

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

## Edgeworth Sport & Recreation Club Tuesday, 17<sup>th</sup> March, 2020

Meeting opened at 7.05pm with Norm Roberts presiding.

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

Nil declared.

### 2. **ATTENDANCE**

Norm Roberts	Greg Skinner	Jenny Schwetz	Michelle Gross	Blinda Francis-Smith
Phillip Hawke	Jacqui Currey	Janette Kinkade	Trish Roberts	

### 3. **APOLOGIES:** Michael Hyslop (SNSW Club Support Officer-Coast and Valley). Moved Trish Roberts 2<sup>nd</sup> Michelle Gross that apology be accepted. Carried.

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

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

- 5.1. Winner of Development meet point score- Valentine SC. Plaque to be presented.
- 5.2. Development committee to meeting to be organised to discuss proposed 2020 Development program
- 5.3. Management Meeting dates (amended):  
**May: MONDAY 25<sup>th</sup> May 2020**  
**December: TUESDAY 8<sup>th</sup> December 2020**

### 6. **CORRESPONDENCE:**

#### 6.1. **INWARDS**

- 6.1.1. Email-Andrew Yapp: UniSport Nationals Swimming-Sydney Open
- 6.1.2. Email-Michelle Johnson: e-newsletter
- 6.1.3. Email-Josh Karp: Technical Official Development program-fwd: Norm Roberts, Jacqui Currey
- 6.1.4. Email HiTek: Web delivery of Meet Manager 8.0 Fwd: Blinda Francis-Smith, Janette Kinkade
- 6.1.5. Email-John Hart: Jacek Kralka-assessment as Marshall/Check starter
- 6.1.6. Email-Fiona Young: Retrieval of time for Ktinka Penn-fwd: Blinda Francis-Smith, Janette Kinkade
- 6.1.7. Email-Greg Skinner: Catering for Development meet
- 6.1.8. Email-Woy Woy SC: Host club application
- 6.1.9. Email-Greta Brodie: Speedo Sprint Finals information-fwd: Greg Skinner

- 6.1.10. Email-Newcastle Embroidery: Invoice
- 6.1.11. Email-Michelle Johnson: e-newsletter
- 6.1.12. Email (Blinda Francis-Smith)-Maitland SC: Picnic Meet results
- 6.1.13. Email Brett (Maitland SC)-Record of unofficial times from picnic meet
- 6.1.14. Email (Janette Kinkade)-West Wallsend Indoor SC: List of TO's for upcoming swim meet
- 6.1.15. Email-Michelle Johnson: e-newsletter
- 6.1.16. Email-Greta Brodie: Speedo Sprint finals results
- 6.1.17. Email-Purnell Trophies: Pricing for caps
- 6.1.18. Email-Michelle Johnson: e-newsletter
- 6.1.19. Email-Mark Heathcote: Date of CVSA AGM
- 6.1.20. Email-Vinh Tran: 2020 Area Development Plan
- 6.1.21. Email-PR Designs: Cost for 300 caps
- 6.1.22. Email-Michelle Johnson: e-newsletter
- 6.1.23. Email-Michelle Johnson: Update COVID-19

## 6.2. **OUTWARDS**

- 6.2.1. Email-CVSA Clubs: Application for summer swim meets
- 6.2.2. Email-CVSA Clubs: Application for host club-SC Championships
- 6.2.3. Email-Fiona Young: Time retrieved and results updated
- 6.2.4. Email (Janette Kinkade)-West Wallsend Indoor SC: Request for meet TO's
- 6.2.5. Email- Maitland SC: Recognition of results-picnic meet
- 6.2.6. Email (Phil Hawke)-Lisa Hepburn: Team Manager information-Speedo finals
- 6.2.7. Email-Purnell Trophies: Price for 200 swim caps
- 6.2.8. Email-Mark Heathcote: Date of CVSA AGM
- 6.2.9. Email-PR Designs: new design options

