$21,407-73 + Interest 30/11/12 \$57-18 \$21,464-91

Term deposit due 12/7/13 @ 4.6% \$22,475-48

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Signature

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Date

Area Development Program Final Report 2012

Area: Coast & Valley

District Officer: Jarrod Anthony

Signature: _____

Date: 5/10/12

Part 1 – General Summary

Please complete the following information for each squad hosted by the District

Squad	Date/s	Location/s	No. Clubs Participating	Participant Numbers			
				Swimmers	Coaches	Other	Total
A	Training with Jarrod Anthony 23/6/2012	The Forum, Newcastle University	9	38	5	1 Physiotherapist & Guest Speaker	
B	6/7/2012 22/7/2012 5/8/2012	SOPAC PLC Woy Woy B Squad Meet, PLC Woy Woy	7	16	5	1 Elite Athlete Presenter 1 Self Mass/Stretching Lecturer	
C	6/7/2012 28/7/2012 29/7/2012	SOPAC Coughlan's Swim Centre Squad Meet, LMCC Games	9	27	5	1 Elite Athlete Presenter 1 Stretching Lecturer	
D	19/8/2012 8/9/2012 23/9/2012	The Forum WWI SOPAC	18	83	4	1 Nutrition 1 Stretching Lecturer	

Part 2 – Items Distributed

Please indicate what items and in what quantities were distributed to participants. If "Other" items were distributed please indicate in the column details of the item

Squad	Caps	Log Book	EdCom Booklet	Water Bottle	Other 1 (If Applicable)	Other 2 (If Applicable)	Other 3 (If Applicable)	Total
A						C&V Cap X 5		
B				10	C&V Shirt x 16	C&V Cap X 16		
C				20	C&V Shirt x 27	C&V Cap X 27		
D				50	C&V Shirt x 80	C&V Cap X 80		

Part 3 – Financial information

Please provide the following financial information

Squad	Income					Expenses					Net Surplus / (Deficit)
	SNSWL Cont.	District Cont.	Participant Cont.	Other Income	Total Income	Swim Devel. Activities	Athlete Devel. Activities	Other Activities	Other Exp.	Total Exp.	
A											
B	2100.00 To be provided		320.00		\$2420.00	1543.20		560.00 Shirts & Caps		\$2103.20	\$316.80
C	2100.00 To be provided		540.00		\$2640.00	1100.00		945.00 Shirts & Caps	250.00 Bus	\$2295.00	\$345.00
D	2100.00 To be provided		1660.00		\$3760.00	1894.05		2800.00 Shirts & Caps	1150.00 Bus	\$5844.05	-\$2114.05

SNSWL Contribution: \$2100.00 / Squad

Swim Development Activities: Expenses related to water based swim development (i.e. pool hire, coach fees, sport testing, etc)

Athlete Development Activities: Expenses related to presentations, lectures, etc (i.e. lecture room hire, presenters fees, etc)

Part 4 – Squad Report

Please complete this item separately for each squad hosted (i.e. one page per squad)

Squad Type: ☒ **A Squad** ☐ B Squad ☐ C Squad ☐ D Squad

Date – 23rd June 2012

Participants - 38

Coordinator - NSW Development Officer

CVSA Development Committee – Peter Reinhard, Narelle Murphy, Belinda Boon

Head Coach – John Young

Guest Coach – Brian Sutton - NSWIS Mentor Coach

CVSA Coaches (CDF) – Michelle Whyte, Ben Jenkinson, Ryan Strickland, Tom Davis, Paul Sharman, Shane Shepard.

Presenters – Wayne Bennett (NRL Coaching Legend), Brian Sutton (Swimming Australia /NSWIS - Mentor Coach), Andrew Yapp (Newcastle University Program Campus Manager) and Craig Boetcher (Australian Swimming Olympic team Physiotherapist).

Aims & Goals Achieved

Transitioning from Junior to Open Athletes – All presenters linked their presentations around this topic which made the day's activities gel together.

