

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

Edgeworth Sport & Recreation Club Tuesday, 19th December, 2017

Meeting opened at 7pm with David Richards presiding.

1. CONFLICTS OF INTEREST

Nil declared

2. ATTENDANCE

David Richards Jenny Schwetz Michelle Gross Michele Burley-Jones Russell Waugh
Phillip Hawke

3. **APOLOGIES:** Norm Roberts, Ben Booth, Jacki Mackintosh, Jacqui Currey.
Moved Michele Burely-Jones 2nd Michelle Gross that apologies be accepted. Carried.

4. **CONFIRMATION** - Minutes of previous meeting:
Moved Phil Hawke 2nd Michele Burley-Jones that the minutes of the previous meeting are a true and correct copy. Carried

5. BUSINESS ARISING from the minutes

- 5.1. Participation ribbons (100) have been ordered and received.
- 5.2. Club meeting room has been booked for 2018 Management meetings
- 5.3. Central Newcastle can provide shade marquees to timekeepers, still to confirm that they can supply chairs
- 5.4. Speedo merchandise to be collected from State Age-Phil Hawke will follow up with Jacqui Currey.

6. CORRESPONDENCE:

6.1. INWARDS

- 6.1.1. Email-Michelle Johnson: e-newsletter
- 6.1.2. Email-Angela Goulding-copy of championship program-fwd: Competition Co-ordinator
- 6.1.3. Email- Liza Thomas: Availability of local leadership courses
- 6.1.4. Email-Paul Doorn: Hunter Sports & Entertainment precinct
- 6.1.5. Email-Karen Lightfoot: Queens Baton Relay-EOI sport showcase
- 6.1.6. Email-Electorate Office Terrigal: NSW Govt Safety Fund
- 6.1.7. Email-Jodie Odd: Confirmation of meeting room booking for 2018
- 6.1.8. Email-Paul Sharman: Review of CVSA Championship program
- 6.1.9. Email-Margaret Sadow: Re-accreditation
- 6.1.10. Email-Michelle Johnson: e-newsletter
- 6.1.11. Email-Belinda Blake: Catering invoice-CVSA Championships-fwd: Treasurer
- 6.1.12. Email-Jason Renshaw (Russell Waugh): Request for *Swim League* Stand
- 6.1.13. Email-Shannon Smith: Speedo Heats information
- 6.1.14. Email-Liza Thomas: Last Week as CVSA Development Officer

- 6.1.15. Email-Central Newcastle SC: Able to supply shade tents for Speedo Heats
- 6.1.16. Email-Michelle Johnson: e-newsletter
- 6.1.17. Email-Kylie Garratt: Club Contact details
- 6.1.18. Kylie Garratt: Participation ribbons

6.2. OUTWARDS

- 6.2.1. Email-Jason Renshaw: Leadership courses
- 6.2.2. Email-Narelle Duggan: Completed 2018 Area Financial Agreement
- 6.2.3. Email-Jodie Odd: Booking of meeting room for 2018
- 6.2.4. Email- Coaches: Review of CVSA program
- 6.2.5. Email-Margaret Sadow: Re-accreditation
- 6.2.6. Email-Kylie Garratt: Participation ribbons
- 6.2.7. Email-Shannon Smith: Confirmation of Speedo heats information
- 6.2.8. Email-Central Newcastle SC: Speedo heats – shade marquees
- 6.2.9. John Hart: Congratulations on appointment to Commonwealth Games
- 6.2.10. Cr Nuatali Nelmes: Assistance with Speedo Heats meet
- 6.2.11. Email-Kylie Garratt: CVSA Club Contacts
- 6.2.12. Email-Michelle Boon: ETE hire – winter championships
- 6.2.13. Email-PLC: Venue Hire-winter championships

Moved Phil Hawke 2nd Michelle Gross that correspondence inwards be dealt with as read and correspondence outwards be approved. Carried.

6.3. Business Arising from Correspondence:

- 6.3.1. *Swim League* have requested to have a stand at Speedo Heats. Moved Russell Waugh 2nd Phil Hawke that the request be approved, and *Swim League* to liaise with pool management. Carried.

7. REPORTS:

7.1. Treasurer – Michelle Gross

Report tabled-copy attached.

