

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

## Edgeworth Sport & Recreation Club Tuesday, 21<sup>st</sup> November, 2017.

Meeting opened at 6.59 pm with Norm Roberts presiding.

Moved Michele Burley-Jones 2<sup>nd</sup> Jacki Mackintosh that Standing Orders be suspended to allow Jayden Redfern to address the committee about the recent SNSW Youth Camp that he attended. Carried.

Jayden recently attended a Leadership course run by the Youth Advisory Panel. There were participants from state-wide; participants were divided into different groups and took part in various workshops and activities, including team building activities, public speaking and event management workshops.

Jayden answered various questions from committee members, adding that the weekend was a valuable and enjoyable learning experience, and he highly recommended interested young people to attend a future workshop.

President, Norm Roberts thanked Jayden for attending and congratulated him on his enthusiasm and commitment to the future of swimming in the Area.

Moved Michele Burley-Jones 2<sup>nd</sup> Jacki Mackintosh that Standing Order be resumed. Carried.

### 1. **CONFLICTS OF INTEREST**

Nil declared.

### 2. **ATTENDANCE**

Norm Roberts	Jenny Schwetz	Michelle Gross	Jacki Mackintosh	Russell Waugh
Michele Burley-Jones	Phillip Hawke	Jacqui Currey	Ben Booth	

### 3. **APOLOGIES:** David Richards, Liza Thomas. Moved Michele Burley-Jones 2<sup>nd</sup> Ben Booth that apologies be accepted. Carried.

### 4. **CONFIRMATION** - Minutes of previous meeting: Moved Michele Burley-Jones 2<sup>nd</sup> Ben Booth that the minutes of the previous meeting are a true and correct copy. Carried

### 5. **BUSINESS ARISING** from the minutes

5.1. Golf day fundraiser – a great day was had by all, but we had fewer sponsors than last year, however, \$4885.00 was raised and has been deposited into CVSA account.

5.2. Review of commitment to Sr Establishment team –

- Same swimmers being sent to compete
- Team size – change to Max 6 swimmers
- Swimmers to be capable of competing in 5 individual events

- Some cost to be met by parents/swimmers
- Moved Phil Hawke 2<sup>nd</sup> Russell Waugh that criteria proposal be tabled at January meeting. Carried.

## **6. CORRESPONDENCE:**

### **6.1. INWARDS**

- 6.1.1. Email- Bec Bailey: Query re entry times for CVSA Championships-fwd: Competition Co-ordinator
- 6.1.2. Email-Kristy Morrin: Query re times-fwd: Competition Co-ordinator
- 6.1.3. Email-Julio Fuentes: entries for Hunter swim meet
- 6.1.4. Email-Modern Teaching Aids: Invoice
- 6.1.5. Email-Michelle Johnson: e-newsletter
- 6.1.6. Email-Woy Woy SC: Meet application-fwd: Competition Committee
- 6.1.7. Email-Mark Heathcote: Area Presidents' Meeting Final Notice
- 6.1.8. Email-KPD SC: Meet applications-fwd: Competition Committee
- 6.1.9. Email-Shannon Smith: Speedo Heats Convenor information
- 6.1.10. Email-Raymond Terrace SC: Phil Johnston Fundraiser event information
- 6.1.11. Email-Mingara SC: Computer operator for Mingara meet
- 6.1.12. Email-Valley Aquatic SC: Winter meet application-fwd: Competition Committee
- 6.1.13. Email-Titans SC: Winter meet application-fwd: Competition Committee
- 6.1.14. Email-Michelle Johnson: e-newsletter
- 6.1.15. Email-Yvette Newall: Query re CVSA Championship meet fee
- 6.1.16. Email-Chris Howden: Qualifying times-fwd: Competition Convenor
- 6.1.17. Email-Mingara SC: Approval to run championships as an approved meet-fwd: Competition Committee
- 6.1.18. Email-Titans SC: Query re refunds for withdrawal from club meet
- 6.1.19. Email-Electorate Office Terrigal: Sport Defibrillator Program
- 6.1.20. Email-Sarah Koen: SNSW Youth Leadership Camp Follow up
- 6.1.21. Email-Newcastle Embroidery: Invoice-fwd: Treasurer
- 6.1.22. Email-Sarah Koen: SNSW Staffing changes
- 6.1.23. Email-Michelle Johnson: e-newsletter
- 6.1.24. Email- Zachary Thorneycroft: Central Coast Regional Planning Day follow up -fwd: Michele Burley-Jones
- 6.1.25. Email-Sarah Koen: Area Committee meeting dates & locations
- 6.1.26. Email-Karen Lightfoot: Queens Baton Relay showcase opportunity
- 6.1.27. Email-Ellena Morris: Request for Officials for Special Olympics-Mingara-19 November-fwd: CVSA Technical Officials
- 6.1.28. Email-Michelle Johnson: e-newsletter
- 6.1.29. Email-Volunteer Co-ordinator: Weet-Bix Kids Tryathlon
- 6.1.30. Email-Julie Redfern: Acceptance of invitation for Jayden to attend Management meeting
- 6.1.31. Email-Purnell Trophies: Invoice
- 6.1.32. Email-Grace Williamson(Lane 4 Aquatics): Lambton pool hire reduced to \$1200.00 for Dev/Speedo meet
- 6.1.33. Email-Purnell Trophies: Invoice
- 6.1.34. Email-Electorate Office Terrigal: Local Sport Defibrillator program
- 6.1.35. Email-Brett Doring: Support for CVSA Championships
- 6.1.36. Email-Purnell Trophies: Invoice
- 6.1.37. Email-Debby Tattoli: Request for Coaches Meeting
- 6.1.38. Email-Michelle Johnson: e-newsletter
- 6.1.39. Email-Narelle Duggan: 2017 Area Development Report, 2018 Plan & Financial Agreement
- 6.1.40. Email-Central Newcastle SC: Copy of Booking details for SDev/Speedo
- 6.1.41. Email-Amy Gray: Lost Property-Hunter swim meet-fwd: Hunter SC
- 6.1.42. Email-Jade: Query on swim meets

## 6.2. **OUTWARDS**

- 6.2.1. Email-CVSA Clubs: Golf Day information
- 6.2.2. Email-Yvette Newall: CVSA Championship meet fee
- 6.2.3. Email-Titans SC: SNSW policy re refunds
- 6.2.4. Email-Newcastle Embroidery: Account details
- 6.2.5. Email: Shannon Smith: Speedo Heats Merchandise
- 6.2.6. Email: Lane 4 (Daniel Mulvey): Dev/Speedo meet booking
- 6.2.7. Email-Sarah Koen: Date & location of CVSA meetings
- 6.2.8. Email-Jayden Redfern: Invitation to attend Management Committee meeting
- 6.2.9. Email-Jade: Swim meet information

Moved Jacqui Currey 2<sup>nd</sup> Russell Waugh that correspondence inwards be dealt with as read and correspondence outwards be approved. Carried

## 6.3. **Business Arising from Correspondence:**

- 6.3.1. Donation of \$100 for Phil Johnston fundraiser. Moved Michelle Gross 2<sup>nd</sup> Ben Booth. Carried.
- 6.3.2. 2018 Prohibited List has been published by WADA. This will become effective on 1 January 2018. Please ensure that all club athletes are familiar with this information. It is the athlete's responsibility to check the status of any medication or substance prior to use.
- 6.3.3. Participation ribbons (100) to be ordered.
- 6.3.4. Chris Howden - qualifying times-Russell Waugh – advised to contact SNSW
- 6.3.5. Mingara SC: Club championships as an Approved meet-Russell Waugh
- 6.3.6. Liza Thomas has resigned at the SNSW Development Officer for CVSA. Her last day will be 8 December.
- 6.3.7. Speedo Merchandise has been ordered: 50 shirts; 75 caps.
- 6.3.8. Swimming NSW will be bulk uploading affiliated clubs to Office of Sport to register clubs for the Active kids Rebate program
- 6.3.9. Request for Coaches meeting-Sunday 26<sup>th</sup> November at PLC with Jon Shaw to attend-meeting to be organised.

