

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

Edgeworth Sport & Rec Club Tuesday, 15 October, 2013

Meeting opened at 7.05pm David Hinds in the Chair

1. ATTENDANCE

David Hinds David Richards Jenny Schwetz Norm Roberts Russell Waugh
Ian Johnson
Jarrod Anthony SNSW Development Officer

- 2. APOLOGIES:** Michele Burley-Jones, Tom Davis, Matt Frith, Patricia Roberts. Moved David Richards 2nd Norm Roberts that apologies be accepted. Carried
- 3. CONFIRMATION** - Minutes of previous meeting:
Moved David Richards 2nd Russell Waugh that the minutes of the previous meeting are a true and correct copy Carried

4. BUSINESS ARISING from the minutes

- 4.1. Purchase of radios –Moved Norm Roberts 2nd David Richards that Ian Johnson be authorised to purchase 5 off radios. Carried.
- 4.2. Radios will be available for use by CVSA clubs for a nominal fee.
- 4.3. Draft Bylaw- Recognition of record by first swimmer in relay-

CL 31

(i) The first swimmer in a relay team may have a record recognised. Should the first swimmer complete the first leg distance in record time in accordance with the provision of the rules of the relevant event, such performance shall not be nullified by any subsequent disqualification of the relay team for violations occurring after the first leg has been completed.

(j) Points will not be awarded to an individual swimmer for a record set by that swimmer in a relay event.

Moved Ian Johnson 2nd Russell Waugh that by-law be approved. Carried.

- 4.4. Moved Norm Roberts 2nd David Richards that By-laws be reprinted for distribution at 2014 AGM. Carried

5. CORRESPONDENCE:

5.1. INWARDS

- 5.1.1. Clubs Online: Johanita Kleyn-swim meet entries
- 5.1.2. Email: Boolaroo Speers Point SC-affiliation form
- 5.1.3. Email: Raymond Terrace SC-change of email address
- 5.1.4. Email: Dungog SC – query re date of AGM
- 5.1.5. Email (Russell Waugh) Swimming NSW:-seating plan for D squad
- 5.1.6. Email: Swimming NSW – Clublane Database update #2-fwd: committee
- 5.1.7. Email: Various CVSA clubs re Technical Committee request
- 5.1.8. Sid Fogg and Sons Pty Ltd-invoice D Squad
- 5.1.9. Email: Hunter Academy of Sport re contact details for Donna Proctor & Lyn Bell
- 5.1.10. Email(Russell Waugh) Mingara SC re approval of qualifying night 15 November

- 5.1.11. Email: Swimming NSW-Area registration fees – August submitted
- 5.1.12. Regional Achievement & Community Awards-presentation dinner
- 5.1.13. Email: Swimming NSW- Presidents Meeting 2 November-fwd: President
- 5.1.14. Email: Swimming NSW-Clublane Database update-fwd: Management
- 5.1.15. Email: Newcastle Premiers SC re area fees

5.2. OUTWARDS

- 5.2.1. Email: Johanita Kleyn re meet entries
- 5.2.2. Email: Dungog SC-date of AGM
- 5.2.3. Email: Various CVSA clubs re Technical committee request
- 5.2.4. Email Russell Waugh): Mingara SC re qualifying night/time trial
- 5.2.5. Regional Achievement & Community Awards-change of contact details

Email:

- 5.2.6. Email: Newcastle Premiers SC re area fees

Moved Norm Roberts 2nd Ian Johnson that correspondence inwards be dealt with as read and correspondence outwards be approved. Carried

5.3. Business Arising from Correspondence:

- 5.3.1. Contact details for Donna Proctor & Lyn Bell- Jan Tredinnick to be approached
- 5.3.2. Qualifying night/Time Trial-Mingara SC. Moved Russell Waugh 2nd Ian Johnson that this not be approved for the following reasons:
 - Time trial application is outside the CVSA guidelines (Point 1)
 - A qualifying meet at Raymond Terrace is programmed for 17 November, should club swimmers require qualifying times
 - Time trial guidelines are intended to encourage clubs to supports CVSA swim meets, rather than run their own time trials, as most clubs rely on their swim meet for revenue.

