

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

Edgeworth Sport & Recreation Club Tuesday, 20th February, 2018

Meeting opened at pm with Norm Roberts presiding.

1. ATTENDANCE

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

2. CONFLICTS OF INTEREST

Nil declared.

3. APOLOGIES: Jacki Mackintosh. Moved Phil Hawke, 2nd David Richards that apology be accepted. Carried

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

5. BUSINESS ARISING from the minutes

5.1. Technical Officials dinner –

5.1.1. invitations need to be sent out soon. Names of eligible TOs to be advised.

5.1.2. Menu will be available in March.

5.2. Technical Official development information sessions to be co-ordinated with Jacqui Currey & Phil Hawke.

6. CORRESPONDENCE:

6.1. INWARDS

- 6.1.1. Email-Lyndsay Gibb: Complaint re pool entry & medals at Nelson Bay meet-fwd: Nelson Bay, Competition Co-ordinator
- 6.1.2. Email-Anthony Watson: Golf Day Dates
- 6.1.3. Email-Jai Johnson: Appln-Coach Scholarship
- 6.1.4. Email-Narelle Duggan: Development report & financial agreement
- 6.1.5. Email-Central Newcastle SC: Programs for Speedo/Development meet
- 6.1.6. Email-Michelle Johnson: e-newsletter
- 6.1.7. Email-Custom Medals: flyer-supply of custom medals
- 6.1.8. Email- Debbie (Awards & Trophies): Flyer- Honour board competition
- 6.1.9. Email-italk Travel: Flyer – travel offers
- 6.1.10. Email-Hy-Tek: Hy-Tek update – fwd: Competition Co-ordinator
- 6.1.11. Email-Phil Hawke-Speedo merchandise shortfall
- 6.1.12. Email-Michelle Johnson: e-newsletter
- 6.1.13. Email Stockton SC: Query re online entries – Maitland Picnic meet
- 6.1.14. Email-Sarah Koen: Development Officer for CVSA
- 6.1.15. Email-Fran (Awards & Trophies): Flyer Swim Trophies
- 6.1.16. Email-Melissa Geale: Appln-Coach Scholarship

- 6.1.17. Email-Office of Sport Central Coast: e-news
- 6.1.18. Email-Michelle Johnson: e-newsletter
- 6.1.19. Email-Gordon Ferguson: Assistance-Masters Meet-23rd May-fwd: Russell Waugh; Norm Roberts
- 6.1.20. Email-Narelle Duggan: Area Development reporting & planning.
- 6.1.21. Email-Andrew Roxby: Officials for HRIS Primary Swimming
- 6.1.22. Email-Joshua Duggan: Program for Speedo Sprints
- 6.1.23. Email (Phillip Hawke) Lachlan Earnshaw: Pop-up shop for Swim Stripes at Speedo meet.
- 6.1.24. Email-Anthony Watson: 25th November has been booked for CVSA Golf day
- 6.1.25. Email-Michelle Johnson: e-newsletter
- 6.1.26. Email-Sarah Koen: Member Protection Officer Workshops-March 2018-fwd: CVSA Clubs
- 6.1.27. Email-Melissa Geale: Flyer-Singleton ASC 90th anniversary-fwd: Ben Booth for uploading to website
- 6.1.28. Email-Megan Grainger: Query re Jr Establishment eligibility
- 6.1.29. Email-Ellena Morris: Contact details for upgrade of Meet Manager
- 6.1.30. Email-Karen Lightfoot: Funding for Sports & Recreation Events on the Central Coast-fwd: Management Committee members.
- 6.1.31. Email Angelo Tsiaousis: Query re Jr Establishment Squad eligibility
- 6.1.32. Email-Kylie Garratt: Nil Claims Declaration
- 6.1.33. Lane 4 Aquatics: Invoice
- 6.1.34. Central Coast Council: Invoice

6.2. OUTWARDS

- 6.2.1. Carol Cairns: Card
- 6.2.2. Email (Phil Hawke) Narelle Duggan: Development report
- 6.2.3. Email-CVSA Coaches: Free Coaching seminar-Muswellbrook-3rd Feb
- 6.2.4. Email-Sarah Koen: Development Officer for CVSA
- 6.2.5. Email-Mark Heathcote: NSW Regional Boundary Review Proposal
- 6.2.6. Email-Shannon Smith: Speedo merchandise shortfall
- 6.2.7. Email-Joshua Duggan: Program-Speedo Sprints
- 6.2.8. Email-Lyndsay Gibb: Nelson Bay swim meet complaint
- 6.2.9. Email-Anthony Watson: Golf Day date
- 6.2.10. Email-Central Newcastle SC: Speedo sprint program sale
- 6.2.11. Email-Stockton SC: Online entry-Maitland Picnic Meet
- 6.2.12. Email-Newcastle Embroidery: Confirmation-Management Committee shirt
- 6.2.13. Email-Megan Grainger: Jr Establishment Squad
- 6.2.14. Email-Ellena Morris: Contact details for Swim Data Services
- 6.2.15. Email-Angelo Tsiaousis: Jr Establishment Squad

