

**COAST AND VALLEY  
SWIMMING ASSOCIATION INC**



7<sup>th</sup>  
Annual General Meeting  
21 June, 2015

Reports and  
Financial Statements



# COAST AND VALLEY SWIMMING ASSOCIATION INC.

## Association Officers & Life Members 2014/15

<b>Patrons</b>	Cr Peter Blackmore Cr Doug Eaton Cr Lawrie McKinna	Mayor Maitland City Council Mayor Wyong Shire Council Mayor Gosford City Council
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<b>President</b>	David Hinds	<b>Secretary</b>	Jenny Schwetz
<b>Vice President</b>	David Richards	<b>Treasurer</b>	Patricia Roberts
<b>Registrar</b>	Russell Waugh	<b>ATSC Co-ordinator</b>	Norm Roberts
<b>Development Convenor</b>	Thomas Davis		
<b>Committee Members</b>	Michele Burley-Jones	Phillip Hawke	Ian Johnson
<b>Selection &amp; Development</b>	Belinda Boon Narelle Murphy	Tom Davis(Coach) Peter Reinhard	Phillip Hawke Kirstin Street
<b>Competition</b>	Deborah Blyth	Steven Elsworth	Narelle Murphy
<b>ATSC</b>	Michele Burley-Jones Jenny Schwetz David Richards	John Hart Cathy Sheedy	Ian Johnson Jim Sheedy

## LIFE MEMBERS

Heather Brown  
Karlene Kiem  
Kengo Yagami  
Trevor McNaughton  
Pam Walton  
Lee James  
Barbara Starr  
Janice Tredinnick  
Carol Cairns  
Evan Watkins  
Patricia Roberts  
Cathy Sheedy  
Don Robertson

Geoff Turner  
Norma Turner  
Gordon Ferguson  
Toni Jennar  
Ed Mitchell  
Michelle Burley-Jones  
David Hinds  
Norman Roberts  
Narelle Murphy  
David Richards  
Jenny Schwetz  
Jim Sheedy

\* Ronald Faraday  
\* John Brown  
\* Phyllis Brown  
\* Gay McNaughton  
\* Allan Scully  
\* Nora Roberts  
\* Arthur Roberts  
\* Kelvin Cox  
\* Peter Andrews  
\* Les Lazarus  
\* AM (Bert) Jones  
\* John MacNamara  
\* Harry Schofield

\* Denotes Deceased

## SERVICE EXCELLENCE AWARD RECIPIENTS

### Recognising outstanding service to the Association

**2013** Gordon Ferguson  
Norman Roberts  
**2014** Kengo Yagami  
Lee Bendeich

## TECHNICAL OFFICIAL AWARDS

TECHNICAL OFFICIAL OF THE YEAR AWARD		ENCOURAGEMENT AWARD
2014	Janette Kincaid	Kym Hobbs/Jeff Gamble
2015	Andrew Jones	Sonny Hinwood

# PRESIDENT'S REPORT

2014/15

Well, another year has passed – 6 years since Coast and Valley was created. In this time, I believe that we have come a long way, but there is still more to do to keep us moving forward in our sport.

I have been fortunate to have had a great team of people assisting me over this time: all of these have my thanks.

I would like, at this time, to pay tribute to Trish Roberts, our out-going Treasurer. Her work and assistance has been a great benefit to us all, making it possible for us to move forward in lots of areas, by keeping the account books up-to-date, and watching our spending. We wish you all the best in your retirement, but know you will still be around swimming again. Thank you Trish.

To Russell Waugh and his Competition committee – thank you for the great work that you do in keeping our competitions up and running, as well as assisting the number of clubs that contact you throughout the season. Your work is valued highly. Thanks, Russell.

To Norm Roberts and his committee – our many thanks to all for all the assistance in seeing that our swim meets run so well. Thanks, Norm.

To David Richards, our Vice President, thank you for all of the support that you give to myself, as well as the Area. Without your help, we would be in trouble. My heart-felt thanks.

To Tom Davis and your committee – this group of people have the task of implementing our development structure, which I think has probably been the most of all aspects in the area to move forwards as it has from 6 years ago, with some exciting new ideas and programs. Thanks to you all.

Now would be the right time to pay tribute to Jarrod Anthony, the Development Officer for our area. Jarrod needs no introduction, as he is well-known in our swimming community – by all the clubs, as well as the coaches. The time and effort that this man puts into our area is exceptional. His help to me cannot be measured. He is also the driving force behind Development as well as assisting with all the committees.

Jarrod has been the driving force behind our new and exciting development achievement in preparing a team to represent CVSA on a trip to New Zealand. This is a great achievement, and we wish the team all the best. A huge thank you to you, Jarrod.

And left to last, our secretary, Jenny Schwetz. Where to begin? Jenny has been the backbone of the area, not only keeping her job up and running, but keeping me on my

toes. She is doing a great job, spending hours assisting in collating lists for Development. Both Tom and Jarrod have given Jenny high praise for her dedication and invaluable assistance. So, on behalf of all the area, many thanks to you, Jenny.

In conclusion, thank you all for your support for the area. Please continue to do so. Thank you to the out-going committee and best wishes to the incoming committee.

Remember, this is, and will remain, the premier area in the State.

David Hinds

President.

**COAST AND VALLEY SWIMMING  
ASSOCIATION INC  
ABN 73 923 667 340**

Financial Statements

For the year ended 31 March 2015

**MARK WAMSLEY CHARTERED ACCOUNTANT**  
16 Dunbar Street (PO Box 31)  
STOCKTON 2295

Phone: 02 49201311

Fax 49201324

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**Income and expenditure Statement  
For the year ended 31 March 2014**

	<b>2015</b>	<b>2014</b>
	<b>\$</b>	<b>\$</b>
<b>Income</b>		
Area fees – Swimming Australia Ltd	12,509	11,488
Carnivals & Championships income	31,225	47,729
Donations	50	550
Development squad fees	3,680	11,922
Interest received	2,171	1,781
Merchandise sales	634	
Registrations	500	
<b>Total Income</b>	<b>50,769</b>	<b>73,470</b>
<b>Expenses</b>		
Accountancy	880	880
Affiliation fees	832	1,270
Bank fees & charges		10
Carnival & championship expenses	24,427	21,087
Equipment expense	529	4,682
Development squad	15,856	16,258
Filing fees	52	51
Hire Fees	1,290	
Honorarium	2,460	1,642
Meeting expenses	3,616	1,200
Printing & stationery	1,358	1,364
Sundry expenses	610	
Training & Scholarship expenses	5,084	3,131
Trophies & Awards	2,830	4,067
Uniforms	594	70
<b>Total expenses</b>	<b>60,419</b>	<b>55,713</b>
<b>Profit (loss) from ordinary activities</b>	<b>(9650)</b>	<b>17,758</b>
<b>Total changes in equity of the association</b>	<b>(9650)</b>	<b>17,758</b>
Opening retained profits	104,916	87,158
Net profit (loss) attributable to the association	(9,650)	17,758
<b>Closing retained profits</b>	<b>95,266</b>	<b>104,916</b>

**These financial statements are unaudited. They must be read in conjunction with the attached  
Accountant's Compilation Report and Notes which form part of these financial statements**

## Detailed Balance Sheet As At 31 March 2015

	2015 \$	2014 \$
<b>Current Assets</b>		
<b>Cash Assets</b>		
Westpac -191702	22,241	33,931
Westpac -199077	18,169	37,375
Westpac Term-199085	24,391	23,509
Westpac Term-238146	10,365	10,000
Westpac Term-251703	20,000	
Cash on Hand	100	100
	92,266	104,916
<b>Total Current Assets</b>	<b>95,266</b>	<b>104,916</b>
<b>Total Assets</b>	<b>95,266</b>	<b>104,916</b>
<b>Net Assets</b>	<b>95,266</b>	<b>104,916</b>
<b>Members' Funds</b>		
Accumulated surplus (deficit)	95,266	104,916
<b>Total Members' Funds</b>	<b>95,266</b>	<b>104,916</b>

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**These financial statements are unaudited. They must be read in conjunction with the attached Accountant's Compilation Report and Notes which form part of these financial statements**

## **Notes to the Financial Statements For the year ended 31 March 2015**

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### **Note 1: Summary of Significant Accounting Policies**

This financial report is a special purpose report prepared in order to satisfy the financial reporting requirements of the Associations Incorporations Act. The committee has determined that the association is not a reporting entity.

The financial report has been prepared on an cash basis and is based on historical costs and does not take into account changing money values or, except where specifically stated, current valuations of non-current assets

The following significant accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted on preparation of this financial report.

#### **a) Cash and Cash Equivalents**

Cash and cash equivalents include cash on hand, deposits held at call with banks, and other short –term highly liquid investments with original maturities of three months or less.

#### **b) Revenue and Other Income**

Revenue is measured at the fair value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed. For this purpose, deferred consideration is not discounted to present values when recognising revenue.

Interest revenue is recognised using the effective interest rate method, which for floating rate financial assets is the rate inherent in the instrument. Dividend revenue is recognised when the right to receive a dividend has been established.

Grant and donation income is recognised when the entity obtains control over the funds, which is generally at the time of receipt.

All revenue is stated net of the amount of goods and services tax (GST)

#### **c) Goods and Services Tax (GST)**

The Association is not registered or required to be registered for GST

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**These notes should be read in conjunction with the attached compilation report of  
MARK WALMSLEY CHARTERED ACCOUNTANT**

## STATEMENT BY Members of the Committee

For the year ended 31 March 2015

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The committee has determined that the association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements

In the opinion of the Committee the Income and Expenditure Statements, Statement of financial Position and the Notes to the Financial Statements:

1. Presents fairly the financial position of COAST AND VALLEY SWIMMING ASSOCIATION INC as at 31 March 2015 and its performance for the year ended on that date
2. At the date of this statement, there are reasonable grounds to believe that the association will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:

*David Hinds*

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President

*Patricia Roberts*

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Treasurer

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**These financial statements are unaudited. They must be read in conjunction with the attached Accountant's Compilation Report and Notes which form part of these financial statements**

## **Compilation Report to COAST AND VALLEY SWIMMING ASSOCIATION INC**

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We have compiled the accompanying special purpose financial statements of COAST & VALLEY SWIMMING ASSOCIATION INC, which comprise the Income and Expenditure Statement and Balance Sheet as at 31 March 2015, a summary of significant accounting policies and other explanatory notes. The Specific purpose for which the special financial statements have been prepared is to provide financial information to the committee of management.