Carried.
- 5.3.3. Confirmed David Hinds as attendee at President's Meeting-2 November

6. REPORTS:

6.1. **Treasurer** – Trish Roberts

No report

6.1.1. Accounts approved for Payment

Sid Fogg	D Squad Dev Meet (SOPAC)	\$960.00
----------	--------------------------	----------

Moved Norm Roberts 2nd Ian Johnson that account be approved for payment. Carried.

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

- 6.2.1. Call for applications for winter swim meets dates sent to CVSA clubs 11/09/13
- 6.2.2. Moved Russell Waugh 2nd David Richards that Russell Waugh be authorised to hire marquees, tables and chairs from Kellys Party Hire for LC championships. Carried
- 6.2.3. Request from Kellys Party Hire for testimonial for placement on their new website
- 6.2.4. Swansea SC – program for December swim meet has not been received

6.2.5. Records have been amended and posted on CVSA website

Moved Russell Waugh 2nd Davis Richards that report be accepted. Carried

6.3. Selection & Development Committee – Tom Davis

- 6.3.1. Endorsed B Squad meet report -copy attached
- 6.3.2. Endorsed D Squad meet report -copy attached
- 6.3.3. Minutes of October committee meeting tabled-copy attached. Moved David Richards 2nd Norm Roberts that minutes be accepted. Carried
- 6.3.4. Approve Squad fees - Rename admin fees and be 'Non-refundable & 2014 fee be \$20.00. Moved Norm Roberts 2nd David Richards. Carried
- 6.3.5. Approve Apparel 2014 – Tee shirt be Burgundy with white lettering & that Jarrod Anthony be authorised to purchase 400 swim caps. Moved David Richards 2nd Russell Waugh. Carried.
- 6.3.6. Endorse 42 T shirts remaining be given to Speedo finalists and extra shirts be ordered as required.
- 6.3.7. Endorse that All travelling teams must be accompanied by a:
 - Team Manager
 - Assistant Team Manager
 - Head Coach
 - Technical Officialapproved by CVSA Management Committee. A person may only hold one position with team management and there must be at least 1 male and 1 female member. Nominations to be called for Management team for each squad.
- 6.3.8. Endorse that it be compulsory for all CVSA Development team members to travel to and return from venue on the team bus, or may forfeit their position on the team.
- 6.3.9. Endorse recommendation that any swimmer who does not compete at Development meets may be required to reimburse Coast and Valley Swimming Association for costs associated with the meet.
- 6.3.10. Endorse that if a team member does not attend their development training day, apparel will not be supplied.
- 6.3.11. Endorse recommendation that a letter be sent to parent of swimmer in development team who persistently refused to wear CVSA uniform on tour.
- 6.3.12. Endorse recommendation that coaching scholarship be made available again in 2014.

Moved Ian Johnson 2nd Norm Roberts that 6.3.6 – 6.3.12 be approved. Carried

6.4. ATSC Convenor – Norm Roberts

- 6.4.1. Replies from clubs have been received – dates and ATSC reps for club visits to be organised at next meeting
- 6.4.2. KPD meet held over 7-8 September- reports and sign on sheets outstanding
- 6.4.3. Amended swimming rules have been implemented and are effective 1 October-copy attached. Amendment to be placed on CVSA website and copies given to all referees at CVSA Champs
- 6.4.4. Noted concerns with accredited officials working at CVSA swim meets, but being unfinancial members.

Moved Norm Roberts 2nd Russell Waugh that report be accepted. Carried

6.5. **Development Officer** – Jarrod Anthony

Report tabled-copy attached

Moved Ian Johnson 2nd David Richards that report be accepted. Carried

6.6. **Property Officer**- Ian Johnson

No report.

