

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

Edgeworth Sport & Recreation Club Tuesday, 19th February, 2019

Meeting opened at 7.02pm with Norm Roberts presiding.

1. CONFLICTS OF INTEREST

Nil declared.

2. ATTENDANCE

Norm Roberts	Blinda Francis-Smith	Jenny Schwetz	Michelle Gross	Russell Waugh
Phillip Hawke	Jacqui Currey	Jacki Mackintosh		

3. **APOLOGIES:** Michele Burley-Jones, Greg Skinner Michael Hyslop (Swimming NSW Development Officer). Moved Jacki Mackintosh 2nd Blinda Francis-Smith that apologies be accepted. Carried.

4. **CONFIRMATION** - Minutes of previous meeting: Moved Jacki 2nd Russell Waugh that the minutes of the previous meeting are a true and correct copy. Carried.

5. BUSINESS ARISING from the minutes

- 5.1. PLC staff received many complaints about entry fee for Friday night. Suggested that we talk to Anthony re incorporating Friday into weekend hire fee
- 5.2. June 2019 Booking (PLC): Closing time on Friday (all year) 7pm. 8pm OK for this booking, however charges may apply for future Friday night bookings.
- 5.3. PLC-Stability of starting platform at turn end of the pool –PLC Mangement notified.
- 5.4. 2019 Golf Day- date and venue – Norm Roberts following up

6. CORRESPONDENCE:

6.1. INWARDS

- 6.1.1. Email-Greta Brodie: New Club Website Build-fwd: Website admin
- 6.1.2. Email-Michelle Johnson: e-newsletter
- 6.1.3. Email (Phillip Hawke)-Swimzi Australia: Request for pop up stall at Speedo, and CVSA Champs
- 6.1.4. Email-Charlestown SC: Speedo/Dev meet
- 6.1.5. Email-PLC: Facility hire charge
- 6.1.6. Email-Greg Skinner: Jessica Collins fundraiser
- 6.1.7. Email-Michelle Johnson: e-newsletter
- 6.1.8. Email-Central Coast e-news: e-newsletter
- 6.1.9. Email-NuSwim Sc: request for timeline for Speedo Timekeeping roster
- 6.1.10. Email-Hunter Valley AllStars: Timekeeping roster
- 6.1.11. Email-Tracy Thompson: Protocol for Special needs swimmer
- 6.1.12. Email-Lisa Waters: Hire of touch pads for Eastlakes Zone swimming
- 6.1.13. Email-John Hart: Notification
- 6.1.14. Email-Tracy Thompson: Query re seed time for Speedo/Dev meet
- 6.1.15. Email-Josh Karp: Swim Central formal notification-fwd: Website admin

- 6.1.16. Email-Michelle Johnson: e-newsletter
- 6.1.17. Email-Jacinta Campbell: Error in Speedo/Dev meet program
- 6.1.18. Email-CVSA Clubs and Coaches: Junior Establishment Squad
- 6.1.19. Email (Russell Waugh): Request for refund/credit of entries for Speedo/Development meet
- 6.1.20. Email-Mark Heathcote: 2020 Country Regional Meets
- 6.1.21. Email-Michelle Johnson: e-newsletter
- 6.1.22. Email-Narelle Murphy: Confirmation of bus hire for JES trip to SOPAC
- 6.1.23. Email-Bernadette Heald: Race Protest
- 6.1.24. Email-KPD: Updated 2019 Programs-fwd: Competition Co-ordinator
- 6.1.25. Email-Referees at Mingara: Report on DQ's
- 6.1.26. Email-Kristen Anshau: Lost deck coat
- 6.1.27. Email-Susannah Williams: TO shirt
- 6.1.28. Email-KPD: new email address for Race Secretary-fwd: Competition Co-ordinator
- 6.1.29. Email-Maitland SC: Link to Picnic meet not visible on website-fwd: Competition Co-ordinator/Website Admin
- 6.1.30. Email-Greg Skinner: Referee Report-copy attached.
- 6.1.31. Central Coast Council: Invoice PLC Hire-fwd: Treasurer