## 7. **REPORTS:**

### 7.1. **Treasurer** – Michelle Gross

Report tabled-copy attached.

- 7.1.1. Michelle advises that she has moved to Wave accounting – a free cloud-based system.

#### 7.1.2. Accounts approved for Payment

<b>Paid to</b>	<b>Details</b>	<b>\$</b>
Phillip Hawke	Reimbursement-Stopwatches (Modern Teaching Aids)	194.55
Phil Johnston Fundraiser	Donation	100.00
Newcastle Embroidery	Uniforms – Sr Establishment team	1666.50
Purnell Trophies	Plaques	160.00
Purnell Trophies	Final Payment-medals	7000.00
Purnell Trophies	Trophies	110.00

Moved Michelle Gross 2<sup>nd</sup> Russell Waugh that report be accepted and accounts approved for payment. Carried.

#### 7.2. **Competition Committee Co-ordinator** – Russell Waugh

- 7.2.1. Moved Russell Waugh 2<sup>nd</sup> Jacki Mackintosh that Swim meets be approved for 2018 Winter season-copy attached. Carried.
- 7.2.2. Moved Russell Waugh 2<sup>nd</sup> Ben Booth that 2018/19 Summer champs date 1st & 2nd December. Carried.
- 7.2.3. Reviewed Hire Agreement for Dev/Speedo meet-Lambton pool.

#### 7.3. **Selection & Development Committee** – Phillip Hawke

- 7.3.1. Report tabled-copy attached. Moved Phil Hawke 2<sup>nd</sup> Ben Booth that report be accepted. Carried.
- 7.3.2. Team Manager-Jr Target report tabled-copy attached.
- 7.3.3. Team Manager – Sr Target report tabled-copy attached.
- 7.3.4. Coach's Report- Sr Establishment tabled-copy attached
- 7.3.5. Report-Cooper Woolley (Sr Est) tabled-copy attached

Moved Phil Hawke 2<sup>nd</sup> Russell Waugh that reports be accepted. Carried.

- 7.3.6. Moved Phil Hawke 2<sup>nd</sup> Jacki Mackintosh that 2018 Golf day date 29<sup>th</sup> September be approved. Carried.

#### 7.4. **ATSC Convenor** – Jacqui Currey

No report.

Updated Technical Official database to be requested from SNSW – copy to be sent to Norm Roberts and Jenny Schwetz.

Blinda Francis-Smith has successfully completed her assessment as a Level 1 Referee. Congratulations Blinda.

7.5. **Property Officer**- Jacki Mackintosh

No report – updated property list will be tabled at December meeting.

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

Report tabled-copy attached. Moved Michele Burley-Jones 2<sup>nd</sup> Russell Waugh that report be accepted. Carried.

7.7. **Web Administrator** – Ben Booth

Links for Novocastrian and Swansea have been updated.

Unable to find information for Tea Gardens, Tilligerry & WWI, other than Facebook pages.

Could you send an email to all of the coast and valley clubs for updated info for their websites and contact details i.e secretary and race secretaries and to have them send their replies to me and I will update this information on the web site

Moved Ben Booth 2<sup>nd</sup> Jacqui Currey that report be accepted. Carried.

7.8. **SNSW Development Officer for CVSA** – Liza Thomas

Report tabled-copy attached.

Moved Michele Burley-Jones 2<sup>nd</sup> Phil Hawke that report be accepted. Carried.

**8. GENERAL BUSINESS:**

- 8.1. Club Booking for 2018 Management meetings to be organised
- 8.2. Do any clubs need MM or TM training? – Please contact Russell Waugh to organise.
- 8.3. Approve calendar-copy attached – Moved Michelle Gross 2<sup>nd</sup> Phil Hawke. Carried.
- 8.4. SNSW 2018 Financial Agreement-copy attached – Moved Phil Hawke 2<sup>nd</sup> Russell Waugh that agreement be approved. Carried

- 8.5. 2017 Area Development Report Template and the 2018 Area Development Plan are to be completed and returned to Narelle Duggan by no later than 5<sup>th</sup> February.
- 8.6. Congratulation to John Hart on his selection as a Technical Official at the Commonwealth Games
- 8.7. Noted that new FINA rules have been adopted by Swimming NSW.
- 8.8. Sr Establishment Team-Technical Officials report tabled-copy attached. Moved Jacqui Currey 2<sup>nd</sup> Phil Hawke that report be accepted. Carried.
- 8.9. Charlestown pool has been approved by Swimming Australia to host a Junior Dolphins "Come and Try" day on 9<sup>th</sup> December, 2017.

**9. MEETING CLOSED** 8.14pm

**10. NEXT MEETING: Tuesday, 19<sup>th</sup> December, 2017-Edgeworth Sport & Recreation Club-7pm**

CHAIR: Norm Roberts

SECRETARY: Jenny Schwetz

# COAST AND VALLEY TREASURERS REPORT

October 2017

Forward  
Income

\$ 14,903.70

Interest	\$ 1.42
Memberships Swimmers	\$ 5,012.00
Memberships Non-Swimmers	\$ 1,356.00
Championships Entries	\$ 1,418.00

<u>\$ 7,787.42</u>	<u>\$ 7,787.42</u>
	<b>\$ 22,691.12</b>

Less Presented  
Cheques

300912 Phil Hawke	\$ 98.95
300917 Sid Foggs	\$ 1,025.00
300916 IA & CM Saxby	\$ 1,188.00
300913 Newcastle Embroidery	\$ 50.00

<u><b>\$ 2,361.95</b></u>	<u>\$ 2,361.95</u>
	<u><b>\$ 20,329.17</b></u>

**BALANCE AS PER STATEMENT NO 98**

**Unpresented Cheques**

300653 Sonny Hinwood (refund TO dinner)	\$ 70.00
300687 Sandra Dimmock	\$ 20.00
300729 John Elliott - CVSA Refund	\$ 20.00
300732 Lindsay Davis - CVSA Refund	\$ 20.00
300735 William Gearing - CVSA Refund	\$ 20.00
300771 Swimming NSW - Hire Deposit	\$ 50.00
300773 Lake Mac Yacht Club	\$ 1,792.00
300774 Lake Mac Yacht Club	\$ 498.10
300784 L Zofrea	\$ 10.00
300789 Maria Francisci	\$ 90.00
300918 Patricia Roberts	\$ 65.00

<u><b>\$ 2,655.10</b></u>
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**Term Deposits**

Due 16/07/2018 for 12 months @ 2.350%	\$	11,244.23
Due 13/07/2018 for 12 months @2.35%	\$	26,538.06
Due 3/12/2017 for 12 months @ 2.7%	\$	21,198.81