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

No report

6.8. **Web Administrator** –Matthew Frith

- 6.8.1. down-loaded (or backed up) all 'Competitions' Results (PDF & TM files) from Winter 2012 to Summer 2013/14 and have copies of current 2013/14 Summer Programs & their TM files. I have also taken screen shots of what these screens look like for future reference/mapping.
- 6.8.2. down-loaded all 'Resource' tab documentation. This consists of all AGM & Management Minutes (some are missing), all policies and procedures (i.e. Constitution, By-Laws, Information Guide & other Guidelines), Meet Directors Reports, Stories and Seasonal Calendar.
- 6.8.3. down-loaded all 'Technical' tab documentation and have taken screen shots for future reference/mapping.
- 6.8.4. down-loaded all 'Development' tab documentation.
- 6.8.5. I have also taken screen shots (cut onto MS Word) of all current pages for future reference/mapping. I have also got copies of the CVSA Welcome Message & all Executive emails. In total about 55MB of data.
- 6.8.6. I believe we are now better placed to undertake this migration. I also believe that we should put some wording about the future migration onto the site, just in case we are down for a period of time.

Moved David Richards 2nd Russell Waugh that report be accepted. Carried.

6.9. **Meet Director-Country Regional** – Martin Phillips

6.9.1. Progress:

6.9.1.1. Article in September edition of SNSW magazine

6.9.1.2. Tech official training with Cathy and Jim Sheedy on 22 October with practical at our intertown meet on 2 November

6.9.1.3. Developing a flyer to hand out at upcoming meets

Moved Norm Roberts 2nd Ian Johnson that report be accepted. Carried.

7. GENERAL BUSINESS:

- 7.1. Approved David Hinds as Meet Director for LC Championships
- 7.2. Wine tour – 3 attending- bigger bus will be required.
- 7.3. Area computer /MC factoring will be required for Championships
- 7.4. Approved obtaining of sign for CVSA Development- Norm Roberts to follow up. Will be required for Development stand at LC championships.

8. MEETING CLOSED: 8.25pm

9. NEXT MEETING: Tuesday 19 November, 2013- Edgeworth Sport & Rec Club-7pm

CHAIR: David Hinds

SECRETARY: Jenny Schwetz

Coast & Valley Swimming Association Inc.
Minutes-Selection and Development Committee Meeting

**Honeysuckle Boardwalk
Friday, 11th October, 2013**

Meeting opened at 9.42am with Jarrod Anthony elected as Chairman.

1. ATTENDANCE

Peter Reinhard	Narelle Murphy	Belinda Boon	Tom Davis	Adam Beisler
Visitors	David Hinds	Jenny Schwetz		
Jarrod Anthony	SNSW Development Officer			

2. APOLOGIES: Nil

3. CONFIRMATION - Minutes of previous meeting
Moved Peter Reinhard 2nd Belinda Boon that the minutes of the previous meeting are a true and correct copy. Carried

4. BUSINESS ARISING from the minutes

- 4.1. Outstanding fees 2013 season-Narelle Murphy to follow up with Treasurer
- 4.2. Quantity Equipment remaining -
 - 4.2.1. Shirts- Polo – 6; Tee – 42; Long sleeve (white) - 5
 - 4.2.2. Caps - 285
 - 4.2.3. Waterbottles – 84
- 4.3. Confirmed development squad and coach development payments (instalment) from SNSW have been received.
- 4.4. Final Costs per Squad (Management Committee)
 - 4.4.1. **Income** - A Squad - \$0; B Squad \$2640.00; C Squad \$2600.00; D Squad \$3760.00; E Squad \$300.00
 - 4.4.2. **Expenditure** - A Squad \$198.00; B Squad \$6875.95; C Squad \$4152.57; D Squad \$2423.00; E Squad \$TBA -by Treasurer
Coach Development \$795.00
Other (caps) \$1591.20

Income	\$9800.00
Expenses	\$16035.00
Loss	\$(6235.00)

5. CORRESPONDENCE IN –
Multiple emails re – Enquiries D squad

Several members cancelled.

Moved Narelle Murphy 2nd Tom Davis that correspondence inwards be dealt with as read and correspondence outwards be approved. Carried.

