

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

Edgeworth Sport & Recreation Club Tuesday, 15th November, 2016

1. ATTENDANCE

David Hinds	David Richards	Jenny Schwetz	Michelle Gross	Russell Waugh
Ian Johnson	Norm Roberts	Phillip Hawke	Michele Burley-Jones	

2. **APOLOGIES:** Suzy Scaron, Jarrod Anthony.
Moved Michele Burley-Jones 2nd Russell Waugh that apologies be accepted.
Carried.
3. **CONFIRMATION** - Minutes of previous meeting:
Moved David Richards 2nd Phillip Hawke that the minutes of the previous meeting are a true and correct copy. Carried
4. **BUSINESS ARISING** from the minutes
- 4.1. Payment for officials that work at CVSA Championships & Encouragement/Speedo- to be referred to ATSC for consideration- meeting to be convened this month
 - 4.2. Update- Colin Grant from Performance swimwear, (Adidas Swimwear), has contacted PLC management and negotiated permission to sell Adidas race suits at our Summer Championships-flyer attached
 - 4.3. Update- Rebecca Partridge from IBIS Newcastle offering a special room rate at the IBIS Newcastle for the weekend of NSW Country Regional in January.
Flyer for our website and Championship's meet program. IBIS Budget-Gosford may be able to offer a special room rate in 2017
 - 4.4. Update Management shirts- Jarrod Anthony- held over to December meeting
5. **CORRESPONDENCE:**
- 5.1. INWARDS
 - 5.1.1. Email-Demi-Maree Faulkener: Nutritionist- Sporting performance
 - 5.1.2. Email-Swimming NSW: e-newsletter
 - 5.1.3. Email-EVO Sportswear: flyer
 - 5.1.4. Email-Jarrold Anthony/Craig Boettcher: coaches' meeting
 - 5.1.5. Email-Shannon Smith: Speedo Sprint Series information
 - 5.1.6. Email-Mark Heathcote: Presidents' Meeting-final notice
 - 5.1.7. Email-Office of the Children's Guardian: WWCC Compliance –verification of Boolaroo Speers Point SC workers
 - 5.1.8. Email-Hy-Tek: Upgrade to Meet Manager 6.0
 - 5.1.9. Email-Michelle Johnson: e-newsletter
 - 5.1.10. Email- Michelle Boon: Invoices (2016 Development contribution)/ Nat A accommodation/catering reimbursement
 - 5.1.11. Email-Josh Karp: National Officiating Scholarship Applications
 - 5.1.12. Purnell Trophies: Invoice
 - 5.1.13. Email-Singleton SC: Speedo Heats/Development Meet
 - 5.1.14. Email-Kelly's party Hire: Invoice
 - 5.1.15. Jamies SC: Affiliation form
 - 5.1.16. Email-Nikkei Hamilton: refund of entry fees-fwd: Registrar

- 5.1.17. Port Stephens Council (Mayor, Bruce MacKenzie): letter of thanks
- 5.1.18. Email-Narelle Duggan: Development Update, report and financial form
- 5.1.19. Email-West Wallsend Indoor SC: Application for swim meet-fwd: Competition Committee
- 5.1.20. Email-Belinda Boon: EOI Selection and Development Committee
- 5.1.21. Email-Naomi Morgan: Password reset

5.2. OUTWARDS

- 5.2.1. Email-Office of Children's Guardian: WWCC Compliance-Boolaroo Speers SC workers
- 5.2.2. Email-Swimming NSW-ETE Hire-Country Regional-Charlestown
- 5.2.3. Mingara Aquatic SC: Technical Official Badges
- 5.2.4. Kincumber pacific Dolphins SC: Technical Official badges
- 5.2.5. Tilligerry RSL Sports Club: Golf Day Fundraiser letter of thanks
- 5.2.6. Email-Naomi Morgan: :Password reset

Moved Michele Burley-Jones 2nd Russell Waugh that correspondence inwards be dealt with as read and correspondence outwards be approved. Carried

5.3. Business Arising from Correspondence:

- 5.3.1. Demi-Maree Faulkner: interest in referral process for clients- request to present nutrition lecture to Development Squad/s
- 5.3.2. Coaches' meeting was held on 29 October at Mercure Hotel, Williamstown – 12.30pm-5.30 pm – well received by coaches who attended.
- 5.3.3. Convenor for Speedo Sprints – Moved Ian Johnson 2nd David Richards that Russell Waugh be appointed. Carried.
- 5.3.4. CVSA does not verify club workers unless they are working at CVSA meets (not club meets) or are appointed at Team Managers
- 5.3.5. Upgrade to Meet Manager 6.0 – Russell Waugh recommended that current version is working well
- 5.3.6. Nikkei Hamilton-refund of entry fees for Teah Hamilton & Ulladulla swimmer-LC championships. Moved Russell Waugh 2nd Ian Johnson. Carried.
- 5.3.7. Speedo heats/Development meet
 - Confirm no pool hire charge
 - Tech Officials will have free entry
 - Written confirmation from CVSA not required
 - Approx No of swimmers to allow Council to review potential parking arrangements – Russell Waugh advised approx 350 swimmers expected.
- 5.3.8. 2017 SNSW Development financial agreement. Moved Phillip Hawke 2nd Ian Johnson that agreement be accepted and returned to SNSW. Carried.
- 5.3.9. Belinda Boon- EOI Development committee – Moved Phillip Hawke 2nd David Richards that Belinda be appointed to committee. Carried.