**Cash Reserve**

Interest as at 27/10/17	\$	-	
<b>Balance as per Statement 81</b>			\$ 18,632.45

**Debit Card**

<b>Opening Balance</b>	\$	7,217.02	
Money In	\$	0.43	
Money Out	\$	2,561.14	
<b>Balance</b>	\$	<b>4,656.31</b>	

**CASH TO BE BANKED****ACCOUNTS TO BE PAID**

PURNELLS TROPHIES	\$	7,000.00	
PHIL HAWKE	\$	194.55	
NEWCASTLE EMBROIDERY	\$	1,666.50	(-\$850) ???
JOHNSTON FAMILY DONATION	\$	100.00	

Michelle Gross

Signature

12.11.17

Date



## 2018 Winter Season Calendar

CLUB	DATE	VENUE	TYPE
KPD Short course	5-6th May	Woy Woy PLC	Combination
Mother's Day	13th May	No swim meets	No swim meets
Titans	20th May	Woy Woy PLC	Qualifying
Woy Woy	27th May	Woy Woy PLC	Development
Novos	3rd June	Coughlans	Qualifying
CVSA Champs	16-17 June	Woy Woy PLC	Championships
WWI	22nd July *	West Wallsend indoor	Qualifying
Valley Aquatic	12th Aug **	Kurri	Combination
Father's Day	2nd Sept	No swim meets	No swim meets
KPD Long Course	15-16th Sept	Woy Woy PLC	Combination
*Last day school hols may change?			
** moved to this date to avoid target squad meet only if you can still enter state.			

## National & State meets

National Age LC	21st-28th April		SAL National Open	Early July ??	
Country	7th-8th July	SOPAC	Target Squad	4th-5th August	
State Age 13-18	24th-26th August	SOPAC	SAL State teams	21st-23rd Sept	
State Age 10-12	8th-9th September	SOPAC	National A squad meet	22nd-23rd Sept	TBC
			Achiever Squad	13th October	

## Calendar View

21st-28th April	National Age		4th August	Target Squad
5th May	KPD Combo		5th	Target Squad
6th	KPD Combo		11th	
12th			12th	Valley Aquatic combo
13th	Mother's Day no swim meets		18th	
19th			19th	
20th	Titans Qualifying		25th	State Age 13-18
26th			26th	State Age 13-18
27th	Woy Woy Development		1st Sept	
2nd June			2nd	Father's Day no swim meets
3rd	Novos Qualifying		8th	State Age 10-12
9th			9th	State Age 10-12
10th	Long Weekend		15th	KPD Combo
16th	CVSA Champs		16th	KPD Combo
17th	CVSA Champs		22nd	National A squad meet
23rd			23rd	SAL State teams
24th			29th	
30th			30th	
1st July			6th October	
7th	Country		7th	
8th	Country		13th	Achiever Squad
14th			14th	
15th			20th	
21st			21st	
22nd	WWI Qualifying		27th	
28th			28th	
29th				
	SCHOOL HOLIDAYS			

## Selection and Development Coordinator's Report

**All CVSA Development activities for 2017 are now complete and planning will start for next year's activities. I would like to thank the Development Committee members, Team Managers, coaches and swimmers who assisted and participated in our activities.**

1. Our 2017 CVSA Development Squad days at The Forum were delivered in age groups rather than Development squad groups. The days were held on:

a.) **24<sup>th</sup> June, 14 yrs & Over**, (34 swimmers). The education sessions delivered on this day were Time Management, Strength and Conditioning and Nutrition. The presentations were followed by pool training sets for the afternoon.

b.) **15<sup>th</sup> July for 12 & 13 yrs**, (51 swimmers). The education sessions delivered on this day were Mindfulness / Stress Management, Strength and Conditioning and Nutrition. The presentations were followed by pool training sets for the afternoon with guest coach Les Barclay from the ACT attending as a Mentor Coach for this development weekend.

c.) **16<sup>th</sup> July for 11yrs & Under**. (61 swimmers). The education sessions delivered on this day were Cyber Safety, Goal Setting and Nutrition. The presentations were followed by pool training sets for the afternoon with guest coach Les Barclay from the ACT attending as a Mentor Coach for this development weekend.

The delivery of the Development Day Education sessions would not be possible without the generous assistance of our presenters. The Strength and Condition sessions were run by Shaun and Yvette from Strength Republic, <https://www.strengthrepublic.com.au/#our-story>

The Nutrition sessions were delivered by a couple of presenters being, Demi-Maree Faulkner from Fundamental Nutrition for all, <http://www.fundamentálnutritionforall.com> , and Jason Varoxis from Enliven Nutrition, <https://enlivennutrition.com>

The Cyber safety session was presented by Hunter Life Education, <http://hunterlifeeducation.org.au> , and the Mindfulness / Stress management session was delivered by Mike Wilkins.

### 2. Senior Establishment Squad

2.1 The Senior Establishment Squad competed in the NZ Short Course Championships from 3<sup>rd</sup> to 7<sup>th</sup> October 2017. Team members were Matthew Pender, Joshua Peoples, Cassandra Van Breugel, Lachlan Vane-Tempest, Adam Vincer and Cooper Woolley.

2.2 Team managers were Melisa Geale and Andy Wright. CVSA Coach is Kerry Saunders. The CVSA Technical Official was Jacqui Currey.

### 3. National A's

3.1 The CVSA Nat A Team consisted of 9 swimmers and they competed at the National A's Development meet on the 24<sup>th</sup> & 25<sup>th</sup> September at Bexley, Angleo Anestis Aquatic Centre.

3.2 Nat A coach was David Lamond and Team manager was Trish Roberts.

3.3 The team travelled down in a mini bus driven by David and stayed at the Bankstown Travelodge.

### 4. Senior Target Squad

4.1 Team manager Blinda Francis-Smith and consists of 35 swimmers

4.2 Target Squad meet was held on the 29<sup>th</sup> & 30<sup>th</sup> July 2017 at PLC. The CVSA Senior and Junior Target team won the overall point's score for the meet, congratulations to our swimmers.

### 5. MC Squad

6.1 Team consists of 4 swimmers.

6.2 SNSW MC meet was held on on the 5<sup>th</sup> August 2017 at Ryde

## 6. Junior Target squad

6.1 Team manager is Katie Greedy and the team consists of 32 swimmers.

6.2 Target Squad meet was held on the 29<sup>th</sup> & 30<sup>th</sup> July 2017 at PLC. The CVSA Senior and Junior Target team won the overall point's score for the meet, congratulations to our swimmers.

## 7. Achievers Squad

7.1 We had 75 swimmers take part in the Achievers Squad programs.

7.2 Due to the size of the team we had one head Team Manager, being Carmen Cleare, and five assistant Team managers being Karen Williams, Katrice MacKinnon, Heidi Tolar, Margy Boys and Michelle Sheather.

7.3 Achievers Meet was on the 7<sup>th</sup> October at SOPAC. We had 56 swimmers elect to take part in the Achievers Meet. The team travelled down in two buses one starting at Singleton and one from Fullerton Cove. We had 15 parents elect to travel down on the bus with the team.