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

6.3. Business Arising from Correspondence:

- 6.3.1. Proposal for CVSA to donate \$100 to Central Newcastle SC for Speedo/Dev Meet. Moved Russell Waugh 2nd Ben Booth. Carried.
- 6.3.2. CVSA received 39 Speedo shirts, not 41. NSW (Shannon Smith) advised.
- 6.3.3. Golf Day Date (25 November)- letter to be sent to clubs. Flyers to be requested from Tanilba Bay Golf Club
- 6.3.4. Russell Waugh & Norm Roberts are able to assist Gordon Ferguson with Masters Meet-23rd May.
- 6.3.5. ASCTA Convention-3-6 May 2018-Brisbane Convention Centre
- 6.3.6. NSW are seeking EOI for a casual vacancy on NSW Board of Directors

- 6.3.7. NSW are seeking EOI for NSW Selection/Competitions/Projects & Membership/Technical Committees.
- 6.3.8. Nil Claims Declaration-NSW General & Products Liability

7. **REPORTS:**

7.1. **Treasurer** – Michelle Gross

Report tabled-copy attached.

7.1.1. Accounts approved for Payment

Paid to	Details	\$
Australia Post (debit card)	Stamps & card	12.99
Central Coast Council	Pool hire LC Championships	8406.00
Lane 4 Aquatics	Pool hire-Speedo/Dev meet	1200.00
Michele Burley-Jones	Reimbursement-stationery	107.70
Central Newcastle SC	Donation-	100.00
Melissa Geale	Coach Scholarship-Silver Licence Course	895.00
Jai Johnson	Coach Scholarship-Silver Licence Course	895.00

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

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

- 7.2.1. Competition Committee meeting minutes tabled-copy attached.
- 7.2.2. Proposed program for summer championships:
 - 7.2.2.1. Russell Waugh to check with Woy Woy SC re their club night
 - 7.2.2.2. Cost for Friday pool entry - \$6.40 per person.
 - 7.2.2.3. Friday evening program will need to finish by 8.45pm
 - 7.2.2.4. Letter to be sent to clubs – proposal to be voted on at AGM.

Moved Russell Waugh 2nd Jacqui Currey. Carried.

- 7.2.3. Proposed program for winter championships:
 - 7.2.3.1. Program closely mirrors winter Country
 - 7.2.3.2. Medals for all age groups in Open
 - 7.2.3.3. QT – 1.5 – 2 seconds slower than Country
 - 7.2.3.4. 9/U – all events to be run over one (1) day
 - 7.2.3.5. Relays in the morning – run same as State. Clubs to enter teams online, and only submit changes to team
 - 7.2.3.6. Entry fee (\$10) for relays to be re-instated

Moved Russell Waugh 2nd Jacqui Currey. Carried.

- 7.2.4. ETE booking for winter Championships to be cancelled.

- 7.2.5. CVSA clubs may have to pay accommodation costs for AOE set up and Operator at Peninsular Leisure Centre.

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

7.3. Selection & Development Committee – Phillip Hawke

- 7.3.1. Jr Establishment Squad –
7.3.1.1. travel to compete at Foster meet. Winter meets still to be approved by Swimming North Coast.
7.3.1.2. Entries will be limited to 4 per swimmer
- 7.3.2. National A Squad – proposal by Debby Tattoli for trip to NSWIS
- 7.3.3. Development Squads
7.3.3.1. 23 June – 14/Over
1 July split start – 11/U and 12/13 years
Will be dependent on numbers.
Phil Hawke to send information to Jenny.

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

7.4. ATSC Convenor – Jacqui Currey

- 7.4.1. Technical Official shirt- new design and material. Moved Jacqui Currey 2nd David Richards that purchase of shirts with added pocket be approved. Carried.
Sizes to be obtained from Narelle Murphy.
- 7.4.2. Technical dinner – list of Technical Officials tabled. Moved Jacqui Currey 2nd Phil Hawke that all listed officials be sent an invitation. Carried.
- 7.4.3. Moved Jacqui Currey 2nd Michele Burley-Jones that Mark Heathcote (SWNSW CEO) and a SNSW Board Member be invited to attend TO dinner. Carried.

7.5. Property Officer- Jacki Mackintosh

Report tabled-copy attached.

Moved Michele Burley-Jones 2nd Russell Waugh that report be accepted. Carried.