Moved Phil Hawke 2<sup>nd</sup> Janette Kinkade that correspondence inwards be dealt with as read and correspondence outwards be approved. Carried

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

- 6.3.1. Information about UniSport has been placed on CVSA Facebook page and website
- 6.3.2. Adam Beisler will be at Country Championships to answer your questions about Swim League
- 6.3.3. Swimming NSW will be holding technical development workshops around the sessions of the Sydney Open from 14 – 17 May. Also looking at Area LC Championship meet as a further option.
- 6.3.4. Jacek Kralka – Assessments-Jacqui Currey. Norm Roberts has paperwork. PR Designs: Ask for further design options.
- 6.3.5. Swim League registrations have been extended
- 6.3.6. The Office of Sport is hosting a series of Member Protection Information Officer (MPIO) workshops throughout March. Completion of free online training is required prior to attending the face-to-face training. Cost is \$25 and will be held at:

17 March, Merrylands	18 March, Taree	23 March, Speers Point	23 March, St Helens Park
30 March, Maitland	30 March, Leichardt		

#### 6.3.7. 2020 Development

- NARS Squad
  - 2 camps- Northern and Southern of state
  - Levy to be determined by each Area
  - Coach selection process to be determined by SNSW and Club Support Officer. Area to fund selected coaches
  - Area encouraged to include Area cap and uniform
- SAR Squad
  - Coach development-engage with activities that can be applied in the daily training environment
  - Program to be determined by local needs and local area calendar
  - **Competition Activities**
    - ***SNSW Swim League Area Meet (SLAM)*** 1<sup>st</sup>/2<sup>nd</sup> August TBC location (Sydney TBA)
    - SLAM Eligibility-Swimmers aged 10 – 20 years who swam at state level in an individual event
    - ***SNSW Swim League Area Meet-Development (SLAM-D)*** 10<sup>th</sup> October SOPAC
    - SLAM-D eligibility-Swimmer 9-16 who swam at Country/Metro level in an individual event, but not at state

## 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	Speedo finalists shirts	619.50
Australia Post	PO Box renewal	134.00

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

### 7.2. Competition Committee Co-ordinator – Blinda Francis-Smith

- 7.2.1. Consideration be given to the CVSA clubs cancelling club nights, swim meets and deferring presentation events
- 7.2.2. Clubs to be updated re competitions
- 7.2.3. New summer competition calendar to be presented at April meeting

Moved Blinda Francis-Smith 2<sup>nd</sup> Janette Kinkade that report be accepted. Carried.

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

Report tabled-copy attached.

- 7.3.1. Runaway Bay has been booked for NARS camp – deposit paid?
- 7.3.2. Moved Phil Hawke 2<sup>nd</sup> Greg Skinner that the number attending the NARS camp from CVSA be 16 swimmers and 4 staff (coach/s, Manager/s). Carried
- 7.3.3. New SNSW Development program has been circulated to Areas

Moved Phil Hawke 2<sup>nd</sup> Janette Kinkade that report be accepted. Carried.

7.4. **ATSC Convenor** – Jacqui Currey

Noted that National swimming championships have been cancelled.

7.5. **Property Officer**- Jacki Mackintosh

No report

7.6. **Publicity Officer** – Patricia Roberts

Reports tabled for summer championships and Development meet

Moved Trish Roberts 2<sup>nd</sup> Phil Hawke that reports be accepted. Carried

7.7. **Web Administrator** – Greg Skinner

Report for pricing for wireless timing gear

- Have looked at Omega, Swiss Timing, Alge, Dolphin and Wireless
- Have spoken to Mark Armstrong (NUSwim) regarding Wireless Timing gear
- Colorado system (championship starter and watches) - \$16400  
Wireless system (Starter and timers are android phones) - \$7447 + \$500 annual licence fee
- Concerns of adequacy of Wireless starting unit
- Moved that Mark Armstrong be invited to attend April meeting to speak about NUSwim experience with Wireless system. 2<sup>nd</sup> Jacqui Currey. Carried. Greg to liaise with Mark.