## 8. Junior Establishment squad

8.1 Completed trip to NSW Open Championships on the 3<sup>rd</sup> March.

8.2 JES activities are completed for the 2017 season, thanks to those who assisted, Narelle Murphy as team manager and Melisa Geale as Team Coach

## 9. SNSW Development teams

9.1 The NSW Junior Sharks Squad has been announced and congratulations to our CVSA swimmers, who made the team; Charles Walker – Charlestown, Emily March – Hunter, Ryley Twiss – Hunter, Joshua Reed – Novo.

9.2 Emerging talent squad; Emily Jones – Novo, Joseph Hamson – Singleton.

9.3 Age Development squad; Charlie Hawke – Hunter, Cassandra Fayers – Hunter, Shaye Booth – Mingara, Nathan Ward – Mingara, Harrison Gellatly – Novo, Adam Vincer – Nuswim, Kaylah Holmes – woy Woy.

9.4 Para squad; Bella Niarros – Charlestown, Kendall Williams – Nuswim, Darcy Gilson – Singleton, Darcy Ryan – Singleton, Tahlia Blanshard – Woy Woy.

## 10. Swimming Australia teams

10.1 Commonwealth Youth Games; Myles Bailey – Woy Woy.

11. Our annual CVSA Golf Fundraising day in aid of Senior Establishment Squad NZ tour was held on Sunday 12<sup>th</sup> November at Tanilba Bay Golf Club. We had approximately sixty players compete on the day in a 4 ball ambrose competition. A number of our CVSA SES team members were able to join in on the day, with Matthew and Adam competing and Cassie assisting with the event organisers. We would like to thank our sponsors and supporters for the day and they are listed on the CVSA website. The coaching staff from The Forum were the overall winners on the day.

Phillip Hawke

CVSA Development Coordinator

Dear CVSA,

Thank you for the opportunity of attending the NZ Short Course Swimming Championships with the Senior Establishment Squad. It was an honor to be selected and represent CVSA at an international event.

The trip provided me a number of opportunities that I am grateful for. These included:

- A chance to test myself against international competition
- To understand how touring with a team operates
- To learn independence and be responsible for myself
- Getting to know other swimmers from C&V and form friendships
- To learn from a new coach and continue to improve

After being involved with a number of NSW Development Squads, I can say that this squad and tour has provided me with the best development outcomes by far. It has definitely helped me in setting future goals and staying motivated to continue with my swimming. In regards to results, I came away from NZ with 5 pb's, 3 Top 10's and 1 bronze medal.

I would also like to thank Andrew, Kerry, Jackie and Melisa for all the support, care, fun and food while were away. We had a great time together and the trip was the best I've ever been on

Cooper Woolley

## **PUBLICITY - November, 2017 Meeting**

### ➤ **ANNOUNCING AREA MEMBERS IN 2017 STATE SHORT COURSE SQUAD**

Cassandra Fayers	Hunter	Shane Arnold
Nathan Ward	Mingara	Steve Critoph
Emily Jones	Novocastrian	Adam Beilser
Harrison Gellatly	Novocastrian	Adam Beisler

- Correspondence to and from regarding Technical Officials for the following:  
Titans regarding their Swim Meet 5 November at Mingara and sent to Management Committee  
Raymond Terrace regarding their Swim Meet 12 November at Lakeside and sent to Management Committee  
Hunter regarding their Swim Meet 18 November at Lambton & sent to Management Committee
- Have contacted Express Advocate (local Central Coast Paper) also NBN Television News regarding Area Championships 25/26 November at PLC.

- Publicity reports that have been sent from Singleton, Maitland & Branxton Greta area.

No Date		Branxton Swimmers Number 1
08 Feb '17	The Singleton Argus	State Age Champions
08 Feb '17	The Singleton Argus	Speedo meet in Singleton
15 Mar '17	The Singleton Argus	Gifted athletes set to shine after big year
15 Mar '17	The Singleton Argus	Competitive at Country Championships
22 Mar '17	The Singleton Argus	Singleton Amateur Club Personal best times from Friday night
22 Mar '17	The Singleton Argus	Singleton Sports Star Awards – Junior Team of the Year Singleton's freestyle relay squad Darcy Gilson nominee for Sportsperson of the year
24 May '17	The Singleton Argus	Taking it up a notch: SASC
24 May '17	The Singleton Argus	Swimmers rewarded for efforts during 2016/17
21 Jun '17	The Star	Lake team heads to Children's Games
28 Jun '17	The Maitland Mercury	Indoor Pool about to open to the public
28 Jun '17	The Maitland Mercury	Indoor Pool nears finish line
3 May '17	Branxton Greta News	Branxton Greta ASC 2016/2017 season results
10 Aug 17	C C Express Advocate	Heat in the pool for glory – Coasties in Swim League decider
20 Sep '17	The Singleton Argus	Local coach stepping up to international stage

Michele Burley-Jones  
Media Officer  
Management Committee  
14 November, 2017

## Junior Target Squad

Saturday 15<sup>th</sup> July 2017

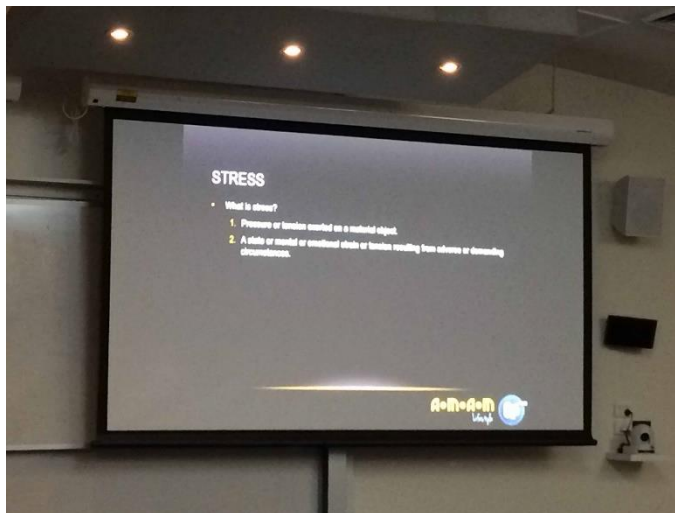
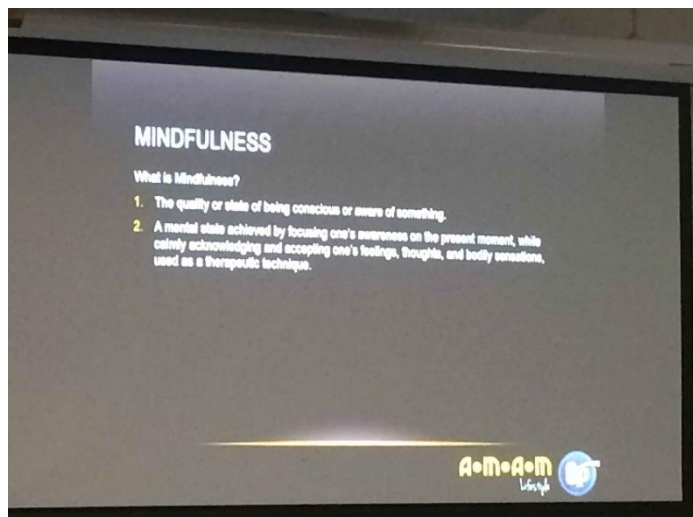
The 2017 CVSA Development Squad days at The Forum were delivered in age groups rather than Development squad groups. On Saturday 15<sup>th</sup> July we had 51 swimmers aged 12 to 13yrs old from Junior Target, senior Target and Achievers Squad.