Schedule of Activities

Time	Activity
8:45am	Welcome – Jarrod Anthony
09:00am	Wayne Bennett - Newcastle Knights Coach – 'Transition from Junior to Open athletes'
10:00am	Andrew Yapp - Newcastle University Programs Manager
11:00am	Brian Sutton - NSWIS Coach
12:00noon	Pool Session – Lactic Production Standard Test Set
2:00pm	Lunch
2:30pm	Craig Boetcher - Importance of Recovery / Practical - Stretches
3:30pm	Pool Session – Skills and Drills
5:00pm	Home

Feed Back

Everyone seemed to enjoy the day with positive feedback. All presenters were well received by the athletes particularly Wayne Bennett. While it's a very long day both physically and mentally for everyone, it is still preferred by most athletes and coaches to have one longer day rather than 2 or 3 shorter days.

Other presenters which some athletes would like to hear from are - Sports Psychologist, Speaking with Media and hear from a current high performance athlete.

Regards

Jarrod Anthony
SNSW Development Officer

Part 4 – Squad Report

Squad Type: ☐ A Squad ☒ **B Squad** ☐ C Squad ☐ D Squad

Project Coordinator: Peter Reinhard

Head Coach: John Young

Assistant Coaches: Ryan Strickland, Adam Biesler, Callum Moore, Jarrod Anthony.

Aims & Goals Achieved

To expose the swimmers to different coaches, coaching methods and pools. To have lectures on Self Massage, Strength & Conditioning, Fitness and to have practical session on the importance of stretching, massage and improving flexibility. To build team work and experience competitive racing by attending an out of Area meet.

Schedule of Activities

6/7/2012 – Ruth Everuss Aquatic Centre (formally Auburn Swim Centre), Cnr Church St and Olympic Drive Lidcombe, a presentation by Australia Representative and Australian Record Holder, Matt Abood, and a tour of NSWIS.

22/7/2012 – Penisular Lesiure Centre Woy Woy: Presentation and practical session By Sharon Clarke on self massage, Pool work training zones, related sets and testing.

5/8/2012 – B Squad Meet, PLC Woy Woy, Areas attending MNE, NW, SESA, ACT, CVSA.

NSWIS

Matt Abood attended to speak to our athletes on the importance of pre race warm ups & swim downs & talk about his experiences competing at swim meets with heavy schedules. Described what he did from the night before he competed, to the morning of, during & after the meet. Matt also spoke about his swimming goals and plans he is putting in place for life after swimming. Matt also led a tour of the NSWIS facility and spoke about his weight training program.

Penisular Lesiure Centre Woy Woy

Presentation by Sharon Clarke on self massage and the importance of looking after your own body. Sharon has over fourteen years experience as a stretch therapy instructor, and has worked with the Newcastle Knights, Jets, Moto trials competitors, Gymnasts and commercial rehab services.

The practical session involved using rollers and different techniques for self massage and stretching. The participants enjoyed using the different types of rollers and discovered that self massage was something that they can do any time and can use anything to help achieve the results that they are after.

Pool Session:

Warm up included active stretching.

Pool work will included warm up/ warm down, stroke progress, stoke count and heart rate and 10x100 step test.

Project Officers Report - Peter Reinhard
Coast & Valley B Squad

On Friday 6th July a Development session was conducted for the C&V B&C squads. The session included a lecture and water work.

The water session was conducted at Ruth Everuss Aquatic Centre (formally Auburn Swim Centre), Cnr Church St and Olympic Drive Lidcombe. The swim focus for this session was on Pre race warm up (NSW Country SC was on the next day) and was conducted by Ryan Strickland and Jarrod Anthony, and concluded without incident.

The two squads then travelled to NSWIS, where upon arrival they met Mat Abood who took them on a tour of the facility. After the tour they went to the lecture theatre where Mat spoke about his journey in swimming, where he started and what his goals are. He also spoke about his training and education, and he was very informative and the swimmers would have got a lot out of it, as would the parents

Sunday 22nd July

B squad attended Woy Woy PLC for a pool session where the focus was training zones and related sets. They also had two sessions on self massage from Sharon Clark of Stretch-rite. The groups learnt a lot about what they should be doing in relation to massage and stretching.

Sunday 5th August

B squad travelled to Woy Woy PLC to compete in the First B squad meet. Teams from other areas travelled and competed and the swimmers had a good day. There was a lot of hard racing, and I believe that they learnt it is not all about times, but getting in there and just going as hard as they can no matter how they feel. **The CVSA team won the point score on the day.** The coaches were Ryan Strickland and Adam Biesler and the Managers were Narelle Murphy and Belinda Boon. It is recommended that this meet continue and that SNSW take it over.