6. GENERAL BUSINESS –

- 6.1. Review 2013 season –
 - 6.1.1. General

6.1.2. Official Squad Numbers

A Squad – (24/56) Saturday 22nd June 2013. Newcastle University.
B Squad – (32/107) Saturday 29th June 2013. Newcastle University
C Squad – (30/94) Sunday 30th June 2013. Newcastle University
D Squad (88/165) Saturday 31st August. Newcastle University
E Squad- 21

6.1.3. Application Process –

- 6.1.3.1. Development stand at CVSA Championships.
- 6.1.3.2. Paper or spreadsheet set up/Review application form to include consent form, etc
- 6.1.3.3. Squad fees - Rename admin fees and be 'Non-refundable. Moved Peter Reinhard 2nd Belinda Boon that 2014 fee be \$20.00. Carried
- 6.1.3.4. Closing Date – to remain as 1st February 2014.
- 6.1.3.5. Development Venue Locations and Dates to be reviewed at next meeting
- 6.1.3.6. Apparel 2014 – moved Narelle Murphy 2nd Adam Beisler that Tee shirt be Burgundy with white lettering. Carried. Moved Belinda Boon 2nd Narelle Murphy that 400 swim caps be ordered. Jarrod Anthony to follow up.
- 6.1.3.7. Communication with Squad members - Emails, website, swim meets. Moved Adam Beisler 2nd Tom Davis that clubs and CVSA coaches be emailed Development information and list of development squad members. Carried. Jarrod Anthony to give Jenny list of coaches' email addresses.
- 6.1.3.8. Proposed training dates to be posted on notice board at CVSA championships in November/December.
- 6.1.3.9. Web administrator to be requested to continually update website with Development information.
- 6.1.3.10. MC Swimmers – SAL to formulate criteria to officially include MC swimmers - to be included under SNSW/ CVSA development structure when available.
- 6.1.3.11. CVSA review MC swimmers 2013. (3 swimmers). MC swimmers to be reviewed for inclusion in appropriate squad.

6.2. 2013 Development Report (SNSW) to be submitted by 31 January 2014.

6.3. Development Squads Review

A & B Squads –

Presenters- relevant topics

Pool sessions – review – mini dual style meet; ice-breaker activities; team events; team bonding activities; knockout competition

Venue and dates as per 2013

C Squad

Similar to previous year-venue and dates as per 2013

D Squad

Dates of activities to be reviewed at next meeting. Venue to be as per 2013.

E Squad

SOPAC tour at State open – March 2014

6.4.All travelling teams must be accompanied by a:

- Team Manager
- Assistant Team Manager
- Head Coach
- Technical Official

approved by CVSA Management Committee. A person may only hold one position with team management and there must be at least 1 male and 1 female member. Nominations to be called for Management team for each squad.

Moved Tom Davis 2nd Belinda Boon. Carried.

6.5. Moved Tom Davis 2nd Adam Beisler that it be compulsory for all CVSA Development team members to travel to and return from venue on the team bus, or lose their position on the team. Carried.

6.6. Moved Narelle Murphy 2nd Belinda Boon that any swimmer who does not compete at Development meets be required to reimburse Coast and Valley Swimming Association for costs associated with the meet. Carried.

6.7. Moved Narelle Murphy 2nd Belinda Boon that if a team member does not attend their development training day, apparel will not be supplied. Carried.

6.8. Recommend that letter be sent to parent of swimmer in development team who persistently refused to wear CVSA uniform on tour.

6.9. Noted that CCAS will run Development activities in 2014.

6.10. Development Convenors' meeting will be held in November in Sydney. Any interested person may be permitted to attend.

6.11. Team Manager Policy to be issued to all Team Managers upon appointment.

6.12. Recommend that coaching scholarship be made available again in 2014.

Jarrold Anthony thanked everyone for making themselves available for this meeting.

Next Meeting – TBA

Meeting Closed : 11.57am.