6.2. **OUTWARDS**

- 6.2.1. Email-John Hart: Reply to response
- 6.2.2. Email-CVSA Clubs and Coaches: Competition swimwear & marshalling procedures
- 6.2.3. Email-Nelson Bay SC: training for technical officials
- 6.2.4. Email-Tracy Thompson: Protocol for Special needs swimmer
- 6.2.5. Email-John Hart: Response to notification
- 6.2.6. Email-Lisa Waters: Hire of touch pads
- 6.2.7. Email-John Hart: Notification
- 6.2.8. Email-Bernadette Heald: Response to Race Protest
- 6.2.9. Email: Susannah Williams: TO shirt

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

6.3. **Business Arising from Correspondence:**

- 6.3.1. Vinh Tran has joined NSW as the Sport Development & Participation Officer while Sarah Koen is on maternity leave.
- 6.3.2. Swim Central will replace Club LANE and MYLANE as of April 2019
- 6.3.3. NSW will be running information sessions
Session 1: 23 February – 9am-10am – Shane Gould room, SOPAC
Session 2: 23 February – 10am-11am - Shane Gould room, SOPAC
- 6.3.4. Fees and charges for your 2019 bookings at the Peninsula leisure Centre

Winter Short Course Event June 2019

Fri 4.00pm - 8.00pm \$885.00
Sat 7.00am – 4.00pm \$4203.00
Sun 7.00am – 4.00pm \$4203.00

Touch Pad Hire: \$60.00 per day

Out of Hours fee: \$365.00 if carnival runs past 4pm

Summer Long Course Event Nov / Dec 2019

Fri 4.00pm - 8.00pm \$928.00

Sat 7.00am – 5.00pm \$4329.00

Sun 7.00am – 5.00pm \$4329.00

Touch Pad Hire: \$60.00 per day

Out of Hours fee: \$385.00 if carnival runs past 5pm

Russell Waugh to check previous relay entries for March meeting

- 6.3.5. Jessica Collins fundraiser details were placed on CVSA website and Facebook page
- 6.3.6. CVSA website data will transfer across to the new website on Monday 11th March.
- 6.3.7. Request for refund/credit of entry fees for Ezekiel Potter
- 6.3.8. CVSA has been granted hosting rights for 2020 Country Regional Meet (tentative date 25/26 January. EOI to be sought from clubs, and if possible SNSW to be advised of CVSA venue and preferences by 29 March.
- 6.3.9. Russell Waugh has the lost deck coat and will contact Kristen Anshau to arrange collection.
- 6.3.10. Referee Report: Speedo/Dev meet
 - 6.3.10.1. Length of meet – 9 hours + setup & pack up time
 - 6.3.10.2. Swimmers entering Dev meet with a "NT" having previously competed at a local swim meet and recorded a time faster than the break time
- 6.3.11. John Hart-Notification –Moved and 2nd that this be escalated to Swimming NSW for action and determination. Carried

7. REPORTS:

7.1. Treasurer – Michelle Gross

Report tabled-copy attached.

7.1.1. Accounts approved for Payment

Paid to	Details	\$
Central Coast Council	Pool hire-PLC	8586.00
Sid Fogg & Son	Bus hire-JES	1075.00
Swimming NSW	Speedo entries	990.00
Spruce	Refund Speedo entries	60.00

Moved Michelle Gross 2nd Blinda Francis-Smith that report be accepted and accounts approved for payment. Carried.

7.2. Competition Committee Co-ordinator – Russell Waugh

- 7.2.1. Charlestown SC: Development meet entries
- 7.2.2. Speedo Finals – all team members have been notified
- 7.2.3. REC: Shirts to be ordered and handed out prior to finals
- 7.2.4. REC: Jacki Mackintosh as Team Manager for Speedo finals
- 7.2.5. Speedo results have been uploaded to website.