### *The Responsibility of the Committee of Management*

The committee of management is solely responsible for the information in the special purpose financial statements and has determined that the basis of accounting adopted is appropriate to meet the needs of the committee of management for the purpose of complying with the association's constitution.

### *Our Responsibility*

On the basis of the information provided by the committee of management, we have compiled the accompanying special purpose financial statements in accordance with the basis of accounting and APE315: Compilation of Financial Information.

Our procedures use accounting expertise to collect, classify and summarise the financial information which the committee of management provided, in compiling the financial statements. Our procedures do not include verification or validation procedures. No audit or review has been performed and accordingly no assurance is expressed;

The special purpose financial statements were compiled exclusively for the benefit of the committee of management. We do not accept responsibility to any other person for the content of the special purpose financial statements.

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MARK WALMSLEY CHARTERED  
ACCOUNTANT  
16 Dunbar Street (PO Box 31)  
STOCKTON

6 May, 2015

## Registrars / Competition Report

2014-15.

I thank Deb Blyth, Narelle Murphy, Steve Elsworth, Jenny Schwetz, David Hinds & Jarrod Anthony for their input & support during the year on the competition committee.

Thank you to the clubs & pools that hosted CVSA events during the year your co-operation makes running these meets easier.

Congratulations;

	2014 Winter Championships	2014/15 Summer Championships.
<b>Champion Club</b>	Novocastrian	Novocastrian
<b>Female Swimmer of the meet</b>	M.Hazel	A.Rees
<b>Male Swimmer of the meet</b>	S.Booth	S.Booth
		Z.Morphew-Watson
<b>Quality Club Point Score</b>	Woy Woy	West Wallsend Indoor
<b>Development Meet Club of the meet;</b>	Singleton	

Congratulations to the clubs, athletes & coaches in the area who have competed at State & National level.

Once again the Coast & Valley clubs proved more than competitive by finishing well up in the club point score at both Winter & Summer State & Country.

We congratulate Maddison Elliott, coach Paul Sharman from NUswim, Taylor Corry from Nelson Bay, Teigan Van Roosmalen and Bradley Woodward from Mingara on their selection to Australian teams.

Unfortunately we have had to raise the entry fees for individual events by \$1 due to the cost of medals & hire equipment escalating in price.

There will be a new information booklet distributed to clubs shortly. There will be changes to Qualifying Times for CVSA Championships and Break Times for Development meets.

Below is a breakdown of the Championship & Encouragement Meets;

	Winter Champs	Summer Champs	Encouragement Meet
Number of Clubs	24	25	21
Number of Athletes	455	496	141
Number of Entries	2412	2550	604

On behalf of the competition committee,

Thank You

Russell Waugh

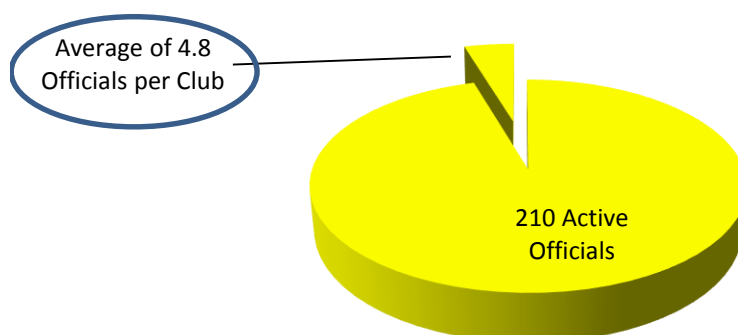
**TECHNICAL COMMITTEE**  
**ANNUAL REPORT**  
**SEASON 2014/2015**

It gives me pleasure to be able to submit the Coast and Valley Technical Committee Annual Report. Once again it has been a very busy year for all officials with swim meets on most weekends and coupled with this are the State meets, which made for a full year.

I wish to take this opportunity to thank the Coast and Valley Management Committee for their valuable help and support, for without this the Area would not function as well as it does. I also wish to thank the members of the Area Technical Training Committee for their time and effort over the past season. The members have been very active in training new officials and helping others to attain further credentials. It is unfortunate that we are not training enough officials to cover those that are not re-accrediting and therefore lost to the sport, which is placing extra loads on those that regularly attend the Area swim meets.

At the time of compiling this report there were **210 Active** officials on the database, with 43 Swimming Clubs affiliated with the Area. This breaks down to an average of 4.8 officials per Club. This is placing an extra burden on those officials that regularly attend the Area Meets.

**Average Officials per Club**



If this decline in Technical Official's that are required for swim meets is not arrested, the Area is in danger of not being able to successfully staff all the swim meets that are allocated each season.

Once again the Area held the Annual Dinner for those officials that regularly attend swim meets throughout the Area. The dinner was well attend with twenty-eight (28) officials attending. We were also privileged to have Graham Towle, Chairperson of the Board of Swimming NSW, and Pat Troy, Board member of Swimming NSW in attendance. During the dinner Area awards were presented to the following, and we extend our gratitude for the valuable time that they give to the sport of swimming.

**Andrew Jones            Technical Official of the Year**

**Sonny Hinwood        Encouragement Award**

Congratulations also go to Andrew Jones who was selected to represent Coast and Valley Swimming as a Technical Official with the touring team competing at the upcoming New Zealand Championship in August.

In conclusion I wish to thank all those hard working officials that give freely of their time and experience to ensure that the swim meets in this Area are run effectively and efficiently for all concerned.

Yours in swimming

Norman Roberts

Area Co-ordinator



# Coast & Valley

## Development Report

### 2014 Season

2014 was highlighted by outstanding performances from Madison Elliot (NUSwim) and Bradley Woodward (Mingara) along with some dominant club performances at the major State level meets.

The 2014 Coast and Valley Swimming Association Area 'A' Squad attended a development camp on Saturday & Sunday 20-21 September, 2014 at Knox Grammar. Forty eight Coast and Valley Swimmers were eligible to attend the 'A' Squad Development camp. However only fourteen attended the Camp due to many late withdrawals which was disappointing. The presentations were very informative and provided athletes with a lot of information, the social media presentation was excellent. The competition was run over two sessions over the two days. Even though the swimmers were tired from the intense testing that was being conducted during the pool sessions, the racing was very competitive with our swimmers putting in a great effort. All of the CVSA swimmers were swimming close to or best times throughout the meet which was pleasing. Many thanks to Peter Reinhard and Narelle Murphy for their roles as managers and for making the weekend an enjoyable one for all.

The 'B' and 'C' Squad development kicked off early in the season in June with development days held at The Forum. These 2 days consisted of lectures, training sessions and test sets to ascertain the abilities of CVSA's squads. The lectures were focused on personal preparation and goal setting. After the lectures, the teams got into the test sets. These were split into two sessions (morning and afternoon) and the sets were duplicated on both development days to enable accurate data collection. Mingara coach Kim Taylor was the guest coach for the B Squad with head development coach Tom Davis taking the C Squad. Thirty seven of a possible 190 swimmers participated in this year's squads. The 'B' & 'C' Squad meet was held over the 18th and 19th of October at the Mingara Aquatic Centre. Teams from ACT, CVSA, Mountains & Plains, New England & North West, Sydney Eastern, Southern Inland, Metro North East, Metro North West, Metro South West, North Coast, and Western were in attendance. CVSA were the highest point scoring team over the weekend and Zayne Mophew-Watson (C Squad, Nelson Bay) was named male swimmer of the meet. The last event of the day was the 8 x 50m all age relay consisting of a male and female swimmer from each age group (11yr & under, 12, 13, 14 and over).

Our teams were superb with the 'A' team winning by a massive 5 seconds and the 'B' team coming in 3rd, narrowly beaten by ACT. The team was very well behaved, gave

great effort, supported each other and had great assistance from the management team of Belinda Boon, Helen Wilks and Anthony Watson.

As always there were plenty of excited faces for the 'D' Squad Development days held on July 19 and August 10. They enjoyed some interesting lectures on personal preparation given by Tom Davis, followed by a range of test sets held by guest coaches; Atlantis' Rod Furlong and KPD's Debbie Tattolli. These were assisted by development scholarship coaches Ben Fricker and Amy Wild. This day was the lead up to the main event of the year for 'D' squad being the NSW 'D' Squad Development Meet held in September. The team had a great day, swam a huge amount of personal bests won multiple medals. Phillip Hawke, Kirstin Street, Lindy White and Belinda Boon were fantastic managers, encouraging the kids and making the day a memorable one.

On February 28 twelve swimmers from 'E' squad were fortunate to experience the highest level of swimming when they travelled by bus to the NSW State open. The meet featured several current or former world record holders from around the world. Not only did the team get to watch some brilliant racing they also were lucky enough to swim in the Olympic pool and have a tour around the facility.

As development coordinator I would like to thank the following people in particular for all their efforts over the season in making these squads a success. Jarrod Anthony, Jenny Schwetz, David Hinds, Belinda Boon, Narelle Murphy, Peter Reinhard and Phillip Hawke

Tom Davis

Selection & Development Co-ordinator

# SNSW Development Officer

## Annual Report-

1. **CVSA Management Committee and Standing Committees** - I would like to thank ALL CVSA Management Committee members and Coordinators and their committee members for their time and effort over the past 12 months. This also extends to the families of our committee members for being supportive, enabling our committee members to attend the monthly meetings, in addition to the many hours that are done outside of these times. They have all done a wonderful job in striving to keep Coast and Valley Swimming Association as the number one swimming area in the State.

A special mention to the Secretary, Jenny Schwetz and President, David Hinds and Russell Waugh for their time and effort throughout the year.

2. **CVSA Technical Officials** – CVSA had a very busy 2014/15 season with over 30 Area swim meets throughout the year. A big thank you to all CVSA officials who generously volunteered their time during the season.

CVSA will be providing Technical Official Training days that will run in conjunction with our Athlete Development days. If your swim club is hosting a swim meet throughout the year, it is important that your club have representatives attend these days.

The CVSA Technical Committee hosted the third CVSA dinner for our area technical officials at Gonyah Hotel function centre. Congratulations to **Andrew Jones** and **Sonny Hindwood** on their awards. The night was a show of appreciation by the Management Committee to say a big thank you to those officials who have worked at area meets, as well as attending home club races. It was a fun and very enjoyable evening with Graham Towel and his wife, and also Pat Troy attending as special guests.

I look forward to seeing most of you on pool deck again with some new faces hopefully appearing over the 2015/16 season.

