

Masters Swimming Australia



2019

ANNUAL

REPORT

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WHO WE ARE

OUR NATIONAL BOARD OF MANAGEMENT

President: Gerry Tucker
Finance Director: Andrea McNeil
Director: Wendy Holtom
Director: Neal Bertram
Director: Jane Noake

OUR NATIONAL PRESIDENTS

Bill Lough 1975 - 1978
Peter Jackson 1978 - 1984
Ivan Wingate 1985 - 1988
Graeme McDougall 1989 - 1992
Glenys McDonald AM 1993 - 1998
Mary Sweeney 1999 - 2005
John Pugh 2005 - 2011
Craig Smith 2011 - 2017
Gerry Tucker 2017 - Present

OUR LIFE MEMBERS

1985 Gary Stutsel OAM (NSW)
1989 Glenys McDonald AM (WA)
1991 Peter Gillett (SA - deceased)
1999 Kay Cox OAM (WA)
2002 Ivan Wingate (WA)
2005 Darryl Hawkes (SA)
2006 Mary Sweeney (QLD)
2006 Pauline Samson (TAS)
2007 David Cummins (WA)
2011 John Pugh (TAS)
2016 Gerry Tucker (VIC)

OUR BRANCH DELEGATES

Jon Hawton (MSNSW)
John Pollock (MSNT)
Shane Knight (MSQ)
Tom Bland (MSSA)
Maciej Slugocki (MST)
Susan Kempson (MSV)
Fiona Wilkins (MSWA)

OUR NATIONAL RECORDER

Pauline Samson

OUR NATIONAL OFFICE STAFF

General Manager: Noeleen Dix
(left July 2019)
General Manager: Sarah Pisterman
(commenced July 2019)
Administration: Kath Davis
Book keeper: Gerard Russell

OUR MSA RESULTS PORTAL

Frank Braun

OUR COACHING COMMITTEE

Bruce Allender (VIC)
Di Coxon-Ellis (NSW)
Kim Tyler (WA)
Elena Nesci (WA)
Jacinta Stirrat (NT)
Simon Watkins (QLD)
Sean Williams (QLD)
Anne Smyth (from Oct) (ACT)
Phillip Tyrell (from Oct) TAS

OUR TECHNICAL COMMITTEE

Phillip Beames (SA)
Neil Mitchell (VIC)
Peter Maloney (WA)
Neil Keele (NSW)
John Barrett (QLD)
Diane Partridge (NSW)
Jayna Gordon (NT)
Ray Brien (TAS)

OUR SWIM MEET COMMITTEE

Jane Noake (NSW)
Leanne Beames (SA)
Fiona Wilkins (WA)
Maciej Slugocki (from Oct) (TAS)
Susanne Milenkevich (from Oct) (QLD)

WHO WE ARE

MASTERS SWIMMING AUSTRALIA (MSA) IS THE PEAK BODY FOR ADULT SWIMMERS AGED EIGHTEEN YEARS AND ABOVE AND IS AFFILIATED WITH FINA THROUGH SWIMMING AUSTRALIA LTD (SA). MSA IS A NOT FOR PROFIT, CONSTITUTED IN 1975. THE ORGANISATION DOES NOT RECEIVE FUNDING FROM ANY GOVERNMENT SOURCE AND RELIES ON MEMBER FUNDING.

OUR INFRASTRUCTURE

Members join Masters Swimming Clubs. Clubs are affiliated to their respective Branch, and the Branches are affiliated to the national body. There are seven Branches within Australia, representing each State/Territory, with the exception of ACT, which is incorporated as part of the NSW Branch.

According to the constitution, the National Board of Management (NBM) comprises the President and four other elected members. There are two General Meetings involving the Branches, one of which is the AGM held in autumn usually in conjunction with the annual National Championships. The other meeting is held in spring. There are three permanent national committees. They are Coaching, Swim Meet and Technical.

The NBM is responsible for the governance and overall direction of the organisation, with the day-to-day running of the organisation being the responsibility of the staff in the National Office. A General Manager (reporting directly to the NBM) manages the administration staff and the office. The National Office also services the Victorian Branch by performing its administrative functions.

Clubs offer various programs, such as regular training and stroke correction with qualified coaches, fun events and social activities. Competitions are available at club, branch, national and international levels. Competitive opportunities are also available through postal swims, the Vorgee Endurance 1000 and Vorgee Million Metres Awards. MSA Branches offer technical courses for officials and coaching courses and clinics for coaches.