Sunday 5 August 2012

B Squad Meet PLC Woy Woy– Warm Up 8.30am Start 930am

Session 1; Warm up 8am - Start 9am				
M	F	Session 1		
1	2	13yrs/O	400m	Freestyle
3	4	15yrs/U	4x50m	Medley Relay
5	6	16yrs/O	4x50m	Medley Relay
7	8	13/14yrs	100m	Backstroke
9	10	15/16yrs	100m	Backstroke
11	12	17/18yrs	100m	Backstroke
13	14	13/14yrs	50m	Freestyle
15	16	15/16yrs	50m	Freestyle
17	18	17/18yrs	50m	Freestyle
19	20	15yrs/U	200m	Ind Medley
21	22	16yrs/O	200m	Ind Medley
23	24	13/14yrs	100m	Breaststroke
25	26	15/16yrs	100m	Breaststroke
27	28	17/18yrs	100m	Breaststroke
29	30	15yrs/U	200m	Butterfly
31	32	16yrs/O	200m	Butterfly
33	34	13/14yrs	50m	Backstroke
35	36	15/16yrs	50m	Backstroke
37	38	17/18yrs	50m	Backstroke
39	40	13yrs/O	400m	Ind Medley

Session 2; Starts 30 minutes after session 1 ends				
M	F	Session 2		
41	42	15yrs/U	4x50m	Freestyle Relay
43	44	16yrs/O	4x50m	Freestyle Relay
45	46	15yrs/U	200m	Breaststroke
47	48	16yrs/O	200m	Breaststroke
49	50	13/14yrs	100m	Butterfly
51	52	15/16yrs	100m	Butterfly
53	54	17/18yrs	100m	Butterfly
55	56	13/14yrs	50m	Breaststroke
57	58	15/16yrs	50m	Breaststroke
59	60	17/18yrs	50m	Breaststroke
61	62	15/U yrs	200m	Freestyle
63	64	16yrs/O	200m	Freestyle
65	66	13/14yrs	100m	Freestyle
67	68	15/16yrs	100m	Freestyle
69	70	17/18yrs	100m	Freestyle
71	72	13/14yrs	50m	Butterfly
73	74	15/16yrs	50m	Butterfly
75	76	17/18yrs	50m	Butterfly
77	78	15yrs/U	200m	Backstroke
79	80	16yrs/O	200m	Backstroke

Part 4 – Squad Report

Please complete this item separately for each squad hosted (i.e. one page per squad)

Squad Type: ☐ A Squad ☐ B Squad ☒ **C Squad** ☐ D Squad

Project Coordinator: Peter Reinhard

Head Coach: John Young

Assistant Coaches: Ryan Strickland Adam Biesler, Micheal Legge, Jarrod Anthony

Aims & Goals Achieved

To expose the swimmers to different coaches, coaching methods and pools. To have lectures on Nutrition, Self Massage, Strength & Conditioning, Fitness and to have practical session on the importance of stretching, massage and improving flexibility. To build team work and experience competitive racing by attending an out of Area meet.

Schedule of Activities

6/7/2012 – Ruth Everuss Aquatic Centre (formally Auburn Swim Centre), Cnr Church St and Olympic Drive Lidcombe, a presentation By Australia Representative and Australian Record Holder, Matt Abood and a tour of NSWIS.

28/7/2012 – Coughlan's Swim Centre: Presentation and practical session By Sharon Clarke on Stretching, Pool work training zones, related sets and testing.

29/7/2012 – Compete as a team at the Lake Macquarie Games Meet at WWI.

NSWIS

Matt Abood attended to speak to our athletes on the importance of pre race warm ups & swim downs & talk about his experiences competing at swim meets with heavy schedules. Described what he did from the night before he competed, to the morning of, during & after the meet. Matt also spoke about his swimming goals and plans he is putting in place for life after swimming. Matt also led a tour of the NSWIS facility and spoke about his weight training program.

Coughlan's Swim Centre, Warners Bay

Presentation by Sharon Clarke on self massage, stretching and the importance of looking after your own body. Sharon has over fourteen years experience as a stretch therapy instructor and has worked with the Newcastle Knights, Jets, Moto trials competitors, Gymnasts and commercial rehab services.