7.6. Publicity Officer – Michele Burley-Jones

No report.

7.7. Web Administrator – Ben Booth

Website is being updated.

Webpages – club information is being updated

Moved Ben Booth 2nd Michele Burley-Jones that report be accepted. Carried.

8. GENERAL BUSINESS:

- 8.1. 2017 Sr Establishment report tabled-copy attached. Moved Phil Hawke 2nd Russell Waugh that report be accepted. Carried
- 8.2. Speedo Merchandise: 12 T shirts / 69 caps sold. 27 shirts / 6 caps to be returned to SNSW
- 8.3. Coach Scholarships – Scholarships for 2018 to be awarded to Melissa Geale (Singleton SC) & Jai Johnson (Macquarie Shores SC). Moved David Richards 2nd Jacqui Currey. Carried.
Congratulations to these successful candidates.
- 8.4. Speedo Finals shirts - List of shirt sizes to be given to Narelle Murphy so order can be placed.
Moved Phil Hawke 2nd Russell Waugh. Carried.
- 8.5. Technical awards –
 - Technical Official of the Year
 - Encouragement AwardNorm Roberts to purchase trophies.

9. MEETING CLOSED 8.01pm

10. NEXT MEETING: 20th March, 2018

CHAIR: Norm Roberts

SECRETARY: Jenny Schwetz

COAST AND VALLEY TREASURERS REPORT

January 2018

Forward			
Income			\$ 45,612.75
	Interest	\$ -	
	Carnival Entries	\$ 3,412.00	
		<u>\$ 3,412.00</u>	<u>\$ 3,412.00</u>
			\$ 49,024.75
Less Presented			
Cheques			
	tfr Refund - C Carruthers	\$ 62.00	
	tfr Refund	\$ 10.00	
	tfr Refund - L Scott	\$ 28.00	
		<u>\$ 100.00</u>	<u>\$ 100.00</u>
BALANCE AS PER STATEMENT NO 102			<u>\$ 48,924.75</u>

Unpresented Cheques

300773	Lake Mac Yacht Club	\$ 1,792.00
300774	Lake Mac Yacht Club	\$ 498.10
300784	L Zofrea	\$ 10.00
300924	Ian Jeffery	\$ 40.00
300926	Stephanie Marks	\$ 10.00
300927	Jayne Day	\$ 20.00
		<u>\$ 2,300.10</u>

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 3/12/2018 for 12 months @ 2.7%	\$ 21,782.78

Cash Reserve

Interest as at 31/01/18	\$ 8.43	
Balance as per Statement 85		\$ 18,665.02

Debit Card

COMPETITION MEETING
Doyalson RSL Sunday 4th February 2018.

Present; Russell Waugh, Narelle Murphy, Michele Burley-Jones, Debby Tatoli, Norm Roberts

1) COACHES RECOMMENDATIONS FOR SUMMER CHAMPIONSHIPS

R.W.-, thanked Debby for running meetings at State Age with CVSA coaches & Paul Sharman for spending time to supply 2 programs to look at.

RW;- supplied Paul's options, 2010 CVSA summer Champs, 2018NSW Country, 1 other option, matrix of events at CVSA, Country, State, National levels.
Comparison of Q'Ts between CVSA, Country, State, National levels

COACHES;

need for extra day/session at Summer Champs as meet to congested
Coaches agreed that extra day not viable; all agreed at meeting
Coaches asked to look into the possibility of an extra session on Friday night starting 5.30/6pm warm up 4.30/5pm program attached.

Relays early in the day Saturday & Sunday

Friday night events all, Ind Medley, 1500 & 800 free

** Potential problems with extra session on Friday night;

1)- availability of Technical officials

2)- swimmers getting from school to meet

3)- impact on Woy Woy swim club on Friday night swim club night.

4)- cost of extra session??

5)- it was pointed out that CVSA management had stopped Friday night meets at October 2017 management meeting due to the difficulty in getting officials AOE operators

6)- teams submitting relays.

Teams would have to be submitted with entries. Look at online entries for relays. **Rules same as State**

It was agreed by everyone to look into the idea of an extra session.

It was pointed out that there were no 9/U events something coaches ask for back in 2012.

It was suggested that they be included on the day of the freestyle relays.

ACTIONS;

D.T., to contact coaches re 9/U events

N.R. to get costing from PLC re hiring pool for extra session or having everyone pay & a reduced hiring fee.

R.W to contact Woy Woy swim club re impact on club night

2) WINTER CHAMPIONSHIPS

R.W. as we are already locked in for Saturday/Sunday; model Winter Champs on NSW Winter Country

All agreed RW to do program

All 9/U races on one day with freestyle relays

50mt freestyle to remain as is.