OUR MOTTO

**"FITNESS,
FRIENDSHIP & FUN"**

OUR NEW VISION STATEMENT

**ENRICH AND
INSPIRE ADULTS TO
SWIM FOR LIFE**

OUR COMMUNICATION

MSA's website www.mastersswimming.org.au is our primary method of storing information and communication with members, although the social media platforms of Facebook and Instagram are used for keeping members up to date regularly.

OUR NEWSLETTER

The e-newsletter is produced quarterly and emailed directly to members. Previous editions are available for download from the national website.

OUR SPONSOR

MSA has one long term national sponsor: Vorgee
www.vorgee.com



OUR PARTICIPATION PROGRAMS

MSA manages and promotes a number of programs each year, designed to encourage active participation in swimming from beginner to advanced level.

VORGEE ENDURANCE 1000 CHAMPION CLUB AND VORGEE ENDURANCE 1000 AWARD

The Vorgee Endurance 1000 aims to promote fitness by providing an incentive (in the form of club points) for members to swim longer distances.

The program is designed to encourage members to swim in distances from 400m and up to one hour in duration, in the full variety of strokes. The program is structured by gender and age-groups and the swims are done over the full calendar year. As a result, a certain level of aerobic fitness needs to be maintained in order to complete the individual event requirements.

Individual points are gained for the completion of each event. These combine with points gained by other club members and contribute to a total point score for each competing club. The club with the most points is declared the Vorgee Endurance 1000 Champion Club for the year.

As an extension of the program, the Vorgee Endurance 1000 Award follows the same structure as the Vorgee Endurance 1000 Champion Club, but is for the club averaging the highest number of points per registered member. This Award is designed to provide an opportunity for smaller clubs to compete on an equal basis with the larger clubs.

TOP TEN

National times are recorded for males, females and relays with the Top Ten in each category (age group, stroke and distance) being published annually on the website.

VORGEE MILLION METRES AWARDS

The Vorgee Million Metre Awards acknowledge progress from the “learn to swim” beginner to the distance swimmer. These awards are intended to encourage members to strive for greater fitness and are open to all registered members of MSA.

The Million Metre Awards were established in 2001 for one, three and ten Million Metres. In 2004, they were expanded to include five and seven Million Metres. Now there are members attaining their 20 and 25 Million Metres!

Upon successful completion of 1 - 5 million, 7 million, 10, 15, 20 and 25 million metres, members are rewarded with combinations of different awards; eg. polo shirt, certificate, a polar fleece, engraved plaque, Vorgee gift pack or a Nitro jacket.

NATIONAL AND INTERNATIONAL EVENTS

MSA hosts and participates in a number of national and international events over the year or alternate years.

These include:

- National Championships
- FINA World Masters Swimming Championships
- Oceania Masters Games
- Pan Pacific Masters Championships
- Australian Masters Games,
- IGLA Games

MSA owns the Annual National Championships and the event is hosted on a rotational basis by one of the Branches each year.

FINA WORLD RECORDS

Australian swimmers hold world records in masters swimming in both Long and Short Course. Results are published on Fina website and MSA website.

NATIONAL RECORDS

National Records are compiled annually for MSA, and are published on the website.

Records are maintained for:

- Men's Short Course
- Women's Short Course
- Relay Short Course
- Men's Long Course
- Women's Long Course
- Relay Long Course

OUR PUBLICATIONS, POLICIES AND GUIDELINES

MSA operates under the direction of the following MSA publications (available on the website):

- Constitution
- By-Laws
- General Rules
- Swimming Rules
- Open Water Swimming Rules

MSA has developed and implemented policies in the following key areas:

- National Member Protection Policy
- National Risk Management Policy
- National Safety Policy
- National Championships Meet Guide
- Communication Policy
- Privacy Policy
- Good Governance Checklist

MSA regularly updates the following results in the Results Portal:

- Up to date meet results (since 2004)
- Individual member result history for all recorded meets
- World, National and Branch records including historic records
- National, Branch and Club Top 10 rankings by time (since 2002)
- National, Branch and Club Top 10 rankings by points (since 2007)
- Vorgee Endurance 1000 results from 2012
- National Championships Results