Moved Greg Skinner 2<sup>nd</sup> Michelle Gross that report be accepted. Carried.

7.8. **Club Liaison Officer** – Janette Kinkade

Report tabled- LC Championships

Moved Janette Kinkade 2<sup>nd</sup> Phil Hawke that report be accepted. Carried

7.9. **SNSW Club Support Officer** – Michael Hyslop

No report

**8. GENERAL BUSINESS:**

- 8.1. Jacqui Currey has been appointed as a Technical Official to the Olympic Trials in June
- 8.2. Cancellation of West Wallsend Indoor SC meet due to corona virus concerns
- 8.3. **From 16 March 2020, Swimming NSW advises against hosting any swimming competition in NSW for a period of 30 days.**

**SNSW has postponed the 2020 NSW Junior State Championship scheduled for 28/29 March.**

**SNSW has instructed all staff (not including pool deck coaches) not to attend NSW Swimming Programs for a period of 30 days.**

SNSW advice of 8 March, relating to self-quarantining and international travel, is also updated to now include **all international travel to any country**, NOT just those countries listed.

- 8.3.1. Decision to be made regarding holding of Development Squads -April meeting
- 8.3.2. Clubs to be advised to consider delaying the start of club nights until June. This may be extended pending further information from government authorities.
- 8.3.3. Clubs to be advised to consider deferring Presentation events until COVID-19 has been checked
- 8.3.4. Clubs to be advised to postpone/cancel Meets scheduled for May and note that Technical Officials will not be called for any meets held in May
- 8.3.5. Consideration for cancellation of CVSA winter championships – decision to be made at April meeting

**9. MEETING CLOSED** 8.18pm

**10. NEXT MEETING: Tuesday, 21 April, 2020-Edgeworth Sport & Recreation Club-7pm**

CHAIR: Norm Roberts

SECRETARY: Jenny Schwetz

## COAST AND VALLEY TREASURERS REPORT

As At 29 February 2020

<b>Cheque Account</b>				
Forward				
<b>Income</b>				\$ 69,992.27
	Interest	\$ 5.38		
	Development Meet	\$ 2,118.00		
	Memberships - Non Swimmer	\$ 18.00		
	Memberships - Swimmer	\$ 12.00		
		\$ 2,153.38		
<b>Expenses</b>				<b>\$ 72,145.65</b>
	Newcastle Embroidery - Apparel	\$ 36.30		
	T Roberts - Reimburse Catering	\$ 150.00		
	Beresfield SC - Reimburse Catering	\$ 255.92		
	Champion of Meet	\$ 150.00		
	Morris Family - Maitland Carnival Refund	\$ 54.00		
	National A's Pool Hire	\$ 1,054.70		
	Swimming NSW - Speedo Sprints	\$ 1,040.00		
		\$ 2,740.92		
<b>BALANCE AS PER STATEMENT</b>				<b>\$ 69,404.73</b>
<b>Cash Reserve (077)</b>				\$ 19,799.47
Interest as at 29/02/2020		\$ 1.51		
		\$ 1.51		
<b>Balance as per Statement</b>				<b>\$ 19,800.98</b>
<b>Debit Card (534)</b>				
<b>Opening Balance</b>				\$ 1,871.61
<i>Money In</i>	Interest	\$ 0.14		
				\$ 0.14
				\$ 1,871.75
<i>Money Out</i>				
				\$ -
<b>Balance as per statement as at 29/02/2020</b>				<b>\$ 1,871.75</b>
<b>Fund Raising Account (236)</b>				
<b>Opening Balance</b>				\$ 2,671.20
<i>Money In</i>	Interest	\$ 0.20		
				\$ 0.20
<i>Money Out</i>				
<b>Balance as per Statement as at 29/02/2020</b>				<b>\$ 2,671.40</b>
<b>Term Deposits</b>				
Due 13/07/2020 for 12 months @2.35%				\$ 27,786.42
Due 16/07/2020 for 12 months @ 2.350%				\$ 11,773.16
Due 3/12/2020 for 12 months @ 2.3%				\$ 22,739.80
<b>ACCOUNTS TO BE PAID</b>				
		\$ -		
		\$ -		
		\$ -		
Prepared By	Michelle Gross			
Dated	12/03/2020			