50mt races in form strokes to be 9/U,10/11, Open,

medals to first 3 places in age groups that compete.

Q.T's on comparison with country

OTHER BUSINESS

N.R; PLC has own timing equipment - cost of overnight accommodation or other costs once covered by SNSW may have to be met by host clubs!

DT; ask clubs to provide trainees in certain positions at champs. ie marshall,etc

Coaches Summer option

M	F	Friday night Session 1; Warm up 4.30/5pm – Start 5.30/6pm		
1	2	15yrs/O	200m	Ind Medley
3	4	13/14yrs	200m	Ind Medley
5	6	11/12	200m	Ind Medley
7	8	10/U	200m	Ind Medley
9	10	Open	800m	Freestyle
11	12	Open	1500m	Freestyle
Saturday Session 2				
Warm up 8am - Start 9am				
13	14	15yrs/O	400m	Ind Medley
15	16	14yrs/U	400m	Freestyle
17	18	10yrs/U	4x50m	Medley Relay
19	20	12yrs/U	4x50m	Medley Relay
21	22	14yrs/U	4x50m	Medley Relay
23	24	Open	4x100m	Medley Relay
25	26	Open MC	50m	Butterfly
27	28	10yrs	50m	Freestyle
29	30	11/12yrs	50m	Freestyle
31	32	13/14yrs	50m	Freestyle
33	34	15/16yrs	50m	Freestyle
35	36	17yrs/O	50m	Freestyle
37	38	10yrs/U	100m	Butterfly
39	40	11/12yrs	100m	Butterfly
41	42	13/14yrs	100m	Butterfly
43	44	15/16yrs	100m	Butterfly
45	46	17yrs/O	100m	Butterfly
47	48	Open MC	50m	Breaststroke
49	50	12yrs/U	200m	Freestyle
51	52	13/14yrs	200m	Freestyle
53	54	15yrs/O	200m	Freestyle

[illegible]

Session 3; Starts no later than 30 minutes after session 2 ends

M	F	Saturday Session 3		
55	56	Open MC	50m	Backstroke
57	58	12yrs/U	200m	Butterfly
59	60	13/14yrs	200m	Butterfly
61	62	15yrs/O	200m	Butterfly
63	64	10/11yrs	50m	Breaststroke
65	66	Open	50m	Breaststroke
67	68	Open MC	50m	Freestyle
69	70	10yrs/U	100m	Backstroke
71	72	11/12yrs	100m	Backstroke
73	74	13/14yrs	100m	Backstroke
75	76	15/16yrs	100m	Backstroke
77	78	17yrs/O	100m	Backstroke

Session 5; Starts no later than 30 minutes after session 3 ends

M	F	Session 5		
115	116	9yrs/U	50m	Freestyle
117	118	12yrs/U	200m	Breaststroke
119	120	13/14yrs	200m	Breaststroke
121	122	15yrs/O	200m	Breaststroke
123	124	9yrs/U	50m	Butterfly
125	126	10/11yrs	50m	Butterfly
127	128	Open	50m	Butterfly
129	130	10yrs/U	100m	Freestyle
131	132	11/12yrs	100m	Freestyle
133	134	13/14yrs	100m	Freestyle
135	136	15/16yrs	100m	Freestyle
137	138	17yrs/O	100m	Freestyle

QUALIFYING TIMES

Qualifying times will apply

Swimmers must have swum faster than or equal to the qualifying times to enter individual events.

MALE

Stroke	Distance	Open	17&O-15/16	14yr	13yr	12yr	11yr	10yrs	9yrs/Under
Free	50		31.00	31.50	32.00	35.00	35.50	40.50	43.00
	100		1:07.00	1:10.50	1:11.50	1:18.00	1:19.00	10yrs & Under 1:25.00	
	200		2:17.00	2:26.50	2:28.00	12yrs & Under 2:37.00			
	400		4:50.00	14yrs & Under 5:05.00					
	800	10:45.00							
	1500	19.00.00							
Back	50	33	37.00	39.00	40.00	43.00	43.50	45.00	47.50
	100		1:20.00	1:23.00	1:25.00	1:32.00	1:33.00	10yrs & Under 1:36.00	
	200		2:40.00	2:50.50	2:51.50	12yrs & Under 2:58.00			
Breast	50	36.50	42.00	45.00	46.00	48.00	50.00	53.50	56.00
	100		1:29.00	1:33.50	1:35.00	1:45.00	1:46.00	10yrs & Under 1:51.00	
	200		3:02.50	3:09.00	3:15.00	12yrs & Under 3:30.00			
Fly	50	31	36.00	37.00	37.50	41.00	42.00	44.50	47.00
	100		1:16.50	1:23.00	1:24.50	1:32.50	1:36.00	10yrs & Under 1:42.00	
	200		2:40.00	2:52.00	2:55.00	12yrs & Under 3:10.00			
Medley	200		2:40.00	2:47.00	2:48.00	12yrs & Under 2:58.00			
	400		5:34.00	14yrs & Under 5:46.00					