The practical session involved using rollers and different techniques for self massage and stretching. The participants enjoyed using the different types of rollers and discovered that self massage and stretching was something that they can do any time and can use anything to help achieve the results that they are after.

Pool Session:

Warm up included active stretching.

Pool work will included warm up/down, and race specific sets

Project Officers Report - Peter Reinhard

Coast & Valley C Squad

On Friday 6th July a Development session was conducted for the C&V B&C squads. The session included a lecture and water work.

The water session was conducted at Ruth Everuss Aquatic Centre (formally Auburn Swim Centre), Cnr Church St and Olympic Drive Lidcombe. The swim focus for this session was on Pre race warm up (NSW Country SC was on the next day) and was conducted by Ryan Strickland and Jarrod Anthony, and concluded without incident.

The two squads then travelled to NSWIS, where upon arrival they met Mat Abood who took them on a tour of the facility. After the tour they went to the lecture theatre where Mat spoke about his journey in swimming, where he started and what his goals are. He also spoke about his training and education, and he was very informative and the swimmer would have got a lot out of it, as would the parents

Saturday 28th July

C squad attended Coughlans swim centre where the group was broken into two. They had a pool session which was medley based; the guest coach was Michael Legge. Sharon Clark provided sessions on self massage and stretching which was hands on and very informative for both the swimmers and parents.

Sunday 29th July

C squad had their swim meet at WWI at LMCC Games. All swimmers met at the Toronto Pool to warm up as a team and then travelled as a team by bus to WWI. It was a good team bonding exercise and gave the swimmers some insight into what happens at higher levels. The swimmers performed well and represented CVSA. The only downside was trying to keep the swimmers all together as a team during the day as there was a tendency for them to wander off to their parents even though at the beginning of the day it was emphasized that we did not want that to happen. Jarrod Anthony coached the swimmers at this meet.

LAKE MACQUARIE GAMES WWI – Warm Up 8.00am Start 9.00am

Sunday Warm up 8:00am Start 9:00am

8.00a.m. Start 9.00a.m. Boys	QT		Girls		QT	Boys	QT		Girls		QT
1 3.34.50	2 3.45.00		Open	200m	Breaststroke	33 2.56.00	34 2.58.50		Open	200m	Freestyle
3 59.00	4 1.09.00		9yrs/u	50m	Breaststroke	35 49.00	36 52.00		9yrs/u	50m	Freestyle
5 57.00	6 1.05.00		10yrs	50m	Breaststroke	37 47.00	38 48.50		10yrs	50m	Freestyle
7 45.50	8 49.50		Open	50m	Breaststroke	39 36.00	40 40.00		Open	50m	Freestyle
9 2.00.50	10 2.04.50		11/12yrs	100m	Breaststroke	41 1.32.00	42 1.33.50		11/12yrs	100m	Freestyle
11 1.53.00	12 1.54.50		13/14yrs	100m	Breaststroke	43 1.23.50	44 1.28.00		13/14yrs	100m	Freestyle
13 1.40.00	14 1.44.50		15/over	100m	Breaststroke	45 1.11.50	46 1.19.00		15/over	100m	Freestyle
15 3.15.50	16 3.20.00		Open	200m	Backstroke	47 3.05.00	48 3.18.00		Open	200m	Butterfly
17 56.00	18 1.02.00		9yrs/u	50m	Backstroke	49 51.00	50 59.00		9yrs/u	50m	Butterfly
19 53.00	20 58.80		10yrs	50m	Backstroke	51 48.00	52 55.50		10yrs	50m	Butterfly
21 40.00	22 43.00		Open	50m	Backstroke	53 38.50	54 40.50		Open	50m	Butterfly
23 1.45.00	24 1.47.00		11/12yrs	100m	Backstroke	55 1.36.00	56 1.48.00		11/12yrs	100m	Butterfly
25 134.50	26 1.38.00		13/14yrs	100m	Backstroke	57 1.25.00	58 1.37.00		13/14yrs	100m	Butterfly
27 1.32.00	28 1.34.50		15/over	100m	Backstroke	59 1.23.50	60 1.28.00		15/over	100m	Butterfly
29 1.30.00	30 1.55.00		14yrs/u	100m	Ind. Medley	61 3.12.50	62 3.23.50		Open	200m	Ind. Medley
31 1.20.50		32 1.28.00				15/over		100m			Ind. Medley