6. REPORTS:

6.1. Treasurer – Suzy Scaron

Report tabled-copy attached

6.1.1. Accounts approved for Payment

JB's Bistaunt	Catering- MM/TM training	\$130.00
Swimming NSW	Development Contribution	\$1600.00
Swimming NSW	Nat A-Accommodation reimbursement	\$3306.50
Purnell Trophies	Medals & plaques	\$256.00
Kelly's Party Hire	Tables & chairs-LC Championships	\$349.50

Moved Ian Johnson 2nd Norm Roberts that report be accepted and accounts approved for payment. Carried.

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

- 6.2.1. Meet Manager/Team Manager training day was well received. Thanks to Jarrod Anthony, David Richards & Ian Johnson for their assistance.
- 6.2.2. Medals have been obtained – recommend that engraving be black lettering for future orders.
- 6.2.3. Country Regional –available financial assistance from SNSW.

6.3. **Selection & Development Committee** – Phillip Hawke

- 6.3.1. Minutes of Committee meeting tabled-copy attached
- 6.3.2. 2017 Development Squad Program information sent to all CVSA clubs
- 6.3.3. Team Manager reports to be received – Achievers – Carmen Cleare/Andrew Wright
- 6.3.4. Recommendations:
 - 6.3.4.1. Squad fee for 2017 - \$40
 - 6.3.4.2. Golf Day Fundraiser – proposed date 17 September, 2017
 - 6.3.4.3. Jr Establishment squad to be run on 4 March,2017
 - 6.3.4.4. Squad shirts to be blue with rainbow print lengthways
 - 6.3.4.5. 450 CVSA caps to be ordered
 - 6.3.4.6. Blue caps (in stock) to be used at Development/Speedo meet
 - 6.3.4.7. "Development" table to be manned – mornings only at LC Championships – Michelle Gross & Suzy Scaron
 - 6.3.4.8. Upfront fee be charged for 2016 swimmers who did not attend 2016 National A camp.

Moved Phillip Hawke 2nd Michelle Gross that report, minutes and all recommendations be approved. Carried.

6.4. **ATSC Convenor** – Norm Roberts

- 6.4.1. Technical Officials still required for CVSA Championships – several requests for assistance have been sent to Technical Officials and clubs.

- 6.4.2. Technical Swimming committee meeting will be held soon.
- 6.4.3. Thanks to Russell Waugh for his input for the Hunter SC meet
- 6.4.4. New technical training regime appears to have some problems.

Moved Norm Roberts 2nd Phillip Hawke that report be accepted. Carried.

6.5. Development Officer – Jarrod Anthony

Report tabled-copy attached.

Recommend that Coaching Silver licence scholarship be available in 2017. Moved Norm Roberts 2nd David Richards. Carried.

Moved Ian Johnson 2nd Michelle Gross that report be accepted. Carried.

6.6. Property Officer- Ian Johnson





Confirmed that new stop watches have been obtained

Advised that laser pointer needs to be purchased.

Moved Ian Johnson 2nd David Richards that report and purchase of pointer be approved. Carried.

6.7. Publicity Officer – Michele Burley-Jones

Emails were sent to the following Clubs requesting information on their Technical Officials who would be able to officiate at their forthcoming Swim Meets and if they were requiring assistance, was able to assist with further officials, etc.,

-  Woy Woy Swim Club Long Course Qualifying Meet Friday 21st & Saturday 22nd October at Peninsular Leisure Centre. Further calls for Technical Officials to try and fill all positions for their two day meet were sent out.
-  Mingara Aquatic Swimming Club Development Meet Saturday 29th October at Mingara One, had been requested for information regarding a list of their Technical Officials for this meet but seemed to be working with a minimal number.
-  Titans Swimming Club Summer Long Course Meet Sunday 6th November at Mingara One when Blinda finalised all their Technical Officials early and during the week prior to the meet one withdrawal occurred and requested a call for a fourth Check Starter.
-  Hunter Swimming Club “Eric Arnold Memorial Qual/Dev Meet” Saturday 12th November, 2016 at Lambton Pool. Karen replied with a great team of officials for the meet.

Moved Michele Burley-Jones 2nd David Richards that report be accepted. Carried.

6.8. **Web Administrator** –Michelle Gross

No report.

7. GENERAL BUSINESS:

- 7.1. Date for 2017 AGM – 18th June
- 7.2. Meet Director for LC championships – David Hinds
- 7.3. Draft Technical roster tabled – to be circulated when finalised.
- 7.4. Date for SC championships – 5 - 6 August, 2017. Moved Michele Burley-Jones 2nd Norm Roberts. Carried. PLC to be approached re availability of date.
- 7.5. Proposed dates for Development Days – 17th June; 15 & 16 July. Moved Phillip Hawke 2nd Michelle Gross. Carried.
- 7.6. Team Manager Report tabled – Sr Establishment squad – copy attached
- 7.7. Technical Scholarship report tabled – copy attached
- 7.8. Team Manager Report tabled - Sr Target squad - copy attached
- 7.9. Team Manager report tabled – National A squad – copy attached
- 7.10. Team Manager report tabled – Jr Target –copy attached
Moved David Richards 2nd Michele Burley-Jones that all tabled Team Manger reports be accepted. Carried
- 7.11. Reviewed Annual Income & Expenditure to end October