PRESIDENTS REPORT

IT HAS BEEN ANOTHER HUGE YEAR FOR MASTERS SWIMMING AUSTRALIA IN 2019, WITH OUR NATIONAL MEMBERSHIP CONTINUING TO GROW, ANOTHER FABULOUS NATIONAL CHAMPIONSHIPS IN ADELAIDE, NO LESS THAN 19 WORLD RECORDS BROKEN AND MANY STUNNING RESULTS AT THE WORLD MASTERS SWIMMING CHAMPIONSHIPS IN GWANGJU, SOUTH KOREA. AND, OF COURSE, WE HAD FABULOUS SUPPORT FROM OUR VAST VOLUNTEER GROUP AND THE GREAT TEAM IN OUR NATIONAL OFFICE IN MELBOURNE.

In June, we farewelled Noeleen Dix as our National General Manager after 10 years of dedicated and high quality service to the Organisation. Noeleen was the true administrator, with a great eye for detail and enormous insight as to how an organisation like ours should run. Strong on governance and a great negotiator and mentor to all, at any time, Noeleen will be sorely missed by all those who worked or volunteered with her.

Having said that, we have a new National General Manager, in Sarah Pisterman, who hit the ground running last July with more than a lot to do in a very short space of time between her start date and the Spring General Meeting in October. Sarah met the many challenges that faced her during that time with both aplomb and passion. Sarah, we welcome you and we are delighted to have you as part of our team.

Thanks also to our Administrator, Kath Davis and our Bookkeeper, Gerard Russell, for assisting Sarah settle in, in those formative and very hectic first six months. And, of course, Kath and Gerard's dedication to the cause throughout the whole year.

Our overall membership grew slightly in 2019, (6,522 compared to 6,513 in 2018) with most of the seven Branches experiencing either stable or a growing membership. Once again in 2019, what I regard as the three fundamentals of a great Masters swimming club; a strong committee, excellent coaches and affordable lane space were widely demonstrated around the country. Thank you to the leaders of all our clubs, for your hard work and commitment over the year. Our clubs are the heart and soul of our organisation.

Following on from a lot of hard work by the National Board and all the Branch Presidents, or their Delegates, at our General Meeting last October, I am delighted to report that we now have a new strategic plan for the period from 2020 to 2023. It has a new look and feel about it from previous plans and comes with a new mission statement, "Enrich and inspire adults to swim for life". I think this encapsulates what many of us believe is the "reason-to-be" for Masters swimming in Australia.

Speaking of the Branch Presidents, the Branches too, played a large part in our success in 2019. Our Branch Presidents have been demonstrating leadership where it matters; around Branch championships and at Club meets, and also around the table, leading their Boards, subcommittees and Communities. Thank you to all the Branch Presidents, their Board members, subcommittees and administrators for both guiding their clubs and members and also helping to unite MSA into one cohesive National sporting organisation.

I would also like to thank the other four members of the National Board, Wendy Holtom, Jane Noake, Andrea McNeil (as Finance Director) and Neal Bertram for their unwavering support of me and dedication to MSA over the past twelve months. We have achieved a lot over the year and we plan to continue that into 2020.

PRESIDENTS REPORT - CONT

In 2019, three of our Australian swimmers broke an extraordinary 18 individual World Masters records. Jenny Whiteley carried over her brilliant form from 2018 with another three World records this year. I witnessed Stephanie Palmer-White break the World mark for her age group in a truly remarkable display of the 200 fly in Adelaide. However, it was Clary Munns (age 75-79) who really set the World records alight in 2019 by breaking no less than 14 World records. A truly amazing year, for Clary. Pam Kempson, Leigh Rodgers, Pat Baker and Janette Jeffrey also broke the World record for the (280-319) 4 by 200 freestyle relay.

Congratulations to our World record breakers in 2019.

The Nationals, held at the South Australian Aquatic and Leisure Centre in Adelaide, were a resounding success with 409 participants, representing 94 clubs from all over Australia. Thank you very much to all the volunteer organisers, particularly the Beames family, Phil Leanne and Melissa, for preparing and running this event so well. I understand that 243 Branch, 47 National and 4 World records were broken at the Meet. While the pool itself is a stunning venue, the open water swim on the shores of Brighton Beach was also a highlight for many. To that I would add my accolades for the really classy Presentation dinner at the Grand Stamford Hotel overlooking the waters of Glenelg.