3. **Swim Club Committee members** - All swim clubs' committee members are to be congratulated on being actively involved in our sport. While most club committee members become involved in their respective clubs as parents just wanting to help out and lend a hand, it is important to recognise that volunteering within your club enables our members to have a variety of swimming clubs to choose from that are able to cater to the individual needs of our members within Coast and Valley.

I know we have a few committee members retiring from their respective clubs this year, with some who have given over 20 years of service, so I would like to say a big thankyou those members.

- 4. Memberships and Registrations** – Coast and Valley Swimming Association had 4074 members register for the 2014/15 season which was around a 1% increase from last year, though CVSA still recorded the highest number of swimming members in the state followed by Southern Inland (3768) than Metro South East (3388).

Online registrations are now up and running, with a few very minor issues. SNSW would like to thank everybody for their patience during this period. Should any club, or registrar require assistance with the membership process, please contact myself or Michelle Johnson at SNSW.

- 5. Competition** - CVSA competition structure has been in place for the past 4 years and is going extremely well. CVSA have updated their Championship times and reduced program sale prices and introduced 'free' relays for entries to offset the cost of pool entry at our CVSA Championships.

I believe most clubs, coaches and parents have a better understanding of each meet and what we're trying to achieve, and are entering the races in the 'Spirit' of how they were designed. During this time, every swim meet has been conducted within the time frame set, which is also a credit to the efficiency of our technical officials. This has allowed for quality racing within our area at differing levels of competition, whilst catering to all abilities..

Thank you to the Competition Committee for their efforts throughout the season, and especially to Russell Waugh, for the many hours he dedicates to assisting club with their programs in particular with Meet Manager and Team Manager.

- 6. Development** - CVSA Development Squads saw over200 swimmers participate in our development activities throughout the season. This was an increase on the previous year. Thank you to the Development Committee for their dedication and time, especially with our touring teams. Narelle Murphy did a wonderful job in organising the apparel once again, and to Phillip Hawke who kept the website up to date. Belinda Boon and Kirsten Street added Face book to our means of communicating with parents for this season and is doing quite well.

Thanks to the CVSA coaches that helped out and participated in our training days and especially to those who helped mentor our two Scholarship coaches throughout the season.

2015 sees some slight name changes for the squads, but there are still blackout weekends specifically set aside for development. (*No Swim meets to be held across NSW*). This is so we can have more participation from our coaches across the state, as well as utilising these weekends for Technical Official training.

As per the CVSA AGM 2014, approval was granted to have a Senior Establishment Squad which will compete at New Zealand short course from the 9 - 16 August 2015. We are taking 6 swimmers and 1 technical official to swim and work at the meet with a team Manager and Coach along with myself.

- 7. CVSA Website** – The CVSA website is continually being updated and has currently been operating successfully since December 2013. Thank you to Phillip Hawke for keeping the website up to date. If any clubs have any ideas on improving the website or wish to advertise club activities or events please contact the CVSA Secretary.

The website contains all CVSA policies, competitions / results and development activities and is updated on a regular basis. All CVSA members and swim clubs should refer to this site for various information and should save it as ‘favourites’ on your club or personal computers.

- 8. CVSA Scholarship Coach** - CVSA once again offered a coaching scholarship program aimed at Bronze license coaches within the CVSA area. The CVSA scholarship program entitles up to two selected applicants the opportunity to gain their silver license coaching accreditation at the ASCTA conference on the Gold Coast. Matt Storey from Charlestown swim club and Andreas Falkneau from Singleton are the successful applicants this year, and attended the conference in early May. Both coaches will assist with the CVSA Development Squads activities for the 2015 season.

Regards  
Jarrod Anthony  
SNSW Development Officer

Congratulation to Coast and Valley swimmers selected in the 2014/15 NSWIS Emerging Talents Squads.

### **SAL Team**

Bradley Woodward	Mingara	Maddison Elliot	NU Swim
Elise Pidutti	Novocastrian		

### **ETS 13-18 Years**

Myles Bailey	Woy Woy	Harrison Gellatly	Novocastrian
Matthew Pender	Novocastrian	Lachlan Vane-Tempest	Mingara
Nathan Ward	Mingara	Bradley Woodward	Mingara

### **SNSW Age Development Squad-**

Alexandra Rees	Novocastrian	Hannah Richardson	NU Swim
Jacob Sansom	West Wallsend Indoor	Ryan Walker	Macquarie Shores
Cooper Woolley	Mingara Aquatic	Benjamin Yates	KPD
Zayne Morphey-Watson	Nelson Bay		

### **Junior Sharks Squad**

Charlie Hawke	West Wallsend Indoor	Kaylah Holmes	Woy Woy
Zayne Morphey-Watson	Nelson Bay	Emily Winpenny	Novocastrian
Samara Woolley	Mingara		

**Multi Class Squad – not available at time of printing**

Congratulations to swimmers selected in the following CVSA Development Squads for 2015

### SENIOR ESTABLISHMENT

Lachlan	Vane-Tempest	Mingara
Matthew	Pender	Novocastrian
Jamie	Parker	Hunter
Cassandra	Van Breugel	Woy Woy
Jacob	Sansom	WWI
Alexandra	Rees	Novocastrian

### NATIONAL A

Lucas	Baita	Novocastrian
Jacob	Barrett	Woy Woy
Sam	Biddle	Hunter
Johan	Briedenhann	Y Valley
Jacob	Cerniaskas	Novo
Jack	Curran	Novocastrian
Jaida	Damstra	Novocastrian
Lachlan	Davis	Novo
Ethan	Dodds	Woy Woy
Jade	Frith	Novocastrian
Chloe	Jones	Novocastrian
Harrison	Little	Novocastrian
Gus	Manderson	Hunter
Adelaide	Markey	NU Swim
Bella	Niarros	Charlestown
Jamie	Parker	Hunter
Kiran	Richardson	KPD
Lachlan	Sandy	NU Swim
Aden	Searant	Charlestown
Joshua	Smith	Woy Woy
Nicholas	Sonntag	Novocastrian
Zak	Taylor	WWI
Adam	Vincer	Novocastrian
Harry	Whitfield	Hunter Valley All Stars

## SENIOR TARGET

Maddison	Berry	Singleton
Sean	Beverley	WWI
Jessica	Biddulph	KPD
Erin	Boon	KPD
Jessica	Cerniauskas	Novocastrian
Samantha	Colless	KPD
Jessica	Davies	Woy Woy
Maja	Deans	Novocastrian
Sarah	DelBianco	Novocastrian
Emma	Field	Novocastrian
Shaylah	Forsyth-Paziuk	KPD
Carl	Gearing	Novocastrian
Zoey	Geeves	Novocastrian
Eliza	Gisbey	Novocastrian
Maurice	Good	Mingara
Daniel	Greeff	Mingara
Thomas	Grice	Macquarie Shores
Isabella	Hawke	WWI
Petro Dalene	Heese	Woy Woy
Shanae	Howard	Singleton
Charles	Jackson	Novocastrian
Izabella	Jones	Singleton
Lachlan	Jones	Singleton
Eloise	Keegan	Hunter
Rozelle	Kleyn	Hunter Valley All Stars
christie	kwon	Mingara
jennifer	kwon	Mingara
Beau	Laczkowski	NU Swim
Joel	Lucas	Y Valley
Riley	Mather	Nelson Bay
Tegan	Moore	Singleton
Grace	Murray	NU Swim
Caitlyn	Park	Titans
Nicholas	Pearce	Novocastrian
Corryn	Porteus	Y Valley
Zachery	Renshaw	Swansea Sharks
Georgina	Robinson	Woy Woy
Jack	Robinson	Y Valley
Emily	Roome	Titans
Eduardo	Sanchez Gonzalez	Hunter
Phoebe	Shearer	Novocastrian
Daniel	Smithers	KPD
Chantelle	Smuts	Singleton
Rianna	Squires	Raymond Terrace



Bryce	Sutton	Mingara
Sam	Tonks	Nelson Bay
Jade	Vadala	Woy Woy
Alex	Wheeler-Phillips	Raymond Terrace
Carinya	White	KPD
Claudia	Yates	Hunter Valley All Stars

## JUNIOR TARGET

Claire	Andrews	Hunter
Taylem	Barnard	Woy Woy
Ella	Bradley	Macquarie Shores
Kilian	Carrel	Mingara Aquatic
Jessica	Curtis	NuSwim
Olivia	Davidson	Singleton
Emily	Dobbins	Macquarie Shores
Flynn	Fardell	Macquarie Shores
Thomas	Feldmann	Novocastrian
Charli	Greedy	WWI
Axell	Gross	WWI
Sarah	Harris	NU Swim
Averil	Jones	Hunter
Emily	Jones	Novocastrian
Emily	March	Hunter
Angel	Newling	Novocastrian
Abbey	Proctor	Mingara
Joshua	Reed	Novocastrian
Courtney	Schell	Mingara
Jack	Sheehan	Y Valley
Jemma	Street	Macquarie Shores
Daniel	Taylor	WWI
Tiah	Vale	Titans
Danielle	Vesper	Mingara
Charles	Walker	Hunter
Daniel	Williams	Novocastrian
Jayden	Wright	Charlestown

## ACHIEVERS

Benjamin	Abolins	Gosford Stingrays
Mitchell	Affleck	Nelson Bay
Emily	Allanson	Raymond Terrace
Luke	Allanson	Raymond Terrace
Alyssa	Andrews	Raymond Terrace