Squad Type: [] A Squad [] B Squad [] C Squad **X]D Squad**

Project Coordinator: Peter Reinhard
Head Coach: Kengo Nagami
Assistant Coaches: Adam Biesler, Ryan Strickland, Jarrod Anthony,

Aims & Goals Achieved

To expose the swimmers to different coaches, coaching methods and pools. To have lectures on Nutrition and to have practical session on the importance of stretching and improving flexibility. To build team work and experience competitive racing by attending an out of Area meet.

Schedule of Activities

19/8/2012 Mingara One, Skills and Drills, Stoke Count, Sharon Clarke Stretching.

8/9/2012 West Wallsend Indoor, Stroke Skills and Drills, Dietitian Liam McCudden.

23/9/2012 Compete as a team at the Development Meet at SOPAC.

Warm up, Stroke correction, stroke count and heat rate.

Mingara One

Presentation and practical session by Sharon Clarke of StretchRite

Warm up, Stroke correction, stroke count Skills and drills.

Team talk complete entries for the Development Carnival.

WWI

Lecture Nutrition & Diet Presented by Liam McCudden, Accredited Practicing Dietitian who works with a sports focus and currently works with the Newcastle Jets Soccer Team.

Pool Session: Warm Up Starts, turns and Finishes

Final Preparation for the Development meet at SOPAC.

General Report

On **Sunday 19th** August, a Development session was conducted for the C&V D squad at Mingara One. The session included a Presentation and Practical session on stretching and water work.

The squad was broken into two groups: 13 years and over and 12 and under which gave approximately 35 per group; one group did water work while the other did the land based work. The Coaches for the water session were Ryan Strickland, Adam Biesler and Cal Moore. The swim focus was Stroke specific. The groups were broken into lanes and each lane had a coach and they worked on a specific stroke.

The second group was taken outside and given a talk on the importance of stretching by Sharon Clarke of Stretch-rite. The swimmers were given practical demonstration in the correct technique for the different stretches and asked to perform the stretches.

Both groups were rotated through the two stations and were given hand outs of the stretching

Saturday 8th September

D squad attended WWI; there was a pool session and a lecture on Nutrition. The squad was broken into two groups. The Pool session was conducted by Kengo Yagami assisted by Ryan Strickland. The focus was on starts, turns and finishes. The WWI junior squad conducted testing on start times, turn times, stroke counts and stroke frequency and length.

Liam McCudden conducted lectures on Nutrition; the lecture was focused on swimming, what they should be eating and drinking before, during and after swimming. It also focused on what they should be eating on a daily basis for growing bodies. Liam also spoke to the parents as they are the ones who buy the food and had a question and answer session with them. Information brochures were available at the end of the session.

Sunday 23rd September

CVSA D squad attended the SNSW Development Meet at SOPAC, There was approximately 80 CVSA swimmers in attendance. The Officials on the day were Peter Reinhard, Narelle Murphy, Belinda Boon, Coach Ryan Strickland. Three senior swimmers were drafted into help the juniors, Erin Boon, Amber Can and Chloe Jones. Swimmers either caught the bus or driven down by parents.

The pick up times for the bus are listed:

- * Fullerton Cove RAB - 5.00am
- * Warners Bay (front of Genetics Gym Hillsborough Road) - 5.45am
- * Ourimbah roundabout - 6.45am

Arriving at Homebush at 8.00am, departure time would be approx 4.15pm

The meet was a long day for all concerned, CVSA had swimmers in nearly all events. All swimmers were entered in all strokes and we had a full relay squad of 12 teams. It was a great experience for the swimmers and parents who have not experienced a meet like this. Every one seemed to enjoy the day and hopefully they gained something out of the meet.

CVSA won the point score on the day and it is the first time that all areas were represented.