The education sessions delivered on this day were Mindfulness / Stress Management, Strength & Conditioning, and Nutrition. The presentations were followed by pool training sets for the afternoon with guest coach Les

Barclay from the ACT attending as a Mentor Coach for this development weekend.

Presentations on the day where nutrition presented by Jason Varoxis from Enliven Nutrition. Mindfulness presented by Mike Wilkins along with a land training talk and practical session led by Shaun and Yvette from Strength Republic. Our CVSA area coaches Kerry Saunders from Hunter, Sam Frame from Valley Aquatic and Melisa Geale from Singleton assisted with the sessions in the pool. Our Mentor coach for the day, Les, ran the children through many swim drills finishing the day with a synchronised

swimming challenge which is designed to promote team work. The kids all had a great day coming away with new friends and some very helpful tips to help them in the future swimming.



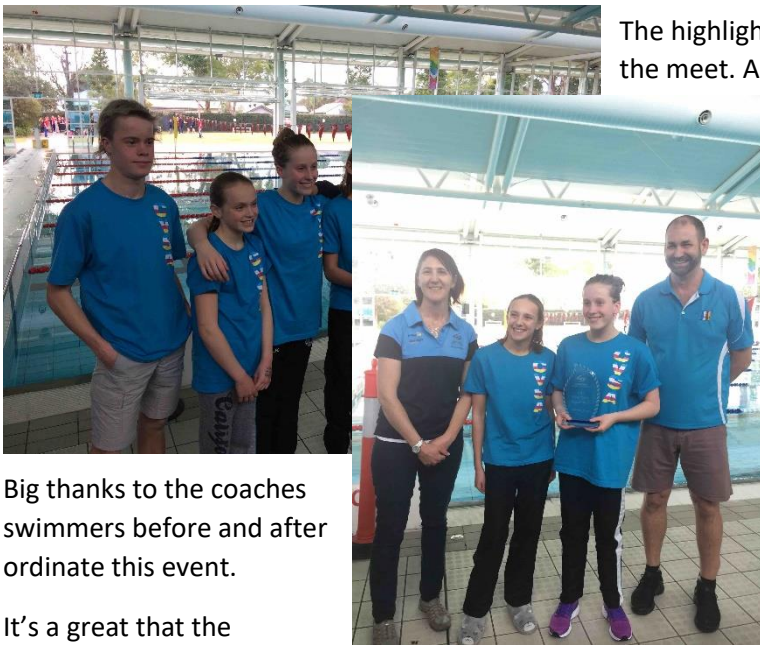


## Target Meet – PLC, Woy Woy



On Saturday 29<sup>th</sup> and Sunday 30<sup>th</sup> the Junior and Senior team travelled and competed as a team in the SNSW Area Development Meet at Woy Woy.

It was a great weekend from all the children and they all had some great swims, achieving PBS and some of the kids achieving state times. Cheering their fellow team members on was also a great part of competing in the weekend and some doing swims that they weren't use to swimming.



The highlight was definitely coming 1<sup>st</sup> in the overall point score for the meet. A great end to another successful area development meet.

Big thanks to the coaches swimmers before and after ordinate this event.

It's a great that the with kids from different clubs.

Sam and Kerry for mentoring and encouraging the their races. Also, Phill Hawke for the hours taken to co children get to be part of a different team and socialise

Katie Greedy

Team Manager

Junior Target squad 2017

## Senior Target Squad Report

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The 31 strong, 2017 CVSA Senior Target Squad consisted of some very talented swimmers aged 13 and over. Swimmers who qualified and attended either or both NSW Country Championships and NSW State Championships were eligible to participate in this squad. The team was selected from swimmers who attended the development days. The squad participated over two Development Days.



On Saturday 24<sup>th</sup> June 2017, our Senior Target Squad members (14 and over) had their Development Day at the Newcastle University. On Saturday 15<sup>th</sup> July 2017, our Senior Target Squad members (13 yrs) had their Development Day at the Newcastle University as part of the 12 to 13 yrs aged group. I was not in attendance on the second day.

On Saturday 24<sup>th</sup> June 2017 there were lecture sessions around time management and nutrition which provided some valuable information for our swimmers and practices they could take away and utilise further in their day to day lives and in the pool. This year saw the introduction of a land training session which was well received by our swimmers. They gained understanding around the value of training outside the pool and the effect it can have on their performance in the pool.

The delivery of the Development Day Education sessions would not be possible without the generous assistance of our presenters. The Strength and Condition sessions were run by Shaun and Yvette from Strength Republic. The Nutrition sessions were delivered by a couple of presenters being, Demi-Maree Faulkner from Fundamental Nutrition for All, and Jason Varoxis from Enliven Nutrition. The time management presentation was delivered by one of our past CVSA swimmers Steph Hinds.

The afternoon pool session with Kerry Saunders of Hunter and Sam Frame of Valley Aquatic was a fantastic finish to a full day. The swimmers were very keen to get in the pool by this stage. They demonstrated further that they are a fantastic group of swimmers with a true respect for the coaches and other Development Committee members.



On 29<sup>th</sup> and 30<sup>th</sup> July 2017 the Senior Target Squad joined up with the Junior Target Squad at Peninsula Leisure Centre to compete in the 2017 Swimming NSW Target Squad Meet.

Saturday consisted of all swimmers participating in two to four individual events each. CVSA performed extremely well in the pool with a number of CVSA swimmers achieving placing in a large percentage of events and many swimmers achieving PB's right throughout the day. It was an extremely exciting day for our swimmers who were very keen to come back on the Sunday to further dominate in the pool.

This year, due to the closeness of the meet, it was decided that no accommodation was required. All swimmers finished the day to head off home to return again on Sunday morning bright and early.

Sunday morning took some explanation on the running of the skins events however once the swimmers understood what was expected of them, they were off to smash it out again in the pool. CVSA added to their already healthy-looking point score with several wins in the skins and relay events. Over the two days we saw an awesome team spirit grow and develop. This was fantastic to watch. I would also like to mention the exceptional behaviour from the CVSA team being nothing short of fabulous and a pleasure to be part of.

CVSA took out the highest point score over the weekend and won a pretty special looking trophy. This was exciting for those of us who were left at the end of the day.

Due to the locality of the meet, there were a number of parents on site to watch the meet over the weekend. This meant that once the swimmers were finished they went home with their parents. Unfortunately, at the end of the day when the point score was announced there were very few swimmers left from the CVSA area to receive the award. It was expressed by Swimming NSW that this was disappointing, however, we were unaware that the swimmers were expected to stay (my first time as team manager). Perhaps, this might be a condition next time that all swimmers need to remain on site at the pool until the presentation is complete.

Thank you for the opportunity to assist as Team Manager for the Senior Target Squad 2017. Thank you to Phillip for your organisation of all Development activities. You are a valuable asset to the CVSA. Thank you to all presenters for your assistance with our development days, and thank you to our coaches for taking time out to assist on both the development days and the development meet.

Overall the development days and meet were very successful and all feedback I have received has been positive.

Blinda Francis-Smith  
Senior Target Team Manager



46 Kemp St, The Junction NSW, 2291

Ph: (02) 4961 5282

ABN: 52 003 536 810

16.10.17

To Coast and Valley Committee,

Once again thank you for the opportunity to coach and mentor the squad that was sent to New Zealand 2017.