Moved Russell Waugh 2nd Jacki Mackintosh that report be accepted and recommendations be approved. Carried.

7.3. Selection & Development Committee – Phillip Hawke

- 7.3.1. SNSW Development pathways for National, Senior and Junior Development squads have been released. Guidelines to be developed for CVSA Development Squads.
- 7.3.2. 2018 Team Managers reports tabled-copy attached.
- 7.3.3. 2018 Area development report has been submitted to SNSW
- 7.3.4. 2019 Area Development plan – finalised and submitted to SNSW
- 7.3.5. REC: Swim caps to be ordered
- 7.3.6. Committee meeting to be held on Wednesday 20/2
- 7.3.7. Option for Achievers Squad-Distance Development meet-entries to be limited
- 7.3.8. Dated for squads to be finalised.

Moved Phil Hawke 2nd Jacquie Currey that report be accepted and recommendations be approved. Carried.

7.4. ATSC Convenor – Jacquie Currey

- 7.4.1. Noted Referee Report for Speedo/Development meet. Review length of meet with a view to separating the two meets.
- 7.4.2. Training – clubs interested but slow to follow up with members

Moved Jacquie Currey 2nd Jackie Mackintosh that report be accepted. Carried.

7.5. Property Officer- Jackie Mackintosh

No report.

7.6. Publicity Officer – Michele Burley-Jones

"Correspondence to and from Mingara Swim Club regarding Technical Officials for their forthcoming Swim Meet."

Moved Blinda Francis-Smith 2nd Phil Hawke that report be accepted. Carried.

7.7. Web Administrator – Greg Skinner

No report.

7.8. SNSW Development Officer for CVSA – Michael Hyslop

Report tabled-copy attached

Moved Phil Hawke 2nd Jacquie Currey that report be accepted. Carried.

8. GENERAL BUSINESS:

- 8.1. Minutes meeting with PLC tabled-copy attached. Moved Jacqui Currey 2nd Russell Waugh that minutes be accepted. Carried.
Jacqui Currey queried whether closing time for changerooms had been changed from 4pm.
- 8.2. REC: Nat A squad camp – proposal for commitment to hold alternate annual camps locally and in Queensland. Moved Phil Hawke 2nd Russell Waugh. Carried.
- 8.3. Hunter Youth Academy – Norm Roberts
- 8.4. Noted that there has been positive feedback to letter to clubs regarding appropriate swimwear at CVSA swim meets.
- 8.5. Noted that Swim League is using *Coast and Valley* name to promote their program.

