

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

## **Edgeworth Sport & Recreation Club Tuesday, 21<sup>st</sup> August, 2018**

Meeting opened at 6.55 pm with Blinda Francis-Smith presiding.

### **1. ATTENDANCE**

Blinda Francis-Smith   Jenny Schwetz   Phillip Hawke   Jacqui Currey   Russell Waugh  
Greg Skinner  
Michael Hyslop NSW Development Officer for CVSA

### **2. CONFLICTS OF INTEREST**

Nil declared.

### **3. APOLOGIES:** Michele Burley-Jones, Norm Roberts, Michelle Gross, Jacki Mackintosh. Moved Phil Hawke 2<sup>nd</sup> Greg Skinner that apologies be accepted. Carried.

### **4. CONFIRMATION** - Minutes of previous meeting: Moved Jacqui Currey 2<sup>nd</sup> Greg Skinner that the minutes of the previous meeting are a true and correct copy. Carried

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

- 5.1. Have Clubs requesting Friday night swim meet submitted revised dates. Russell Waugh advised that Singleton SC have sourced officials for Friday, and Nelson Bay SC have sourced officials for their meet in January.
- 5.2. CVSA AGM – consideration to holding AGM and Presentation dinner in August (11<sup>th</sup> or 18<sup>th</sup>), as the calendar in June/July is very congested. Moved Jacqui Currey 2<sup>nd</sup> Phil Hawke that 18 August is preferred date. Carried. Tentative booking to be made.
- 5.3. Account signatories have been changed. Golf Fundraiser account has been opened.

### **6. CORRESPONDENCE:**

#### **6.1. INWARDS**

- 6.1.1. Email-Mark Heathcote: Reminder Delegate nomination-AGM & Forum
- 6.1.2. Email-Newcastle Embroidery: Invoice-fwd: Treasurer
- 6.1.3. Email-Michelle Johnson: e-newsletter
- 6.1.4. Email-Cecilia Nguyen: NSW Target Meet Final information
- 6.1.5. Email-Michelle Johnson: e-newsletter
- 6.1.6. Email-Donna Golightly: Thanks for patron; advice of upcoming CVSA dates for Adam Crouch
- 6.1.7. Email-Kerrie Turner: summer championship dates
- 6.1.8. Email-Cecilia Nguyen: NSW Target Meet-further information
- 6.1.9. Email-Cecilia Nguyen: NSW Target Meet-Final start list
- 6.1.10. Email-Chris Howe: invoice
- 6.1.11. Email-Purnell Trophies-invoice-fwd: Treasurer
- 6.1.12. Email-Jackie Sargeant: Target meet
- 6.1.13. Email-Office of Sport Central Coast: eNews upcoming training-fwd: CVSA Clubs
- 6.1.14. Email-Michelle Johnson: e-newsletter
- 6.1.15. Email-Blacktown SC: January meet-fwd: CVSA Clubs
- 6.1.16. Email-IA & CM Saxby: Invoice-fwd: Treasurer
- 6.1.17. Email- Julie Moore: Thanks from Sonia Hornery re Patron & request for information for upcoming CVSA events
- 6.1.18. Email-Mark Heathcote: Agenda items for Presidents' Meeting-
- 6.1.19. Email: Complaint process
- 6.1.20. Email-The Medal Man: assistance with 2018 awards-fwd: Norm & Russell

- 6.1.21. Email-Michelle Johnson: e-newsletter
- 6.1.22. Zara Good: Thank you card-National A camp
- 6.1.23. Central Coast Council: Statement-overdue account-fwd: Treasurer
- 6.1.24. Email-Ben Tuxford: asctaNSW Conference-fwd: CVSA coaches
- 6.1.25. Email (Russell Waugh)-Alison Ford: MC events-CVSA championships

## 6.2. **OUTWARDS**

- 6.2.1. Email-Swimming North Coast: Stroud Seals LC swim meet
- 6.2.2. Email-Nigel Jones: Appointment to Competition Committee
- 6.2.3. Email-Debby Tattoli: Appointment to Competition and Selection and Development Committees
- 6.2.4. Email- Sue Westwood, Janette Kinkade: Selection and Development Committee position
- 6.2.5. Email-Kerrie Turner: summer championship dates
- 6.2.6. Email-Complaint process
- 6.2.7. Email-CVSA clubs & Coaches: Golf Fundraiser day information
- 6.2.8. Email-Mark Heathcote: Delegate nomination forms
- 6.2.9. Email-Swimming NSW: Affiliation form