Place Team Points

- 1 COAST AND VALLEY **1,860**
- 2 METRO SOUTH EAST 1,292
- 3 ACT 1,107
- 4 NORTH COAST 1,094
- 5 METRO NORTH WEST 816
- 6 METRO NORTH EAST 805
- 7 METRO SOUTH WEST 697
- 8 SOUTH EASTERN 257
- 9 WESTERN 110
- 10 MOUNTAINS AND PLAINS 94
- 11 NEW ENGLAND & NORTH WEST 27

The medal tally is below::

Team	Gold	Silver	Bronze	Total
Coast and Valley	13	11	10	34
Metro North East	6	7	2	15
North Coast	6	4	5	15
Metro North West	6	3	3	12
Metro South West	5	4	0	9
Metro South East	4	4	14	22
Act	3	10	6	19
South Eastern	0	2	1	3

The 11-12 200 metre freestyle relay was a highlight of the day with CVSA teams finishing 1st & 2nd with times of 1.59.64 & 2.01.63 4 seconds ahead of 3rd.

CVSA Coaches Minutes – 15/12/12

Peninsular Leisure Centre - PARTY ROOM

Meeting Opened – 7.06 AM by - Jarrod Anthony (SNSW Development Officer)

1. Attendance – Michael Abel (Raymond Terrace), Shane Arnold (Hunter), Scott Attwood (Stingrays), Adam Beisler (Novocastrian), Graeme Carroll (Woy Woy), Tom Davis (Nelson Bay), Brendan Dawson (YMCA), Ben Fricker (Novocastrian), Ben Jenkinson (Macquarie Shores), Nerida Ulijan (Gosford), Kerry Saunders (Hunter), Paul Sharman (NuSwim), Shane Shepherd (Wyong), Ryan Strickland (Charlestown), Debbie Tattoli (KPD), Kim Taylor (Mingara), Michelle Whyte (Woy Woy)

Visitor – David Hinds (CVSA President)

Apologies - Kengo Yagami (West Wallsend Indoor)

2. SNSWS Development Officer welcomed CVSA coaches

3. CVSA Head Coach 2013 – Adam Beisler

3.1 CVSA Scholarship Coaches (CDF) - SNSW Development Officer explains ongoing CVSA scholarship program 2013. CSVA management committee has approved the sum of \$1500 towards coaching development in the CVSA area. CVSA is offering a coaching scholarship program aimed at Bronze license coaches within the CVSA area. The CVSA scholarship program will entitle up to two successful applicants the opportunity to gain their silver license coaching accreditation at the ASCTA conference on the Gold Coast in May 2013 (cost of Silver license course only) and access to mentor coach(s) within the area. In return the successful candidate(s) will assist with the CVSA 2013 development squad activities. **Applications close 1st February 2013.**

4. CVSA Development 2013 - Criteria/ Overview updated and explained by SNSW Development Officer. CVSA Development Coordinator – Tom Davis was introduced.

4.1 Coach Subsidy for Development Squads for CVSA coaches who are nominated by area to be directly involved in CVSA development activities.

4. CVSA Competition Structure / Overview including Time Trials and Picnic Meets explained by SNSW Development Officer. Paul Sharman was introduced as CVSA coach's representative on this committee.

5. Recommendation made by CVSA Coaches that the CVSA Championships Venue be renewed at the Peninsular Leisure Centre for another 2 years (Summer 2015/16).

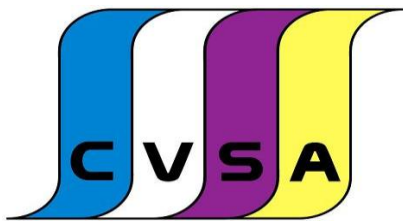
6. SNSW Development Officer discussed Visitors competing @ CVSA Championships explaining the following –

- The first three CVSA swimmers will get the appropriate place medals.
- Out of area swimmers will also receive medals if they finish 1st, 2nd or 3rd.
- Out of area swimmers / Clubs DONOT accrue points for Swimmer of meet or club points score.
- Out of area swimmers are not eligible for CVSA development squads

Recommendation made by CVSA Coaches – CVSA Conditions of Entry

- Swimmers must be affiliated with CVSA swimming association.
- Visitors are welcome upon written application to the CVSA secretary or registrar.

Meeting Closed -7.35AM



Coast and Valley Swimming Association Inc

PUBLICITY OFFICER'S REPORT - JANUARY 2013

The Area now has a "publicity scrap book" which needs to be logged into articles belonging to the Area.