9. MEETING CLOSED 8.47pm

10. NEXT MEETING: 19th March, 2019

CHAIR: Norm Roberts

SECRETARY: Jenny Schwetz

COAST AND VALLEY TREASURERS REPORT

As At 31 January 2019

Cheque Account			
Forward			\$ 51,845.26
Income			
	Interest	\$ 4.61	
	Championships	\$ 36.00	
	Speedo's	\$ 5,110.00	
	Development Junior Dolphins	\$ 426.00	
	Memberships - Swimmer	\$ 76.00	
	Memberships - Non Swimmer	\$ 20.00	
		\$ 5,672.61	\$ 5,672.61
			\$ 57,517.87
Expenses			
	KPD Swim Club - Champs Food	\$ 526.00	
	Newcastle Embroidery - Polo Shirt	\$ 54.00	
	Breasley - Refund	\$ 20.00	
	Kwon - Refund	\$ 20.00	
	Gearing - Refund	\$ 20.00	
	Gellatley - Refund	\$ 20.00	
	Rees - Refund - Julie Scott	\$ 20.00	
	Jeffrey - Refund	\$ 40.00	
	Gray - Refund	\$ 20.00	
	Greg Skinner - Reimburse for Stationary Expenses	\$ 10.98	
		\$ 750.98	\$ 750.98
BALANCE AS PER STATEMENT			\$ 56,766.89
Unpresented Cheques as of 30/12/12			
	300968 Ben Booth	\$ 125.00	
	300980 Central Coast Council - Pool Hire Summer Champs	\$ 8,586.00	
		\$ 8,711.00	
Term Deposits			
	Due 16/07/2018 for 12 months @ 2.350% - Interest Received		\$ 11,508.47
	Due 13/07/2018 for 12 months @2.35% - Interest Received		\$ 27,161.70
	Due 3/12/2018 for 12 months @ 2.7%		\$ 22,228.54
Cash Reserve (077)			
	Interest as at 31/01/19	\$ 6.36	\$ 18,748.00
Balance as per Statement			\$ 18,754.36
Debit Card (534)			
Opening Balance		\$ 1,856.02	
<i>Money In</i>			
	Interest	\$ 0.15	
<i>Money Out</i>			
		\$ -	
Balance as per statement		\$ 1,856.17	
Fund Raising Account (236)			
Opening Balance		\$ 3,813.00	
<i>Money In</i>			
	Interest	\$ 0.32	
<i>Money Out</i>			
Balance as per Statement		\$ 3,813.32	
ACCOUNTS TO BE PAID			
	Hamilton - Refund	\$ 10.00	
	Phil Hawke - Reimburse for EmailMeForm	\$ 98.95	
	NSW Swimming - Speedo Sprints Entries	\$ 990.00	
	Spruce Family - Speedo Refund	\$ 60.00	
	Sid Fogg & Sons - Bus for Development Squad to SOPAC	\$ 1,075.00	
	Potter Family - Speedo Refund	\$24.00	
		\$2,257.95	
Michelle Gross			
Signature		17/02/2019	

CVSA Development and Team Manger's reports

The delivery of our Development program in the CVSA area has changed and evolved over the past few years we are now running the education days based on aged groups rather than Squad groups. All swimmers who qualified for Achievers, Junior Target, Senior Target or National A were invited to be part of our Development Program and those that accepted were able to attend our Education and Training day held at Newcastle University. The swimmers who attended this day at the University were invited to participate in the Development Meet for the Squad they had qualified for. As the delivery of the Development program has changed so is the Team mangers reports as the Team mangers may only see part of their squad at the Development Day and so I have chosen to evolve the report into a general Development report with notes from each Team manager.

Team Mangers and Coaches

National A

David Lamond and Melisa Geale

Kerry Saunders and Debby Tattoli

Senior Target Squad

Suzy Scaron and Shannan Johansen

Kerry Saunders, Melisa Geale and Michael Hyslop

Junior Target

Carmen Cleare and Dimity Douglas

Kerry Saunders, Melisa Geale and Michael Hyslop

Achievers

Lara Gordon and Narelle Murphy

Melisa Geale

Junior Establishment Squad

Narelle Murphy

Joshua Peoples

Development Days – Newcastle University and The Forum

The 2018 CVSA Development Squad days at The University of Newcastle were delivered in age groups rather than Development squad groups. We delivered the Development Program over two days with the two younger aged groups on the same day and utilising presenters to do multiple presentations on the one day. This was made possible as it was decided to reduce the pool sets to two hour sessions for these swimmers which was much more appropriate, while the older swimmers enjoyed an entire day together with four hours in the pool.

a.) **23rd 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.) **1st 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.) **1st 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 Liaison 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 sessions were delivered by Fiona McCarthy of Mind and Body Balance