## CVSA Development and Team Manger's reports

The delivery of our 2019 Development Program education days was based on aged groups rather than Squad groups again this year and has proven very successful. All swimmers who qualified for MC, 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.

### Team Mangers and Coaches

#### National A

Blinda Francis-Smith and Jacqui & Darcy Currey

Michael Hyslop, Sam Frame, Kerry Saunders and Debby Tattoli

#### Senior Target Squad

Suzy Scaron, Aimee Sinclair and Phillip Hawke

Debby Tattoli and Tyler Jones

#### Junior Target

Heidi Tolar, Jane Clack and Phillip Hawke

Michael Hyslop

#### Achievers

Lisa Beacher, Nicole Stacey, Steven Edwards, Nikki Wellers and Caroline Hammond

Kerry Saunders and Shane Arnold

#### Junior Establishment Squad

Lisa Shailer and Narelle Murphy

Michael Hyslop

### Development Days – Newcastle University and The Forum

The 2019 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. The younger swimmers completed two hour pools sets as part of their Development Day, while the older swimmers enjoyed four hours in the pool on their Development day.

a.) **29<sup>th</sup> June, 13-18yrs**, (91 swimmers). The education sessions delivered on this day were Physio / injury prevention, Mindfulness, Nutrition and Beyond the Black Line Program from Australian Swimmers Association. The presentations were followed by pool training sets for the afternoon with guest coach Greg McWhirter from Sydney attending as a Mentor Coach for this development weekend.

b.) **30<sup>th</sup> June for 9–11yrs**, (65 swimmers). The education sessions delivered on this day were Active Muscles Active Minds - Mindfulness, Strength and Conditioning, Nutrition and Physio / stretching. The presentations were followed by pool training sets for the afternoon with guest coach Greg McWhirter from Sydney attending as a Mentor Coach for this development weekend.

c.) **30<sup>th</sup> June for 11 – 12 yrs**. (72 swimmers). The education sessions delivered on this day were Active Muscles Active Minds - Mindfulness, Strength and Conditioning, Nutrition and Physio / stretching. The presentations were followed by pool training sets for the afternoon with guest coach Greg McWhirter from Sydney 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, Rebecca Cope from Be the Best Me, <https://www.bethebestme.com.au>

The Mindfulness sessions were presented by Mike Wilkins, Owner Active Muscles Active Minds,

<https://www.activemusclesactiveminds.com>

The Beyond the Black Line program was delivered by Kurt Herzog and Katie Goldman from the Australian Swimmers association.

The Physio / stretching sessions were run by Brett Doring from Coast Sport, <https://www.coastsport.com.au> , and