- 7.1.1. Term Deposit has matured. Moved Michelle Gross 2nd Phil Hawke that this be rolled over for 12 months. Carried.

7.1.2. Accounts approved for Payment

Paid to	Details	\$
Daisy Breasley	Incorrect entry file	12.00
Molly Breasley	Incorrect entry file	12.00
Cody Caruthers	Incorrect entry file	62.00
Charlotte Clack	Incorrect entry file	24.00
Lara Clack	injured	80.00
Dan McLoughlin	injured	86.00
Ethan Cubis	injured	16.00
Angus Tonks	injured	38.00
Lara Gifney	injured	56.00
Randell Ingram	injured	50.00
Jeffrey	Refund- meet fee	40.00
Breasley	Refund- meet fee	20.00
Francisci	Refund- meet fee	20.00
Rees	Refund- meet fee	20.00
Webber	Refund- meet fee	20.00
Marks	Refund- meet fee	10.00
Merchant	Refund- meet fee	10.00
Zofrea	Refund- meet fee	10.00
KPD	Catering CVSA Championships	526.00
Charlie Hawke	Swimmer of the Meet	100.00
Emily Jones	Swimmer of the Meet	100.00
Jayne Day	Refund -Meet fee	20.00
Brooke Ingold	Refund-injured	74.00

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

7.2. Competition Committee Co-ordinator – Russell Waugh

- 7.2.1. Review of summer championship program. Further options to be discussed at January meeting.

Moved Russell Waugh 2nd Phil Hawke that report be accepted. Carried.

7.3. Selection & Development Committee – Phillip Hawke

- 7.3.1. Minutes – Selection & Development Committee meeting tabled-copy attached. Moved Phil Hawke 2nd Michelle Gross that minutes be accepted. Carried.

- 7.3.1.1. Development days to continue to be run in age groups rather than squad groups. Development Meets would still be run on Squad levels by Swimming NSW.

- 7.3.1.2. Recommend that squad fee for 2018 be \$40 – same as last year. Moved Phil Hawke 2nd Russell Waugh. Carried.
- 7.3.1.3. Recommend that Jr Establishment be run again – State Open is in January and they have filled all positions for Basket carriers, so consider alternative activity. Consideration to be given to taking the team to compete at Foster in May. U/9's who competed at championships to be offered a position on the Jr Establishment Team. Moved Phil Hawke 2nd Michele Burley-Jones. Carried.
- 7.3.1.4. T-Shirt colour for 2018 to be pink with rainbow print. Moved Phil Hawke 2nd Michelle Gross. Carried.
- 7.3.1.5. Development table to be set up – Winter championships. Phil Hawke will be available to answer queries.
- 7.3.1.6. Reviewed criteria for Sr Establishment Squad. For further discussion at January Selection and Development Committee meeting.
- 7.3.1.7. Golf day-2018: Noted that date approved at November meeting is the October long weekend – Phil Hawke to liaise with Tanilba Bay Golf Club for alternate date in September/October.

7.3.2. NSW 2018 Area development squad summary overview-copy attached.

Moved Phil Hawke 2nd Russell Waugh that report be accepted. Carried.

7.4. **ATSC Convenor** – Jacqui Currey

No report.

- 7.4.1. Technical Official shirt- proposal for new design and material – for further discussion at January meeting.

7.5. **Property Officer**- Jacki Mackintosh

No report.

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

- 7.6.1. Emails to and from Beresfield Swim Club for their swim meet Technical Officials.
- 7.6.2. Championship report tabled-copy attached

Moved Michele Burley-Jones 2nd Phil Hawke that report be accepted. Carried.

7.6.3. Quality Point Score –amendment to by-laws

Clause 33 (c) A second point score to be known as the "Club Handicap point score" shall be awarded. The point score shall be calculated by the number of points scored by a club divided by the number of competing athletes from that club. *A club shall be deemed to have a minimum of four (4) athletes competing.*

Moved Russell Waugh 2nd Phil Hawke. Carried.

7.7. **Web Administrator** – Ben Booth

No report.