All of the swimmers performed to a high standard achieving personal best times and top ten placings, even the swimmer who had been sick the week before swam around his times. I can personally say this trip benefits most swimmers in their preparation for open teams.

Kind Regards

Kerry Saunders

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Owners & Directors

- Shane Arnold
- Kerry Saunders



## **CVSA D/O Report – Oct 2017**

### **1. Summer in Maitland**

Summer in Maitland is a collection of events and activities, both from Council and other event operators, which will take place in the city between November 2017 and February 2018. The program will showcase the many activities happening across summer and encourage residents and visitors to enjoy all that Maitland has to offer during this season.

Summer in Maitland will be promoted through the My Maitland website and #mymaitland via social media, as well as the distribution of a flyer to over 32,000 households in Maitland.

They are inviting event organisers, community groups and businesses to join in on the program by registering their existing event or submitting a new activity to be a part of the Summer in Maitland program.

To register your event or submit your proposed activity click on the link below.

**[REGISTER TO BE A PART OF SUMMER IN MAITLAND](#)**

### **2. Active Kids Rebate Program - Important Information to register as a Provider:**

You would have received this email from Kylie Garratt recently in regard to registering as a provider. The information is below should you have missed the email or not actioned it.

From January 2018, the NSW government will provide a \$100 voucher to parents/guardians of school enrolled children. The voucher can be used for registration costs for sport and fitness activities. Families will be able to claim their voucher online from the NSW Government. Vouchers are available to every family in NSW with a child enrolled in school from Kindergarten to year 12. Vouchers are not means tested and one voucher will be available for every child in the family annually over the next four years. The initiative will reduce the barriers to participation and help change the physical activity behaviours of children and young people in NSW.

We have been working with the Office of Sport and have the opportunity to register all our affiliated Swimming Club as providers.

To ensure accurate data is supplied to the Office of Sport, please forward the following information to Kylie Garratt on [kylie.garratt@nsw.swimming.org.au](mailto:kylie.garratt@nsw.swimming.org.au)

Club Name: *Australian Business Number (ABN)  
/ Australian company number (ACN) / Certificate of Insurance (Col)*

Business Registration  
Type: *(ABN / ACN or Col)*

Registration Number: *(ABN / ACN or Col registration number)*

Representative email

First Name: *(Name to match Driver's Licence or Passport)*

Middle Name: *(Name to match Driver's Licence or Passport)*

Last Name: *(Name to match Driver's Licence or Passport)*

Representative email

First Name: *(Name to match Driver's Licence or Passport)*

Middle Name: *(Name to match Driver's Licence or Passport)*

Last Name: *(Name to match Driver's Licence or Passport)*

Swimming NSW will also be passing on bank account details as per ClubLANE.

If you choose to opt-out of the Swimming NSW bulk-upload, your swimming club will still be able to individually register in the system from 1 March 2018. Please note that if you apply from this date it can take up to 28 days to be approved as an Active Kids Provider. Please note, we will be registering all clubs unless you opt-out by 13 November 2017.

We are continually working with Office of Sport, Swimming Australia and APT (ClubLANE support) regarding the mechanics of the voucher payment. We will provide more information as it becomes available. To keep up to date, ensure you read our weekly Hot Off The Blocks (HOTB) newsletter. Email me [kylie.garratt@nsw.swimming.org.au](mailto:kylie.garratt@nsw.swimming.org.au) to be added to this distribution list.

Please note, vouchers cannot be redeemed retrospectively. Vouchers are available for redemption once only, i.e. if the activity is \$70, the additional \$30 is forfeited. More information regarding the program is available at <https://sport.nsw.gov.au/sectordevelopment/activekids> and <https://sportandrecreation.nsw.gov.au/sites/default/files/oos-activekids-provider-brochure.pdf>

3. There are a number of grants currently open for applications and SNSW would love to see as many NSW clubs have access to these grants as possible. Check them out and see if any can be used by your club:

**a. Awesome Newcastle:**

Awesome Newcastle **provides \$1,000 grants every month** to help community projects in Newcastle, Australia. No strings attached. Awesome Newcastle is a chapter of The Awesome Foundation. The Awesome Foundation was created in 2009 and has provided over \$1.5m in grants via 114 chapters in 26 countries.

A recipient of this grant last year was a group promoting yoga and Awesome Newcastle covers a large geographical area, not just the Newcastle LGA but also Maitland, Lake Macquarie and Port Stephens districts, with an organisation out of Morisset successful with an application in March this year.

If you would like more information on how to apply and eligibility then please check out their website <http://awesomenewcastle.org/>

**b. Office of Sport's Local Sport Defibrillator Grant Program**

Applications are now open for the Office of Sport's Local Sport Defibrillator Grant Program, which will see 2,500 Automatic Electronic Defibrillators (AEDs) provided to sporting organisations across NSW.

Minister for Sport Stuart Ayres said spectators and players from community sports clubs will benefit from the rollout of the \$4 million program over the next four years.

"Over 33,000 Australians experience cardiac arrest each year, with the first eight minutes critical to improving the likelihood of survival," Mr Ayres said.

"With thousands of people flocking to local sports grounds and open spaces each week, it makes sense to have this life-saving equipment on-hand."

An AED is a small, portable device designed to deliver a controlled shock to a person experiencing cardiac arrest.

Grants are available for up to 50 per cent of the base level AED package, which includes the AED, familiarisation training and a minimum of six years of essential maintenance and support.

Local sports clubs and councils home to sporting facilities are encouraged to apply.

**Applications close 20 December 2017.** [Apply →](#)

**c. ClubGrants – Infrastructure Grants**

Infrastructure Grants are made possible by the ClubGrants Category 3 Fund, which reinvests 0.4 per cent of clubs' gaming machine profits over \$1 million back into community projects. Funding can be used for costs such as construction, purchase of capital

equipment and professional fees. The November 2017 Round closes on Monday 20 November 2017. For more information [click here](#).

d. Regional Sports Infrastructure Fund

The Regional Sports Infrastructure Fund has been established by the NSW Government, allocating up to \$100 million to create a network of spaces and places that enable communities to enjoy quality sport and participate in physical activity. The fund will invest in new and existing venues to improve participation and performance at all levels. For more information [click here](#).

e. Local Sporting Champions

The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation (NSO) endorsed state, national or international sporting championships or a School Sport Australia state or national championships. Round 3 closes 28 February 2018. For more information [click here](#).

#### 4. MPIO Face-to-Face Workshop - Broadmeadow

A Member Protection Information Officer (MPIO) provides information about the rights, responsibilities and options available to an individual making a complaint in sport. They can also inform and advise sport administrators and complaint handlers in Member Protection Policy for specific sports. MPIOs are impartial and don't mediate or investigate complaints. They may reside in a club, state association or national sports organisation and can also freelance.

The next course available in your region is:

Date: Monday December 4 2017

Time: 6.00pm – 9.00pm

Location: Training Room, Ground Floor, McDonald Jones Stadium Administration Building, 294 Turton Road, Broadmeadow, 2292

Bookings via: <https://sportandrecreation.nsw.gov.au/event/member-protection-information-officer-31>

Cost: \$25

The online Member Protection Information Officer training (first component of MPIO training) can be accessed via the Australian Sports Commission's Learning Portal. The relevant course tab is 'Play By the Rules' and one needs to complete all seven modules relevant for the MPIO training. If

you have not done any prior courses via the ASC Learning Portal you will need to register a profile.  
<https://learning.ausport.gov.au/auth/login/?returnUrl=%2F#>

Once completing the online training participants have the opportunity to attend a face-to-face course (three-hours) to finalise their MPIO training.