Nutrition – Example of foods to eat during a day of competition

Timing	Food as Fuel Nutrients	Food and Drink Example
Pre Event Breakfast Around 2-3 Hours Before Event	High Performance Fuels Hydration Recovery Fuels (small amounts if desired) Reserve Fuels (small amounts if desired) Fill Fuels (small amounts if desired)	Cereal & Toast • Weet-Bix • Skim Milk • Natural Honey (drizzled on Weet-Bix) With Plain White Bread (toasted) Choice of Vegemite, 100% Fruit Jam, Peanut Butter (thin spread only) With • 2 x Cups (500ml) Water
Pre Event Snack 1 < 1 Hour Before Event	High Performance Fuels Hydration	Fruit & Water • 1 x Large Banana OR 2 x Small Bananas • 1 x Cup 250ml Water (minimum)
Post Event Snack 1 Directly After Event	High Performance Fuels Hydration Recovery Fuels	Low Fat Greek Yoghurt & Water • Chobani Fruit Flavoured Greek Yoghurt Mini Tub • 1 x Cup 250ml Water (minimum)
Pre Event Snack 2 < 1 Hour Before Event	High Performance Fuels Hydration	Cottee's Cordial Drink • 1 x Cup (250ml) water with strong mix of Cottee's Cordial (any flavour)
Post Event Snack 2 Directly After Event	High Performance Fuels Hydration Recovery Fuels	Low Fat Muesli Bar & Water • 1 x Large Low Fat Muesli Bar • 1 x Cup 250ml Water (minimum)
Pre Event Snack 3 < 1 Hour Before Event	High Performance Fuels Hydration	Banana & Honey Sandwich • White Bread • Banana • Thick Spread Honey • 1 x Cup 250ml Water (minimum)
Post Event Snack 3 Directly After Event	High Performance Fuels Hydration Recovery Fuels	Dried Fruit & Low Fat Cheese • Sultanas • Low Fat Tasty Cheese Slices • Water (significant amount required to re-hydrate for next day)
Dinner	High Performance Fuels Hydration Recovery Fuels Reserve Fuels Fill Fuels	Mum's Spaghetti Bolognese Recipe • 5 Star Lean Beef Mince • Wholegrain Pasta • Tomato-based sauce with Extra Virgin Olive Oil • Generous Serve of Vegetables (mixed into tomato based sauce) • Water

Sports Psychology – Motivation techniques

Fiona McCarthy
Sport Psychologist
Ph 0414 778 006.

125 - 150 wpm
1250 - 1500 wpm

Honest?