8. GENERAL BUSINESS:

8.1. Minutes of Coach's meeting tabled-copy attached

8.1.1. Kerry Saunders was elected as CVSA Head Coach for 2018

8.1.2. CVSA championship warm-up:

- 12 yrs/under warm up from 7:45 am to 8:15am and,
- 13 yrs and over from 8:15am to 8:50am.

Moved Russell Waugh 2nd Michele Burley-Jones. Carried. This will be noted in future programs.

8.1.3. Backstroke ledges

8.2. Team Manager Report-Achievers Squad tabled-copy attached. Moved Phil Hawke 2nd Michelle Gross that report be accepted. Carried.

8.3. Meet Manager/Team Manager training was carried out by Russell Waugh at Singleton on Saturday (9/12) with 5 attending the session. Further training to be organised on either 3rd or 4th February, 2018.

8.4. Russell Waugh requested approval to purchase USB sticks for uploading if training notes. Moved Phil Hawke 2nd Michele Burley-Jones. Carried.

9. MEETING CLOSED: 8pm

10. NEXT MEETING: **Tuesday, 16th January, 2018-Edgeworth Sport & Recreation Club-7pm**

CHAIR: David Richards

SECRETARY: Jenny Schwetz

Forward			
Income			\$ 20,329.17

Interest	\$	-
Golf Day	\$	4,885.00
Championships Entries	\$	18,947.00
NZ \$ - left over funds	\$	
		290.18

	\$	24,122.18	\$	24,122.18
			\$	44,451.35

**Less Presented
Cheques**

tfr	Purnells Tropies	\$	160.00
bs	bank fees travellers chq fee	\$	8.00
300918	Patricia Roberts	\$	65.00
300789	Maria Francisci	\$	90.00
300919	Purnells Tropies	\$	7,000.00
300921	Philip Hawke	\$	194.55
300928	Champion of Meet	\$	100.00
300929	Champion of Meet	\$	100.00
300930	Julie Scott	\$	20.00
		\$	7,737.55

\$	7,737.55
\$	36,713.80

BALANCE AS PER STATEMENT NO 100

Unpresented Cheques

300773	Lake Mac Yacht Club	\$	1,792.00
300774	Lake Mac Yacht Club	\$	498.10
300784	L Zofrea	\$	10.00
300920	Phil Johnston	\$	100.00
300922	Newcastle Embroidery	\$	1,666.50
300923	Tanika Webber	\$	20.00
300924	Ian Jeffery	\$	40.00
300925	Paul Clack	\$	104.00
300926	Stephanie Marks	\$	10.00
300927	Jayne Day	\$	20.00
		\$	4,066.60

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 29/11/17	\$	9.08	
Balance as per Statement 82			\$ 18,641.53

Debit Card**Opening
Balance****\$ 4,656.73**

Money In

\$ 0.37

Money Out

\$ 661.68

Balance**\$ 3,995.42**

CASH TO BE BANKED

ACCOUNTS TO BE PAID

KPD Swim Club

\$ 526.00

Michelle Gross

Signature

10.12.17

Date

CVSA Selection and Development Committee Meeting
Snows Patisserie
Monday, 11th December, 2017

Meeting opened at 9.06am with Phillip Hawke presiding.

1. ATTENDANCE

Phillip Hawke	Blinda Francis-Smith	Narelle Murphy	Jacki Mackintosh	Andrew Wright
Visitors	Jenny Schwetz			

2. **APOLOGIES:** Debby Tattoli, Peter Reinhard. Moved Narelle Murphy 2nd Andrew Wright that apologies be accepted. Carried.

3. **CONFIRMATION** - Minutes of previous meeting:

Moved Blinda Francis-Smith 2nd Narelle Murphy that the minutes of the previous meeting are a true and correct copy. Carried.

4. **BUSINESS ARISING** from previous minutes.

Nil.

5. CORRESPONDENCE

5.1. Inwards

- Swimming NSW Area Development Report template / 2108 Plan and Financial agreement
- 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.

5.2. Outwards

Moved Jacki Mackintosh 2nd Andrew Wright that correspondence 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 Bexley, Angleo Anestis Aquatic Centre.
- 9 Swimmers accepted positions in the squad and attended.
- Nat A coach was David Lamond and Team manager was Trish Roberts.

- The team travelled down in a mini bus driven by David and stayed at the Bankstown Travelodge. By all reports the accommodation and travel arrangements worked well.