CHAIR: JARROD ANTHONY

SECRETARY: JENNY SCHWETZ

CVSA D/O Report - October 2013 - 7/10/13

1. **Bronze License Course** – Bronze License Course to be held on Saturday the 2nd & Sunday 3rd November 2013 at the Forum Aquatic Centre University Drive, Callaghan NSW 2308. Presenters will be Greg Mc Whirter on the Saturday 9am – 5pm and Brett Winkworth on the Sunday 9am – 4pm. Pre requisite for course is Teacher of Competitive Swimming (ATSCA) or Teachers of Competitive Strokes (Aus Swim) Cost of Course \$410.
2. **Team Manager & Meet Manager Training** – Sunday 27th October at Edgeworth Bowling Club. ALL CVSA swim clubs are encouraged to have a representative(s) to attend both sessions. Please reply to swim.coastandvalley@gmail.com or jarrod.anthony@nsw.swimming.org.au as soon as possible.
3. **New Member Registration Packs** – Will be distributed out to swim clubs in the CVSA area by the end of October. 25 packs are sent to each club for distribution to 'new' members of their swim club. Which new members these go to are at the club's discretion. If you have not received your pack please contact me as soon as possible.
4. **Go Swim Month October 2013** – October 2013 Energy Australia GO Swim month is now underway, which is a national campaign to promote swimming. There has been many athlete appearances across the nation and have been picked up by the TV networks, such as the TODAY show. Please contact goswim@swimming.org.au if you have any questions about the promotion.
5. **Website Training Dates** - Swimming NSW will be running club website training at the Long Course Qualifying Meet. Note: this training will specifically address how to build your club's website through the APT platform. It will not include topics such as membership, online meet entries, etc.

Dates: 19 & 20 October, 2013

Time: 9am-12pm both days

Location: Murray Rose room, Sydney Olympic Park Aquatic Centre, Homebush

Further training will be delivered in the CVSA area in the near future by the CVSA Development Officer.

6. **Gold Memberships** - In addition to our general membership, Swimming NSW offers Gold & Platinum Membership Packages. These memberships are open to all members to purchase as an upgrade.

Membership packages are as follows:

- Gold Non-swimmer Membership
- Gold Swimmer Membership
- Platinum Non-swimmer Membership
- Platinum Swimmer Membership

7. **CVSA Development** - Congratulations to the CVSA Development committee and the management team for providing intensive education/development days for our squad members for the 2013 season.
The management team heavily subsidised this program with each member only paying \$20 for which they received a shirt, swim cap and experienced travelling to competitions outside of the Coast and Valley area without their parents or home coaches and competed as a team which they all did extremely well.
The program this year received a lot of positive feedback from swimmers and parents, which will continue again next year.
Please refer to the CVSA information guide for further information on participating in these squads for the 2014 season.

8. *Reminder* - 2013-2014 Registration Guide Released

The 2013-14 Registration & Membership Guide has been emailed out to all clubs last month, and has been posted on the Swimming NSW website under [Membership/For Registrars](#). A hard copy of the guide will not be posted out this year, unless specifically requested by your club.

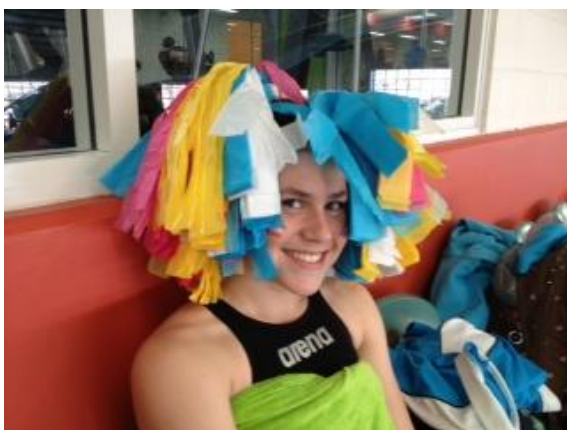
Jarrold Anthony
SNSW Development Officer

B Squad Meet 2013



Canberra International Sports & Aquatic Centre (CISAC) was the venue for this year's NSW Swimming B Squad Meet (which also incorporated C squad for some areas).

Team Spirit was the theme of the weekend with all 24 swimmers entered into almost every event from 50 freestyle to 400 IM to gain the maximum number of points for CVSA. Leaving early Saturday morning, we left in high spirits for our weekend ahead. Arriving in Canberra at 12.30pm, the team had a talk and warm up with coaches Adam Beisler and Tom Davis. Then into the stands for their application of "war paint" from the managers Belinda Boon and Trish Roberts – it was game on!!! Peter Reinhard and David Hinds were allocated officiating duties for the meet.



The cheering started early with the first events as these were the relays. Pom Poms were shaking and chants were heard loudly as the first points were on the board. Then it was straight into a jam packed program for all the swimmers who were swimming between 13 and 15 events for the weekend!