Moved Greg Skinner 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. MPIO Training – Newcastle University-Ourimbah camps  
6-9 pm \$25 per person  
Tuesday 14 August  
Monday 17 September
- 6.3.2. Request for information for upcoming CVSA events from Adam Crouch & Sonia Hornery.
- 6.3.3. Agenda items for Presidents' Meeting to be received by SNSW 20<sup>th</sup> September
- 6.3.4. New technical official online assessment tool. Candidates can request assessment which will be forwarded to ATSC Co-ordinator to organise. Noted that all check boxes must be ticked before assessment can be requested.
- 6.3.5. asctaNSW conference being held on 15-16 September.
- 6.3.6. MC events-CVSA championships – confirmed that MC events will remain as Open events until entries increase

## 7. **REPORTS:**

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

Report tabled-copy attached.

#### 7.1.1. Accounts approved for Payment

<b>Paid to</b>	<b>Details</b>	<b>\$</b>
Newcastle Embroidery	Development shirts (managers)	216.00
Chris Howe	Claim board	2000.00
Purnell Trophies	Engraving of perpetual trophies	10.00
IA & CM Saxby	Bus hire- Achiever squad	1210.00

Moved Phil Hawke 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. Summer championship program and qualifying times – changes to Friday program.
- Male/Female 800 & 1500 events have been split
  - Age group has been changed to 9 yrs or 9/10 years
  - Nationals next year
 

Boys 14-17 years	18/19 – 20/21 years	Open
Girls 13 – 16 years	17/18 – 19/20 years	Open
  - Australian Club champs has been added to National program
- 7.2.2. Development/Speedo program and break times – change to 7/Under -can only swim 25m events

Moved Russell Waugh 2<sup>nd</sup> Jacqui Currey that report be accepted and summer program approved. Carried

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

Report tabled-copy attached.

## National A camp

- coaches report that they feel the initiative was fantastic and the swimmers really enjoyed the program; the camp was worth the expense.
- Swimmers from North Coast and South Coast joined CVSA swimmers.
- David Lamond did a fantastic job as Team Manager
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## Achievers meet – 13 October - SOPAC

Moved Phil Hawke that report be accepted. Carried.

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

No report.

### 7.5. **Property Officer-** Jacki Mackintosh

No report.

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

*I contacted Valley Aquatic for their Swim Meet 12<sup>th</sup> August regarding Technical Officials who would be conducting the meet and received reply from the Club.*

Moved Greg Skinner 2<sup>nd</sup> Russell Waugh that report be accepted.

### 7.7. Web Administrator – Greg Skinner

No report

### 7.8. NSW Development Officer for CVSA – Michael Hyslop

SNSW has initiated a competition point score for clubs to encourage them to train more technical officials. More details will be available at the next meeting.

Moved Greg Skinner 2<sup>nd</sup> Phil Hawke that report be accepted. Carried.

## **8. GENERAL BUSINESS:**

8.1. Accreditation process for technical officials

8.2. Review CVSA Policies

8.2.1. Catering )

8.2.2. Nominations & appointments )

8.2.3. Conflict of interest ) To be reviewed at September meeting.

8.2.4. Delegations )

8.2.5. Radio Communications )

8.2.6. Technical Assessment-new )

8.3. MPIO for 2018/19 Jenny Schwetz.

8.4. Approved purchase of medals. Moved Russell Waugh 2<sup>nd</sup> Phil Hawke. Carried.

**9. MEETING CLOSED** 8.15pm

**10. NEXT MEETING:** 18<sup>th</sup> September, 2018

CHAIR: Blinda Francis-Smith

SECRETARY: Jenny Schwetz

# COAST AND VALLEY TREASURERS REPORT

June 2018

**Cheque  
Account**  
Forward  
**Income** \$ 45,488.49

Interest	\$	4.31	
Membership - Non Swimmers	\$	72.00	
Membership - Swimmers	\$	126.75	
Carnival Entries Via Sal - Championships	\$	20,438.00	
Nat A's	\$	1,312.00	
Senior Target	\$	1,000.00	
Achievers Squad	\$	1,840.00	
Junior Target	\$	520.00	
	\$	<u>25,313.06</u>	<u>\$ 25,313.06</u>
			<b>\$ 70,801.55</b>