Thank you once again, to all those involved in the organisation and conduct of the 2019 National Championships.



Malvern Marlins Tony Goodwin (Gwangju 2019 Masters Ambassador), Gerry Tucker (MSA President) Patrick Galvin and John Cocks (Gwangju)

2019 was another year for World Masters Championships. 94 members from 34 clubs ventured to Gwangju in South Korea for the ten day Meet. These folks managed to bag no less than 122 medals, including 45 gold, 42 silver and 35 bronze. John Hawton and Patrick Galvin both broke Championship records and our relay teams won 3 gold, 3 silver and 1 bronze medals and broke 2 championship records in the process. A wonderful effort by all concerned.

Also a big thank you to our World Championships Ambassador, Tony Goodwin. Tony did a fabulous job, keeping us all informed and guiding us through the various processes for the months leading up to the event, right through to our arrival in Gwangju. Thank you again from all of us, Tony.

There were many recipients of our Vorgee million metre awards as members accrue and record more and more distances trained over the years. Our endurance program was also well supported with many members achieving maximum points and/or completing the whole sixty-two swim program during the year.

Thanks to you all for your ongoing commitment to Masters Swimming and our activities. Whether you choose the Nationals or Branch championships, Interclub carnivals, the National Swim Series, the Endurance Program, Vorgee Million Metre awards, postal swims, open water swims, volunteering on one (or more!) of our committees, or just training and supporting your club, it's great to have you as part of our MSA family. All these activities help make our organisation special.

And along the way, you are all helping to "enrich and inspire adults to swim for life".



GERRY TUCKER
PRESIDENT

GENERAL MANAGERS REPORT

MASTERS SWIMMING AUSTRALIA (MSA) HAD A FANTASTIC YEAR. THE ORGANISATION IS MADE UP OF AN AMAZING AND DEDICATED POWERHOUSE OF MEMBERS, COACHES, TECHNICAL OFFICIALS AND VOLUNTEERS ALL WORKING TOGETHER ACROSS THE COUNTRY.

Masters Swimming Australia in 2019 was led by a strong National Board of Management with President, Gerry Tucker; Finance Director, Andrea McNeil; and Directors Neal Bertram; Wendy Holtom and Jane Noake who continually devote their time, expertise and leadership to the organisation throughout the year.

This year the organisation reached 6522 members across approximately 200 Clubs in each state and territory of Australia. MSA continues to operate a busy National office with staff and many hundreds of volunteers across Australia and is 100% member funded.

Congratulations to Noeleen Dix on her retirement who served many years to the MSA organisation. Noeleen handed over a well organised and busy National Office with a small team of passionate and dedicated workers. In Noeleen's absence, Kath Davis has been so very patient and helpful fielding questions and balancing her administration and communications duties for MSV and MSA. Gerard Russell continues to assist the organisation with the bookkeeping.

The beginning of 2019 witnessed the completion of the website update for the eight organisations (Branches and MSA). The STG procedure and management of the changeover wasn't smooth which left many administrators quite frustrated.

Thank you again to Mark Hepple's expertise, and devotion to assist with this project, as he was instrumental in achieving the desired result for all. Thankyou also to the Branch representatives who worked on the project and devoted their time to ensure each website was up and running by early 2019.

There are so many opportunities in Masters Swimming, for competitive swimmers there are local and international swim meets, as well as offering members a chance to achieve their goals through the Vorgee Million Metre and Vorgee Endurance 1000 programs. There are also a variety of Postal Swims which are hosted by Clubs throughout Australia offering challenges to members to improve their swimming and reach targets in their own pool and in their own time.

The 18th Fina World Masters Championships were held in Gwangju 5-18 August 2019. There were approx. 4,000 aquatic sports enthusiasts across five of FINA's six disciplines (swimming, open water swimming, diving, water polo and artistic swimming) of which swimming achieved the most competitors with 9,500 entries from 1,024 Clubs. There were 95 Registered MSA members (1 late withdrawal due to illness) from 39 Clubs.

The split of swimmers across the Branches was:

- MSNSW: 26 swimmers
- MSQ: 21 swimmers
- MSSA: 3 swimmers
- MST: 3 swimmers
- MSV: 31 Swimmers
- MSA: 11 swimmers.