6.1.2. CVSA Development Days

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

- **24th 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.
- **15th 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.
- **16th 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.

6.1.3. Senior Target Squad

- Development Day at The Forum various as above and Target Meet at PLC Woy Woy on 29th & 30th July, 2017.
- 35 Initial applications.
- At Target Meet we had 31 STS swimmers compete .
- 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 did not have an overnight camp this year as the meet was in our area but in the past we only take State Level swimmers on overnight camp as a reward and progression for their achievement.
- Meet venue TBA.

6.1.4. Junior Target Squad

- Development Day at The Forum various as above and Target Meet at PLC Woy Woy on 29th & 30th July, 2017.
- 32 Initial applications, and 31 swimmers competed in Target Meet

6.1.5. **Achievers Squad**

- Development Days at The Forum various as above and Achievers Meet at SOPAC on 7th October.
- 75 Initial applications, and 56 swimmers competed in Achievers Meet.
- Two buses utilised, one from Singleton and one from Fullerton Cove. Parents given the option to travel down on bus.
- There was no coach for this meet as we had no one available.

6.1.6. **MC Squad**

- 4 applicants and they all attended the CVSA Development day on 24th June and competed in the SNSW MC # 3 meet on the 5th August.

6.1.7. **Senior Establishment Squad**

- 6 Swimmers and 4 officials to NZ SC Championships. Feedback was very positive and recommend to continue but with the different eligibility criteria.
- Golf fundraising day was a success and recommend to be run again next year.
- See Selection Criteria document for review and discussion in General Business.

6.1.8. **Junior Establishment Squad**

- Completed trip to NSW Open Championships on the 3rd March.
- JES activities are completed for the 2017 season, thanks to those who assisted, Narelle Murphy as team manager and Melisa Geale as Team Coach

6.2. **2018 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.)

Development days to continue to be run in age groups rather than squad groups.
Development Meets would still be run on Squad levels by Swimming NSW.

Moved Blinda Francis-Smith 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. SNSW funding for 2017 will be \$500 for Nat A, \$1,125 each for; STS; JTS; Achievers; and Establishment Squads on a dollar for dollar basis. See attached form for information only, the Financial agreement has been accepted by CVSA Management and lodged with SNSW.

6.2.3. **Possible Development Day dates for 2018 year and Education Curriculum suggestions;**

- Proposed dates are June 23rd, June 30th/ July 1st

- 14th/15th July are in the school holidays, so could cause issues for swimmers

Education Curriculum

- Nat A - 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, JTS & Achievers; Technical skill, Physio, motivational speaker, Media (how to interact with media representatives), Strength & Conditioning, Nutrition, Mindfulness / Stress management

Consideration to be given to an Athlete appearance, Sports psychology

6.3. 2017 Application Process.

- 6.3.1. 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. 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 mid-May.
- 6.3.3. Invitation letter will have link to online payment and online application form. This worked well in 2017 so to be continued in 2018.
- 6.4. **Golf Day** – This fundraiser has been working well for us. Consider asking for a volunteer to promote, oversee fundraising and liaise with Anthony Watson for organising the day. Narelle Murphy expressed interest in undertaking this role.
- 6.5. Recommend that squad fee for 2018 be \$40 – same as last year. Moved Andrew Wright 2nd Narelle Murphy. Carried.
- 6.6. Recommend that Jr Establishment be run again – State Open is in January and they have filled all positions for Basket carriers, so consider alternative activity. Consideration to be given to taking the team to compete at Foster in May.
- 6.7. T-Shirt colour for 2018 to be pink with rainbow print.
- 6.8. Any stock orders needed, caps. Narelle Murphy indicated that we have enough caps at present.
- 6.9. Development table – Winter championships. Moved Narelle Murphy 2nd Jacki Mackintosh that table be set up – Phil Hawke will be available to answer queries. Carried.
- 6.10. Reviewed criteria for Sr Establishment Squad. For further discussion at January meeting.
- 6.11. Noted that NZ SC Championships will be held 2 – 6 October, 2018. Consideration to be given to other options.