Zane	Ashman	KPD
Lana	Barnett	Novocastrian
Joel	Barton	Wyong
Kasey	Barton	Titans
Teesha Anne	Battese	NU Swim
Hamish	Bell	Hunter
Oliver	Berry	Singleton
Mia	Biddulph	KPD
Jackson	Brown	KPD
Lachlan	Brown	NU Swim
Lily	Cameron	Cessnock
Isabella	Campbell	Hunter
Nolan	Carrel	Mingara
Kalia	Chadwick	Nelson Bay
Amber	Clark	NU Swim
Ella	Cleare	Charlestown
Christine	Connell	Novocastrian
John	Crameri	NU Swim
Maddie	Crutcher	KPD
York	Dalton	Nelson Bay
Ciara	Downes	Hunter
Elliott	Earnshaw	Singleton
Jemma	Earnshaw	Singleton
Isabelle	Field	Novo
Amelia	Gellatly	Novocastrian
Caleb	Gillard	NU Swim
Tatum	Gilmour	Hunter
Zara	Good	Mingara
Alexis	Graham	Woy Woy
Olivia	Greentree	Hunter Valley All Stars
Josiah	Harris	KPD
Simeon	Harris	KPD
Aiden	Harrison	Y Valley
Natasha	Hawkshaw	Titans
Annika	Hochguertel	Novocastrian
Luca	Hochguertel	Novocastrian
Gabriel	Jeffery	Hunter
Oscar	Jeffery	Hunter
Jarrold	Kowalski	Swansea Sharks
Lillie	Laidlaw	Mingara
James Donald	Lamond	Titans
Rhys gregory	Lamond	Titans
Blake	Langton	Toukley
Bryn	Leonard-England	NU Swim
Sean	Logan	Mingara
Matthew	Lowe	Titans
Lachlan	MacKay	Macquarie Shores
Georgia	McGrath	Mingara
Benjamin	McKechnie	Titans
Annabelle	McKenna	Nelson Bay
Hamish	McKenna	Nelson Bay
Kane	McLachlan	Charlestown
Dionne	Mills	Titans
Terangimarie	Moanaroa	Novocastrian
Caitlin	Montgomery	Titans
Teneke	Morpheus-Watson	Nelson Bay
Cheyenne	Murray	Y Valley

Laura	Nielsen	Titans
Brontie	Paxton	KPD
Ktinka	Penn	Novocastrian
Saffire	Penn	Novocastrian .
Rilee	Perry	Novocastrian
Scott	Philpotts	Hunter
Dylan	Pinfold	Novocastrian.
Jessica	Pinfold	Novocastrian
Yasmin	Popovic	NU Swim
Krystal	Porteus	Y Valley
Jayden	Redfern	KPD
Caleb	Reed	Novocastrian
Eliza	Rees	Novocastrian
Quinn	Richardson	Mingara
Daniel	Robinson	Woy Woy
Elizabeth	Robinson	Y Valley
Oliver	Robinson	Woy Woy
Lola	Russell	Hunter
Chelsea	Scaron	Charlestown
Heidi	Schneider	Hunter
Jack	Seysener	NU Swim
Benjamin	Shearer	Novocastrian
Damian	Shearer	Mingara
Elizabeth	Shearer	Mingara
Dillon	Siv	Macquarie Shores
Fox	Smith	Titans
Isabella	Speziale	Titans
Adam	Stanley	Raymond Terrace
Robert	Stanley	Raymond Terrace
Courtney	Stephens	Singleton
Alyssa	Street	Macquarie Shores
Mari-Ann	Taljaard	Hunter Valley AI IStars
Arielle	Taylor	WWI
Angus	Tonks	Nelson Bay
Keleni	Treacy	Nuswim
Ryley	Twiss	Central Newcastle
Patrick	Uljan	Gosford Stingrays
Joel	Van Haren	NU Swim
Ryan	Vesper	Mingara
Dylan	Villa	Mingara
Caley	Wallace	NU Swim
Ebonie	Warton	Mingara
Jesse	Warton	Mingara
Zach	Waterson	Mingara
Freya Rose	Whitehead	WWI
Jade	Wightman	Mingara
Hunter	Willis	Y Valley
Macy	Willis	Titans
Noel	Woods	Singleton
Jordan	Wright	Swansea Sharks
Jordan	Wright	Mingara
Ariella	Zofrea	Mingara

## JUNIOR ESTABLISHMENT

Amanda	Abolins	Gosford Stingrays
Zinc	Bosco	Singleton
Mia	Braovic	KPD
Emily	Evans	Nuswim
Jessica	Fleming	Singleton
Lachlan	Fleming	Singleton
Sophie	Geale	Singleton
Mackenzie	Gray	Singleton
Liam	Hinde	Singleton
Makaela	Hinde	Singleton
Nathan	Irvine	KPD
Mika	Kulak	Gosford Stingrays
Tyson	Montgomery	Titans
William	Moriarty	Singleton
Elexis	Morris	Singleton
Eryn	Oates	Gosford Stingrays
Alix	O'Bryan	Singleton
Charlie	O'Bryan	Singleton
Sullivan	O'Sheades	Nuswim
Annika	Owens	Gosford Stingrays
Grace	Roots	Singleton
Bethany	Sayers	KPD
Isabella	Speziale	Titans
Katrina	Stephens	Singleton
Tara	Stewart	Hunter
Aaleyah	Tolar	Hunter

## Coast and Valley Short Course Championships - 2014

The 2014 Coast and Valley Short Course Championships were held on the weekend of 14/15 June at the Peninsula Leisure Centre – Woy Woy. PLC is an excellent venue and many quality times were achieved.

Competition in the pool was high class and for many athletes a great lead up to NSW Country and State Age and Open Championships in July and August.

The nine years and under age group was dominated by Hunter duo Emily March and Charlie Walker. Charli Greedy and Y Valley and Arielle Taylor of NuSwim also performed well in the girls division while Tyne Spencer of KPD finished runner up in the boys.

The ten years age group was well contested in the girls between Christine Connell of Novocastrian and Cassandra Fayers of Hunter. The boys division was dominated by Riley Mather of Nelson Bay who broke 2 individual records. He was followed up by Joshua Reed of Novocastrian and Thomas Feldmann of Hunter.

The eleven years age group was dominated by Woy Woy's Kaylah Holmes who broke one record. She is followed up by Emily Jones of Novocastrian and Emily Leslie of Mingara. In the boys the competition was completely dominated by Charlie Hawke of West Wallsend Indoor who broke 5 records.

The twelve year age group was dominated by Michaela Hazell of NuSwim and Jasmine Anderson of Macquarie Shores. Michaela broke an amazing 7 records and Jasmine broke one. The boys division was dominated by Nelson Bay's Zane Morphew-Watson followed by Woy Woy's Lachlan Braddish. Zane finished the meet with 2 records and Lachlan 1 record.

The thirteen years age group was dominated by Novocastrian's Jade Frith. She was followed by NuSwim's Hannah Richardson and West Wallsend Indoor's Isabella Hawke. The boys division was dominated by Shaye Booth of Mingara Aquatic followed by Lachlan Blake of KPD and Mingara team mate Cooper Woolley.

The fourteen years age group was dominated by Chloe Jones of Novocastrian. She was followed by the KPD duo of Cassidy Matterson and Kate Richards. In the boy's division it was a hard fought battle between Novocastrian swimmers Jackson Ryan and Harrison Gellatly.

The fifteen years and over age group displayed high class competition. In the boys Jacob Cerniauskas of Novocastrian outscoring his opposition. In the girls the NuSwim's Emma McDonald, Hunter's Meg Bailey and Woy Woy's Cassandra van Breugel outscored their rivals.

CVSA is blessed in Multi-Class swimming with Olympian Maddison Elliott – NuSwim representing the area. Events over the weekend were dominated by Woy Woy's Robert Stott, Gosford's Dylan Littlehales and Woy Woy's Joshua Smith in the male events. In the female events Maddi showed her class followed by Bella Niarros of Charlestown, Katelyn Smith of Woy Woy, and Mingara duo Ling Gribble and Tahlia Blanshard.

At the end of the meet Coast and Valley Swimming Association President David Hinds presented the Swimmer of the Meet Awards. In the male competition Charlie Hawke of West Wallsend Indoor scored 157 points and broke 5 individual records. Charlie is such a committed young athlete who gives his

very best in every race he contests. In second place was Mingara's Shaye Booth and in third place Zane Morphew-Watson of Nelson Bay.

In the female competition Michaela Hazell from the NuSwim club showed her class. Michaela scored 182 points and broke 7 CVSA records. Michaela displayed form in all disciplines over all distances, especially the sprint distances. In second place was Jasmine Anderson of Macquarie Shores with Jade Frith of Novocastrian in third place.

Overall a staggering 57 individual and 9 relay records were broken out of 140 events. In one race alone the top six went under the previous record and all six swimming under the State Age qualifying time.

At the end of the two days of competition the Newcastle club Novocastrian were declared CVSA Club Champions scoring 1733 points, 2<sup>nd</sup> place to Mingara Aquatic – 1189.5 points and 3<sup>rd</sup> place to Hunter on 1163.5 points.

On behalf of Coast and Valley Swimming Association sincere thanks is offered to Kincumber Pacific Dolphins and Gosford City Council for hosting the meet. Also, a big thank you to the CVSA Technical officials for running a very smooth and efficient meet.



*CVSA President David Hinds with Male Swimmer Charlie Hawke from the West Wallsend*



*CVSA President David Hinds with Female Meet Michaela Hazell of the NuSwim Swim Club*



*CVSA Short Course Champions 2014 – NOVOCASTRIAN SWIM CLUB*

# TECHNICAL CO-ORDINATOR

## REPORT

### WINTER COUNTRY CHAMPIONSHIPS

I am pleased to submit a report following the introduction of some of newer Technical Officials' introduction to state-run Championship meets.

Five of the original nine (9) officials that were invited attended the Winter Country Championships. They were:

Jeff Gamble  
Phillip Johnston  
Kym Hobbs

Central Newcastle  
West Wallsend Indoor  
Jamies

Sonny Hinwood  
Teagan Moonen

Woy Woy  
West Wallsend Indoor



#### TARGETTED TECHNICAL OFFICIALS

*From L to R:*

*Back Row: Sonny Hinwood, Jeff Gamble, Kym Hobbs, Norm Roberts (JATSC Co-ordinator)*

*Front Row: Teagan Moonen, Phillip Johnston*

The trip down and dinner was a great bonding experience, with all members discussing their concerns about the positions that they were to officiate in over the weekend: this proved beneficial as they found out that they were not alone in their concerns

I moved into Marshalling on Saturday to be available to give assistance to our officials who were working as Check Starters and Marshals, a decision which proved advantageous as they were comfortable to ask a "friendly face" answers to the problems that they encountered throughout the day.

After the conclusion of the 2<sup>nd</sup> session on Saturday the group went to Dooley's for dinner where they continued talking about their experience and what occurred during the day. After dinner the team members returned to our accommodation where further discussion occurred.



I asked the group what their expectations were in relation to swimming as a whole and the feedback was very good and has given me some different ideas as to how we approach the issue of training and retaining officials.

Sunday again proved to be another long day and all carried out their duties well. It was pleasing to receive reports from out of Area officials who were surprised to learn that our targeted officials were FIRST TIMERS at a state meet!!



At the conclusion of the meet, we had a lot of very happy, but tired officials on the trip home; they were still sharing their experiences with one another.

I feel that we achieved that expected outcomes and look forward to seeing these officials return to officiate at further state meets in the future.