## **Expenses**

online transfers	Carnival Refunds	\$	430.00	
	Enliven	\$	450.00	
300729	John Elliott	\$	20.00	
300924	Ian Jeffery	\$	40.00	
3000947	Sid Foggs Bus	\$	1,250.00	
300952	Newcastle Embroidery	\$	1,405.00	
300953	Charlie Hawke	\$	100.00	
300954	Cassandra Van Brugel	\$	100.00	
300955	Sports Super Centre	\$	7,511.10	
300958	Ardent Leisure - Dreamworld	\$	1,677.60	
300959	Norm Roberts	\$	525.00	
300965	Jacqui Currey	\$	200.00	
300966	Michele Burley-Jones	\$	200.00	
300967	Jacki MacIntosh	\$	200.00	
		\$	<u>14,108.70</u>	<u>\$ 14,108.70</u>
<b>BALANCE AS PER STATEMENT NO 107</b>				<b><u>\$ 56,692.85</u></b>

## **Unpresented Cheques as of 30/06/18**

300926	Stephanie Marks	\$	10.00
300930	Julie Scott Rees - Refund	\$	20.00

300931	KPD Swim Club - Champs Food	\$	526.00	
300934	Lane 4 Aquatics - Speedo Sprints Hire	\$	1,200.00	
300949	Kellys Party Hire	\$	149.00	
300950	Debby Tattoli	\$	2,444.56	
300957	KPD	\$	597.75	
300960	Jenny Schwetz	\$	550.00	
300961	David Richards	\$	250.00	
300962	Michelle Gross	\$	475.00	
300963	Russell Waugh	\$	300.00	
300964	Phillip Hawke	\$	225.00	
300968	Ben Booth	\$	125.00	
300969	Dept of Fair Trading	\$	45.00	
300951	Bus Charter	\$	800.00	chq voided went missing in post
		<b>\$</b>	<b>34,234.71</b>	

#### 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 30/06/18

<b>Balance as per Statement</b>	\$	7.42	\$	18,703.11
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#### Debit Card

<b>Opening Balance</b>	<b>\$</b>	<b>3,324.25</b>
Money In - Interest	\$	0.19
Money Out - Misc	\$	1,923.22
<b>Balance as per statement</b>	<b>\$</b>	<b>1,421.22</b>

#### CASH TO BE BANKED

Sonia Hornery	\$	100.00
	<b>\$</b>	<b>100.00</b>

#### ACCOUNTS TO BE PAID

Central Coast Council	\$8,406.00
Newcastle Embroidery	\$3,735.50

## COAST AND VALLEY TREASURERS REPORT

July 2018

**Cheque  
Account**

Forward

**Income**

\$ 56,692.85

Interest	\$	4.61
Membership - Non Swimmers	\$	12.00
Membership - Swimmers	\$	46.75
Nat A's	\$	560.00

\$ 623.36

\$ 623.36

**\$ 57,316.21**

**Expenses**

online  
transfers

Mics Development Squad Exp	\$	1,038.84
Bank Charges Stop Payment for 300951	\$	12.00
Debby Tattoli - bus charter	\$	800.00
Carnival Refunds	\$	30.00
300934 Lane 4 Aquatics - Speedo Sprints Hire	\$	1,200.00
300961 David Richards	\$	250.00
300962 Michelle Gross	\$	475.00
300963 Russell Waugh	\$	300.00
300964 Phillip Hawke	\$	225.00
300957 KPD	\$	597.75
300969 Dept of Fair Trading	\$	45.00
300950 Debby Tattoli	\$	2,444.56
300970 Narelle Murphy	\$	50.50

**\$ 7,468.65**

\$ 7,468.65

**BALANCE AS PER STATEMENT NO 108**

**\$ 49,847.56**

**Unpresented Cheques as of 31/07/18**

300926 Stephanie Marks	\$	10.00
300930 Julie Scott Rees - Refund	\$	20.00

300931	KPD Swim Club - Champs Food	\$	526.00	
300960	Jenny Schwetz	\$	550.00	
300949	Kellys Party Hire	\$	149.00	
300968	Ben Booth	\$	125.00	
300951	Bus Charter	\$	800.00	chq voided went missing in post
		<b>\$</b>	<b>8,848.65</b>	

## 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 31/07/18

<b>Balance as per Statement</b>	\$	8.19	\$	18,711.30
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## Debit Card

## Opening Balance

Money In - Interest	\$	0.10
Money Out - Misc	\$	426.30

## Balance as per statement

**\$ 995.02**

## CASH TO BE BANKED

Sonia Hornery	\$	100.00
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**\$ 100.00**

## ACCOUNTS TO BE PAID

Central Coast Council	\$8,406.00
Newcastle Embroidery	\$3,735.50
Chris Howe	\$2,000.00
Purnells Trophies	\$10.00
IA & CM Saxby	\$1,210.00