Craig Boettcher from Regent Street Physio. <https://www.regentstphysio.com.au>

## Nutrition



## Active Muscles Active Minds



## Physio / stretching





## Development Day Schedules

Date	Saturday 29 <sup>th</sup> June		Date	Sunday 30 <sup>th</sup> June	Sunday 30 <sup>th</sup> June
	13yrs to 18yrs			9yrs -11yrs	11yrs -13yrs
0830	<b>Arrival</b>		0830	<b>Arrival</b>	
0900-1000	<b>Physio – Brett Doring</b> Warm-ups, Dryland & injury prevention		0900-1000	<b>Presentation 1- Mike Wilkins</b> Active Muscles Active Minds	<b>Arrival 09:30</b>
1000-1100	<b>Presentation 2 – Mike Wilkins</b> Active Muscles Active Minds		1000-1100	<b>Presentation 2- Strength&amp;Conditioning</b>	<b>Presentation 1- Mike Wilkins</b> Active Muscles Active Minds
1100-1200	<b>Presentation 3- Rebecca Cope</b> Be the Best Me (Nutrition + yoga)		1100-1200	<b>Presentation 3- Nutrition</b>	<b>Presentation 2- Strength&amp;Conditioning</b>
1200-1215	Lunch		1200-1215	Lunch	Lunch
1215-1415	<b>Pool Set – Males</b>	1230– 1400 Beyond the Black Line – <b>Females</b> Katie Goldman	1215- 1315	<b>Pool Set</b> – 2hrs set from 1215 to 1415	<b>Presentation 3- Nutrition</b>
	<b>Greg McWhirter</b>		1315-1415		<b>Presentation 4-Physio Craig Boettcher</b>
1415-1445	Afternoon tea		1415-1445 break	Maybe <b>Physio Craig Boettcher - 1 hour set 1430-1530</b>	<b>Pool Set 1445 -1700</b>
1445-1700	<b>Pool set - Females</b>	1430 - BTBL – <b>Males</b> Kurt Herzog	End 1700		

## **National Age Area Representative Squad (NAARS)**

The Retreat camp, Port Stephens, 5<sup>th</sup> – 8<sup>th</sup> October 2019

At 12:30pm Saturday afternoon swimmers started arriving at The Retreat. Uniforms were distributed and the swimmers started to meet the Coaches, Team managers and visiting area squads. After farewells to parents the team were given their room allocations and got ready to head to Tomaree Aquatic Centre for an afternoon pool set.

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

Day 1:

Arrive at 12:30pm – Activation workshop

3:00pm to 5:00pm – Swim Session 1

Day 2:

8:00am to 10:00am – Swim Session 2

12:00pm – Coaches Presentations

3:00pm to 5:00pm – Swim Session 3

6:00pm – NRL Grand Final Party

Day 3:

8:00am to 10:00am – Swim Session 4

Middle of the Day – Rest and Prepare for Mini Meet

3:00pm to 5:00pm – Swim Session 5 – Mini Meet run by Swimming North Coast

6:00pm – Social Night –Team Bonding at Camp

Day 4:

9:00am – Sand boarding

12:00am – Home Time

The last day of the camp was designed as a fun team-bonding day with a morning of Sand boarding at Birubi Beach and Stockton Sand Dunes. On returning The Retreat at midday parents were waiting to pick the athletes up and by all accounts were happy to see their very exhausted swimmers.

## **Senior Area Representative Squad Meet**

On 3<sup>rd</sup> and 4<sup>th</sup> August 2019 the Senior Area Representative Squad travelled to Peninsula Leisure Centre to compete as a team in the 2019 Swimming NSW Senior Area Representative SC Meet. Team Managers, Suzy, Aimee and Phillip supported the swimmers with coaches Debby and Tyler.

Saturday consisted of all swimmers participating in four individual events each. Our CVSA team consisted of 42 swimmers who 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.

The CVSA SAR Squad Team performed extremely well over the weekend and we 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.

## **Junior Area Representative Squad Meet**

On Saturday 12<sup>th</sup> October the Junior Area Representative (JAR) Squad travelled and competed as a team in the SNSW Junior Area Representative 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 Heidi, Jane, Phillip and Michael.

Our CVSA JAR team consisted of 42 swimmers who competed in up to six individual events and two relays each. 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 Junior Area Representative (JAR) Squad to be an enjoyable experience and hope to be involved again next year.