I propose that we continue with the scheme of targeting our newer officials exposing them to the atmosphere of a state meet and recommend that we take another group to Summer Country Championships

Norm Roberts

ATSC Co-ordinator

# Report

## A Squad Development Camp 2014

The 2014 Coast and Valley Swimming Association Area A Squad attended a development camp on Saturday & Sunday 20/21 September, 2014 at Knox Grammar School, Wahroonga. The camp included education & pool sessions. Travel was via bus with pick up points at Fullerton Cove, West Wallsend and Ourimbah for arrival at 9.30am. Two swimmers travelled with their carers.

Forty eight (48) Coast and Valley Swimmers were eligible to attend the A Squad Development camp. Fourteen (14) attended the Camp.

On arrival we went directly to Abbotsleigh Girls school, where the CVSA squad was accommodated separately from the other squads, to drop off our equipment before going to the facility at Knox Grammar. Room allocations were done by Narelle and no problems were encountered. The accommodation was good and the area was quiet which allowed the athletes to rest and go to sleep early.

After the introduction on arrival, the squads were broken into two groups which were age dependant, The groups ran independently during the sessions with one doing a pool session while the other was having dry land or a presentation. The schedule is attached; it all seemed to run smoothly.

The pool sessions were intense and were attended by a large number of coaches. The presentations were very informative and provided athletes with a lot of information, the social media presentation was very informative.

The facility at Knox Grammar is impressive and is suited to this type of camp. The pool is good, the accommodation looked great. The food was plentiful and nutritious and the kitchen staff at Knox were first class.

The meet was run over two sessions over the two days. Even though the swimmers were tired from the intense testing that was being conducted during the pool sessions, the racing was very competitive with all swimmers giving their all. All of the CVSA swimmers were swimming their times or swimming PB's throughout the meet.

During the first Session on Saturday I helped officiate as there were not enough officials to cover. Narelle managed the team during the session.

We arrived back at our accommodation at approximately 9.00pm, lights out at 9.30pm

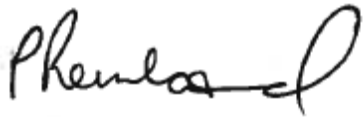
Sunday was an early start as we had to be back at Knox Grammar at 6.30am for dry land and a pool session. The whole day was intense, competitive and informative. The day ended at approximately 4.30pm and we all travelled home on the bus.

All of the swimmers were great ambassadors for Coast & Valley and represented the area with pride. One area of slight concern was when Joshua Smith ran off, but he was not in any danger and there was no concern that he would be lost as his carer had him in full control during the incident. It was dealt with at the time and no further action should be taken.

The A Squad Development Camp held on the 20/21 October 2014 was a great weekend for the athletes, coaches, officials and managers. I believe that everyone during the weekend gained something from the experience and I believe that it should continue and CVSA should fully support any future camps.

My recommendations for the A Squad development for the future are that it is held earlier in the year. WE are dealing with a different type of swimmer, the ones who have already competed at National Age. If we want more athletes who have qualified to attend the development days and camps I believe that the timing is an issue. It seems to conflict with the start of the summer programs and the end of years exams and study of the year 10-12 Students. The time lag between making the squad and development also seems to be too great for the A squad athlete.

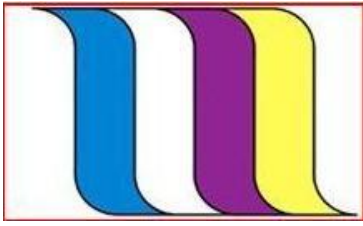
I would also like to take this opportunity to acknowledge the great support received from the MC carers over the weekend camp, as well as the usual enthusiastic support provided by Narelle Murphy in her role as Assistant Team Manager.



Peter Reinhard

Head Manager

CVSA A Squad



## B & c Squad Report



B and C Squad development kicked off early in the season in June with development days held at The Forum. These 2 days consisted of lectures, training sessions and test sets to ascertain the abilities of CVSA's squads. The lectures were focused on personal preparation and goal setting.



After the lectures, the teams got into the test sets. They consisted of 100m, 200m, 400m & 800m events varying from sprints to pace sets. These were split into two sessions (morning and afternoon) and the sets were duplicated on both development days to enable accurate data collection.

Mingara coach Kim Taylor was the guest coach for the B Squad with head development coach Tom Davis taking the C Squad.



The swimmers were keen and participated well.



These two sessions also enabled Tom to decide which events the swimmers were entered into for the B & C Squad meet held on the 18<sup>th</sup> & 19<sup>th</sup> of October at Mingara.

## *B & C Squad meet*

The 18<sup>th</sup> and 19<sup>th</sup> of October saw a majority of B & C development squads in NSW attend a carnival at Mingara Aquatic Centre, hosted by CVSA and what a weekend it was!!

The day began at 10am with all the B and C squad swimmers meeting at Mingara. This time instead of “war paint”, we had tattoos! They were an instant hit and got everyone into the spirit of the meet. Team CVSA was the goal of the weekend and while individual success was great, the success of the TEAM was the focus. It was great to see swimmers cheering each other and getting into the spirit of the weekend.



Sitting on pool deck in their team, the various teams were spread throughout the complex. Teams from ACT, CVSA, Mountains & Plains, New England & North West, Sydney Eastern, Southern Inland, Metro North East, Metro North West, Metro South West, North Coast, and Western were in attendance.

It was great to see swimmers compete in events they may have not normally competed in but, with points the main aim, very few complaints were made ☺ Even our youngest swimmer, Thomas Feldman, 10, competed in the 200m butterfly and achieved a huge 15.38 second PB!!!

Once competition was completed on day 1 of the meet, C squad went home but B squad were off to Shelly Beach cabins. These were beautiful cabins opposite Shelly Beach. Once settled into the cabins and changed, off we went to dinner at The Bay Sports Club.



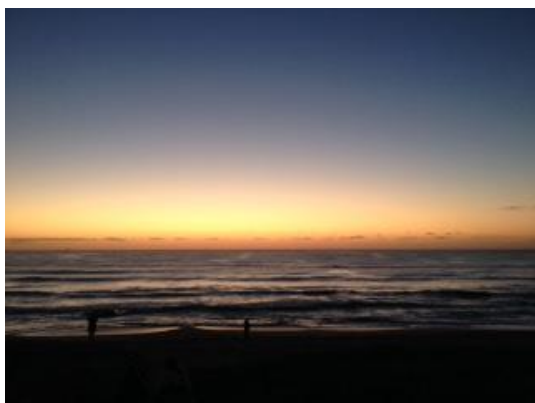
A huge thanks goes to them as they had prepared meals for us for when we arrived (I had a list of menu choices and rang them earlier for them to prepare). It was the quietest the group had been all day!!!!



After dinner, we walked back to the cabins where the swimmers socialised until lights out. This was not before coach Tom proposed that it would be a good idea if the team woke early and had a 5:30am run on the beach! So off to bed at 9pm for an early start!

5:30am came and 10 swimmers rose to the challenge, but where was Tom? Still in bed!!!

So off we went to a beautiful morning on Shelly Beach.





Watching dolphins frolic in the waves and enjoying the morning freshness, the group was joined by 1 more swimmer and manager Tony (but still no Tom!)



After breakfast, supplied by Kelloggs, it was back to Mingara for another day of competition.

Again the swimmers were amazing! Event after event, CVSA gained points and we were the highest point scorers for the whole meet!



Zane Morphey-Watson (C Squad) was named male swimmer of the meet. The last event of the day was a 8 x 50m all age relay consisting of a male and female swimmer from each age group (11yr & under, 12, 13, 14 and over). Our swimmers were

sensational! The A relay winning by a massive 5 seconds and the B relay coming in 3<sup>rd</sup>, narrowly beaten by ACT.



It was my absolute pleasure to be head Team Manager for the B & C Development teams. Each and every swimmer gave 100 % throughout the meet and I cannot praise this group of swimmers enough for their behaviour, attitude and commitment to the sport of swimming.

Thanks goes to Helen Wilks and Anthony Watson who were assistant team managers for both days. Even though this was their first time managing, they both did a great job.

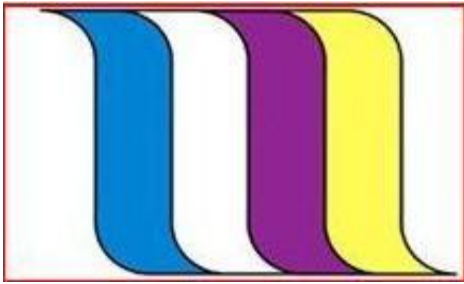
Also, thanks go to Shelly Beach Cabins and Coastal Liners for their accommodation and bus transfers and to Mingara Swim Club for looking after the officials and managers.

Yours in Swimming

Belinda Boon

CVSA B & C Squad Team Manager





## D Squad Report

Excited faces were a plenty for the D Squad Development day. They enjoyed some interesting lectures on personal preparation given by Tom Davis, followed by a range of test sets held by guest coaches – Atlantis' Rod Furlong and KPD's Debbie Tattolli. These were assisted by head development coach Tom Davis assisted by development scholarship coaches Ben Fricker and Amy Wild.

This day was the lead up to the main event of the year for D squad being the NSW D Squad Development Meet held in September.

The day started early, as all these trips do but the swimmers were keen as they arrived at SOPAC. Jumping off the bus, they had a team talk with head development coach Tom and it was in the water for warm up.

Unfortunately Narelle Murphy couldn't join us on the day so I stepped up as Head Team manager. Many thanks must go to the assistant managers on the day – Phillip Hawke, Kirstin Street and, last minute stand in, Lindy White, who all did a fantastic job.



Once all the swimmers knew their races, war paint applied and nerves allayed, the competition began. Medals were aplenty for CVSA and the swimmers were excited! For some, it was their first experience of swimming at SOPAC. Lindy White was an absolute favourite in the way she encouraged the swimmers into their events with her enthusiasm and encouragement!



Fun was had by all and the swimmers had a great experience. Many PB's were the order of the day as well!



Thanks also go to Kelloggs for their generous donation of muesli bars which went down a treat on the day!



Report by Belinda Boon – Head Team Manager CVSA D Squad

## Coast and Valley Long Course Championships – 2014

Andrew Jones

The Coast and Valley Long Course Championships were held on the weekend of 29-30 November at the Peninsula Leisure Centre – Woy Woy. This year visitors from other areas attended the championships looking for qualifying times and this provided added competition in many events for CVSA swimmers.