FEMALE

Stroke	Distance	Open	17&O-15/16	14yr	13yr	12yr	11yr	10yrs	9yrs/Under
Free	50		33.50	34.00	35.00	37.00	38.00	40.00	43.00
	100		1:13.00	1:14.50	1:16.00	1:19.00	1:20.50	10yrs & Under 1:26.00	
	200		2:26.00	2:31.50	2:33.00	12yrs & Under 2:38.50			
	400		5:10.00	14yrs & Under 5:20.00					
	800	10:45.00							
	1500	20:00.00							
Back	50	37	40.50	41.50	42.00	43.00	43.50	45.50	47.50
	100		1:25.00	1:28.00	1:29.50	1:32.00	1:33.00	10yrs & Under 1:36.00	
	200		2:49.00	2:52.00	2:54.00	12yrs & Under 3:01.00			
Breast	50	41	45.00	47.00	48.00	51.50	52.50	54.50	56.00
	100		1:34.00	1:37.00	1:38.50	1:44.00	1:45.00	10yrs & Under 1:52.00	
	200		3:10.00	3:16.00	3:20.00	12yrs & Under 3:30.00			
Fly	50	34	38.50	39.50	40.00	42.00	42.50	44.50	47.00
	100		1:23.00	1:25.00	1:26.50	1:34.50	1:37.00	10yrs & Under 1:42.00	
	200		2:51.50	2:56.00	3:00.00	12yrs & Under 3:10.00			
Medley	200		2:49.00	2:56.00	2:58.00	12yrs & Under 3:08.00			
	400		5:50.00	14yrs & Under 6:05.00					

NO QUALIFYING TIMES FOR M/C EVENTS

CONDITIONS OF ENTRY.

- * Meet will be conducted under the rules of Swimming N.S.W
- * Must be a member of C.V.S.A.
- * Visitors must apply for approval to compete at this meet
- * **Entries close**; Wednesday ?????????????? * Late entries will not be accepted
- * **Final Competitors entry list** will be shown on CVSA website from Thursday ??????.
- * Check your entries & contact Russell Waugh 0400302052 or **waughs11@bigpond.com** by Monday ?????? June if changes are required
- * M/C swimmers must show classification card to Referee.
- * All events will be timed finals.
- * Qualifying times will apply.
- * Full automatic timing will be used
- * Age as at ??????
- * **To Enter; Individual Entries; Online entries only - link on CVSA website**
- Entry e-files; only to be used for relays by club race secretaries
- Enquiries; Russell Waugh 0400302052 or **waughs11@bigpond.com**
- * Medals will be awarded to both age groups in double aged events & first 3 place getters in **ALL** other races
- * **Entry fees; Meet Fee**; ??????per swimmer per day
\$6 per individual event
- No cost for relay entries or relay only swimmers

The **MEET FEE** entitles **ALL** swimmers and spectators unlimited **FREE** pool entry

* All swimmers must to pay **\$10 MEET FEE** to enter each day **BUT** you will get a \$10 refund for each swimmer after the first two swimmers in your family per day by CVSA.
Refund will be available at the meet.

* **ALL CLUBS PARTICIPATING MAY BE ALLOCATED DUTIES THROUGHOUT THE MEET e.g. timekeeping, etc.**

CONDITIONS OF ENTRY FOR RELAYS

- ☐ ??????; only to be used for relays by club race secretaries
- ☐ Available on CVSA website competitions page OR contact Russell Waugh 0400302052 or **waughs11@bigpond.com**
- ☐ Clubs may enter a maximum of 2 relays per event
- ☐ Relay swimmers names **MUST** be submitted with entries
- Changes to relays to be handed to the recording room **BEFORE 9am** on the day of the relay.
- ☐ Relay swimmers not swimming individual events **MUST** be included in the team entries.
- ☐ All relays will be scored events & added to club point scores.
- ☐ No entry fee for relay entries
- ☐ Swimmers only swimming in relay events will not have to pay the meet fee.