Therese Crollick (ex MSA NBM member), Kylie Fletcher and Susanne Milenkevich (MSQ VP South) in Gwangju

GENERAL MANAGERS REPORT CONT



*Annual Administrators Workshop -
Back Christina Scolaro (MSQ), Sarah Pisterman (GM),
Jillian Pateman (MSNSW), Tony Forman (MST), Sophie Row (MSWA),
Gerry Tucker (MSA President) and John Pollock (MSNT)
Front Kath Davis (MSA & MSV) Leanne Beames (MSSA)*

The MSA members did themselves very proud in Gwangju with Individual swimmers taking home an incredible 122 medals: 45 Gold medals, 42 Silver medals and 35 Bronze medals. Jon Hawton (Seaside Pirates) and Patrick Galvin (Malvern Marlins) both broke Championship Records. The Relay teams also showed their swimming class in the pool with 3 Gold, 3 Silver and 1 Bronze. The Malvern Marlins A team of Patrick Galvin, Tony Goodwin, Gerry Tucker and John Cocks and the Malvern Marlins B team of Patrick Galvin, John Cocks, Tony Goodwin and Gerry Tucker broke Championship Records.

The NBM appointed Tony Goodwin (Manly Masters/Malvern Marlins) as the Gwangju 2019 Masters Ambassador who worked closely with Kath Davis MSA Administrator to create a blog on the MSA website. Tony was not only sent information from Fina to share he also researched Gwangju and provided MSA with 14 timely informative articles from, what food to expect in South Korea, how to get around in Gwangju and how to tackle the registration process once registrations opened. Thank you to Tony for all your hard work.

MSA held its 3rd Thailand Swim Camp from 9 – 16 June 2019 with 12 attendees travelling from Tasmania, Victoria, New South Wales, Western Australia and Queensland. The home for the week, Thanyapura, boasts the only FINA endorsed facility in South East Asia and has it all. While Australia plunged into winter, the Swim Camp participants enjoyed sunny warm weather, great food, two swim sessions per day and many other activities including aqua aerobics, meditation, cooking classes, massages, beach visits, elephant tours, hot & cold water plunge pools, yoga, tennis, walks.....and of course just lazing by the resort pool reading a book.

Our relationship with Swimming Australia (SA) continues to strengthen especially as we work closely to align our strategic objectives in the best interests of both organisations to better serve the sport of swimming. The expertise and knowledge of SA staff throughout the year has benefited Masters Swimming and we look forward to continuing our work with SA in 2020.

A new strategic plan 2020 – 2023 was developed as a collective effort from the MSA National Board of Management, Branch Administrators, Presidents and Delegates of the organisation. Initial discussions began at the 2019 Administration Workshop. Key priorities and actions were established to help shape our organisation, as the environment evolves, our new strategy will help guide us to leverage on the opportunities ahead of us.

Our wonderful sponsor Vorgee, continues to provide National and Branch sponsorship to help fund our annual programs and provide awards and prizes to our members. Their valuable support in the staging of the annual National Championships is greatly appreciated. We would like to acknowledge John Vorgias and his team that provide a wonderful service to the Masters Swimming community.

Finally, I am very proud of the wonderful Masters Swimming Australia community. Whether in the pool, officiating, coaching or raising much need funds for the devastating bush fires, the membership character that is displayed is one of uniqueness and devotion. I would like to thank all members, especially the National Board of Management, MSA staff, Branch Administrators, Delegates, Presidents, Committees, and Life Members who have all worked by my side as we lead this organisation into 2020.



SARAH PISTERMAN
GENERAL MANAGER

FINANCE DIRECTORS REPORT

THIS REPORT IS TO BE READ IN CONJUNCTION WITH THE ACCOMPANYING AUDITED FINANCIAL REPORTS.

General Manager Noeleen Dix retired in July 2019 after 10 years exemplary service to Masters Swimming Australia. Sarah Pisterman has capably taken on the GM role and I thank her for her enthusiasm and congenial attitude. Kath Davis has continued to shine in her role and provides excellent assistance to her colleagues, board members, branches and MSA members. I also thank contracted bookkeeper Gerard Russell for his unwavering support.