8. MEETING CLOSED 8.20pm

**9. NEXT MEETING: Tuesday,13th December, 2016 (2nd Tuesday)
Edgeworth Sport & Recreation Club- 7pm**

CHAIR: David Hinds

SECRETARY: Jenny Schwetz

COAST AND VALLEY TREASURERS REPORT

October 2016

Forward		\$20,993.98
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Interest	\$6.26	
SAL	6,100.00	
CVSA GOLF Day Sponsorship - GBS	500.00	
	<u>\$6,606.26</u>	<u>\$6,606.26</u>
		\$27,600.24

Less Expenses

300726	Phillip Hawke- Email meform	\$98.95	
300725	Purnell Trophies	\$7,035.00	
300727	Newcastle Embroidery	\$2,035.00	
		<u>\$9,168.95</u>	<u>\$9,168.95</u>
			<u>\$18,431.29</u>

BALANCE AS PER STATEMENT NO 87

Unpresented Cheques

300543	KPD	298.00
300597	Belinda Boon	30.00
300614	Leslee Taylor	\$20.00
300653	Sonny Hinwood (refund TO dinner)	\$70.00
300687	Sandra Dimmock	\$20.00
300723	KPD Catering	\$800.00

Term Deposits

Due 16/07/2017 for 12 months @2.450%	\$10,717.41
Due 13/07/2017 for 12 months @2.450%	\$25,220.61
Due 3/12/2016 for 12 months @ 2.7%	\$20,640.00

Cash Reserve

Interest 28/10/2016	10.64	
Balance as per Statement 69		\$18,515.74

Debit Card

Opening Balance 10/10/2016	\$3,294.63
23.10.2016 JBS Takeway	\$130.00
28.10.2016 Purnell trophies	\$256.00
Balance 31/10/216	\$2,908.63

ACCOUNTS TO BE PAID

Kellys Party Hire	\$349.40	
Swimming NSW - Development Program Contribution	\$1,600.00	
Regent Street Physiotherapy	\$1,000.00	Paid by EFT

CVSA Selection and Development Committee Meeting
Doyalson RSL Youth Club
Monday, 24th October, 2016

Meeting opened at 11:40am with Phillip Hawke presiding.

Phillip Hawke welcomed everyone to the meeting and gave a brief introduction to committee structure and an overview to incoming committee members.

1. ATTENDANCE

Phillip Hawke Blinda Francis-Smith Narelle Murphy Debby Tattoli
Visitors Jenny Schwetz
Jarrod Anthony NSW Development Officer

2. **APOLOGIES:** Peter Reinhard. Moved Blinda Francis-Smith 2nd Debby Tattoli that apology be accepted. Carried.

3. CONFIRMATION - Minutes of previous meeting:

Moved Phillip Hawke 2nd Narelle Murphy that the minutes of the previous meeting are a true and correct copy. Carried.

4. BUSINESS ARISING from previous minutes

4.1. Review of application process for next year.

An email invitation with links to application form and online payment included in email letter.

Moved Blinda Francis-Smith 2nd Debby Tattoli that only those in receipt of invitation letter will be able to access online application and payment.

Draft letter attached for review. Moved Narelle Murphy 2nd Debby Tattoli that letter be circulated to clubs prior to closing date for summer championships. Carried.

5. CORRESPONDENCE IN

- Swimming NSW Area Development Convenors Meeting agenda.
- As a review of correspondence during the development year from May to October through the CVSA Development email we received over 300 enquiries from parents about Development activities.

Moved Debby Tattoli 2nd Narelle Murphy that correspondence inwards be dealt with as read. Carried.

6. GENERAL BUSINESS

6.1. Review of 2016 Development Activities.

6.1.1. National A

- Held on 24th/25th September at Knox Grammar.
- 21 Swimmers initially accepted and then 5 late withdrawals, various reasons.
- Cost per swimmer was \$136; do we charge a more appropriate fee up front next year with a refund of the gap between the CVSA approved fee for all development swimmers that attend the weekend??

- *Recommendation to Management Committee that we charge squad members from previous year who did not attend, \$150, of which \$110 will be reimbursed on their attending development activity in the current year. Invitation to participate would include direct deposit information. Moved Narelle Murphy 2nd Blinda Francis-Smith. Carried.*
- Noted that CVSA will be required to provide accommodation and meals
- Venue to be advised by SNSW

6.1.2. **Senior Target Squad**

- Development Day at The Forum 25th June and Target Meet at Ryde on 13th/14th August.
- 39 Initial applications, 34 swimmers participated in the Development day, (20 of these State Swimmers), and 27 swimmers competed in Target Meet, (15 of these State Swimmers).
- At Target Meet we had 18 swimmers stay at overnight camp, 3 country level swimmers were invited to attend so that relay teams could be filled. This was based on fastest relay team selection.
- STS squad eligibility under swimming NSW rules is for swimmers who competed at State LC, 13 to 18years old. At CVSA we invite 13-18year old Country swimmers into STS, as we find it a more appropriate forum than *Achievers* at their age. We only take State Level swimmers on overnight camp as a reward and progression for their achievement. One parent asked why country level swimmers not included in overnight camp?
- Consider option of bus each day for country swimmers in 2017 – dependant on meet venue and number of swimmers.