Competition in the pool was high class and for many athletes a great lead up to NSW State Age and Open Championships.

The nine years and under age group is always an exciting age group to watch as many of these swimmers are attending their first championships. The boys division was won by Hunter's **Charlie Walker** who dominated the field. The girls' competition was dominated from **Kelsey Van Eldik** of Hunter who blitzed her rivals.

The ten years age group saw **Joshua Reed** of Novocastrian give his all scoring 54 points over his competition. The girls was dominated **Emily March** of Hunter who scored 35 points more than her opposition.

The eleven years girls age group was won by **Cassandra Fayers** of Hunter who scored 73 points just edging out Novocastrian's Christine Connell who scored 70 points. The boys was dominated by Mingara dynamic duo **Harrison Williams** and **Isaac Wightman**. Harrison scored 97 points and Isaac 60 points.

The twelve year age group was won by **Claudia Hayes** of Hunter Valley Allstars followed closely by Woy Woy's **Kaylah Holmes** and Mingara's **Samara Woolley**. The boy's division was dominated by Nelson Bay's **Zane Morpheu-Watson** and West Wallsend Indoor swimmer **Charlie Hawke** who both were over 100 point clear of their opposition.

The thirteen years age group was won by Mingara's **Shaye Booth** followed by KPD's **Lachlan Blake**. The girls division was dominated by Macquarie Shores competitor **Jasmine Anderson** followed by Mingara's **Christie Kwon**.

The fourteen year girl's age group was won by Novocastrian's **Chloe Jones** closely followed by KPD's **Kate Richards**. **Harrison Gellatly** displayed his class in the fourteen boys scoring 120 points edging out Woy Woy's **Myles Bailey**.

The fifteen years age groups displayed an absolute dominant display in the boy's with West Wallsend Indoor's **Jacob Sansom** who finished 90 points ahead of the opposition. In the girl's Woy Woy's **Laura Ghali** edged out Novocastrians **Brittney Naylor** by 4 points.

The sixteen years age group KPD's **Kiran Richardson** was dominant winning over Mingara's **Lachlan vane-Tempest** and **Bradley Woodward**. In the girl's **Alexandra Rees** from Novocastrian dominated the age group finishing 62 points ahead of the opposition.

The seventeen years and over age group displayed high class competition. In the boys **Matthew Pender** of Novocastrian won the age group followed by Mingara's **Joshua Peoples**. In the girls the Nuswim competitor **Georgia Bendall** dominated the pointscore followed by Raymond Terrace's **Meagan Price**.

Due to Swimming NSW conducting their MC Championships on the Saturday the MC events were moved to the Sunday. Dominant performances by Woy Woy's **Robert Stott**, Mingara's **Troy Puttergill** and Nuswim's **Callum Sanderson**. In the girls the dominant performances came from Australian representatives **Madison Elliot** (Nuswim), **Teigan Van Roosmalen** (Mingara) and Kendall **Williams** (Novocastrian).

At the end of the meet Coast and Valley Swimming Association President David Hinds presented the Swimmer of the Meet Awards.

In the male competition **Shaye Booth** - Mingara and **Zane Morphew –Watson** – Nelson Bay shared the award. Both young boys are such committed athletes who give their very best in every race they contests. In third place was West Wallsend Indoor's Charlie Hawke.



*CVSA L C Championships*

***Male Swimmer of the Meet  
Joint winner***

*Shaye Booth – Mingara  
with CVSA President David Hinds*

In the female competition **Alexandra Rees** from the Novocastrian who showed her ability to keep on going. Alexandra scored finished 8 points in front of Jasmine Anderson from Macquarie Shores.. In third place was Hunter Valley Allstar's Claudia Hayes.



*CVSA L C Championships*

***Female Swimmer of the Meet***

*Alexandra Rees – Novocastrian  
with CVSA President David Hinds*

Overall an impressive 29 records were broken out of 138 events.

At the end of the two days of competition Novocastrian were declared Club Champions scoring 2299 points, 2<sup>nd</sup> place to Mingara – 1471 points and 3<sup>rd</sup> place to Kincumber Pacific Dolphins 1237 points.



*David Hinds (CVSA President)  
presents the  
**Champion Club Award**  
Novocastrian Swim Club*

For the first time a percentage point score was conducted with the inaugural winners being West Wallsend Indoor.



*David Hinds (CVSA President)  
presents the  
**Percentage Pointscore Award**  
West Wallsend Indoor Swim Club*

On behalf of Coast and Valley Swimming Association sincere thanks is offered to Kincumber Pacific Dolphins and Gosford City Council for hosting the meet. Also thanks to our CVSA Technical Officials who give so freely of their time and expertise to ensure the meet is run with such professionalism.

## JUNIOR ESTABLISHMENT SQUAD TRIP TO STATE OPEN

Friday 27 February 2015 the big day had finally arrived for 26 excited Junior Establishment Squad Swimmers from the Singleton, Newcastle & the Central Coast Areas together with 16 exited Parents.

We are off to Sydney Olympic Park Aquatic Centre to have a training session in the Olympic Pool where the Sydney Olympics were held, a tour of NSWIS with the main attraction to be basket carriers for the finals at the first night of the NSW State Open. What an action packed afternoon and night.

The Squad Manager was Melissa Geale; Asst Managers: Tamara Braovic, Brooke May & Amy Gray; Coach: Jarrod Anthony.

As we drove into Olympic Park, Jarrod Anthony (Swimming NSW Development Officer for Coast and Valley) was explaining different buildings to the swimmers when it was realised we had children from the age of 7 to 11 there, and they had not been born when the Sydney Olympics were held.



When we arrived at the pool, it was off the bus, then down for a session in the BIG pool. The size of complex makes the pool look bigger than 50 metres & a few were a bit worried.

Next we undertook a tour of NSWIS conducted by Alex Coates, the Administration Office. (Her sports were Cycling and Water Polo.) She was also assisted by Mel Mitchell, a retired NSW Swimmer. Our swimmers had lots of questions to ask.

Next stop, we must build up our energy for the next part of our exciting day with food a visit to the Big M.

Now it's time to go back to the Pool to watch the swimmers warm up & we point out the Coaches & Olympic swimmers warming up.

Maddie Elliott comes up & autographs shirts & caps before she swims. Later in the night she arranges for Mitch Larkin, Emily Seebohm and Madison Wilson to also autograph shirts and caps. Our Basket Carriers working at the time got to shake hands with James Magnussen.



We had 3 groups of Basket Carriers, so the Squad was able to watch the Finals and have a well deserve rest break. They learnt very quickly what was involved in being basket carriers, especially in the 50 metre events where they had to collect the clothes from the start end of the 50 metre races & race up to the finish end with the swimmers clothes, then straight back again for the next heat - they were running.

8.30 comes around quickly; it is then time we are on the Coach for the return trip home - a long one for the Singleton swimmers & parents.

An exciting day was had by both swimmers & parents who will talk about the adventure for a long time to come.

These swimmers are our next generation of Coast & Valley Swimming Association Representative Swimmers.

*Narelle Murphy.*

## CVSA CLUB SECRETARIES – CURRENT JUNE, 2015

CLUB	CONTACT	EMAIL	PHONE
Beresfield SC	Ann Douglas	<a href="mailto:barracudassc@optusnet.com.au">barracudassc@optusnet.com.au</a>	
Boolaroo Speers Point SC	Christie Hile	<a href="mailto:bspswimclub@gmail.com">bspswimclub@gmail.com</a>	0438 206 542
Branxton Greta ASC	Monika Dillow	<a href="mailto:monika@verandahrestaurant.com.au">monika@verandahrestaurant.com.au</a>	0414 451 537
Central Newcastle SC	Kate Price	<a href="mailto:rkjl.price@bigpond.com">rkjl.price@bigpond.com</a>	0409 714 049
Cessnock ASC	Lee McClellan	<a href="mailto:searle8@optusnet.com.au">searle8@optusnet.com.au</a>	0412 981 427
Charlestown SC	Anthony Morrison	<a href="mailto:charlestownswimclub@gmail.com">charlestownswimclub@gmail.com</a>	4942 8283
Clarencetown Comets SC	Louise Knight	<a href="mailto:clarencetowncomets@gmail.com">clarencetowncomets@gmail.com</a>	
Coalfields United ASC	Ellena Morris	<a href="mailto:ellena@hotmail.com">ellena@hotmail.com</a>	0418 625 482
Dungog SC	Sue Long	<a href="mailto:yawata@nsw.chariot.net.au">yawata@nsw.chariot.net.au</a>	0418 131 321
East Maitland Olympic SC	Alison Tenorio	<a href="mailto:eastmaitland.swimming@gmail.com">eastmaitland.swimming@gmail.com</a>	0414 475 839
Gosford Stingrays SC	Jane Howden	<a href="mailto:secretary@gosfordstingrays.com.au">secretary@gosfordstingrays.com.au</a>	
Hunter SC	Karen Keegan	<a href="mailto:info@hunterswimclub.com.au">info@hunterswimclub.com.au</a>	0438 846 244
Hunter Valley All Stars SC	Rebecca Bailey	<a href="mailto:huntervalleyallstars@outlook.com">huntervalleyallstars@outlook.com</a>	0427 633 635
Jamies SC	Jamie Illfield-Bell	<a href="mailto:illfieldpj@bigpond.com">illfieldpj@bigpond.com</a>	0449 975 639
Kincumber Pacific Dophins SC	Michelle Biddulph	<a href="mailto:michelle.biddulph@bigpond.com">michelle.biddulph@bigpond.com</a>	0423 983 514
Kurri Kurri SC	Kate Stuart	<a href="mailto:kstuart05@gmail.com">kstuart05@gmail.com</a>	0411 049 457
Lower Hunter Aquanauts			
Macquarie Shores SC	Kirstin Street	<a href="mailto:kirstinstreet@bigpond.com">kirstinstreet@bigpond.com</a>	0437 140 775
Maitland SC	Dianne Morris	<a href="mailto:maitswim@gmail.com">maitswim@gmail.com</a>	02 4930 0301
Mingara Aquatic SC	Lisa Good	<a href="mailto:secretary@mingaraaquatic.com">secretary@mingaraaquatic.com</a>	
Morisset Meteors SC	Sally Nowalinski /Louise Kettles	<a href="mailto:sallynowalinski@hotmail.com">sallynowalinski@hotmail.com</a>	0417 734 332
Nelson Bay RSL		<a href="mailto:sec.man.tillirsl@gmail.com">sec.man.tillirsl@gmail.com</a>	
Newcastle Premiers SC	Michelle Mathwin	<a href="mailto:newcastlepremiers.sc@exemail.com">newcastlepremiers.sc@exemail.com</a>	0417 493 889
Novocastrian SC	Julie Winpenny	<a href="mailto:juliewinpenny99@gmail.com">juliewinpenny99@gmail.com</a>	0402 883 251
Nuswim SC	Jennifer Castaldi	<a href="mailto:nuswim.secretary@hotmail.com">nuswim.secretary@hotmail.com</a>	0407 340 206
Raymond Terrace ASC	Rena Deamer	<a href="mailto:rtasc@hotmail.com.au">rtasc@hotmail.com.au</a>	0400 372 513
Singleton ASC	Melissa Geale	<a href="mailto:singletonswimming@hotmail.com">singletonswimming@hotmail.com</a>	0416 267 618
Stockton SC	Tony Perry	<a href="mailto:tonyandbron@yahoo.com.au">tonyandbron@yahoo.com.au</a>	0417 743 984
Swansea Sharks SC	Nikki Papadopoulous	<a href="mailto:pntipper@bigpond.com">pntipper@bigpond.com</a>	00414 761 806
Tea Gardens Hawkes Nest SC			
The Entrance SC	Laureen Sliwinski	<a href="mailto:teasc@live.com">teasc@live.com</a>	0421 215 426
Tilligerry Stingrays SC	Sharon Lawrie	<a href="mailto:jslawrie@ymail.com">jslawrie@ymail.com</a>	0423 725 767
TitanS SC	Terri-Ann Lamond	<a href="mailto:terriann.lamond@gmail.com">terriann.lamond@gmail.com</a>	0447 840 86
Toukley SC	Belinda Henson	<a href="mailto:toukleysc@gmail.com">toukleysc@gmail.com</a>	0414 185 491
Valentine Torpedoes SC	Kim Isenhood	<a href="mailto:kimanddes@bigpond.com">kimanddes@bigpond.com</a>	0458 498 492
Wallsend Warriors SC	Robyn Sanderson	<a href="mailto:roblynsan54@gmail.com">roblynsan54@gmail.com</a>	02 4951 3589
West Wallsend Indoor SC	Lee Bendeich	<a href="mailto:bendeichl@hunterlink.net.au">bendeichl@hunterlink.net.au</a>	0422 359 605
Woy Woy SC	Sandra Wood	<a href="mailto:wwscsec@gmail.com">wwscsec@gmail.com</a>	0422744866
Wyee Point ASC	Clair Leer	<a href="mailto:del_rodney_13@hotmail.com">del_rodney_13@hotmail.com</a>	0417 229 981
Wyong ASC		<a href="mailto:wyongasc@y7mail.com.au">wyongasc@y7mail.com.au</a>	
Y Valley Aquatic SC	Rebecca Briedanhann	<a href="mailto:rebeccab1973@icloud.com">rebeccab1973@icloud.com</a>	0438 691 540