**ENTER THROUGH DOOR AT SIDE OF BUILDING BEHIND GRANDSTAND
NO ENTRY THROUGH MAIN ENTRANCE OF POOL COMPLEX
Or POOL ENTRY CHARGES WILL APPLY**

PROPOSED WINTER PROGRAM

DAY 1

Saturday 17th June

M	F	Session 1; Warm up 8am – Start 9am		
1	2	15yrs/O	400m	Freestyle
3	4	14yrs/U	400m	Ind Medley
5	6	10yrs	50m	Freestyle
7	8	12yrs/U	200m	Breaststroke
9	10	13/14yrs	200m	Backstroke
11	12	15/16yrs	100m	Butterfly
13	14	17yrs/O	100m	Butterfly
15	16	11/12yrs	100m	Butterfly
17	18	Open MC	50m	Butterfly
19	20	Open	50m	Backstroke
21	22	10yrs/U	4x50m	Medley Relay
23	24	12yrs/U	4x50m	Medley Relay
25	26	14yrs/U	4x50m	Medley Relay
27	28	Open	4x100m	Medley Relay
29	30	10yrs/U	100m	Butterfly
31	32	13/14yrs	100m	Butterfly
33	34	12yrs/U	200m	Backstroke
35	36	17yrs/O	50m	Freestyle
37	38	Open MC	50m	Freestyle
39	40	15/16yrs	50m	Freestyle
41	42	11/12yrs	50m	Freestyle
43	44	13/14yrs	50m	Freestyle

DAY 2

Sunday 18th June

M	F	Session 3; Warm up 8am - Start 9am		
73	74	14yrs/U	400m	Freestyle
75	76	15yrs/O	400m	Ind Medley
77	78	10yrs/U	100m	Breaststroke
79	80	11/12yrs	100m	Breaststroke
81	82	13/14yrs	200m	Ind Medley
83	84	9yrs/U	50m	Freestyle
85	86	15yrs/O	200m	Freestyle
87	88	13/14yrs	200m	Freestyle
89	90	10/11yrs	50m	Backstroke
91	92	Open	100m	Ind Medley
93	94	9yrs/U	50m	Backstroke
95	96	13/14yrs	100m	Breaststroke
97	98	15/16yrs	100m	Breaststroke
99	100	17yrs/O	100m	Breaststroke
101	102	12yrs/U	200m	Butterfly
103	104	10yrs/U	4x50m	Freestyle Relay
105	106	Open	1500m	Freestyle

Session 2; Starts no later than 30 minutes after session 1 ends

M	F	Session 2		
45	46	Open MC	50m	Backstroke
47	48	15yrs/O	200m	Ind Medley
49	50	10yrs/U	100m	Backstroke
51	52	11/12yrs	100m	Backstroke
53	54	13/14yrs	200m	Butterfly
55	56	10/11yrs	50m	Breaststroke
57	58	Open MC	50m	Breaststroke
59	60	Open	50m	Breaststroke
61	62	12yrs/U	200m	Freestyle
63	64	15yrs/O	200m	Butterfly
65	66	13/14yrs	100m	Backstroke
67	68	15/16yrs	100m	Backstroke
69	70	17yrs/O	100m	Backstroke
71	72	Open	800m	Freestyle

Session 4; Starts no later than 30 minutes after session 3 ends

M	F	Session 4		
107	108	15yrs/O	200m	Breaststroke
109	110	10yrs/U	100m	Freestyle
111	112	11/12yrs	100m	Freestyle
113	114	15/16yrs	100m	Freestyle
115	116	9yrs/U	50m	Breaststroke
117	118	17yrs/O	100m	Freestyle
119	120	13/14yrs	200m	Breaststroke
121	122	12yrs/U	200m	Ind Medley
123	124	9yrs/U	50m	Butterfly
125	126	Open	50m	Butterfly
127	128	10/11yrs	50m	Butterfly
129	130	13/14yrs	100m	Freestyle
131	132	15yrs/O	200m	Backstroke
133	134	12yrs/U	4x50m	Freestyle Relay
135	136	14yrs/U	4x50m	Freestyle Relay
137	138	Open	4x100m	Freestyle Relay

QUALIFYING TIMES

Qualifying times will apply

Swimmers must have swum faster than or equal to the qualifying times to enter individual events.

MALE

Stroke	Distance	Open	17&O-15/16	14yr	13yr	12yr	11yr	10yrs	9yrs/Under
Free	50		31.00	31.50	32.00	35.00	35.50	40.50	43.00
	100		1:07.00	1:10.50	1:11.50	1:18.00	1:19.00	10yrs & Under 1:25.00	
	200		2:17.00	2:26.50	2:28.00	12yrs & Under 2:37.00			
	400		4:50.00	14yrs & Under 5:05.00					
	800	10:45.00							
	1500	19.00.00							
Back	50	33	37.00	39.00	40.00	43.00	43.50	45.00	47.50
	100		1:20.00	1:23.00	1:25.00	1:32.00	1:33.00	10yrs & Under 1:36.00	
	200		2:40.00	2:50.50	2:51.50	12yrs & Under 2:58.00			
Breast	50	36.50	42.00	45.00	46.00	48.00	50.00	53.50	56.00
	100		1:29.00	1:33.50	1:35.00	1:45.00	1:46.00	10yrs & Under 1:51.00	
	200		3:02.50	3:09.00	3:15.00	12yrs & Under 3:30.00			
Fly	50	31	36.00	37.00	37.50	41.00	42.00	44.50	47.00
	100		1:16.50	1:23.00	1:24.50	1:32.50	1:36.00	10yrs & Under 1:42.00	
	200		2:40.00	2:52.00	2:55.00	12yrs & Under 3:10.00			
Medley	100	1:13.00							
	200		2:40.00	2:47.00	2:48.00	12yrs & Under 2:58.00			
	400		5:34.00	14yrs & Under 5:46.00					