## **Achievers Squad Meet**

SNSW was not running a Development activity for Achievers Squad in 2019 but CVSA recognised the importance of this squad as many of the swimmers who progress to Junior and Senior Area squad come through our Achievers program. As such CVSA held their own Achievers Squad Meet with a focus on distance events, 200m and over, rather than 50m and 100m events. This was to encourage swimmers to push themselves and experience new events in a non competitive environment as the focus was on achieving an official time for events they may not have previously competed in and no placing's were recognized in this Short Course Time Trial Event. We had 63 swimmers participate in the meet, which started at 3pm and finished around 6pm. Swimmers 12yrs and under were eligible to swim two individual events and swimmers 13yrs and over were eligible to swim three individual events. The meet was held at Arnolds Swim Centre in The Junction and Kerry Saunders and Shane Arnold volunteered as Team Coaches for the day running the swimmers through a warm up and supporting the swimmers efforts throughout the meet. Hunter Swim Club assisted with the running of the meet and hosted a BBQ for the swimmers.

## COAST & VALLEY SWIMMING ASSOCIATION 2019 ACHIEVERS SQUAD TIME TRIAL MEET

Warm up 2pm – Start 3pm				
M	F	Age Group	Distance	Stroke
1	2	13yrs & Over	1500	Freestyle
3	4	13yrs & Over	800m	Freestyle (See conditions below)
5	6	9/10yrs	200m	Ind Medley
7	8	11/12yrs	200m	Ind Medley
9	10	13yrs & Over	200m	Ind Medley
11	12	9/10yrs	200m	Freestyle
13	14	11/12yrs	200m	Freestyle
15	16	13yrs & Over	200m	Freestyle
17	18	9/10yrs	200m	Breaststroke
19	20	11/12yrs	200m	Breaststroke
21	22	13yrs & Over	200m	Breaststroke
23	24	12yrs & Under	400m	Freestyle
25	26	13yrs & Over	400m	Freestyle
27	28	9/10yrs	200m	Butterfly
29	30	11/12yrs	200m	Butterfly
31	32	13yrs & Over	200m	Butterfly
33	34	9/10yrs	200m	Backstroke
35	36	11/12yrs	200m	Backstroke
37	38	13yrs & Over	200m	Backstroke
39	40	12yrs & Under	400m	Ind Medley
41	42	13yrs & Over	400m	Ind Medley

**Junior**

### **Establishment Squad 2019**



On Friday 15<sup>th</sup> March, 2019 19 swimmers from the Coast & Valley Junior Establishment Squad travelled to Sydney Olympic Park for the NSW Open State Championships. These swimmers joined from a variety of clubs in the Newcastle, Singleton and Central Coast areas; and were accompanied by Team Coach Michael Hyslop, CVSA representative Narelle Murphy and 11 parents.

On arrival the squad members were all excited to enter the pool for a training session with Michael. For many of these swimmers it was their first occasion visiting SOPAC, being amazed by the size of the complex and depth of the pool. For others, it was a great opportunity to refine skills in the competition pool prior to upcoming school representative meets.



After our training session the swimmers got changed and enjoyed an early dinner at McDonalds. We then went downstairs to be briefed on our role as basket carriers for the championships. We had some free time to view the Olympic memorabilia around the pool area. The kids were amazed at just how big the hand & foot moulds of some champion swimmers were. Another point of much conversation was the changes to race suits over years, with many of kids too young for the era of full body race suits. During this time Narelle had the opportunity to speak to the accompanying parents about the Swimming NSW/CVSA development plan, and answer any questions from families.



We formed two shifts of basket carriers, and were just short of two full teams. Narelle had kindly grouped the basket carriers loosely on their local swim club, combined with a good mixture of ages to foster leadership and support. The baskets this year were again huge - half the height of some swimmers, and wider than their little bodies. This proved to be a challenge for a couple of younger swimmers, meaning I got a workout helping to run and carry baskets as they got tired. Special thanks must go to Sophie Kelley, Evie Harris, Kade Taylor, Elana Sydenham and Tahj Regattieri for offering additional support and basket duties to cover both teams over the night.