## CVSA CLUB RACE SECRETARIES- CURRENT JUNE, 2015

CLUB	CONTACT	EMAIL	PHONE
Beresfield SC		<a href="mailto:barracudassc@optusnet.com.au">barracudassc@optusnet.com.au</a>	
Boolaroo Speers Point SC	Michelle Hain	<a href="mailto:bspwimclub@gmail.com">bspwimclub@gmail.com</a>	0437 403 293
Branxton Greta ASC	Julie Cronin	<a href="mailto:tubjulie@netspace.net.au">tubjulie@netspace.net.au</a>	0428 549 946
Central Newcastle SC	Sarah Gamble	<a href="mailto:gamblefive@gmail.com">gamblefive@gmail.com</a>	0427 880 840
Cessnock ASC	Michelle Rowsell	<a href="mailto:rowdychook@aapt.net.au">rowdychook@aapt.net.au</a>	0412 641 292
Charlestown SC	Carmen Cleare	<a href="mailto:carmen.cleare@me.com">carmen.cleare@me.com</a>	0411 538 543
Clarencetown Comets SC	Cathy Haynes	<a href="mailto:cathyleehaynes@bigpond.com">cathyleehaynes@bigpond.com</a>	4996 4586
Coalfields United ASC	Carol James	<a href="mailto:ellena@hotmail.net.au">ellena@hotmail.net.au</a>	02 4990 3704
Dungog SC		<a href="mailto:yawata@nsw.chariot.net.au">yawata@nsw.chariot.net.au</a>	
East Maitland Olympic SC	Julie Curtis	<a href="mailto:metfordlearntoswim@yahoo.com.au">metfordlearntoswim@yahoo.com.au</a>	0425 764 875
Gosford Stingrays SC	Nerida Uljan	<a href="mailto:uljan65@gmail.com">uljan65@gmail.com</a>	0418 264 483
Hunter SC	Kelli Manderson	<a href="mailto:gmanderson5@bigpond.com.au">gmanderson5@bigpond.com.au</a>	0407 425 088
Hunter Valley All Stars SC	Johanita Kleyn	<a href="mailto:johanitak@yahoo.com.au">johanitak@yahoo.com.au</a>	0435 011 416
Jamies SC	Jeanette Illfield	<a href="mailto:illfieldpj@bigpond.com">illfieldpj@bigpond.com</a>	0449 975 639
Kincumber Pacific Dolphins SC	Debbie Matterson	<a href="mailto:mattersons@bigpond.com">mattersons@bigpond.com</a>	0412 325955
Kurri Kurri SC	Kate Stuart	<a href="mailto:kstuart05@gmail.com">kstuart05@gmail.com</a>	0411 049 457
Lower Hunter Aquanauts			
Macquarie Shores SC	Ben Jenkinson	<a href="mailto:kirstinstreet@bigpond.com">kirstinstreet@bigpond.com</a>	0437 140 775
Maitland SC	Dianne Morris	<a href="mailto:maitswim@gmail.com">maitswim@gmail.com</a>	02 4930 0301
Mingara Aquatic SC	Sharon Peoples	<a href="mailto:racesecretary@mingaraaquatic.com">racesecretary@mingaraaquatic.com</a>	
Morisset Meteors SC	Steven Elsworth	<a href="mailto:cateve@bigpond.com">cateve@bigpond.com</a>	0403 048 868
Nelson Bay RSL			
Newcastle Premiers SC	Eileen Ford	<a href="mailto:newcastlepremier.sc@gmail.com">newcastlepremier.sc@gmail.com</a>	02 4967 4339
Novocastrian SC	Mark Jones	<a href="mailto:mark.jones08@bigpond.com">mark.jones08@bigpond.com</a>	0409 977 402
Nuswim SC	Vicky Sandy	<a href="mailto:nuswim.racesecretary@hotmail.com">nuswim.racesecretary@hotmail.com</a>	0417 597 125
Raymond Terrace ASC	Renee Haynes	<a href="mailto:hdhardware@bigpond.com.au">hdhardware@bigpond.com.au</a>	0410 312 493
Singleton ASC	Karen Earnshaw	<a href="mailto:earnshaw@harboursat.com.au">earnshaw@harboursat.com.au</a>	0427 441 128
Stockton SC	Pam Walton	<a href="mailto:tonyandbron@yahoo.com.au">tonyandbron@yahoo.com.au</a>	02 4920 1534
Swansea Sharks SC	Luke Sedgeman	<a href="mailto:lsedgeman73@bigpond.com">lsedgeman73@bigpond.com</a>	02 4972 0462
The Entrance SC	Laureen Sliwinski	<a href="mailto:petersli@optusnet.com.au">petersli@optusnet.com.au</a>	0411 548 074
Tilligerry Stingrays SC	Andrew Chamberlain	<a href="mailto:andrew81-kin82@bigpond.com">andrew81-kin82@bigpond.com</a>	0438 680 498
TitanS SC	Blinda Francis-Smith	<a href="mailto:blinda@cyberassistant.com.au">blinda@cyberassistant.com.au</a>	0413 606 246
Toukley SC		<a href="mailto:toukleysc@gmail.com">toukleysc@gmail.com</a>	
Valentine Torpedoes SC	Michael Biddings	<a href="mailto:kimanddes@bigpond.com">kimanddes@bigpond.com</a>	
Wallsend Warriors SC	Lynn Philpott	<a href="mailto:lynnfp@optusnet.com.au">lynnfp@optusnet.com.au</a>	02 4951 5378
West Wallsend Indoor SC	Lee Bendeich	<a href="mailto:bendeichl@hunterlink.net.au">bendeichl@hunterlink.net.au</a>	0422 359 605
Woy Woy SC	Kerrie Ghali	<a href="mailto:wwscrac@gmail.com">wwscrac@gmail.com</a>	
Wye Point ASC	Michelle McMillan	<a href="mailto:mcmillancastle@bigpond.com">mcmillancastle@bigpond.com</a>	0434 611 027
Wyong ASC	Greg Barton	<a href="mailto:gregandchrisbarton@bigpond.com">gregandchrisbarton@bigpond.com</a>	0425 276 297
Y Valley Aquatic SC	Kathleen Robinson	<a href="mailto:katrob67@bigpond.com">katrob67@bigpond.com</a>	0434 598 700

## COAST AND VALLEY REFEREES

George	Brown	<a href="mailto:gomabr@bigpond.com">gomabr@bigpond.com</a>
Lawrie	Brown	<a href="mailto:lbro3781@bigpond.net.au">lbro3781@bigpond.net.au</a>
Michele	Burley-Jones	<a href="mailto:michelebj44@bigpond.com">michelebj44@bigpond.com</a>
Jean	Duma	<a href="mailto:Jean.Duma@gmail.com">Jean.Duma@gmail.com</a>
Chris	Elliot	<a href="mailto:kerry.elliott1@bigpond.com">kerry.elliott1@bigpond.com</a>
Gordon	Ferguson	<a href="mailto:gfaf7@bigpond.com">gfaf7@bigpond.com</a>
John	Hart	<a href="mailto:John.Hart@optus.com.au">John.Hart@optus.com.au</a>
Ian	Johnson	<a href="mailto:ianj@saddingtons.com.au">ianj@saddingtons.com.au</a>
Andrew	Jones	<a href="mailto:AJones@lakes.nsw.edu.au">AJones@lakes.nsw.edu.au</a>
Neil	Keele	<a href="mailto:ok007@optusnet.com.au">ok007@optusnet.com.au</a>
Fred	Lakin	<a href="mailto:flakin@bigpond.net.au">flakin@bigpond.net.au</a>
Danny	Linnen	<a href="mailto:dannyandvera@bigpond.com">dannyandvera@bigpond.com</a>
Peter	Reinhard	<a href="mailto:Peter.Reinhard@thalesgroup.com.au">Peter.Reinhard@thalesgroup.com.au</a>
David	Richards	<a href="mailto:daverich@optusnet.com.au">daverich@optusnet.com.au</a>
Norman	Roberts	<a href="mailto:nar1950@bigpond.net.au">nar1950@bigpond.net.au</a>
Patricia	Roberts	<a href="mailto:nar1950@bigpond.net.au">nar1950@bigpond.net.au</a>
Jenny	Schwetz	<a href="mailto:jenny@schwetz.id.au">jenny@schwetz.id.au</a>
Cathy	Sheedy	<a href="mailto:csh18828@bigpond.net.au">csh18828@bigpond.net.au</a>
Greg	Skinner	<a href="mailto:gskinner@ausgrid.com.au">gskinner@ausgrid.com.au</a>
Andrew	Sylvester	<a href="mailto:andrew.sylvester@schneider-electric.com">andrew.sylvester@schneider-electric.com</a>