FEMALE

Stroke	Distance	Open	17&O-15/16	14yr	13yr	12yr	11yr	10yrs	9yrs/Under
Free	50		33.50	34.00	35.00	37.00	38.00	40.00	43.00
	100		1:13.00	1:14.50	1:16.00	1:19.00	1:20.50	10yrs & Under 1:26.00	
	200		2:26.00	2:31.50	2:33.00	12yrs & Under 2:38.50			
	400		5:10.00	14yrs & Under 5:20.00					
	800	10:45.00							
	1500	20:00.00							
Back	50	37	40.50	41.50	42.00	43.00	43.50	45.50	47.50
	100		1:25.00	1:28.00	1:29.50	1:32.00	1:33.00	10yrs & Under 1:36.00	
	200		2:49.00	2:52.00	2:54.00	12yrs & Under 3:01.00			
Breast	50	41	45.00	47.00	48.00	51.50	52.50	54.50	56.00
	100		1:34.00	1:37.00	1:38.50	1:44.00	1:45.00	10yrs & Under 1:52.00	
	200		3:10.00	3:16.00	3:20.00	12yrs & Under 3:30.00			
Fly	50	34	38.50	39.50	40.00	42.00	42.50	44.50	47.00
	100		1:23.00	1:25.00	1:26.50	1:34.50	1:37.00	10yrs & Under 1:42.00	
	200		2:51.50	2:56.00	3:00.00	12yrs & Under 3:10.00			
Medley	100	1:20.00							
	200		2:49.00	2:56.00	2:58.00	12yrs & Under 3:08.00			
	400		5:50.00	14yrs & Under 6:05.00					

CONDITIONS OF ENTRY.

- * Meet will be conducted under the rules of Swimming N.S.W
- * Must be a member of C.V.S.A.
- * Visitors must apply for approval to compete at this meet
- * **Entries close;** Wednesday 7th June 2017 * Late entries will not be accepted
- * **Final Competitors entry list** will be shown on CVSA website from Thursday 8th June.
- * Check your entries & contact Russell Waugh 0400302052 or **waughs11@bigpond.com** by Monday 12th June if changes are required
- * M/C swimmers must show classification card to Referee.
- * All events will be timed finals.
- * Qualifying times will apply.
- * Full automatic timing will be used
- * Age as at 17th June 2017.
- * **To Enter; Individual Entries; Online entries only - link on CVSA website**
Entry e-files; only to be used for relays by club race secretaries
Enquiries; Russell Waugh 0400302052 or **waughs11@bigpond.com**
- * Medals will be awarded to both age groups in double aged events & first 3 place getters in **ALL** other races
- * **Entry fees; Meet Fee;** \$10 per swimmer per day
\$6 per individual event
No cost for relay entries or relay only swimmers

The **MEET FEE** entitles **ALL** swimmers and spectators unlimited **FREE** pool entry

* All swimmers must to pay **\$10 MEET FEE** to enter each day **BUT** you will get a \$10 refund for each swimmer after the first two swimmers in your family per day by CVSA.
Refund will be available at the meet.

* **ALL CLUBS PARTICIPATING MAY BE ALLOCATED DUTIES THROUGHOUT THE MEET e.g. timekeeping, etc.**

CONDITIONS OF ENTRY FOR RELAYS

- ? Entry e-files; only to be used for relays by club race secretaries
- ? Available on CVSA website competitions page OR contact Russell Waugh 0400302052 or **waughs11@bigpond.com**
- ? Clubs may enter a maximum of 2 relays per event
- ? Relay swimmers names to be handed to the recording room before 10am on the day of the relay.
- ? Relay swimmers not swimming individual events **MUST** be included in the team entries.
- ? All relays will be scored events & added to club point scores.
- ? No entry fee for relay entries
- ? Swimmers only swimming in relay events will not have to pay the meet fee.