1. TRAINSMART
8x50m
7x48m
1x49m

* 2. Routines
~~~~~  
Pressure ↓ Focus ↑ Confidence ↑

③ SELF TALK  
2 words  
Simple  
Posit Spec Action Oriented.

## Development Day Schedules

| Date       | Saturday 23 <sup>rd</sup> June                                            |            | Date       | Sunday 1 <sup>st</sup> July                                               | Sunday 1 <sup>st</sup> July                                               |
|------------|---------------------------------------------------------------------------|------------|------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------|
|            | 13yrs & Over                                                              |            |            | 10yrs & under                                                             | 11 -12yrs                                                                 |
| 0830       | <b>Arrival</b>                                                            |            | 0830       | <b>Arrival</b>                                                            |                                                                           |
| 0900-1000  | <b>Nutrition</b> – Enliven Nutrition                                      |            | 0900-1000  | <b>Physio</b> – Craig Boettcher – Regent Street Physio                    | <b>Arrival 09:30</b>                                                      |
| 1000-1100  | <b>Strength &amp; Condition</b> – Strength Republic (out in sports field) |            | 1000-1100  | <b>Social media</b> – NSW Police - Brett Rose                             | <b>Strength &amp; Condition</b> – Strength Republic (out in sports field) |
| 1100-1200  | <b>Physio</b> – Craig Boettcher – Regent Street Physio                    |            | 1100-1200  | <b>Strength &amp; Condition</b> – Strength Republic (out in sports field) | <b>Social Media</b> – NSW Police – Brett Rose                             |
| 1200-1215  | Lunch                                                                     | Beyond the | 1200-1215  | Lunch                                                                     | Lunch                                                                     |
| 1215-1315  | <b>Pool Set</b>                                                           | Black Line | 1215-      | <b>Pool Set</b> – Guest Coach Simon Watkins                               | <b>Sports Psychology 1215-1300</b><br>Mind and Body Balance               |
| 1315-1415  | Pool Set cont.                                                            | Sessions   | 1315-1415  | Pool Set cont.                                                            | <b>Nutrition</b> – Enliven Nutrition                                      |
| 1415-1445  | Afternoon tea                                                             |            | 1415-1515  | <b>Nutrition</b> – Enliven Nutrition                                      |                                                                           |
| 1445- 1530 | <b>Sports Psychology</b> 1445-1530<br>Mind and Body Balance               |            | 1445- 1700 |                                                                           | <b>Pool Set</b> – Guest Coach Simon Watkins                               |
| 1530-1700  | <b>Pool set</b>                                                           |            |            |                                                                           |                                                                           |

## National A Squad

Sports Super Centre camp, Runaway Bay Gold Coast, 17<sup>th</sup> – 20<sup>th</sup> July 2018

At 1pm Tuesday afternoon swimmers started arriving at Newcastle Airport. Narelle Murphy met the team to hand out a few last minute uniform items and the team all got to meet Coaches Kerry Saunders and Debby Tattoli and Team Managers David Lamond and Melisa Geale. After a few photos and farewells to parents the team was ready to check in and board the flight to the Gold Coast.



An uneventful flight and bus transfer to the Super Sports Centre and then rooms were allocated to the athletes. The National A camp squad members were:

| Forename | Surname  | Club                       |
|----------|----------|----------------------------|
| TAYLEM   | BARNARD  | WOY WOY                    |
| BRYN     | BOWEN    | NU SWIM                    |
| Molly    | Breasley | Hunter                     |
| Lachlan  | Brown    | NU Swim                    |
| AMBER    | CLARK    | NU SWIM                    |
| ELLA     | CLEARE   | HUNTER                     |
| JACOB    | CURCIO   | KINCUMBER PACIFIC DOLPHINS |
| FLYNN    | FARDELL  | MACQUARIE SHORES           |

|          |                |                  |
|----------|----------------|------------------|
| ZARA     | GOOD           | MINGARA          |
| FERGUS   | HENDERSON      | WOY WOY          |
| Reece    | Jankovic       | Hunter           |
| NICHOLAS | LAMOND         | MINGARA          |
| Caitlan  | Montgomery     | Titans           |
| ZAYNE    | MORPHEW-WATSON | NELSON BAY       |
| ASHLEIGH | OBEREKAR       | VALLEY AQUATIC   |
| JOSHUA   | REED           | NOVOCASTRIAN     |
| DILLON   | SIV            | MACQUARIE SHORES |
| RYLEY    | TWISS          | HUNTER, NSW      |
| CHARLISE | WHEELER        | KPD              |
| ISAAC    | WIGHTMAN       | MINGARA          |

Once settled in to the accommodation the following program of activities had been organized;