6.1.3. **Junior Target Squad**

- Development Day at The Forum 30th July and Target Meet at Ryde on 13th/14th August.
- 24 Initial applications, 24 swimmers participated in the Development day and 22 swimmers competed in Target Meet, (9 swimmers only on Sunday for relays and Skins events).
- A few parents asked about bus transport for JTS swimmers –

6.1.4. **Achievers Squad**

- Development Day at The Forum 20th August and Achievers Meet at SOPAC on 8th October.
- 87 Initial applications, 84 swimmers participated in the Development day plus 2 guest swimmers and 74 swimmers competed in Achievers Meet.
- No bus was put on as only a few parents were interested in sending their children on the bus, the rest wanted to go to the meet with their children.
- Consider option of bus for 2017. Narelle Murphy to obtain provisional booking.

6.1.5. **MC Squad**

- 3 applicants and they all attended the MC Development and meet day at Ryde.
- 2017 MC swimmers will be catered for in Area program, but will have their swim meet at a SNSW MC meet

6.1.6. **Senior Establishment Squad**

- 6 Swimmers and 4 officials to NZ SC Championships. Feedback was very positive and recommend to continue with the same format next year.
- Golf fundraising day was a success and recommend to be run again next year.
- In 2017 Age to be 18+, but 17 & 16 years may be included. Must have at least 700 FINA points. CVSA Management will have final discretion on selection of athletes.

6.2. **2017 Development Activities**

- 6.2.1. At present Swimming NSW intends to hand over all development activities to the Area Committee, including Nat A etc, and there will be no blackout weekends for Development. (See attached draft Squad summaries.)

If this were the case one suggestion would be to run Development days in age groups rather than squad groups. Development Meets would still be run on Squad levels by Swimming NSW. Moved Debby Tatoli 2nd Narelle Murphy that days for development squad activities be determined on the total numbers of acceptances received over all squads. Carried.

- 6.2.2. NSW funding for 2017 will be \$1000 each for Nat A; STS; JTS; Achievers; and JES on a dollar for dollar basis. Payment of Squad expenses will be on DO's credit card with an invoice sent to the Area for expenses incurred over the funding limit. Recommendation from Jarrod Anthony that CVSA consider using debit card for these expenses.

6.2.3. **Possible Development Day dates for 2017 year and Education Curriculum suggestions;**

- Nat A 23rd /24th Sept Technical skill, Physio, motivational speaker, (*Beyond the Black Line*), Media (how to interact with media representatives), Sports psychologist?
If Nat A's handed to Area program, then consider inviting another area in for a weekend development camp in Newcastle.
- STS 24th June 2017; Technical skill, Physio, motivational speaker, Julie Robinson – *Mind Training for Swimmers*. Noted that Target meet date proposed for 19/20 August may be reviewed with a possible date in September
- JTS 29th July 2017; Technical skill, Physio, motivational speaker?
Noted that Target meet date proposed for 19/20 August may be reviewed with a possible date in September
Noted that age grouping for relays may need to be reviewed – i.e. 12/U to align with age group of JTS.
- Achievers 12th August 2017; Technical skill, Physio, Nutrition (*Consider shorter presentation for swimmers/longer presentation for parents*), More water time for skills.

6.3. **2017 Application Process.**

- 6.3.1. At the completion of CVSA Summer Championships, publish a list of all swimmers who will be eligible for invitations to CVSA development squads. The list would be sent out to all clubs and eligible swimmers. Attached is a draft information letter that would be sent with the list. Date target for this would be end of February for this to be completed and sent.
- 6.3.2. All invitations to be sent out at the same time in May.
- 6.3.3. Invitation letter will have link to online payment and online application form. This year we had some swimmers pay via the wrong squad link and we had one swimmer who had not competed at Championships but had attended state and country and they filled out an online application form and completed the payment as the links were public on our website.

6.4. **Golf Day** – recommend that no swim meets to be held on golf day fundraiser in 2017.

6.5. Recommend that squad fee for 2017 be \$40

6.6. Recommend that Jr Establishment be run again – Friday, 3 March 2017

6.7. Moved Narelle Murphy 2nd Blinda Francis-Smith that T-shirts be blue with rainbow print (CVSA) lengthways on shirt. Carried. Recommendation to Management Committee.

6.8. Moved Narelle Murphy 2nd Debby Tatoli that 450 CVSA caps be ordered and look at ordering direct from China. Carried. Recommendation to Management Committee.

6.9. Water bottles – 200 on hand

6.10. Blue caps on hand to be used at Speedo/Development meet. Moved Narelle Murphy 2nd Blinda Francis-Smith. Carried. Recommendation to Management Committee.

6.11. Development table - Summer championships – mornings only – to be manned by Jarrod Anthony & Narelle Murphy. Blinda Francis-Smith can assist on one day.