**ENTER THROUGH DOOR AT SIDE OF BUILDING BEHIND GRANDSTAND
NO ENTRY THROUGH MAIN ENTRANCE OF POOL COMPLEX
Or POOL ENTRY CHARGES WILL APPLY**

CVSA Property Register Feb 2018

Item	Qty	Item Location
Drink Barrel	2	Russell Waugh
Walkie Talkie	7	Russell Waugh
Claims Board	1	Russell Waugh
Lap Counter	8	Russell Waugh
Printer	1	Russell Waugh
Laptop	1	Russell Waugh
Mobile WiFi	1	Russell Waugh
Clip Board	Various	Russell Waugh
Medal – Gold	Various	Russell Waugh
Medal – Silver	Various	Russell Waugh
Medal – Bronze	Various	Russell Waugh
Newsprint Scrapbook	2	Michele Burley-Jones
Members Function Scrapbook	2	Michele Bruley-Jones
Stopwatches (New)	15	Russell Waugh
CVSA Bali Flag	1	Phillip Hawke
Banner		Narelle Murphy
Technical Official Shirts Ladies		
Size 12	2	Narelle Murphy
Size 14	4	Narelle Murphy
Size 16	2	Narelle Murphy
Size 18	3	Narelle Murphy
Technical Official Shirts Mens		
Size M	7	Narelle Murphy
Size L	9	Narelle Murphy
Size XL	1	Narelle Murphy
Size 2XL	7	Narelle Murphy
Size 3XL	2	Narelle Murphy
Size 4XL	3	Narelle Murphy

2017 Senior Establishment Squad Team Managers Report

The 2017 Coast and Valley Senior Establishment Squad (SES) touring team competed at the 2017 New Zealand Short Course Championships 3 -7 Oct 2017 consisted of the following people:

Head Coach:	Kerry Saunders
Female Team Manager:	Melisa Geale
Male Team Manager:	Andrew Wright
TO Development:	Jacqui Currey

Swimmers:

Cassie Van Breugel	- Woy Woy SC
Adam Vincer	- Newswim
Cooper Woolley	- KPD SC
Joshua Peoples	- KPD SC
Lachlan Van-Tempest	- Woy Woy SC
Matthew Pender	-Valley Aquatic

All team members arrived at the airport prior to the required time and cleared Customs without incident. The departing flight was slightly delayed but otherwise uneventful.

Upon arrival I picked up the hire van and we travelled to our accommodation in Waiake, Auckland. The house was in an excellent location, had ample room to accommodate everyone, and was in close proximity to the pool. During our stay we had only one minor problem with the dishwasher but a call to Ian, the owner, and he organised to get it repaired as soon as it could.

To minimise international transaction fees, before we left, I was instructed to try and withdraw cash from CVSA account and to use cash and not EFTPOS. However, the CVSA Westpac card I was given would not work at the local Westpac branch (?). So the first couple of visits to the supermarket I had to use EFTPOS, which worked fine. Once we established that I could not withdraw money from Westpac either over the counter or through the Westpac ATM I tried other banks ATM's and found several that would work and used the one with the lowest fees.

Once the finance problem was sorted out, an efficient daily routine was quickly established and everything else ran very smoothly. Kerry, Melisa, and I worked exceptionally well together as a team to ensure that the swimmers were very well looked after with nutrition, rest, recovery, and motivating music on the bus to and from the pool. Most nights we were up cooking way after bedtime to ensure there was sufficient fresh and nutritional food for the next day's racing.

The exemplary behaviour and attitudes show by all of the competitors while we were away was second to none for the whole duration of the tour and were an absolute pleasure to take away. They were generally punctual when told to be ready and most of all I think the boys enjoyed their morning wakeup calls.

The pool facilities were good, not as big as SOPAC, and still reasonably new. Our seating allocation was on pool deck near the finish line so we were right next to the action and made for outstanding viewing and allowed us to cheer on some excellent results with Cassie, Matt, and Cooper each winning medals.

The only minor disappointment for the whole trip was the weather on the last day. For our last day's activity before departure, we had organised an Auckland bridge climb. The inclement weather made the climb a little unpleasant. Having said that, we still had a great time and Melisa, with her injured knee, made it the whole way without incident.

The flight home was on time and uneventful. However, a flat tyre about half way home on the freeway on the drive home from the airport made for an exciting additional couple of hour while we waited for the tow truck.

Kerry, and I had a post tour debrief meeting with Phil and Jenny, with Melisa being a late apology, to discuss to the overall outcomes and success of the tour and considerations for the future. These recommendations were then documented for CVSA Executive committee consideration and action.

Overall, from my perspective the tour itself was a very rewarding. We worked some very hard and long hours to ensure we gave the kids the best opportunity to perform at their best. We also had a lot of fun along the way. It's always the quiet ones you have to watch!

Andrew and Melisa