From the emails sent on 28 November 2012 to Central Coast Express Advocate and NBN TV regarding the Area Championships to be conducted in December, there were three press releases in the paper but unknown regarding the TV as I do not get NBN.

On 26th December 2012 I forwarded to Central Coast Express Advocate a full report on John Hart's Scholarship taken from the SA website and nothing has been forthcoming in the paper as yet.

On 5th January 2012 I emailed NBN, Central Coast Express Advocate and Newcastle Post with the information on the forthcoming Australian Open Water Swimming Championships attaching a programme of events and race start times. I did get a reply from NBN TV asking for the programme to be forwarded in Adobe format for which I was obliging.

On 9th January 2012 I had a phone call from Steven Maher of Central Coast Express Advocate asking if there were any meets on this coming weekend and I emailed out to him all the meets I could find on the calendar from the C & V SA website as follows:-

DATE	EVENT	POOL	START TIME
16-20 Jan	Australian Youth Olympic Festival	SOPAC	
26th Jan	Swimming NSW Country Regional Meets	West Wyalong, Katoomba, Lismore	
2nd Feb	Swimming NSW Speedo Heats	Charlestown Swim Centre	9am
9th Feb Gosford	Stingrays Twilight Long Course Development Meet	Mingara One, Tumby Umbi	1pm
16-23 Mar	Energy Australian Swimming Championships	Adelaide	
23/24 Feb	Swimming NSW Country Championships	SOPAC	9am
3rd Mar	Maitland Picnic Carnival	Maitland Olympic Pool	9am
9th Mar	Swimming NSW Speedo Sprint Finals	SOPAC	
15th Mar	Swimming NSW State Open Championships	SOPAC	
17th Mar 13	C&VSA Development Meet	Wyong Pool	9am
24th Mar	Titans Swimming Club Development Carnival	Toukley Aquatic Centre	9:30am
8-13 Apr	Australian Age Swimming Championships	Adelaide	

I will send him any updated information when I receive same.

Regards

Michele

Michele Burley-Jones
C & V S A
PUBLICITY OFFICER

CVSA D/O Report – January 2013 - 2/1/13

1. **CVSA Information Guide February 2013** – CVSA information guide. At this stage the information guide is to be released in February 2013 and posted to all CVSA swim clubs by registered mail.
2. **ONLINE Entries** – When entering any Swim Meet Online, Entries can be submitted as soon as the qualifying time has been achieved. If a faster time is swum between entering the swim meet and the closing date, the fastest time will automatically be produced. There is no need to wait on entering swim meets if you already have achieved the qualifying times. So if entries were to close at 5pm, the fastest time swum by that swimmer is automatically recognised at 501pm.
3. **CVSA Summer Championships PLC** – Well done to all swimmers who competed at the CVSA Championships. Congratulations to Oliver Moody and Odette Hodgson on winning the Male and Female swimmer of the meet and to the KPD swim club on winning their first Summer CVSA Championships club point score. A big thanks to all officials who worked at the championships along with the KPD club for hosting the meet.
4. **Development Squads 2013** - Members of Coast and Valley Swimming Association who compete at the Championships are eligible to participate in our CVSA Development Squads which are conducted between June and September each year. Applications can be made via email to cvsadevelopment@gmail.com including all details shown in the application form found on the CVSA Website below. **Closing date for applications is 1st February, 2013.**

CRITERIA FOR DEVELOPMENT SQUADS

All athletes for B, C, & D squads MUST have attended CVSA Winter or Summer Championships 2012.

A Squad – National Qualifiers - **NO Squad Fee**

B Squad - Country Qualifiers (13-18yrs) **Squad Fee -\$20.00 per athlete**

C Squad – State Qualifiers (9-12yrs) **Squad Fee -\$20.00 per athlete**

D Squad – CVSA Championships **Squad Fee -\$20.00 per athlete**

Squad members will be notified by email mid-May (after Open Nationals). Squad lists will also be posted on Coast and Valley website.