Meeting Closed: 2.12 pm

Next Meeting: Late January/Feb 2017

Phillip Hawke
Chair

Jenny Schwetz
Secretary

2016 Squad Calendar Attendee list

Date	Squad	Location	Job Position	Name
4 th March 2016	Jnr Establishment	SOPAC	Team Manager	Melisa Geale
			Coach	Jarrold Anthony
			Dev Committee	Narelle Murphy

Date	Squad	Location	Job Position	Name
25 th June 2016	Snr Target	Forum	Team Manger	Michelle Gross
			Coach	Kerry Saunders
			Coach	Andreas Faulkenau
			Coach	Sam Frame
			Dev Committee	Narelle Murphy
			Rep	Phillip Hawke
			CVSA Rep	Jenny Schwetz

Date	Squad	Location	Job Position	Name
30 th July 2016	Jnr Target	Forum	Team Manger	Suzy Scaron
			Coach	Kerry Saunders
			Coach	Andreas Falkenau
			Coach	Sam Frame
			Dev Committee	Narelle Murphy
			Rep	Phillip Hawke
			CVSA Rep	Jenny Schwetz

Date	Squad	Location	Job Position	Name
6 th August	Area MC	Ryde	Team Manger	Andreas Faulkenau
			Coach	Andreas Faulkenau

Date	Squad	Location	Job Position	Name
13 th /14 th August	Snr Target	Target Squad meet, Ryde	Team Manger	Michelle Gross
			Coach	Kerry Saunders
			Coach	Sam Frame
			Dev Committee	Phillip Hawke

Date	Squad	Location	Job Position	Name
13 th /14 th August	Jnr Target	Target Squad meet, Ryde	Team Manger	Suzy Scaron
			Coach	Kerry Saunders
			Coach	Sam Frame

Date	Squad	Location	Job Position	Name
20 th August 2016	Achievers	Forum	Team Mangers	Carmen Cleare
				Andrew Wright
			Coach	Kerry Saunders
			Coach	Andreas Falkenau
			Coach	Sam Frame
			Dev Committee	Narelle Murphy
			CVSA Rep	Jenny Schwetz

Date	Squad	Location	Job Position	Name
24 th /25 th Sept 2016	National A	Knox	Team Manger	David Lamond
			Coach	Andreas Faulkenau
			Dev Committee	Phillip Hawke
			Tech Officials	Jacqui Currey Ian Johnson

Date	Squad	Location	Job Position	Name
8 th Oct 2016	Achievers	SOPAC	Team Manger	Andrew Wright
			Coach	Sam Frame
			Note:	Parents attended / assist

Date	Squad	Location	Job Position	Name
28 th Sept- 7 th Oct	Snr Establishment	NZ	Team Manger	Gabrielle Davy
			Coach	Kerry Saunders
				Jarrold Anthony
			Tech Official	Greg Skinner

CVSA D/O Report - November 2016 - 13/11/16

1. **Team Manager & Meet Manager Training** – Congratulations to CVSA swim clubs who had representatives attend the Meet Manager & Team Manager training session on the Sunday 23rd October. We had 11 members in attendance. Thank you to Russell Waugh for presenting and David Richards assisting along with David Hinds for organising on the day.

CVSA Summer Championships Pool Entry fees – There is NO door entry fees for CVSA Championships this year. There will be a separate entry into the facility for all CVSA spectators and competitors and coaches where programs can be purchased.

Reminder there is a \$20 MEET FEE online for competitors up to **\$40** per family.

All parents and coaches are reminded that swimmers are not permitted in the leisure pools during the competition (except designated swim down lanes).

2. **CVSA Coaches Meeting** - to be held on Sunday 27th November at 7am at the PLC centre in the 'Party Room'.
3. **CVSA Head Coach – Position Description** - See attached
4. **CVSA Coaching Scholarship Criteria** – see attached NSW Coaching Development Framework (CDF - \$500). Recommendation - CVSA management committee to approve the sum of \$1000 towards coaching development in the CVSA area.
5. **Area's President Meeting** - was conducted on Saturday 29th October at the Pullman Sydney Airport commencing at 10.00am. David Hinds and myself were in attendance and a number of topics were discussed. David spoke very well at the meeting, putting forward CVSA concerns and thoughts. There is some consideration of have 2 meetings per year. Minutes have been sent to area secretaries.
6. **New Member Registration Packs** – Will be distributed out to swim clubs in the CVSA area by the end of November this year. 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 by December please contact me.
7. **Sponsorships** - CVSA Development through CVSA Management have successfully obtained sponsorship over the current year for our squads. The biggest fundraiser for the year was the CVSA Golf day. At this stage we are looking at Sunday 17th September which needs to be confirmed in the New Year.

Recommendation - To seek a major sponsor for our CVSA Championships for 2017 at a cost to be determined by management.
8. **CVSA Championship - Venue Agreement** - To be presented at coaches meeting to determine the CVSA Championships venue after 2017.

Regards
Jarrod Anthony
NSW Development Officer

2016 CVSA TOUR to NZ

My role as team Mum for the CVSA Tour to NZ was a satisfying and rewarding week.

From the minute everyone met at the Airport I knew we were going to have a successful and happy week. All travel plans went to schedule and there were no flight delays or issues on our flight to Auckland.

On arrival in Auckland baggage was collected and the van was assigned. Jarrod and I made the decision to take out extra insurance on the van as we were informed that if any damage was made on the van there would be an immediate \$5000 charge to our credit card used reducing this to \$500. At \$28/day we decided that would be the better choice rather than having such a large transaction taken against the card. Luckily, there were no issues and this wasn't needed.