For any queries about the MPIO process and workshops please feel free to contact Hamish Neal at Sport and Recreation on [4064-3002](tel:4064-3002).

## 5. Junior Dolphins Delivery Centre Kits Available



As part of the Optus Junior Dolphins program Delivery Centre Kits are available for clubs (one per club). The kits include two trainer polo tops, a mesh sign and pop up banner.

These kits are a great way to promote the Optus Junior Dolphins program which is designed to help increase membership of young swimmers aged 7 years & under.

To order a Delivery Centre Kit for your club simply click [here](#).

## 6. Swimming NSW's Youth Advisory Panel (YAP) organised their inaugural Youth Leadership Camp recently (as part of the Lane Ropes to Leadership initiative), with 49 teenage swimmers attending from 30 different clubs across NSW.





It was a fantastic weekend, with participants taking part in fun team building activities and learning swimming specific leadership skills through Optus Junior Dolphin coaching; a public speaking workshop, Technical Official training and club event management and planning.

Attending from our Area was Jayden Redfern.

The organisers said that “Jayden was a total credit to himself, his family and his club, and is a fantastic ambassador for swimming”.

All camp participants worked on draft plans for two events designed to inject fun and excitement into their swimming club, particularly for teenagers (as a retention tool).

One was purely for social reasons, and the other was an event to register for Australia Swims, a new national week-long festival of swimming created by Swimming Australia. More details at the website: <https://australiaswims.com.au/> The official launch date for Australia Swims will be December 1<sup>st</sup>.

For plenty of photos and to stay up to date with the progress of the Youth Advisory Panel and their activities, please follow them on Facebook @SNSWYAP.

Well done Jayden! We look forward to hearing about the events you are working on for the future, and thank you for representing our region on the Youth Advisory Committee.

## **7. Activate your membership card now:**





We are excited to announce that your Swimming New South Wales digital SportsPass membership card for the 2017/18 season is ready to activate.

Members of NSW would have received an email recently about activating your membership card. There was **one email and membership number** sent to each family. If you would like to register multiple members of your family for the SportsPass digital membership card then you will need to contact Laura Lynn via email [laura.lynn@nsw.swimming.org.au](mailto:laura.lynn@nsw.swimming.org.au) and request extra membership numbers. *Please note: the SportsPass membership number is **not** their ClubLANE/SNSW membership number.*

**Your SportsPass membership gives you access to exclusive rewards and member benefits, designed to help offset the cost of participating in swimming. Your SportsPass membership is included as a benefit of your Swimming NSW membership.**

**To Activate Your Digital Membership Card Please Follow These Simple Steps:**

**Step 1:** Visit the SportsPass Swimming New South Wales website [www.sportspass.com.au/sports/swimming-new-south-wales/](http://www.sportspass.com.au/sports/swimming-new-south-wales/)

**Step 2:** To create your account click the **REGISTER NOW** button and follow the prompts to create your account, follow the prompts to activate your card

**Step 3:** Your sporting association is: **SWIMMING NEW SOUTH WALES**

**Step 4:** Your "Unique ID" SportsPass membership code is: **<< Test Sports Pass Number >>**

**Step 5:** If you are registering on behalf of a dependent or multiple dependents you can add all cards to your SportsPass account. Please contact [laura.lynn@nsw.swimming.org.au](mailto:laura.lynn@nsw.swimming.org.au) to be sent your additional family members SportsPass accounts.

Any problems with activation please contact [info@sportspass.com.au](mailto:info@sportspass.com.au)

As a bonus for activating your digital membership card our major sponsor SportsPass have kindly provided you with 12 months access to the SportsPass rewards program as well as the chance for you to win a JVC 55" SMART TV from The Good Guys.

Swimming NSW look forward to providing you and your family with a working solution designed to reduce your cost of swimming.

**8. 2017 New Member Kits will arrive at your club from early December:**



To ensure that your club receives their New Member Kits safely, could you please ensure that your club's delivery address in ClubLane is up to date.

**Please note the New Member Kits are unable to be delivered to a PO BOX.** If your Club has their deliveries sent to their pool venue, you may like to forward this on to the venue so they can be sure to keep it aside for you when it arrives.

**9. Sunday December 3 2017 is the International Day of People with Disability:**

If your Club is considering hosting an event to celebrate this you can register your event to receive promotional resources. Visit <http://www.idpwd.com.au/celebrate/> to register your event or download the new 2017 event planning kit.

**10. Coast and Valley Development Officer Resignation:** It is with great sadness that I have had to resign from my position with Swimming NSW as the Development Officer for Coast and Valley. My family situation has changed and I can no longer commit to the role in its entirety. I have enjoyed working with you all and will continue to enjoy watching swimming grow as an organisation for this region's swimmers.

My last day will be the 8<sup>th</sup> December so if you have any matters you would like me to address before leaving then please do not hesitate to phone or email me.

**M: 0406 549 838 | [liza.thomas@nsw.swimming.org.au](mailto:liza.thomas@nsw.swimming.org.au)**

Please find below the advertisement for my role, it is currently being advertised along with a position in the South Eastern Area. If you know of anyone who might be interested please forward this on to them.

*Swimming NSW is currently seeking Development Officers for the Coast & Valley and South Eastern Areas. To view the job advertisement please click [here](#). Interested individuals should forward a one (1) page Cover Letter along with a copy of their Resume to Sarah Koen at [sarah.koen@nsw.swimming.org.au](mailto:sarah.koen@nsw.swimming.org.au). For a confidential discussion regarding the roles available, please contact Sarah Koen 0408 429 849.*

I wish you all the best in the future and with the future growth of your clubs.

Kind Regards

Liza Thomas

SNSW Development Officer

## CVSA attendance at the 2017 New Zealand Short-Course National Championships...from the Technical Official viewpoint.

New Zealand was a wonderful experience for myself as the Technical Official accompanying the athletes. All the New Zealand officials were very friendly and welcoming, and carried out their roles competently and consistently with the FINA rules. We had many common connections and friends from officiating at high-level meets, so several of them knew about me before I arrived, making the initial conversations easier.

Usually at meets I spend very little time with the swimmers, so this tour gave me the opportunity to interact with them before, after and between sessions. It also allowed several of them to clarify some of the FINA rules, and situations where they had been disqualified in the past.

The logistics of travelling as part of a team meant that I arrived very early for each session, which gave me plenty of time to chat with the New Zealand officials in a casual way. Fortunately, one of the NZ officials was staying near our accommodation and gave me a ride home at the end of many sessions. This allowed the swimmers to leave at the conclusion of their swimming commitments and not wait until the session ended, giving them more recovery time.

Over the 5 days of the meet, I was a JOS, a timekeeper and 6 session as IOT. For the final day, I was appointed as the Referee for the women. As with our national meets, an assessor was appointed to assess the Starters and Referees for the meet. Ron Clarke (FINA) was this assessor, and during my feedback briefing with him, had only positive things to say about my officiating. This is testament to the Swimming NSW Development Program for officials, as well as the amount of pool deck experience I have gained at area, state and national meets in Australia. I am very proud to have conducted myself well and maintained the high standard of officiating that is expected at any national meet. The President of NZ Swimming, Lesley Huckins, was impressed by the Australian standard of officiating and has invited me back to officiate whenever I would like.