The kids were very excited to brush shoulders with some big names and their idols, helped by Narelle's experience. We were very fortunate to receive three gifted medals from swimmers throughout the night, and these were shared between some very excited CVSA swimmers. At the end of the night Cate Campell took the time to come over and sign memorabilia for our swimmers. The swimmers were all very kind and many thanked our children for their help on the night.

Swimming NSW gathered all the JES swimmers together at the end and thanked us for our help, providing thankyou bags with some snacks for the bus ride home. The bus trip home was much quieter with many children exhausted from carrying baskets and running back and forth.

Narelle and I were very proud of how our swimmers behaved. They displayed teamwork to help each other out when some were tired. The respect shown to our championship swimmers was commented on. The young CVSA swimmers will look back fondly on this trip for a long time to come, with new friendships formed. It has been great to see kids from different swim clubs recognise each other at events since the JES 2019 trip.



Lisa Shailer  
Manager  
Junior Establishment Squad

## Coast & Valley Championships Report

The Annual Summer Championships for the Coast & Valley area were once again held at the Peninsular Leisure Centre on November 29/ 30<sup>th</sup>, and December 1<sup>st</sup> 2019. Events catered for 9 years and under to Open Division for both male and female athletes, as well as events being available for Multi-Class swimmers, of which several Paralympians competed.

There were over 2645 entries from 30 Clubs competing over the three days.

Swimmers of the Meet were Charlie Hawke and Emily Jones, both from Hunter Club

Over the course of the three days, the swimmers achieved many outstanding results. The girls set 1 x relay record, with 18 x Age Records, whilst the boys achieved 2 x relay records and 29 Age records.

The Champion Club overall was Hunter and the small Club award was won by Nelson Bay.

The Management would like to thank all the Technical Officials for giving their valuable time for the Area's swimmers to officiate at this Meets. Thank you very much for your efforts, for without these volunteers, their knowledge and expertise the Meet would not succeed. THANK YOU.

Trish Roberts

Publicity Officer





## COAST & VALLEY SWIMMING ASSOCIATION 2019 SUMMER LONG COURSE CHAMPIONSHIPS

The Annual Long Course Swimming Championships were held at Woy Woy's Peninsular Leisure Centre, from Friday 29th November 2019 through to Sunday 1st December 2019.

The events catered for the following age groups:

- 50m events for ages 9/10/11, 12/13 & 14 & over
- 100m events for ages 9/10, 11/12, 13/14, 15/16 & 17 & over
- 200m events for ages 12 & under, 13/14 & 15 & over
- 400m events for ages 14 & under & 15 & over
- 800m events were Open events, limited to Men & Women 11 & over
- 1500m events were Open events, limited to Men 12 & over & Women 11 & over
- 50m & 100m events were available for Multi-class swimmers
- Both Medley Relay & Freestyle Relay events (4 x 50m) were available for 10 & under, 12 & under, 14 & under
- Medley Relay & Freestyle Relay events (4 x 100m) were Open events.

The weekend saw many new Coast & Valley Records achieved. A total of 46 individual records (28 male & 18 female) & 3 relay records (2 male & 1 female) were broken.

Charlie Hawke (Hunt) took out the Male Individual Point Score with a total of 192 points with 7 new records achieved. Other outstanding swimmers were Archie Quinn (NBay) with 4 records achieved & Sam Harris (NuSwim) & Billy Moody (Sing) with 3 records each. Special mention needs to also go to both Koby Hall & Cameron Gawn (Novo), who achieve high point scores without breaking records.

Emily Jones (Hunt) achieved the highest Female Individual Point Score with a total of 187 points with 8 new records achieved. Dominika Kralka (KPD) & Ava Hepburn (Ming) achieving 2 records each. Isabella Campbell (Hunt), Emily Dobbins (Novo) & Zara Foran (Hunt) also achieved high point scores.

Swimmers who achieved the placings of 1st, 2nd or 3rd in their individual age groups are listed in the attachment below.