**\$15,361.50**

Michelle  
Gross

14/08/2018



# COAST & VALLEY 2018/19 SUMMER CHAMPIONSHIPS

## 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**; Tuesday 27th November 2018      \* Late entries will not be accepted
- \* \* **MEET PROGRAM, ENTRY LIST & SPLIT SHEETS** will be available on CVSA website under news from Wednesday 28th November
- \* Check your entries & contact Russell Waugh 0400302052 or **waughs11@bigpond.com** if changes are required
- \* **NO PROGRAMS WILL BE SOLD AT THIS MEET**
- \* 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 30th November
- \* **To Enter; Individual Entries; Online entries only - link on CVSA website**  
**Relay Entries ; Online entries preferred - see condition of entry for relays below**
- Enquiries**; Russell Waugh 0400302052 or **waughs11@bigpond.com**
- \* **Entry fees; Meet Fee; \$10 per swimmer on Saturday & Sunday**  
**Normal pool entry charges on Friday night**  
\$6 per individual event  
\$10 Relays per entry

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

\* 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 by direct deposit. Please supply your bank details.

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

## CONDITIONS OF ENTRY FOR RELAYS HAVE CHANGED

- \* **Online entries are preferred**; there will be an e-entry option available.
- \* **Swimmers names MUST be submitted with entries**
- \* **Changes can be made on the day of the meet before 9am**
- \* Clubs may enter a maximum of 2 relays per event
- \* **\$10 entry fee per entry for relay entries**
- \* Swimmers only swimming in relay events will not have to pay the meet fee.

Online Entries for Relay entries are now available.

For more information on how to enter relays online, please click [HERE](#).

**PLEASE NOTE:** Payment **MUST** be made at the time of processing your relay teams in order for the entry to be submitted correctly.

Coast & Valley requires that any Relay Only Swimmers must be entered into the Meet by the relevant closing date. These swimmers must submit their name and date of birth on the relevant E-Entry file.

**\*\*MANUAL RELAY ENTRIES WILL NOT BE ACCEPTED UNDER ANY CIRCUMSTANCES\*\***

**PLEASE NOTE:** Should you wish to make any changes to your relay team, an updated relay form must be submitted to the Chief Recorder on race day prior to the start of the session in which the event will be contested. If you are adding new swimmers, you must include their DOB.

Relay forms are not required if you are not making any changes.

## **POOL ENTRY**

**FRIDAY NIGHT; - ENTER THROUGH THE FRONT ENTRANCE - normal pool entry fees apply**

**SATURDAY & SUNDAY; - FREE ENTRY THROUGH DOOR AT SIDE OF BUILDING BEHIND  
GRANDSTAND**

**Don't enter through main entrance of pool complex on Saturday & Sunday  
or pool entry charges will apply**

# COAST & VALLEY SWIMMING ASSOCIATION 2018/19 SUMMER SHORT COURSE CHAMPIONSHIPS

Woy Woy Peninsula Leisure Centre      Blackwall Road Woy Woy

**EACH DAY IS A SEPARATE MEET YOU MUST ENTER EACH DAY SEPARATELY**

**Friday 30th November, Saturday 1st December Sunday 2nd December**

M	F	Friday night    Session 1		
Warm up 4.30/5pm – Start 5.30/6pm    TBC				
1	2	Open	1500m	Freestyle
3	4	9/10	200m	Ind Medley
5	6	13/14yrs	200m	Ind Medley
7	8	15yrs/O	200m	Ind Medley
9	10	11/12	200m	Ind Medley
11	12	Open	800m	Freestyle

Saturday Session 2				
Warm Up; (12/U) 7:45am - (13/O) 8:15am				
M	F	Start 9am		
13	14	15yrs/O	400m	Ind Medley
15	16	14yrs/U	400m	Freestyle
17	18	Open MC	50m	Butterfly
19	20	9yrs	50m	Freestyle
21	22	10/11yrs	50m	Freestyle
23	24	12/13yrs	50m	Freestyle
25	26	14& Over	50m	Freestyle
27	28	10yrs/U	4x50m	Medley Relay
29	30	12yrs/U	4x50m	Medley Relay
31	32	14yrs/U	4x50m	Medley Relay
33	34	Open	4x100m	Medley Relay
35	36	Open MC	100m	Freestyle
37	38	9/10yrs	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

**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	9yrs/U	50m	Breaststroke
65	66	10/11yrs	50m	Breaststroke
67	68	12/13yrs	50m	Breaststroke
69	70	14& Over	50m	Breaststroke
71	72	Open MC	50m	Freestyle
73	74	9/10yrs	100m	Backstroke
75	76	11/12yrs	100m	Backstroke
77	78	13/14yrs	100m	Backstroke
79	80	15/16yrs	100m	Backstroke
81	82	17yrs/O	100m	Backstroke