Although Swimming New Zealand adheres to the FINA rules as Swimming Australia does, I observed many differences in protocols:

- **Self-marshalling:** In New Zealand they don't marshal as we do. They have one Clerk of the Course, instead of Marshalls and Check Starters, who admits the swimmers on to pool deck race by race. The swimmers report to a specified area before their race and identify themselves as each race is called, while the previous race is in the water. If a swimmer fails to turn up, they are fined for non-attendance. The system worked extremely smoothly. As a result, only one swimmer missed their race throughout the entire meet. This was an Australian swimmer on the first day who did not understand the system. She was assigned a swim in a boy's heat.
- **No reseeds and amalgamations during the meet:** As swimmers were fined for not turning up to a race, and requiring a medical certificate for withdrawals, there were very few empty lanes after the initial program had been created. Therefore, amalgamations and reseeds were not done during any session.
- **Infractions written differently:** The technical officials wrote what they observed rather than focusing on the exact wording of the rule. I found this hard to do after the training I have received on the way Swimming Australia and NSW expect infractions to be written.

- **No disqualification listed on the scoreboard:** As the Referee, this was disconcerting when “clearing a race”, as a disqualification did not need to be reported prior to the commencement of the next race.
- **Infractions not announced:** The Announcer did not read out the infractions, but rather the actual infraction reports were photocopied, and a copy given to the coach or team manager.
- **Timekeepers:** All the timekeepers were qualified IOTs. This allowed some flexibility in the multiple (6) heats of the 1500m and other distance events, as the IOT and timekeeper could alternate roles each race to avoid standing for 2 hours straight. It also meant that if an IOT went to report an infraction, the timekeeper could step into the role if the Chief IOT was not available. Apart from flexibility, the main reason for the qualified IOTs as timekeepers was due to the significant number of people wishing to officiate at the national championships
- **Ledges:** Yes, they use backstroke ledges, and yes, some people get them tangled too! Having used them many times as state and national meets in Australia, I was very comfortable using them, and was often called on to assist others to untangle them or to train those who had not used them. I did learn a better technique for taking the ledges out of the water between backstroke heats. This is something I have spoken to several members of the NSW TC about, suggesting that this method be implemented at SOPAC.

In conclusion, I wish to thank CVSA for giving me the opportunity to attend an international meet. The trip was well-organised and the accommodation was perfect. The rest of the team was supportive of me, as they were of each other, including cheering me onto pool deck. The touring team enjoyed ourselves and learnt many things from our kiwi cousins. Most of the swimmers took the tour seriously and gained from the experience. If there was to be another Senior Establishment team Tour, some adjustments to the criteria for athletes may need to occur, and an investigation of alternative meets could also be beneficial. I would encourage the technical official to be experienced at state-level meets as the standard of officiation at a national championship is higher than at area meets.

Jacqui Currey

Date	Event	Venue
18 <sup>th</sup> November 2017	Hunter Combination	Lambton
25 <sup>th</sup> -26 <sup>th</sup> November 2017	CVSA LC Championships	PLC Woy Woy
3 <sup>rd</sup> December 2017	Beresfield Development	Beresfield
9 <sup>th</sup> -10 <sup>th</sup> December 2017	NSW Open Water C/ships	Penrith
12 <sup>th</sup> – 13 <sup>th</sup> December, 2017	10/u -12 Years C/ships	SOPAC
15 <sup>th</sup> -20 <sup>th</sup> December, 2017	13 – 18 Years C/ships	SOPAC
12 <sup>th</sup> -13 <sup>th</sup> January 2018	Nelson Bay Qualifying	Tomaree
19 <sup>th</sup> – 21 <sup>st</sup> January, 2018	State Open C/ships	SOPAC
27 <sup>th</sup> -28 <sup>th</sup> January, 2018	Country Regional Meets	Goulburn/Orange/ Port Macquarie
10 <sup>th</sup> February, 2018	Speedo Sprint Series Heats	Lambton
23 <sup>rd</sup> – 25 <sup>th</sup> February, 2018	Country C/ships	SOPAC
25 <sup>th</sup> February 2018	Coalfields Picnic	Cessnock
28 <sup>th</sup> February – 3 <sup>rd</sup> March 2018	2018 Hancock Prospecting Australian Swimming Trials	Gold Coast
4 <sup>th</sup> March 2018	Maitland Picnic	Maitland
10 <sup>th</sup> March, 2018	Speedo Sprint Series Finals	SOPAC
17 <sup>th</sup> March 2018	SNSW MC Meet #1	TBC
18 <sup>th</sup> March 2018	West Wallsend Indoor Development	West Wallsend
24 <sup>h</sup> March, 2018	NSW Prep Meet	SOPAC
14 <sup>th</sup> April 2018	SNSW Nationals Meet	SOPAC
21 <sup>st</sup> – 28 <sup>th</sup> April 2018	2018 Georgina Hope Foundation Australian Age Swimming Championships	SOPAC
5 <sup>th</sup> - 6 <sup>th</sup> May, 2018	KPD Combination	Woy Woy PLC
20 <sup>th</sup> May 2018	Titans Qualifying	Woy Woy PLC
27 <sup>th</sup> May 2018	Woy Woy Development	Woy Woy PLC
2 <sup>nd</sup> June 2018	SNSW MC Meet #2	SOPAC
3 <sup>rd</sup> June 2018	Novos Qualifying	Coughlans
16 <sup>th</sup> - 17 <sup>th</sup> June 2018	CVSA Short Course Championships	Woy Woy PLC
24 <sup>th</sup> June, 2018	CVSA Annual General Meeting	TBC
7 <sup>th</sup> -8 <sup>th</sup> July 2018	SNSW Country SC Championships	SOPAC
22 <sup>nd</sup> July 2018	West Wallsend Indoor Qualifying	WWI
28 <sup>th</sup> July 2018	SNSW AGM	TBC
29 <sup>th</sup> July 2018	SNSW Technical Officials Forum	TBC
4 <sup>th</sup> – 5 <sup>th</sup> August 2018	SNSW Target Meet	TBC
11 <sup>th</sup> August 2018	SNSW MC Meet #3	TBC
12 <sup>th</sup> August 2018	Valley Aquatic Combination	Kurri Kurri
24 <sup>th</sup> – 26 <sup>th</sup> August 2018	SNSW 13 & Over State SC Championships	SOPAC
8 <sup>th</sup> -9 <sup>th</sup> September 2018	SNSW 12 & Under State SC Championships	SOPAC
15 <sup>th</sup> – 16 <sup>th</sup> September 2018	KPD Long Course Combination	Woy Woy PLC
21 <sup>st</sup> - 23 <sup>rd</sup> September 2018	SAL State Teams	
22 <sup>nd</sup> – 23 <sup>rd</sup> September 2018	SNSW National A Squad Meet	TBC



CALENDAR

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29 <sup>th</sup> September, 2018	Golf Day Fundraiser	Tanilba Bay Golf Club
13 <sup>th</sup> October 2018	SNSW Achiever Squad Meet	SOPAC
TBC October 2018	SNSW LC Qualifying Meet	SOPAC
20 <sup>th</sup> October 2018	SNSW MC Championships	SOPAC
1 <sup>st</sup> - 2 <sup>nd</sup> December, 2018	CVSA Long Course Championships	Woy Woy PLC