Meeting Closed: 10.47am

Next Meeting: 9th January 2018 – Edgeworth Sport and Recreation Club (TBC)

Phillip Hawke
Chair

Jenny Schwetz
Secretary

2017 Squad Calendar Attendee list

Date	Squad	Location	Job Position	Name
3 rd March 2017	Jnr Establishment	SOPAC	Team Manager	Narelle Murphy
			Coach	Melisa Geale

Date	Squad	Location	Job Position	Name
24 th June 2017	Aged Group 14-18yrs	Forum	Team Manger	Blinda Francis-Smith
			Coaches	Kerry, Debby & Sam
			Dev Committee Rep	Narelle
			CVSA Rep	Jenny & David

Date	Squad	Location	Job Position	Name
15 th July 2017	Aged Group	Forum	Team Manger	Katie Greedy
			Mentor Coach	Les Barclay
			CVSA Coaches	Kerry, Melisa & Sam
			Dev Committee Rep	Narelle & Phillip
			CVSA Rep	Jenny

Date	Squad	Location	Job Position	Name
16 th July 2017	Aged Group	The Forum	Team Manger	Carmen Cleare
			Mentor Coach	Les Barclay
			CVSA Coaches	Kerry & Sam
			Dev Committee Rep	Narelle & Phillip
			CVSA Rep	Jenny

Date	Squad	Location	Job Position	Name
29 th & 30 th July	Snr Target	Target Squad meet, PLC	Team Manger	Blinda Francis-Smith
			CVSA Coaches	Sam & Kerry
			Dev Committee Rep	Phillip

Date	Squad	Location	Job Position	Name
29 th & 30 th July	Jnr Target	Target Squad meet, PLC	Team Manger	Katie Greedy
			CVSA Coaches	Sam & Kerry
			Dev Committee Rep	Phillip

Date	Squad	Location	Job Position	Name
24 th /25 th Sept 2016	National A	Bexley	Team Manger	Trish Roberts
			Coach	David Lamond

Date	Squad	Location	Job Position	Name
7 th Oct 2016	Achievers	SOPAC	Team Manger	Carmen Cleare
			CVSA Coach	n/a

2018 AREA DEVELOPMENT SQUAD SUMMARY

OVERVIEW

NATIONAL A's

Aim

Increase participation and skill development.

Who

National level swimmers who did not qualify for a final at National Age.

Squad Activities

2 x locally delivered Skill Based Clinics (*Geography considered*)

Competition Activities

Compete at an Area coordinated meet as an Area team.

Please refer to your local Area website for Selection Criteria.

SENIOR TARGET

Aim

Increase participation whilst improving swimmer progression and retention.

Who

State level swimmers.

Squad Activities

Area skill based development activity

Competition Activities

Compete at the SNSW Area Target Squad meet, to be held on the 4th and 5th August (TBC), 2018.

Please refer to your local Area website for Selection C

JUNIOR TARGET

Aim

Increase participation whilst improving swimmer progression and retention.

Who

State level swimmers.

Squad Activities

Area skill based development activity

Competition Activities

Compete at the SNSW Area Target Squad meet on the 4th and 5th August (TBC), 2018.

Please refer to your local Area website for Selection Criteria.

ACHIEVERS SQUAD

Aim

Increase participation whilst improving swimmer progression and retention.

Who

Country/Metro or Area Championship Competitors (Area discretion).

Squad Activities

- One-day skills based development activity
- Development days to be determined based on local needs and local area calendar.

Competition Activities

Compete at the SNSW LC Achievers Squad meet, to be held at SOPAC on 6th October (TBC), 2018.

Please refer to your local Area website for Selection Criteria.

SENIOR/JUNIOR ESTABLISHMENT

Aim

Provide an opportunity for each Area to meet the needs of swimmers that are currently missing out on Development opportunities through the current structure.

Please refer to your local Area website for Selection Criteria

The Coast & Valley Swimming Association Annual Long Course Championships were conducted in the newly refurbished Peninsular Leisure Centre at Woy Woy on Saturday 25 & Sunday 26 November, 2017.

These Championships were competed with the attendance of 506 competitors, 262 being females ranging in ages from 7 years old to 23 years old and 244 being males ranging in ages of 6 years old to 38 years old competing in 156 events over 4 sessions conducted over the weekend. There were 21 Area based clubs with 4 Sydney based Clubs whose swimmers entered and competed as well as 2 international swimmers a male from Ireland (who was an exchanged student) and a female from New Zealand who used to compete for one of our Newcastle based clubs.