5. **CVSA Development Funding Report 2012** – CVSA Development Coordinator report for 2012 has been received by NSW Development Officer which is attached.
6. **CVSA Seasonal Calendar – 2013/14** – Has been finalised. This is a dynamic calendar which continually is updated. The season calendar will be uploaded to the CVSA website and emailed out to all clubs and coaches.
7. **Coaches Meeting Minutes** – See attached
Recommendations – CVSA Championships continue to be held at the Peninsular Leisure Centre for another 2 year period.
8. **Reminder - 2013 CVSA Coaches Scholarship Application** - Closes 1st February 2013
9. **CVSA Proposed Budget 2013** -Recommendation to Area Coordinators to submit proposed expenditure budget for the 2013/14 season. The CVSA treasurer can assist with the 2012 expenses to help plan the areas activities.
10. **Merchandise for Speedo Sprints** – require 2 persons to assist in selling merchandise at Speedo heats 2013.

Jarrold Anthony
SNSW Development Officer

Coast and Valley Long Course Championships – 2012

The Coast and Valley Long Course Championships were held on the weekend of 15/16 December at the Peninsula Leisure Centre – Woy Woy. This year many visitors attended the championships looking for qualifying times and this provided added competition in many events for CVSA swimmers.

Competition in the pool was high class and for many athletes a great lead up to NSW State Age and Open Championships.

The nine years and under age group is always an exciting age group to watch as many of these swimmers are attending their first championships. The girls division was won by Novocastrian's Emily Jones who edged out Piper Lily Walker from KPD. The boy's competition was dominated from Harrison Williams of Toukley who doubled the points of his nearest rivals.

The ten years age group saw Charlie Hawke of Y Valley Aquatic assert his dominance scoring 38 points over his competition. The girls were a little closer with Chiara Voigt of NuSwim just outscoring Ballie Stewart of Titans.

The eleven years age group was dominated by Lachlan Blake of KPD who outscored teammate Zac Payne. In the girls Michaela Hazell displayed her class winning by over 60 points.

The twelve year age group was dominated by Novocastrian's Chloe Jones who just pipped Kate Richards of KPD. Myles Bailey of Woy Woy completely dominated the boy's with some impressive swims.

The thirteen years age group was won by West Wallsend Indoor's Jacob Samson who outscored his nearest rivals by 32 points. The girls division was dominated by Kincumber Pacific Dolphins Odette Hodgson with team mate Cassidy Matterson finishing runner up.

The fourteen year girl's age group was totally dominated by Novocastrian. Abbey Harkin won the majority of events with team mate Alexandra Rees not far behind. Oliver Moody of NuSwim displayed his class in the fourteen boys outscoring Mingara Aquatic's Lachlan Vane-Tempest and Novocastrian's Nicholas Sonntag

The fifteen years and over age group displayed high class competition. In the boys Ryan Leonard of Hunter won the age group followed by team mate Heath Winning. In the girls the Hunter's Meg Bailey dominated the pointscore followed by NuSwim's Lucy Tabrett.

At the end of the meet Coast and Valley Swimming Association President David Hinds presented the Swimmer of the Meet Awards. In the male competition Oliver Moody - NuSwim scored 138 points and broke 7 records. Oliver is such a committed young athlete who gives his very best in every race he contests. In second place was Ryan Leonard – Hunter who scored 126 points. In third place was West Wallsend Indoor's Jacob Samson who scored 117 points and broke four records, including the NSW 13 Years Boys 50 metres Backstroke record.

In the female competition Odette Hodgson from the KPD who showed her ability to keep on going. Odette scored 168 points and competed in 18 events. In second place was Abbey Harkin from Novocastrian who scored 159 points and broke nine records. In third place was Hunter's Michaela Hazell who scored 141 points and broke six records.

Overall a staggering 72 records were broken out of 138 events. In one race alone the top five went under the previous record and seven swimming under the State Age qualifying time.

At the end of the two days of competition Kincumber Pacific Dolphins were declared Club Champions scoring 1542.5 points, 2nd place to Hunter – 1370 points and 3rd place to Novocastrian 1173 points.

On behalf of Coast and Valley Swimming Association sincere thanks is offered to Kincumber Pacific Dolphins and Gosford City Council for hosting the meet. Also thanks to our CVSA Technical Officials who give so freely of their time and expertise to ensure the meet is run with such professionalism.



CVSA Long Course Championships Swimmers of the Meet – Oliver Moody – NsSwim and Odette Hodgson – KPD
with CVSA President David Hinds



David Hinds (CVSA President) presents the Champion Club Award to Kincumber Pacific Dolphins