## COAST AND VALLEY STARTERS

Stuart	Bennett	<a href="mailto:sbennett@au1.ibm.com">sbennett@au1.ibm.com</a>
Belinda	Boon	<a href="mailto:belinda_boon@hotmail.com">belinda_boon@hotmail.com</a>
George	Brown	<a href="mailto:gomabr@bigpond.com">gomabr@bigpond.com</a>
Lawrie	Brown	<a href="mailto:lbro3781@bigpond.net.au">lbro3781@bigpond.net.au</a>
Michele	Burley-Jones	<a href="mailto:michelebj44@bigpond.com">michelebj44@bigpond.com</a>
Ian	Cooper	<a href="mailto:iancoope@tpg.com.au">iancoope@tpg.com.au</a>
Michael	Donnelly	<a href="mailto:mick.donnelly@dmsgroup.com.au">mick.donnelly@dmsgroup.com.au</a>
Steven	Douglas	<a href="mailto:steve.douglas@riotinto.com">steve.douglas@riotinto.com</a>
Anthony	Dufficy	<a href="mailto:anthony.dufficy@bigpond.com">anthony.dufficy@bigpond.com</a>
Jean	Duma	<a href="mailto:Jean.Duma@gmail.com">Jean.Duma@gmail.com</a>
Chris	Elliot	<a href="mailto:kerry.elliott1@bigpond.com">kerry.elliott1@bigpond.com</a>
Robert	Ericksen	<a href="mailto:rsericksen@bigpond.com">rsericksen@bigpond.com</a>
Gordon	Ferguson	<a href="mailto:gfaf7@bigpond.com">gfaf7@bigpond.com</a>
Peter	Flook	<a href="mailto:peter.flook@effem.com">peter.flook@effem.com</a>
Matthew	Frith	<a href="mailto:matt_mel.frith@optusnet.com.au">matt_mel.frith@optusnet.com.au</a>
Jeffrey	Gamble	<a href="mailto:gamblefive@gmail.com">gamblefive@gmail.com</a>
Cheryl	Gillard	<a href="mailto:steveandcheryl@bigpond.com">steveandcheryl@bigpond.com</a>
James	Gundry	<a href="mailto:lgundry@nscchahs.health.nsw.gov.au">lgundry@nscchahs.health.nsw.gov.au</a>
John	Hart	<a href="mailto:John.Hart@optus.com.au">John.Hart@optus.com.au</a>

John	Herring	<a href="mailto:john19697@bigpond.com">john19697@bigpond.com</a>
David	Hinds	<a href="mailto:hinds-family@bigpond.com">hinds-family@bigpond.com</a>
Sonny	Hinwood	<a href="mailto:hinwoods@tabcorp.com.au">hinwoods@tabcorp.com.au</a>
Joy	Hirst	<a href="mailto:meahirst@gmail.com">meahirst@gmail.com</a>
Kym	Hobbs	<a href="mailto:kymhobbs@hotmail.com">kymhobbs@hotmail.com</a>
David	Hook	<a href="mailto:cwpi@bigpond.net.au">cwpi@bigpond.net.au</a>
Graeme	Hopkins	<a href="mailto:ghop6562@bigpond.net.au">ghop6562@bigpond.net.au</a>
Ian	Johnson	<a href="mailto:ianj@saddingtons.com.au">ianj@saddingtons.com.au</a>
Andrew	Jones	<a href="mailto:ajones@lakes.nsw.edu.au">ajones@lakes.nsw.edu.au</a>
Dave	Jones	<a href="mailto:davejones1969@hotmail.com">davejones1969@hotmail.com</a>
Tyler	Jones	<a href="mailto:ajones@lakes.nsw.edu.au">ajones@lakes.nsw.edu.au</a>
Neil	Keele	<a href="mailto:ok007@optusnet.com.au">ok007@optusnet.com.au</a>
Anton (Tony)	Kirchner	<a href="mailto:kirchner@bigpond.net.au">kirchner@bigpond.net.au</a>
Stephen (Sam)	Knipe	<a href="mailto:mknipe@bigpond.com">mknipe@bigpond.com</a>
Frederick	Lakin	<a href="mailto:flakin@bigpond.net.au">flakin@bigpond.net.au</a>
Danny	Linnen	<a href="mailto:dlinnen@nsccahs.health.nsw.gov.au">dlinnen@nsccahs.health.nsw.gov.au</a>
Paul	McParlane	<a href="mailto:paulmcp@bigpond.net.au">paulmcp@bigpond.net.au</a>
Terry	Moonen	<a href="mailto:terrymoonen@gmail.com">terrymoonen@gmail.com</a>
Narelle	Murphy	<a href="mailto:narelle.mur@inet.net.au">narelle.mur@inet.net.au</a>
David	Potter	<a href="mailto:dpotter1@optusnet.com.au">dpotter1@optusnet.com.au</a>
Rod	Price	<a href="mailto:rkjl.price@bigpond.com">rkjl.price@bigpond.com</a>
Peter	Reinhard	<a href="mailto:peter.reinhard@thalesgroup.com.au">peter.reinhard@thalesgroup.com.au</a>
David	Richards	<a href="mailto:daverich@optusnet.com.au">daverich@optusnet.com.au</a>
Norman	Roberts	<a href="mailto:nar1950@bigpond.net.au">nar1950@bigpond.net.au</a>
Tony	Sales	<a href="mailto:tfsales@bigpond.com">tfsales@bigpond.com</a>
Jennifer	Schwetz	<a href="mailto:jenny@schwetz.id.au">jenny@schwetz.id.au</a>
Cathy	Sheedy	<a href="mailto:csh18828@bigpond.net.au">csh18828@bigpond.net.au</a>
James (Jim)	Sheedy	<a href="mailto:csh18828@bigpond.net.au">csh18828@bigpond.net.au</a>
Seang	Siv	<a href="mailto:seangsiv@gmail.com">seangsiv@gmail.com</a>
Greg	Skinner	<a href="mailto:gskinner@energy.com.au">gskinner@energy.com.au</a>
Steve	Smith	<a href="mailto:blindas1@bigpond.com">blindas1@bigpond.com</a>
Andrew	Sylvester	<a href="mailto:a_sylvester@bigpond.com">a_sylvester@bigpond.com</a>
Brendan	Twiss	<a href="mailto:btwiss@dodo.com.au">btwiss@dodo.com.au</a>
David	Van Eldik	<a href="mailto:vaneldiks@exemail.com.au">vaneldiks@exemail.com.au</a>
Terry	Van Haren	<a href="mailto:randtvh@tpg.com.au">randtvh@tpg.com.au</a>
Damian	Vane-Tempest	<a href="mailto:Damian.vane-Tempest@tafensw.net.au">Damian.vane-Tempest@tafensw.net.au</a>
Michelle	Whyte	<a href="mailto:michelle.whyte1@optusnet.com.au">michelle.whyte1@optusnet.com.au</a>
Karren	Williams	<a href="mailto:kazwilliams@internode.on.net">kazwilliams@internode.on.net</a>
Geoff	Woodward	<a href="mailto:kgbwoody@bigpond.com">kgbwoody@bigpond.com</a>
Tony	Zanardi	<a href="mailto:tzanardi@live.com.au">tzanardi@live.com.au</a>

## WORKING WITH CHILDREN CLEARANCE

Coast and Valley Swimming has always strived to provide a safe environment for our children and have therefore decided to adopt the Swimming NSW policy and require all technical officials and volunteers working at CVSA Championship, Development and Speedo heat meets to hold a current and valid Working With Children (WWC) clearance. This requirement is focused on maintaining a safer environment for our children.

**If you hold a Paid Employee clearance, this can also be used for your volunteer work.**

**If you are a Volunteer .... What do you need to do?**

The link below this will take you to the Working with Children Check website:

<http://www.kidsguardian.nsw.gov.au/Working-with-children/Working-With-Children-Check/apply/-apply>

1. Select '**Apply for your check**'
2. Select '**Continue and Apply**'
3. Fill out the electronic form - make sure you tick '**volunteer**' under 'Purpose for Check' (otherwise you will be charged \$80!!), unless you are considered to be a **Paid Worker** under the act. There is no refund if you make a mistake here!!

**NOTE:** Ensure that you use the same name and spelling that appears on your identification – i.e Drivers licence, Medicare card

4. Submit the form
5. Once the form is submitted, you should receive an email.
6. Once the check is completed, you will be advised to attend a RMS office where you will need to produce your identification (usually the drivers licence that you included on your check)
7. After your ID is verified, you will receive an email which has your WWCC number on it. This lasts for five years and can be used at ALL volunteer activities that you are involved in.
8. Send or give the CVSA Secretary a copy of your form so that you can be included on our Area database (email: [swim.coastandvalley@gmail.com](mailto:swim.coastandvalley@gmail.com) ). Please include your **date of birth** so that the verification process can be completed.

## MANAGEMENT COMMITTEE MEETING ATTENDANCE

JUNE 2014 – MAY 2015

<b>Name</b>	<b>Meetings held</b>	<b>Meetings attended</b>
David Hinds	12	11
Jenny Schwetz	12	12
David Richards	12	11
Trish Roberts	12	10
Russell Waugh	12	12
Tom Davis	12	2
Norm Roberts	12	10
Phillip Hawke	12	8
Michele Burley-Jones	12	8
Ian Johnson	12	12