There were 40 Long Course Records set at this meet being 35 individual records and 5 relays with 23 individual records being set by females plus 2 relays and 12 by males plus 3 relays. The most outstanding competitor being Emily Jones from the Novocastrian Club setting 5 individual records in the 14 year age group and being a member of 14 & under medley relay which set a record. She was followed by Zara Foran (11 years) from the Hunter Club establishing 3 records followed by Jasmine Anderson (16 years) visitor from New Zealand setting 3 records also.

In the male category Jordan Gellatly (10 years) from Novocastrian Club set 2 individual records and was a member of the 10 & Under 200 medley relay which set a record. Matthew Pender (20 years) competing for the Valley Aquatic Club also set 2 individual records.

The Coast & Valley Swimming Association Premier Club Trophy was won by Hunter Swim Club with Novocastrian Swim Club, second followed by NU Swim Club third.



The Club Handicap Point Score Trophy was won by Macquarie Shores Swim Club with 20 swimmers Woy Woy Swim Club with 21 swimmers second followed by Novocastrian Swim Club third.

The Male Swimmer of the Meet was once again Charlie Hawke (15 years) from Hunter Club followed by Joshua Reed (13 years) from Novocastrian Club and third was Shaye Booth (16 years) from Mingara Aquatic Club.



Charlie Hawke (Hunter SC) receiving his trophy & cheque



The Female Swimmer of the Meet was once again also, Emily Jones (14 years) from Novocastrian Club followed by Alexandra Rees (19 years) from Novocastrian Club also with Zara Foran (11 years) from Hunter Club running third.



Emily Jones (Novocastrian SC) receiving her trophy

The Age Champions of the Meet were as follows:

Age Group	Place	Female	Club	Male	Club
9 yrs/und	1	Tara Stewart	Hunter SC	Archie Quinn	Nelson Bay
	2	Jade Downs	KPD	William Lockett	Novocastrian
	3	Alexandra Noonan	NU Swim	Zack Price	NU Swim
10 years	1	Ebony Nix	Nelson Bay	Alexander Walker	Charlestown
	2	Ella Mounter	Central Newcastle	William Jeffery	NU Swim
	3	Sommer Smith	Hunter SC	Cameron Gawn	Macquarie Shores
11 years	1	Zara Foran	Hunter SC	Percy Sinclair	Hunter
	2	Terangimarie Moanaroa	Novocastrian	Koby Hall	Novocastrian
	3	Mackenzie Gray	Singleton	Taylen Marks	NU Swim
12 years	1	Ava Jankovic	Hunter	Charles Walker	Charlestown
	2	Heidi Schneider	Hunter	Billy Moody	Singleton
	3	Freya Whitehead	Novocastrian	Thomas Dever	Hunter
13 years	1	Emily March	Hunter	Joshua Reed	Novocastrian
	2	Caitlin Montgomery	Titans	Dillon Siv	Macquarie Shores
	3	Natalie Hotham	Mingara	Ryley Twiss	Hunter
14 years	1	Emily Jones	Novocastrian	Lachlan Mackay	Macquarie Shores
	2	Cassandra Fayers	Hunter	Flynn Fardell	Macquarie Shores
	3	Courtney Schell	Mingara	Saxon Coates	Hunter
15 years	1	Kaylah Holmes	Woy Woy	Charlie Hawke	Hunter
	2	Jazmyn Teague	Novocastrian	Bryn Bowen	NU Swim
	3	Ella Clear	Hunter	Zayne Morphew-Watson	Nelson Bay
16 years	1	Ashleigh Oberekar	Valley Aquatic	Shaye Booth	Mingara
	2	Kate McGufficke	Charlestown SC	Ryan Walker	Nu Swim
	3	Eliza Giles	KPD	Jarrold Kowalski	Macquarie Shores
17 yrs/ov	1	Alexandra Rees	Novocastrian	Mathew Pender	Valley Aquatic
	2	Cassie Van Breugel	Woy Woy	Myles Bailey	Woy Woy
	3	Rozelle Kleyn	Hunter Valley AllStars	Lachlan Vane-Tempest	Woy Woy

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

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

We would like to say “Merry Christmas” and a Happy and Safe 2018 – good swimming to all.