| ITINERARY   |                                          |     |                                              |
|-------------|------------------------------------------|-----|----------------------------------------------|
| GROUP NAME  | Coast & Valley Swimming National A Squad |     |                                              |
| DAY 1       |                                          |     |                                              |
| DATE        | Tuesday 17 <sup>th</sup> July            |     |                                              |
| TIME        | ACTIVITY                                 | PAX | NOTES                                        |
|             |                                          | 24  | Please complete your Lodge arrival checklist |
| 18:30-19:00 | Dinner                                   | 24  | Trackside Bistro                             |
| 19:30-20:30 | Trivia night                             |     | Elite room booked/ SSC to facilitate         |

| DAY 2       |                            |     |                                               |
|-------------|----------------------------|-----|-----------------------------------------------|
| DATE        | Wednesday 18 <sup>th</sup> |     |                                               |
| TIME        | ACTIVITY                   | PAX | NOTES                                         |
| 06:30-07:00 | Breakfast                  | 24  | Trackside Bistro                              |
| 08:00-09:30 | Swim                       | 20  | Swim Training 3x 50m pool lanes booked        |
| 10:30-12:00 | Talk                       | 20  | Strength & Conditioning Lecture and Practical |
| 12:30-13:00 | Lunch                      | 24  | Trackside Bistro                              |
| 13:15-15:30 | Stand up paddle            | 24  | Stand up paddle boarding                      |
| 18:00-19:00 | Swim                       | 20  | Swim Training 3x 50m pool lanes booked        |
| 19:30-20:00 | Dinner                     | 24  | Trackside Bistro                              |
| 20:15-22:15 | Movie                      |     | Elite room                                    |
| DAY 3       |                            |     |                                               |
| DATE        | Thursday 19 <sup>th</sup>  |     |                                               |

| TIME        | ACTIVITY       | PAX | NOTES                                  |
|-------------|----------------|-----|----------------------------------------|
| 06:30-07:00 | Breakfast      | 24  | Trackside Bistro                       |
| 08:00-09:30 | Swim           |     | Swim Training 3x 50m pool lanes booked |
| 10:30-12:00 | Talk           | 20  | Sports Psychology /Elite room booked   |
| 12:30-13:00 | Lunch          | 24  | Trackside Bistro                       |
| 13:30-14:30 | Spartan Course | 24  | Spartan course/Ed Services booked      |
| 18:30-19:30 | Swim           | 20  | Swim Training 3x 50m pool lanes booked |
| 20:00-20:30 | Dinner         | 24  | Trackside Bistro                       |
| 20:30-21:30 | Laser skirmish |     |                                        |

| DAY 4 - 10am Checkout |                         |     |                                        |
|-----------------------|-------------------------|-----|----------------------------------------|
| DATE                  | Friday 20 <sup>th</sup> |     |                                        |
| TIME                  | ACTIVITY                | PAX | NOTES                                  |
| 06:30-08:00           | Swim                    | 20  | Swim Training 3x 50m pool lanes booked |
| 08:30-09:00           | Breakfast               | 24  | Trackside Bistro                       |
| 09:15                 | Depart                  | 24  |                                        |

The last day of the camp was designed as a fun team bonding day and after departing the Super sports Centre the team travelled to Dream World. After a few hours of fun at Dream world the team boarded a flight back to Newcastle at 4pm arriving in Newcastle at 5:20pm. Parents were waiting to pick the athletes up and by all accounts were happy to see their very exhausted children.

In conclusion we all had a very good camp, (it was a pleasure to look after such a great group of kids). The camp provided a good balance of Theory, Training and Socialising and everyone met new friends within CVSA and from other area associations that attend the camp. This camp would be great to do again.

Other members of the National A squad who took part in the Development Days but did not attend the camp were; Harry Culty, Daniel McLoughlin, Shaye Booth



## **Target Meet – Senior and Junior Target Squad**

On 4<sup>th</sup> and 5<sup>th</sup> August 2018 the Junior Target Squad joined up with the Senior Target Squad at Peninsula Leisure Centre to compete as a team in the 2018 Swimming NSW Target Squad Meet. The swimmers were supported by Team Managers, Suzy, Shannan, Carmen and Dimity with coaches Kerry, melisa nd Michael.

Saturday consisted of all swimmers participating in three to four individual events each. Our CVSA team competed hard in the pool, and on the pool deck cheering their fellow team members on. Our swimmers regularly featured in the placing and many swimmers achieved PB's and State QTs. It was an extremely exciting day for our swimmers who were very keen to come back on the Sunday to further dominate in the pool. All swimmers finished the day to head off home to return again on Sunday morning bright and early.