<b>Friday night    Session 1</b>	
<b>Conditions of entry for 1500mt events</b>	
<b>MALE; 13 AND OVER</b>	<b>GIRLS; 12 AND OVER</b>
<b>Conditions of entry for 800mt events</b>	
<b>MALE; 13 AND OVER</b>	<b>GIRLS; 12 AND OVER</b>

Sunday Session 4				
Warm Up; (12/U) 7:45am - (13/O) 8:15am				
M	F	Start 9am		
83	84	15yrs/O	400m	Freestyle
85	86	14yrs/U	400m	Ind Medley
87	88	9yrs	50m	Backstroke
89	90	10/11yrs	50m	Backstroke
91	92	12/13yrs	50m	Backstroke
93	94	14& Over	50m	Backstroke
95	96	10yrs/U	4x50m	Freestyle Relay
97	98	12yrs/U	4x50m	Freestyle Relay
99	100	14yrs/U	4x50m	Freestyle Relay
101	102	Open	4x100m	Freestyle Relay
103	104	9/10yrs	100m	Breaststroke
105	106	11/12yrs	100m	Breaststroke
107	108	13/14yrs	100m	Breaststroke
109	110	15/16yrs	100m	Breaststroke
111	112	17yrs/O	100m	Breaststroke
113	114	12yrs/U	200m	Backstroke
115	116	13/14yrs	200m	Backstroke
117	118	15yrs/O	200m	Backstroke

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

M	F	Sunday Session 5		
119	120	9yrs/U	50m	Butterfly
121	122	10/11yrs	50m	Butterfly
123	124	12/13yrs	50m	Butterfly
125	126	14& Over	50m	Butterfly
127	128	12yrs/U	200m	Breaststroke
129	130	13/14yrs	200m	Breaststroke
131	132	15yrs/O	200m	Breaststroke
133	134	9/10yrs	100m	Freestyle
135	136	11/12yrs	100m	Freestyle
137	138	13/14yrs	100m	Freestyle
139	140	15/16yrs	100m	Freestyle
141	142	17yrs/O	100m	Freestyle

**MEDALS WILL BE AWARDED TO COAST & VALLEY SWIMMERS**

First 3 places in any Double age individual event e.g. 11/12, 13/14, 15/16

First 3 places in age groups 14, 15, 16 & 17/Over in events 69, 70, 93, 94, 135, 136

First 3 place in **ALL** other races

Visitors finishing in the first 3 places in any of the above will receive a visitor's medal

## 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	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							
	1500							
Back	50	36.00	36.00	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	40.00	40.00	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	36.00	36.00	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	3:00.00	3:05.00	10yrs & Under 3:10.00	
	400	5:34.00	14yrs & Under 5:46.00					

**Minimum age for M/C events is 10 years**

### FEMALE

Stroke	Distance	17&O-15/16	14yr	13yr	12yr	11yr	10yrs	9yrs
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	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							
	1500							
Back	50	38.00	38.00	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	1:36.00	
	200	2:49.00	2:52.00	2:54.00	12yrs & Under 3:01.00			
Breast	50	44.00	44.00	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	1:52.00	
	200	3:10.00	3:16.00	3:20.00	12yrs & Under 3:30.00			
Fly	50	38.00	38.00	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	3:08.00	3:15.00	10yrs & Under 3:20.00	
	400	5:50.00	14yrs & Under 6:05.00					