On arrival at the house, we set up our rooms and proceeded to prepare for the week. As the house smelt wet and mouldy we purchased Damp Rid to put in each room to reduce the mould. This seemed to reduce the mouldy smell and our sneezing.

Our week progressed from there with the swimmers having a session in the pool on Saturday while Jarrod and I did an initial shop for groceries

This was followed by an afternoon of resting and getting to know one and other for the swimmers and an afternoon of food prep and cooking for me.

I have attached a Menu of the food that was prepared for the swimmers for the week.

I would just like to mention that without the help of Kerry Saunders I could never have produced the quantity and quality of fresh food that we were able to produce for the Swimmers and Officials due to such a tight schedule for the Swimmers. Each morning we would get up at 5am to cook fresh muffins and biscuits for the swimmers and to prepare for the day ahead. I have always done this for my own children and any other team I have been a part of so thought this was the best option for the week.

As the competition started a routine was quickly established and adhered to. All Swimmers took their role as Athletes of CVSA seriously and professionally wearing their team outfits at all sessions proudly.

It was an adrenalin rush being on pool deck with the Swimmers each day sharing the highs and lows of their performances. Each and every Swimmer took their swims seriously and were, in my opinion, a credit to CVSA.

As the week progressed the team bond was evident at the house and on pool deck. When you have 10 people living together you will always have some little "personal space" issues which were always resolved.

I cannot speak highly enough of Kerry Saunders. As I have already said, I couldn't have produced the food that I did without her help but also her role as Coach was faultless. She quickly built a bond with each and every Swimmer that I haven't ever seen before. Kerry took time to get to know each swimmer and treated them with complete respect for what they were doing and trying to achieve. It was clear to me that each swimmer bonded with her and thoroughly enjoyed having her as their coach for the week. I know my son, Cameron Davy, couldn't have turned his week around if it wasn't for the time and effort that Kerry took with him. She did this with each swimmer and it was an honour and delight to work beside her for the week.

Our CVSA official Gregory Skinner was also a true professional in his role as official at these championships. The whole team delighted in watching Greg march out every day in his different roles on pool deck. This was evident on the night Greg was chosen to present medals. The entire CVSA team was present to cheer Greg on as he presented medals to the swimmers. Greg also became a favourite member of the team amongst the swimmers and ourselves. His easy going, happy nature made it a pleasure to have him in the house and part of our team.

This week wouldn't have been possible without the planning and organisation of Jarrod Anthony. The work and preparation that he put in before arriving in NZ made the week much more enjoyable and took the pressure off all the officials knowing that plans were already in place for everything needed for the week.

I'd like to take this opportunity to Thank CVSA for selecting me in the role as Team Mum for the 2016 Tour to NZ. Whilst my week was exhausting and tiring I wouldn't have changed any of it and I'm sure the athletes would say the same.

Gabrielle Davy

Report for Coast and Valley Swimming Association Committee
*Review of New Zealand Short Course National Championships
2016 from the perspective of a Technical Official*

Report prepared by Greg Skinner – SA Referee, CVSA Technical Official Accompanying the senior development swimming team, October 2016.

Overall Impressions

The overall organisation of the team tour was very well balanced with swimmers being the priority and opportunity for a coach and technical official to also share in the experience. In general, the amount of interaction with swimmers for a technical official is limited during meets. In this situation being part of a touring swimming team was a unique experience. My programme was somewhat removed from that of the swimmers and likewise the swimming coach but the team rules of travelling as a team and incorporating everyone's needs to attend the pool for their various roles was undertaken without issue. That is, I arrived early to the pool because the swimmers had their preparation before the session but they needed to wait until I was finished before we headed home for the majority of sessions. Having the team manager and development officer available to keep all parties on track was tremendous support. I did not hear one complaint from the swimmers and for me personally I felt I was given every bit as much support to undertake the TO role as the swimmers for their competitive events.

Swimming New Zealand Technical Officials

The NZ TO's made me feel welcome from the first session and provided the entire meet with poolside appointments. Over the course of the 5 days of the meet (10 sessions) I was JOS for 3, IOT for 5 and womens' referee for the final day's 2 sessions. I took that as an enormous show of good faith considering they had never met me prior to the appointments and so I was determined to ensure I maintained the standard set by the preceding local referees in the first 8 sessions – the majority had experience at national and international level. I believe I maintained a high standard in officiating that was consistent with the other officials. "During the last two sessions through the races I wasn't officiating I scanned the pool and confidently knew the first names of about 90% of the officials around the pool who had been there for the majority of the meet which made me feel very comfortable in being amongst friends and not just one of the TO's.

I was warned prior to leaving that the standards of officiating may have been less than expected in Australia but I would say from my experience the people took their roles very seriously and consistently applied the rules as I would have expected in Australia. The suggestion about casual dress weren't borne out other than from the practicality aspect of experienced IOT's who were rostered on to the turn end in some cases were more likely to wear shorts and 'wet' shoes. They had a point of practicality in that there was the splash coming from the swimmers being judged and the swimmers in the other pool warm up pool splashing from behind. For the sessions I was on the boom I maintained the standard of long pants and my normal shoes but needed to work hard between sessions on drying both between sessions as the saturation was significant. This was the most significant issue for the entire meet. In the debrief after the final session it was raised as an issue that was again significant for the IOT's and that nothing had been done to improve following the same concerns being raised from the previous year. The previous year was the first time the National SC Championships were held at this new venue. It was requested something be done – barriers or have the swimmers swim sideways for warm-up/warm-down so as to reduce the

splashing from the second pool. No changes were apparent and the outcome was that the IOT's will boycott the boom in future meets if the issue isn't resolved.