### Team Rankings

Combined Team Scores - Club Champion was awarded to Hunter Swim Club with a total of 2249 points. 2nd & 3rd place was Novocastrian (2132) & NuSwim (1477) respectively.

Quality - Club Champion was awarded to Nelson Bay Club with 20 swimmers achieving 34.75 points.

Congratulations to all swimmers on their excellent achievements during this meet.

CVSA's Management & Competition Committee would like to thank all Technical Officials for giving their valuable time to the Area's swimmers by officiating at this meet.

We would like to thank you all very much for your efforts and without the continued knowledge, support & expertise, the meet would not succeed.

***Janette Kinkade***

(Competition & Management Committee Member)



## COAST & VALLEY SWIMMING ASSOCIATION

### 2019 SUMMER LONG COURSE CHAMPIONSHIPS

Top 3 placings per age group were as follows:

9 yrs. & Und	Alexis Petrovic	NuSwim	Edward Waerea	NuSwim
	Ava Hepburn	Mingara	Charlie Potts	HVAS
	Hanna Mounter	NuSwim	Isaac Mulligan	NuSwim
10 years	Olivia Gray	Nelson Bay	Archie Quinn	Nelson Bay
	Grace Daniell	KPD	Zarhn Webber	WWI
	Lara Mogan	Hunter	Magnus Gregory	Nelson Bay
11 years	Aaleyah Tolar	Hunter	Nicholas Gavin	Novocastrian
	Alexandra Noonan	NuSwim	Blake Burton	HVAS
	Taylah Markulin	KPD	Albert Clegg	KPD
12 years	Ebony Nix	Nelson Bay	Cameron Gawn	Novocastrian
	Dominika Kralka	KPD	Tyler Trethan	NuSwim
	Lara Clack	NuSwim	Elliott Graham	Novocastrian
13 years	Zara Foran	Hunter	Koby Hall	Novocastrian
	Georgia Christian-Milne	Novocastrian	Percy Sinclair	Hunter
	Lola Russell	Hunter	Noah Brown	Novocastrian
14 years	Isabella Campbell	Hunter	Billy Moody	Singleton
	Ava Jankovic	Hunter	Gabriel Jeffery	NuSwim
	Alix O'Bryan	Singleton	Thomas Dever	Hunter
15 years	Emily Dobbins	Novocastrian	Joshua Reed	Novocastrian
	Averil Jones	Hunter	Ryley Twiss	Hunter
	Natalie Hotham	Mingara	Daniel McLoughlin	KPD
16 years	Emily Jones	Hunter	Lachlan Mackay	Novocastrian
	Abbey Proctor	Mingara	Oscar Jeffery	NuSwim
	Freya Geering	Novocastrian	Buckley Ingram	Nelson Bay
17 years & Over	Ashleigh Oberekar (18)	Valley Aquatic	Charlie Hawke (17)	Hunter
	Alexandra Rees (21)	Novocastrian	Sam Harris (20)	NuSwim
	Ella Cleare (17)	Hunter	Reece Jankovic (17)	Hunter

## **REPORT FOR DEVELOPMENT MEET**

**Held 15<sup>th</sup> February 2020**

The Annual Coast and Valley Development Meet was held at Maitland Pool on Saturday 15<sup>th</sup> February, and attended by 121 athletes, entering 96 events, totalling 493 entries conducted over the course of the morning.

Races commenced at 9 am and were concluded by 12.40 pm., followed by lunch in the Club Room.

The weather was very hot and humid, making swimming very much the order of the day. Many PB's were established and these swimmers were rewarded with a variety of medals.

Swimmers, 8 year old and under, were all presented with a Participation Ribbon and a swim cap provided by Swimming NSW. All the littlies were much appreciative of their "gifts".

Management Committee would like to thank all the Officials who worked on pool deck throughout the day, ensuring the smooth running of the Meet.

I'm sure that many swimmers will be returning next year to compete and perhaps to move onto Area Championships if their ability keeps improving throughout the year.

Trish Roberts

Publicity Officer