**Minimum age for M/C events is 10 years**

**NO QUALIFYING TIMES FOR M/C EVENTS**

# 2018-19 COAST & VALLEY DEVELOPMENT MEET & SPEEDO SPRINT HEATS

To be confirmed POOL SATURDAY 2nd FEBRUARY 2019

**NO PROGRAMS WILL BE SOLD AT THIS MEET**

**DOWNLOAD PROGRAMS FREE ON THE COAST & VALLEY WEBSITE**

M	Break Time	F	Break Time	Age	Dist	Stroke	WARM UP 8AM - START 9AM
1	2:37.00	2	2:38.50	12yrs/U	200	Freestyle	50mt EVENTS AT THIS MEET WILL BE COMBINED SPEEDO & DEVELOPMENT
3	2:28.00	4	2:33.00	13yrs/O	200	Freestyle	
5	N/A	6	N/A	7yrs/U	25	Breaststroke	
7	1:02.00	8	1:02.00	8yrs	50	Breaststroke	
9	56.00	10	56.00	9yrs	50	Breaststroke	
11	53.50	12	54.50	10yrs	50	Breaststroke	
13	50.00	14	52.50	11yrs	50	Breaststroke	
15	48.00	16	51.50	12yrs	50	Breaststroke	
17	46.00	18	48.00	13yrs/O	50	Breaststroke	
19	1:42.00	20	1:42.00	10yrs/U	100	Butterfly	BREAK TIMES DO NOT APPLY FOR SPEEDO SPRINT ENTRIES
21	1:36.00/1:32.50	22	1:37.00/1:34.50	11/12yrs	100	Butterfly	
23	1:24.50	24	1:26.50	13yrs/O	100	Butterfly	
25	N/A	26	N/A	7yrs/U	25	Backstroke	
27	52.00	28	52.00	8yrs	50	Backstroke	
29	47.50	30	47.50	9yrs	50	Backstroke	
31	3:10.00	32	3:10.00	12yrs/U	200	Butterfly	
33	2:55.00	34	3:00.00	13yrs/O	200	Butterfly	
35	45.00	36	45.50	10yrs	50	Backstroke	
37	43.50	38	43.50	11yrs	50	Backstroke	Entries close; Tuesday 22/1/2019 No late entries accepted *Age as at 2/2/2019
39	43.00	40	43.00	12yrs	50	Backstroke	
41	40.00	42	42.00	13yrs/O	50	Backstroke	
43	1:25.00	44	1:26.00	10yrs/U	100	Freestyle	
45	1:19.00/1:18.00	46	1:20.50/1:19.00	11/12yrs	100	Freestyle	
47	1:11.50	48	1:16.00	13yrs/O	100	Freestyle	
49	N/A	50	N/A	7yrs/U	25	Butterfly	
51	53.00	52	53.00	8yrs	50	Butterfly	
53	3:30.00	54	3:30.00	12yrs/U	200	Breaststroke	VISITORS must apply to CVSA to swim in the Development Meet and are ineligible to represent Coast & Valley in Speedo Finals Enquires; Russell Waugh. 0400302052 or waughs11@bigpond.com
55	3:15.00	56	3:20.00	13yrs/O	200	Breaststroke	
57	47.00	58	47.00	9yrs	50	Butterfly	
59	44.50	60	44.50	10yrs	50	Butterfly	
61	42.00	62	42.50	11yrs	50	Butterfly	
63	41.00	64	42.00	12yrs	50	Butterfly	
65	37.50	66	40.00	13yrs/O	50	Butterfly	
67	1:36.00	68	1:36.00	10yrs/U	100	Backstroke	
69	1:33.00/1:32.00	70	1:33.00/1:32.00	11/12yrs	100	Backstroke	
71	1:25.00	72	1:29.50	13yrs/O	100	Backstroke	Meet will be conducted under the rules of Swimming N.S.W * All events will be timed finals
73	N/A	74	N/A	7yrs/U	25	Freestyle	
75	48.00	76	48.00	8yrs	50	Freestyle	
77	43.00	78	43.00	9yrs	50	Freestyle	
79	2:58.00	80	3:01.00	12yrs/U	200	Backstroke	
81	2:51.50	82	2:54.00	13yrs/O	200	Backstroke	
83	40.50	84	40.00	10yrs	50	Freestyle	
85	35.50	86	38.00	11yrs	50	Freestyle	
87	35.00	88	37.00	12yrs	50	Freestyle	
89	32.00	90	35.00	13yrs/O	50	Freestyle	ENTRY LIST will be shown on the CVSA website from 25/1/2019. If changes are required contact Russell Waugh. 0400302052 or waughs11@bigpond.com
91	1:51.00	92	1:52.00	10yrs/U	100	Breaststroke	

**IF A SWIMMER COMPETES IN A 25mt EVENT THEY CANNOT COMPETE IN THAT STROKE AT ANOTHER DISTANCE AT THIS MEET**

**AGE RESTRICTIONS APPLY TO 200MT EVENTS  
YOUNGEST AGE 9YRS**

**FOUR** swimmers per event will be selected to compete in the Speedo Finals.

**To be considered for selection in the SPEEDO FINALS and you are available to swim on that day you MUST FILL out the form in the program or on the CVSA website showing CONTACT details of swimmers and hand to presentation area.**

**SPEEDO FINALS  
Saturday 9th March 2019 at SOPAC**

93	1:46.00/1:45.00	94	1:45.00/1:44.00	11/12yrs	100	Breaststroke	
95	1:35.00	96	1:38.50	13yrs/O	100	Breaststroke	