Some items of note for the meet were the self-marshalling of swimmers. There weren't marshals and check starter roles in the same context as we're used to at our meets. Having said that the age groups were 13 and over and they were at the top end of their swimming levels so the concept was readily accepted and worked well. There was a significant fine imposed on swimmers who did not notify of withdrawal and that seemed to keep them involved with the events they entered. I was sceptical as to how well the system would run but can say first hand there were swimmers ready for each heat and finals and rarely was there a vacant lane. There was a check starter role present to ensure the swimmers were orderly in the marshalling area and monitoring the swimwear rules.

At most (I think all) the sessions the familiarity of hearing the call from the announcer asking for volunteers to assist with timekeeping just before the scheduled start time was a familiar sound. It was an unfortunate situation considering the level of the swimming meet and that it was being live streamed on the internet. The number of people in the stands unwilling to help seems to be a universal issue.

One thing I noted and was made plain at the initial session briefing that for the duration of the meet was there would be a rotation of officials through the timekeeping role. I didn't experience that myself but noted that a number of referees worked sessions as timekeepers. I spoke to one of the senior officials about this and the motivation was to show that the senior officials were there to assist in any role and show to those in the stands that they were ordinary people. I discussed how we have done a similar thing where possible to keep the referees in particular current with the fundamental skills they may have become unfamiliar with through lack of practice and that was acknowledged. That seemed to have been taken as further positive reinforcement of the practice.

Officiating

In the early sessions the number of disqualifications was significantly higher than towards the latter sessions. On reflection I think there was some enthusiasm to enforce rules strictly and a tone setting for the swimmers. I personally tried to maintain a consistent level of application throughout all 10 sessions. I noticed as a general trend the NZ swimmers tend to be very easy to officiate with regard to the vertical position of the body coming off the wall. They tend to leave and maintain a more horizontal position underwater and not challenge the JOS/IOT/Referee to adjudicate on verticality whereas the Australian swimmers were more likely to have a more vertical position which I think the NZ officials took a cautious interpretation resulting in a number of DQ's early in the meet. The other noticeable trait was the swimmers tended to get into a starting position on the blocks prior to the started command to 'take your marks' which I felt disadvantaged the swimmers as they were in their starting positions longer and at greater risk of falling in. Having said that the number of DQ's for starts was very low over the entire meet so it's something the swimmers have adjusted to.

The DQ forms were similar to what we use, the SNZ rules are essentially identical to SA/SNSW rules all being in line with FINA rules and interpretations. The TO's I spoke to throughout the meet were very experienced and active TO's and current with FINA interpretations. Working with them was very easy, they took presentation and protocol seriously but made the experience friendly and non-threatening. I remarked to them at the conclusion of the final session as referee that I considered they had a very special blend of professionalism coupled with a friendly and supportive team environment that they should be

proud of and use to encourage more people to join the ranks. Those comments seemed to be well received in the positive manner intended.

Conclusion

In closing I'd like to thank CVSA for encouraging me to apply for this opportunity, selecting me for the position and supporting me through the tour in a similar manner to the swimmers. The swimmers and other team officials all bonded well and undertook their duties without hesitation or complaint. We presented as a team in public wearing the uniforms provided and the public behaviour of all members was exemplary. Prior to leaving on the tour the only member of the team I could say I knew was Jarrod but upon return I can count all the team as friends. At times the program was hectic but at no stage was anyone not prepared for the task they were there for.

The swimmers in particular made me feel very welcome and part of the team. I enjoyed the opportunity to get to know them on an individual basis and share the tour experience. I've been introduced to Whittaker's chocolate, Primo flavoured milk and the folk parody music of "Flight of the Conchords" which has enriched my experience and made it all the more memorable.

I had the advantage of having spoken to Andrew Jones about his experience which was positive from the first tour and had some mental milestones for comparison. I think this year the formula was improved through that previous experience and having some familiarity with the event and what was required and with Jarrod and 2 of the swimmers returning there was a level of consistency and learning that was shared. I think the fundraising golf day being part of the preparation for the team also enhanced the experience as there was an element of involvement in the financial preparation in addition to the training in the pool for physical preparation.

As a participant of this year's tour I can only commend the CVSA Committee for having the willingness to attempt such a tour initially and continue to support it. As a value for money exercise I thought it was well planned and resourced and would encourage the committee to continue to support such an undertaking.

Greg Skinner

SENIOR TARGET REPORT

On 25th June 16 our Senior Target Team had their Development Day at the Newcastle University.

On that day they had lectures from Michael Meade, Mark Hinchey & Craig Boettcher all giving them some very valuable information on how to improve their lifestyles therefore in turn improving their performances in the pool.

They also had the privilege of being Coached by Michael Meade of SOPAC, Kerry Saunders of Hunter, Sam Frame of Valley Aquatic & Andreas of West Wallsend.

On 13/14th August 16 the Senior Target Squad joined up with the Junior Target Squad at Ryde Aquatic Centre to compete against 5 other teams.