Day one saw some outstanding results with the coaches naming **Evelynne New** (senior girl), **Chloe Jones** (junior girl), **Jordan Forsyth** (senior boy), and **Llewellyn New** (junior boy) swimmers of day one.



After a hard afternoon of competing, it was off to YMCA Bush Capital Lodge for the night. After allocating rooms and changing, it was off to the kitchen where Belinda had made a batch of Spaghetti Bolognaise for dinner that was quickly devoured followed by jelly and custard. Then we went to the common room for a game of trivia. Each room had a team and, while some questions were quite hard, everyone had a lot of fun with this. The winning team of girls enjoyed their chocolate winnings! Off to bed they all went (eventually!) before another huge day of swimming.



Bright and early Sunday morning, the swimmers packed their things and off to breakfast. This was cereal kindly donated by Kelloggs which was greatly appreciated by all. Quick tidying of the rooms and we were off to the pool once again. After a team talk with Tom and Adam, the swimmers were outside for a stretch then in for a warm up before their big day. Most swimmers had 9 events with some 11!

Sunday was even more exciting than Saturday because the swimmers swam absolutely fabulously! The swimmers had to swim events they would have not normally swum. Some swimmers had never even attempted some events before but swam them because they knew it meant maximum points for CVSA.

Coaches awarded **Erin Boon** (senior girl), **Jessica Davies** (junior girl), **Lachlan Jones** (senior boy) and **Lucas Baita** (junior boy) as swimmers of the day for the Sunday sessions.

Coaches chose each swimmer of the day (both Saturday and Sunday) as those they felt put in 100% effort for all events.



Incredible performances were from **Evelynne New** (16yrs) who placed 1st in 50 fly, 100 fly, 50 free & 50 breast, 2nd in 100 breast, 200 IM, and 200 breast and 3rd in 200 free. **Erin Boon** (15yrs) who placed 1st in 200 fly, 2nd in 200 free and 100 fly and 3rd in 50 fly, 50 back, 400 IM and 200 back. **Tristan Brooker** (13yrs) who placed 1st in 50 breast, 2nd in 400 free, 100 breast, and 200 breast, and 3rd in 200 free and 200 back. **Chloe Jones** (13yrs) who placed 1st in the 50 back and 100 back, 2nd in the 50 fly and 400 IM and 3rd in the 10 free and 200 back.

Significant performances were also from **Amber** (15yrs) who placed 1st in 50 back and 200 back, 100 back and 200 fly and 3rd in 50 breast. **Amy Phillips** (15yrs) who placed 1st in 50 fly, 2nd in 50 and 50 free, and 3rd in 100 back. **Jackson Ryan** (13yrs) who placed 1st in 100 back, 2nd in 50 back 200 back, and 3rd in 50 breast.



Can
2nd in

back

and

IM.

Notable performances were from **Lucas Baita** (13yrs) who placed 2nd in 100 fly, 50 fly and 400

Blair Davey (16yrs) who placed 1st in 100 free and 20 free and 2nd in 400 free. **Jordyn Forsyth** (18yrs) who placed 2nd in 100 fly and 200 fly and 3rd in 50 fly. **Lachlan Jones** (15yrs) who placed 3rd in 100 breast and 200 breast. **Bailey Proud** (13yrs) who placed 1st in 400 IM and 3rd in 400 free. **Karly Lewis** (15yrs) who placed 2nd in 200 back and **Bryce Sutton** (16yrs) who placed 3rd in 200 fly.



Every swimmer swam with heart and determination. Even though they were often still in the water when being marshalled, so had very little time between events, they swam enthusiastically and with great team spirit. Not to mention that each and every swimmer behaved exceptionally well all weekend and were absolute pleasures to have taken away for the weekend.

Overall, CVSA came 2nd on the pointscore with 341 points. This was a fantastic effort considering we had 24 swimmers and the winners, Metro South East, scored 402 points but

had 42 swimmers.