**NO PROGRAMS WILL BE SOLD AT THIS MEET  
DOWNLOAD PROGRAMS FREE ON THE COAST & VALLEY WEBSITE**

**SPEEDO HEATS INFORMATION AND CONDITIONS OF ENTRY**

1. **SPEEDO HEATS** are 50mt EVENTS for 8, 9, 10, 11, 12, 13 years of age swimmers
2. **BREAK TIMES DO NOT APPLY** to SPEEDO HEATS
3. **You MUST be the following ages; 8, 9, 10, 11, 12, 13** as at 2/2/2019 to qualify to be selected to swim in the Speedo Finals
4. **Any swimmer who has Qualified for the National Age 2019(excluding mc & open water) will be ineligible to swim in Speedo series**
5. **State medal winners** in the 2018-19 summer season **cannot** compete in that stroke in Speedo heats
6. Swimmers do not need to be registered with a club to compete in the Speedo heats. **However Swimmers MUST be registered with a Coast & Valley club to compete in the Speedo finals.**
7. Relay teams will be selected from those swimmers who have qualified for the finals.
8. Relay events will be 8-10 years & 13 & Under
9. Visitors are not eligible to represent Coast & Valley in Speedo Finals
10. **SPEEDO FINALS ; Saturday 9th March 2019 at SOPAC**

**DEVELOPMENT MEET CONDITIONS OF ENTRY**

1. **IF A SWIMMER COMPETES IN A 25MT EVENT THEY CANNOT COMPETE IN THAT STROKE AT ANOTHER DISTANCE AT THIS MEET**
2. If you qualified to swim at the CVSA Summer Championships 2018 YOU are **INELIGIBLE** to swim that stroke & distance at the Development meet.
3. **Break times will apply for ALL events**
4. **Swimmers entry time must be SLOWER than BREAK TIME**
5. **Swimmers entered in 50mt events with a faster time than the Break time will be ineligible for a Development Meet medal in that event**
6. Use of Club times allowed for entry times if no other time available for seeding purposes. (TM entries only)
7. Medals will be awarded to both age groups in double aged events & first 3 place getters in **ALL** other races
8. Rule consideration for 25mt events
9. Participation ribbons for all 8yrs/U swimmers

**ALL CLUBS PARTICIPATING WILL BE ALLOCATED DUTIES THROUGHOUT THE MEET e.g. Timekeeping**

**ENTRY and PAYMENT OPTIONS**

- \* **ONLINE entries preferred**
- \* **E-entry files on CVSA website;**
- \* **E-Entries & enquiries; [waughs11@bigpond.com](mailto:waughs11@bigpond.com) or contact Russell Waugh 0400302052**
- \* Entry fees; Individual \$6.00 per event Cheques payable to C.V.S.A
- Payment Method for TM Entries by cheque or Direct Deposit;**
- \* Make cheques payable to CVSA
- \* Send cheque & summary sheet and mail to,  
The Registrar, Coast & Valley, 15 Bentley Street Redhead 2290
- \* **Direct Deposit facility available.**  
Westpac Bank; Coast & Valley Swimming association  
BSB: 032-528;  
Account Number 191702  
Please show swimmers name & club on deposit  
Then e-mail a copy of receipt or receipt number to; [waughs11@bigpond.com](mailto:waughs11@bigpond.com)



# **SPEEDO FINALS**

**Saturday 9th March 2019 at SOPAC**

**FOUR** swimmers from each **Speedo Heat** event will be selected to compete in the **Speedo Finals**.

Selections will be from **First** place down until we have 4 swimmers

**To be considered for selection in the SPEEDO FINALS you MUST FILL out this form showing CONTACT details of swimmers and hand to presentation area on the day of the Speedo Heats or email to Russell Waugh; [waughs11@bigpond.com](mailto:waughs11@bigpond.com)**

**Anyone NOT returning this form by the end of competition at the Speedo Heats will be deemed as not wanting to compete in the finals.**

There is **NO COST** to enter the finals. Coast & Valley pays for all entries.

**PARENTS** are responsible for the transport & care of Children at the finals.

All swimmers will receive a CVSA "T" shirt & cap at the finals

There are relays at the finals. Age groups; 13& under; 8 to 10 years in freestyle & medley.

Swimmers will be selected by using the TM system from times swum in the heats.

**All** swimmers that apply for Speedo Finals will be advised how they went & speedo final competitors will be displayed on the **CVSA** website.