Michele Burley-Jones (Publicity Officer)

19 December 2017

COAST & VALLEY COACHES MEETING

Sunday, 26th November 2017
Peninsular Leisure Centre - PARTY ROOM

Meeting opened at 7am with Debby Tattoli presiding.

Present: Debby Tattoli, Ben Seamer, Melissa Geale, Sam Frame, Andreas Falkenau, Ben Xerri, Steve Critoph, Michael Hyslop, Dwayne Peoples, Adam Beisler, Chris Griffin, Paul Sharman, Graeme Carroll, Shane Shepherd. **Special Guest:** John Shaw (SNSW Coaching Director)

Apologies: Kerrie Saunders, Shane Arnold, Jenny Schwetz

1. - Welcome – Breakfast
2. Minutes of the previous meeting are a true and correct copy. Moved & 2nd. Carried.
3. Noted that Liza Thomas (SNSW Development Officer for CVSA) has resigned – her last day will be 8th December. Advertising for position has begun and SNSW hope to fill the position before Christmas.
4. Nomination / Selection CVSA Head Coach.
Nominations were received from Andreas Falkenau and Kerrie Saunders. A secret ballot was held and Kerrie Saunders was the successful candidate. Congratulations Kerrie.
 - 4.1. CVSA Scholarship Coaches (CDF) - Applications close FEB 2018
There were no applications received in 2017.
 - 4.1.1.- Previous scholarship holders - Ryan Strickland (2012) Michael Tatolli / Tom Davis (2013), Amy Wilde / Ben Fricker (2014), Andreas Falkenau / Matt Storey (2015), Sam Frame (2016 Carla Hill - withdrew)
 - 4.2. Personal Coaching Development Days -Suggestions from coaches on how CVSA can better assist in personal development for coaches? Is there a need to continue with Silver licence scholarship program in 2018?

Jon Shaw asked the coaches to come up with ideas for coach Development. Suggestions from Coaches included: Stroke Camps at various local pools, bringing in a high-level coach to talk to the group, meeting with Jon Shaw and throwing around ideas, sets etc.
5. CVSA Development 2017
 - 5.1. Quick review / costs /Sponsorships and CVSA Golf Day - Made around \$5k
 - 5.2. CVSA Development 2018 - Proposed Changes

Dates still to be set

Age grouping worked well and feedback was positive. Age grouping will continue for next year's program

Each area development committee responsible for their respective development programs (education and water based)

CVSA Development Committee would like to involve more coach personal development during water sessions which swimmers would also benefit. Assistance from CVSA Coaches and ACTSA

NSW

Squad Competition

- | | | |
|------------------------|-----------------------|-----------|
| • SNSW Target Meet | 4-5 August, 2108 | Venue TBA |
| • SNSW National A Meet | 22-23 September, 2018 | Venue TBA |
| • SNSW Achiever Meet | 13 October, 2018 | SOPAC |

5.3. CVSA Touring Team 2018.

Under review by CVSA Management Committee. Initiative has been running for 3 years.

5. CVSA Competition Structure

Coaches feedback / Coach Selection for committee

It was suggested that a tighter competition schedule be implemented by the Area, where carnivals are scheduled and clubs apply to host them.

A discussion followed pointing out that carnivals are major fundraisers for clubs and the calendar is very tight.

The question was asked if the coaches would like to see the championship qualifying times tightened. Everyone is happy with times as they are to allow as many kids possible the opportunity to compete.

6. Technical Officials - Update

Club swim meets / Online training. More modules have been uploaded to the SNSW website to allow candidates to complete the modules at a time convenient to them.

7. General Business / Questions

7.1. CVSA Championships Venue – PLC. Management Committee considers this to be the best venue.

- 7.2. Coaching Accreditation - Pool deck Procedures (No Parents). Free entry as CVSA have hired the venue.
- 7.3. Coaches to remind Swimmers and parents that they are not permitted in leisure pools during the CVSA Championships. No responsibility will be taken by CVSA Management.
- 7.4. Warm up at championships was discussed due to the large number of kids.