Saturday consisted of all swimmers participating in 2 – 4 events each. Lots of PB's were achieved and also some state times putting all swimmers on a high and excited about Sundays schedule.

At the end of the day we headed over to our accommodation where the team checked out their cabins and got ready to go out for dinner.

Sunday

After a good night's rest we are up early for a healthy breakfast of bacon, eggs, toast and fruit. We packed up and headed back to the pool for a fun filled day of skins and relays.

The Skins experience was new to some and was very exciting to watch and probably exhausting for the swimmers involved, but CVSA had some very successful wins. The Relay teams performed very well too, with some placings as well.

All swimmers performed to the best of their abilities, showed great sportsmanship and were very well behaved all weekend. I hope they all had a great time.

I'd like to thank CVSA for giving me the opportunity of being the Team Manager I'd like to thank the other Team Members for their help and guidance, Philip Hawke, Suzy Scaron, Kerry Saunders & Sam Frame.

I'd also like to thank the parents for bringing their children to Ryde & picking them all up and trusting me to care for them over the weekend.

Michelle Gross
Senior Target Team Manager

2016 National A Development Squad at Knox Grammar 24-25 September 2016

At 8am Saturday morning swimmers started arriving for an 8.30am Roll Call. Originally expecting 21 13-18 year olds, we had 9 boys & 7 girls given their CVSA shirts and caps introduced to Coach Andreas Falkenau and Team Manager David Lamond, then with help from Phil & Jarrod were ready at 9am to book into the boarding rooms at Knox Grammar School.



After allocating rooms we had 15 mins to add swimmers to events that became available from others not attending. Then at 9.45am we were straight into the lecture rooms ready for a productive weekend. First up Activation and Dryland (Theory)

After morning Tea, we had our first pool session with 15 mins of dryland Activation, then 1hr 45mins focusing on best possible body position then Dives, Turns, Under waters (on Camera) and finishes.

At Lunch we refuelled and rested for the busy afternoon ahead or we should have. This was the best time for everyone especially the girls to catch up on their phones and Facebook accounts etc.

We then had 2 more lectures (healthy habits to achieve swimming success and life balance) and (Technical Skills & Biomechanics) before we hit the pool for session 1 of the National A's Meet.

This was the first Long course hit out for the season, so a lot of swimmers didn't go in with high expectations, so our goal was to swim the same or faster than what they had at National Age nearly 6 months ago. Several achieved this but became hard to achieve without any real rest or swim downs between events. (some swimmers had 3 events in 15-20mins) Coach Buzz did his best to get splits etc. but some races had 3-4 CVSA swimmers or 3 relay teams in the same heat.



Dinner we were very well catered for from the staff at Knox, Roast Chicken, Vegetables and Salad with seconds and even thirds available kept everyone satisfied.

We then had free time 7-9pm, some watched the footy finals, and some boys played night Basketball (had a photo but forgot the flash). At 9.30pm swimmers were sent to their rooms, 10.30pm lights out, some of the younger swimmers went to bed earlier.

Day 2 started at 6.30am woken up to shower and pack up their rooms, (all children had to strip their own beds) ready for breakfast at 7.15am then off to a pool session at 8am (focus on skills and Biomechanics)

Another lecture before lunch (Nutrition) then after lunch was Session 2 of the National A's Meet.

Before the commencement of session 2 the Teams were to perform their War Cries/Team Chants. We had



discussed this the night before and anything Andreas or I suggested wasn't very cool, so we left it for the kids to sort out and unfortunately we were the only team that didn't do a War Cry.

Coming straight from lunch to the Meet, several learnt not to eat too much 45mins prior to competition and were sluggish in the water after a busy weekend.

Overall Points score CVSA finished 1st with 781 points, but on percentage 10.85 we finished 3rd on the Aggregate Points score. The Meet finished

at 3pm, earlier than the expected 4pm. Parents were asked to arrive at 3pm just in case we did finish early, with the last child getting picked up around 3.45pm.

In Conclusion I had a very good weekend, (was a pleaser to look after such a great group of kids) I'm sure Andreas and all swimmers did also. A good balance of Theory, Training, Racing and Socialising, (not the best program over 2 days to get fast times out of the swimmers) but everyone met new friends within CVSA and from other districts either in the pool, in the dining room or on the basketball court. I would happily do it again.

Team Manager- David Lamond

JUNIOR TARGET SQUAD

On the 30th July, 30 swimmers took part in the Coast and Valley Junior target Squad at Newcastle University.

Presentations on the day for swimmers included nutrition from Mark Hinchey and prehabilitation from Craig Boetcher, along with Greg McWhirter from Carlile Swimming Club who presented on all 4 strokes. Greg also assisted our CVSA coaches on pool deck with the squads pool activities.



On Saturday 13th August and Sunday 14th August, members of the Junior Target Squad & Senior Target Squad travelled to Ryde Aquatic Club. Our teams competed hard and many pb's were achieved. The highlight of the weekend would have to be the relays on Sunday and also the skins events.

Our Coast and Valley Target Squad came first in the Country teams on point score and overall placed second behind the metro areas. A big thank you to our coaches Kerry Saunders and Sam Frame for their guidance and support for the team over the weekend. Also a big thank you to parents in ensuring team members were available to represent CVSA.



Suzy Scaron, Team Manager

Junior Target Squad 2016