Belinda Boon (CVSA Development Team Manager)

22nd September 2013



Nervous but excited faces filled the coach Sydney Olympic Park Aquatic Centre to compete in the NSW Development Meet. CVSA's D Squad of 50 athletes aged 9-14 years boarded the coach bright and early and made a good run to Homebush, arriving at 7.40am.

Warmed up by head coach on the day, Tom Davis, the team were in high spirits for their day ahead. Some were very nervous because they didn't know what to expect but soon settled once the day was underway.



Customary war paint was applied and voices tuned for cheering; the racing began. CVSA's first medal came to **Dylan Day** who took out the gold 9-10yrs boys 50m Fly. This was followed by almost every swimmer obtaining a PB in their fly events. Our next medal came to **Eireann Hurley** who won gold in the 11yrs 50m Back. Again, PB's were aplenty and smiles were visible all round.

Next were the relays. Unfortunately, due to withdrawals, we couldn't man all teams that were entered but nonetheless, we represented in all relay events with at least 2 teams in each event. Silver was the colour here with a second going to CVSA 'A' team in the 200m 9-10yrs mixed relay consisting of **Axell Gross, Teah Hamilton, Jemma Street, and Dylan Day**.

After the relays was the lunch break and time for a group photo. Tummy's refuelled and energy restored and it was on to Breast and Free. These proved to be our best events. **Riley Janissen** and **Elke Wallace-Smith** began by taking silver in their respective 13yrs 50m breaststroke. Then the freestyle saw a double from **Eireann Hurley** and **Emily Roome** who achieved silver and bronze in the 11yrs, **Dylan Day** - a gold in the 9-10yrs and **Jemma Street** - a silver in the 9-10yrs.



Every swimmer who attended the meet came away with at least 2 PB's each, some achieving 4/4. Each swimmer gave 100% and were very pleased with themselves at the end of the day.

Looking forward to their next carnival, we all travelled home in good spirits. Thanks go to David Hinds, Narelle Murphy, Belinda Boon and Tom Davis who gave up their day to attend the carnival with the athletes.

Belinda Boon – CVSA Development Committee

CHANGES TO THE RULES OF SWIMMING NSW

FINA approved the following changes to the Swimming Rules at the recent Technical Swimming Congress in Barcelona, Spain. The rules came into effect on the 23rd of September 2013

Swimming NSW has now adopted the following the changes, with these coming into effect from the 1st of October 2013

SW 6 BACKSTROKE

SW6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, ~~at the finish~~, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

Explanation: It is no longer permissible for a swimmer to be completely submerged at the finish.

SW6.4

When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which ~~a~~ **an immediate** continuous single arm pull or ~~a~~ **an immediate** continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

SW 7 BREASTSTROKE

SW7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at anytime ~~except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall~~. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

Explanation: It is now permissible for the swimmer to execute a tumble turn after touching the wall with both hands separated and simultaneously (see SW 7.6), so long as they are on the breast when leaving the wall.

SW7.5 The feet must be turned outwards during the propulsive part of the kick. ~~A scissor, flutter~~ **Alternating movements** or downward butterfly kicks ~~is~~ **are** not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW7.6 At each turn and at the finish of the race, the touch shall be made with both hands ~~separated and~~ simultaneously at, above, or below the water level. ~~At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.~~ The head may be

submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Explanation: At each turn and at the finish of the race, the hands must be apart from each other when touching the wall.

SW 8 BUTTERFLY

SW8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time, **except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.**

Explanation: It is now permissible for the swimmer to execute a tumble turn after touching the wall with both hands separated and simultaneously (see SW8.4) so long as they are on the breast when leaving the wall.

SW8.2 Both arms must be brought forward **together simultaneously** over the water and brought backward simultaneously **under the water** throughout the race, subject to SW8.5.

SW8.4

At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above, or below the water surface.

Explanation: At each turn and at the finish of the race, the hands must be apart from each other when touching the wall.

SW 10 THE RACE

10.7 No swimmer shall be permitted to use or wear any device or swimsuit that may aid his speed buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, **power bands, or adhesive substances**, etc). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by the Referee.

Explanation: The wearing of a medical bracelet is permitted.

There are no changes to the rules relating to the Start or Freestyle swimming.

Swimming NSW Technical Swimming Committee