The meeting proposes: 12 yrs/under warm up from 7:45 am to 8:15am and 13 yrs and over from 8:15am to 8:50am. Could this go on the program? There was also disappointment that the swimmers were removed from the pool just after 8:30am for official speeches and cameras. This was not communicated to the coaches and many had swimmers who were left without a warm up.

- 7.5. Backstroke ledges were used for senior boys only on Saturday. The coaches were split on whether to use them for everybody on Sunday. Voting indicated 8 yes to use them 1 not to and a few more abstained from voting.
- 7.6. Concern was also raised about the speed the times disappeared from the board after the race. Russell advised this was being looked into.
- 7.7. Adam Beisler talked briefly about Swim League for 2018. Adam said he had a great response from coaches last year. He has the support of NSW Swimming and looking to have juniors and schools involved this time. Will run May to October
- 7.8. Jon Shaw stressed that the coaches need to tell him what we want.

Meeting closed 8am

Next meeting: TBA

Achievers Squad

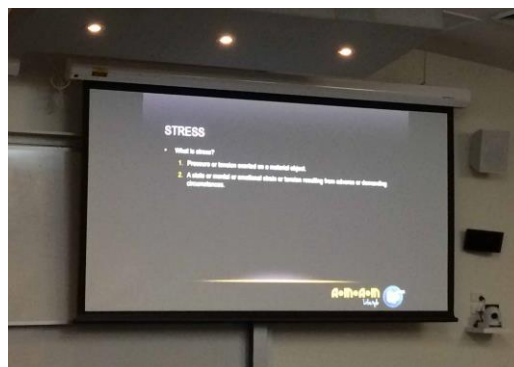
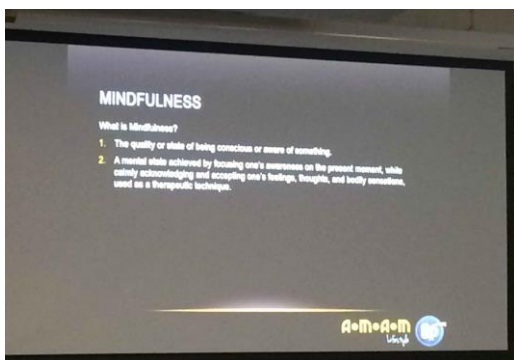
Sunday 16th July 2017

The 2017 CVSA Development Squad days at The Forum were delivered in age groups rather than Development squad groups. On Sunday 16th July we had 61 swimmers aged 11yrs and Under from our Achievers and Junior Target squads, and on 15th July we had 51 swimmers aged 12 to 13yrs old from Junior Target, Senior Target and Achievers Squad.

The education sessions delivered on Sunday 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 education sessions delivered on Saturday 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 nutrition presented by Jason Varoxis from Enliven Nutrition. Mindfulness was presented by Mike Wilkins, Cyber safety was presented by Hunter Life Education, Goal Setting was a discussion session lead by our coaches Les Barclay and Kerry Saunders, and the land training practical session was led by Shaun and Yvette from Strength Republic. Our CVSA area coaches Kerry Saunders from Hunter and Sam Frame from Valley Aquatic assisted with the sessions in the pool. Our Mentor coach for the Weekend, 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.



Achievers Meet 7th October 2017 - SOPAC

On Saturday 7th October the Achievers Squad travelled and competed as a team in the SNSW Area Development Meet at SOPAC.

For many of the children it was their first time at SOPAC but this didn't faze them. All competitors went to marshalling without adult help, many of the more experienced swimmers helping out and offering support. Our Achievers Squad represented CVSA with pride and this showed in our medal tally, both individual and relay events.

The Development Meet ran about 2 hours over time but despite being an extremely long day the squad swimmers remained positive and happy resulting in a great atmosphere, which was created through team spirit. I'd like to commend all competitors and parent helpers involved, it was a pleasure to represent CVSA Achievers as Team Manager and look forward to watching them grow over the upcoming years.

As Team manager I had great support from the Assistant Team Managers Karen Williams, Katrice MacKinnon, Heidi Tolar, Margy Boys, Michelle Sheather and Julie Jones.

Carmen Cleare

Team Manager

Achievers Squad