## **CONTACT DETAILS ARE IMPORTANT**

**Fill out all information below & hand to presentation area**

**Name;** \_\_\_\_\_

**Club;** \_\_\_\_\_

**Male or Female (circle one)**

**"T" Shirt Size;** \_\_\_\_\_

**Contact Details;**

**Phone;** \_\_\_\_\_

**Email;** \_\_\_\_\_

**There are extra forms in presentation area if you need them**

## Selection and Development Coordinator's Report

1. Our 2018 CVSA Development Squad days at The Forum were delivered in age groups rather than Development squad groups. We delivered the Development Program over two days, having two groups in on the same day and utilising presenters to do multiple presentations on one day. The younger groups were in attendance on this day and reducing the pool sets to two hour sessions for these swimmers was much more appropriate, with the older swimmers they enjoyed four hours in the pool:

a.) **23<sup>rd</sup> June, 13 yrs & Over**, (51 swimmers). The education sessions delivered on this day were Physio / stretching, Strength and Conditioning, Nutrition, Sports Psychology and Beyond the Black Line Program from Australian Swimmers Association. The presentations were followed by pool training sets for the afternoon.

b.) **1<sup>st</sup> July for 10yrs and Under**, (33 swimmers). The education sessions delivered on this day were Physio / stretching, Strength and Conditioning, Nutrition and Social Media. The presentations were followed by pool training sets for the afternoon with guest coach Simon Watkins from Trinity Lismore attending as a Mentor Coach for this development weekend.

c.) **1<sup>st</sup> July for 11 – 12 yrs**. (46 swimmers). The education sessions delivered on this day were Sports Psychology, Strength and Conditioning, Nutrition and Social Media. The presentations were followed by pool training sets for the afternoon with guest coach Simon Watkins from Trinity Lismore 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 was delivered by, Jason Varoxis from Enliven Nutrition, <https://enlivennutrition.com> The Social Media sessions were presented by Senior Constable Brett Rose, the Youth Liasion Officer for Newcastle Police District. The Beyond the Black Line program was delivered by Kurt Herzog from the Australian Swimmers association. The Physio / stretching sessions were run by Craig Boettcher from Regant Street Physio and the Sports Psychology seesions were delivered by Fiona McCarthy of Mind and Body Balance.

### 2. National A's

2.1 Team consisted of 20 swimmers

2.2 CVSA National A's Development camp was run on the Gold Coast at Super Sports Centre Runaway Bay.

2.3 Nat A coaches were Debby Tattoli and Kerry saunders and Team Managers were David Lamond and Melisa Geale.

### 3. Senior Target Squad

3.1 Team managers Suzy Scaron and Shannan Johansen and consisted of 34 swimmers

3.2 Target Squad meet was held on the 4<sup>th</sup> and 5<sup>th</sup> of August 2018 at PLC. The CVSA Senior and Junior Target team placed second in the overall point's score for the meet, congratulations to our swimmers.

### 4. MC Squad

4.1 Team consisted of one swimmer.

4.2 SNSW MC meet was held on on the 11<sup>th</sup> August 2018 at Ryde

## 5. Junior Target squad

5.1 Team managers were Carmen Cleare and Dimity Douglas and the team consisted of 24 swimmers.

5.2 Target Squad meet was held on the 4<sup>th</sup> and 5<sup>th</sup> of August 2018 at PLC. The CVSA Senior and Junior Target team placed second in the overall points score for the meet, congratulations to our swimmers.

## 6. Achievers Squad

7.1 Team consists of 71 swimmers and Team manager is Lara Gordon.

7.2 Achievers Meet 13<sup>th</sup> October at SOPAC.

## 7 Junior Establishment squad

7.1 Eleven swimmers made up the squad and competed in the Forster Aquatic swim Meet on the 19<sup>th</sup> May 2018.

7.2 JES activities are completed for the 2018 season, thanks to those who assisted, Narelle Murphy as team manager and Joshua Peoples as Team Coach

## 8. NSW Development teams

8.1 The NSW Junior Sharks Squad has been announced and congratulations to our CVSA swimmers, who made the team; Charles Walker – Charlestown, Ava Jankovic – Hunter, and Billy Moody - Singleton.

8.2 Emerging Talent squad; Cassandra Fayers – Hunter, Charlie Hawke – Hunter, and Emily Jones – Novo,

8.3 Age Development squad; Averil Jones – Hunter, Emily March - Hunter, Daniel McLoughlin – KPD, Emily Dobbins – Mac Shores, Lachlan Mackay – Mac Shores

8.4 Senior Development Squad; Nathan Ward and Shaye Booth – Mingara

8.5 State Transition squad; Matthew Pender – Valley Aquatic.