Sunday morning took some explanation as the Skins experience was new to some and was very exciting to watch and probably exhausting for the swimmers involved. The Relay teams performed very well and as Sunday is a team events day it was fantastic to watch. We also need a special mention to one of our Team mangers Dimity who lead the Team Cheering and had all the swimmers fully supporting our team when racing.

CVSA placed second overall in the point score for the weekend. I would like to mention the exceptional behavior from the CVSA team being nothing short of fabulous and a pleasure to be part of. It's great that the children get to be part of a different team and socialise with kids from different clubs.

## Achievers Squad

On Saturday 13<sup>th</sup> October the Achievers Squad travelled and competed as a team in the SNSW Area Development Meet at SOPAC. We travelled down in two buses one from Singleton, picking up at Kurri Kurri and then Ourimbah. The other bus started at Fullerton Cove then Lambton Pool and then Cameron Park. Once at SOPAC the swimmers were gathered together and introduced to the Team managers and Coaches, Lara, Narelle, Phillip and Melisa.

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 with many of the more experienced swimmers helping out and offering support. The swimmers performed exceptionally well, achieving numerous PB's and medals and they represented CVSA, their clubs, and themselves well during the day and they should be congratulated for that.

At the end of the meet the swimmers boarded their buses for the trip home. It had been a long but enjoyable day for the swimmers and it was a quiet trip home. All the swimmers expressed they found being part of the Achiever Squad to be an enjoyable experience and hope to be involved again next year.



## **JUNIOR ESTABLISHMENT SQUAD 2018**

This year we were unable to go to State Open so a decision was made to attend Forster Aquatic Swimming Club Carnival on Saturday 19 May 2018. Information was sent out to all the Clubs but unfortunately, we received a poor response. A decision was made by CVSA Management that we would still take away the 12 swimmers who had applied. Our swimmers aged from 8 years to 12 years.

An early start was had by Kelsey & our Coach for the day Joshua People from KPD Club, who were picked up at Ourimbah at 5am, our next stop was Cameron Park, then final pick up at Heatherbrae with us arriving at Forster at 8.20am. Phillip Hawke had arrived early & saved part of the grandstand for the Team.

The swimmers were given swim caps, entry into the pool, a CVSA Tee Shirt & travelled by bus to and from the event. On they way up in the bus and during the day Joshua & myself discussed with the swimmers what they wanted to achieve on the day. We discussed swims that they could aim for to achieve Winter CVSA qualifying. Lots of the swimmers qualified on the day for Championships. We also discussed the next level they needed to look at which was Country Championships.

Most of the swimmers swam personal bests throughout the day in all strokes. Kosta Tsiaousia, Sophie Banister, Breanna Martin & Kelsey Page all came home with Gold, Silver & Bronze Medals. I believe a good day was had by both Swimmers & Parents.

A lot of talent was shown in these swimmers & they will be our future generation of Coast & Valley Swimming Association representative swimmers.

Thank you to Joshua People for his assistance with the Junior Establishment Squad.



Narelle Murphy  
Junior Establishment Squad Manager



## SNSW Development Officer Report

Michael Hyslop

January 2019

After a few months settling into the role I am now in a position to begin to make some change to benefit CVSA Swimming. December was a busy month with lots of things happening in and around CVSA and SNSW;

1. Area Development Programming 2019 – Report on last years Development completed by Phil Hawke and a basic plan for 2019 has been submitted to SNSW. More on this after the Development Meeting on 20/2/19.
2. National Age Squad – Camp booked for October 5<sup>th</sup> to 8<sup>th</sup>. Camp is running at Nelson Bay together with Mountains and Plains, North Coast, New England and possibly MSE.
3. SNSW Open Water Leaderboard – Last race at Terrigal on the Easter Long weekend.
4. Technical Official Challenge – To boost the numbers of TO's in CVSA, I will be running a competition between clubs to promote TO training, attendance at meets and helping other clubs. The best club will receive \$500 from SNSW. This comp will run for March and April 2019. Info being sent to clubs ASAP.
5. New Websites – By now, all clubs should have commenced the transitioning phase to the new website platform. If your club hasn't – contact me ASAP.
6. Swim Central - Josh & Greta will be holding the first Information sessions for Swim Central on Saturday 23<sup>rd</sup> February at Country Champs. We have been advertising this for the past few weeks, but only have a couple of RSVP's so far. Whilst an RSVP is not essential, we would ideally like an idea of numbers attending these sessions. Please reply to myself if your club is interested in attending.
7. DO Conference – I will be attending a SNSW DO Conference on Thursday the 21<sup>st</sup> and Friday the 22<sup>nd</sup> of Feb in Sydney.

Michael Hyslop

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CVSA Development Officer