SUMMARY

The 2019 financial year included paying Noeleen Dix's accrued long service leave and annual leave entitlements as well as two major special projects. Notwithstanding Recruitment costs to appoint a new General Manager and Strategic Planning expenses, MSA still managed a Net Surplus of \$5615. This result contributed to a strong balance sheet.

INCOME AND EXPENDITURE STATEMENT

MSA recorded a net operating surplus of \$28,185 (before Special Projects) for 2019, after allowing for non-cash items of depreciation of \$482 following the write off of some redundant office assets, long service provision of \$609 and annual leave provision of \$7,726.

INCOME

The revenue for 2019 included membership subscriptions from 6,522 members, compared to 6,513 members in 2018. 2019 saw the introduction of a popular 6 month membership option in all branches. Of the 6,522 registrations in 2019, 244 were for 16 month memberships, 338 were for 6 month memberships, and were 29 for 4 month memberships. Over time we will see the impact of the introduction of the 6 month membership on other membership categories. This increase of 9 members continues the very minor upward trend in membership over the past couple of years.

Bank interest received in 2019 was \$9,734 down from \$9,855 in 2018. There does not seem to be a change on the horizon to this decline in interest rates for both term deposits and trading accounts.

Sanction fees comprised MSSA Nationals and that branch's active and inclusive open water swim calendar. Additionally, sanction fees were received from Queensland, NSW, WA and Victoria. Vorgee, the major sponsor of MSA, contributed \$14,500 in sponsorship again in 2019. This financial assistance, discounted merchandise and other non cash support offered to our organisation is greatly appreciated.

Merchandise for 2019 comprised the swim caps, which were heavily promoted at the beginning of the year. The Gwangju World Championship merchandise was purchased directly by competitors online and so is excluded from the MSA financial statements. The Club coaching online course attracted 46 participants in 2019.

EXPENDITURE

Control over expenses has again resulted in a surplus compared to budget and 2019. I acknowledge the efforts of our paid staff who efficiently multi-task. The increase in rent, electricity and cleaning costs imposed by the State Sport Centre Trust will continue at Sports House. All expense categories came in under budget except for 1.2% variance in staff costs.

Expenses that also reduced compared to 2018 are:

- Professional fees
- Travel and accommodation
- NBM teleconferences
- Phone, postage and freight and photocopier
- Coaching related expenses
- Other special projects (excluding recruitment and strategic planning)



FINANCE DIRECTORS REPORT CONT



SPECIAL PROJECTS

In addition to the recruitment and 2020-2023 strategy projects, the continuing approved projects of the website upgrade, Multi Class sub committee and Coaching Subsidy program expenses showed little movement in 2019.

BALANCE SHEET

Cash is held in transaction accounts and in two term deposits with different banks. MSA is protected by the Federal Government's bank deposit guarantee capped at \$250,000 per bank. Interest on the term deposits was reinvested at maturity. While interest rates remain low, there is no urgency to look to a third term deposit with a different bank, but that may be a consideration in the future.

MSA continues to be in a sound financial position and the organisation can meet its commitments to staff, including their superannuation funds, suppliers and the ATO. Trading accounts hold sufficient cash for operating expenses, approved special projects and expense accruals.

The 2020 year started with membership of 1,982 recorded in December 2019, and 244 members chose 16 month membership between September and November 2019, comparing unfavourably to 2019 and 267 respectively the year before.

Our vision to enrich and inspire adults to swim for life is largely in the hands of our clubs – coaches on deck and drivers on club committees who welcome new swimmers so they join, then renew along with their new found friends year after year!

PROPOSAL

I propose that the Audited Financial Statements and this accompanying report be accepted as presented.



Thanyapura, Thailand (MSA Swim Camp venue)



ANDREA MCNEIL
FINANCE DIRECTOR

Masters Swimming Australia Inc.

Financial Statements

31 December 2019

Masters Swimming Australia Inc.

Board of Management

As at 31 December 2019

President:	Gerry Tucker
Director of Finance:	Andrea McNeil
Board Members:	Jane Noake
	Neal Bertram
	Wendy Holtom

Crane Tasmania
Crowe Tasmania



Malcolm Matthews
Partner

Date: 28/2/2020

Masters Swimming Australia Inc.

Income Statement

For the Year Ended 31 December 2019

	2019 \$	2018 \$
INCOME		
Branches		
Annual Affiliation Fees	1,432	1,432
Member Registrations	239,119	238,616
Coach Accreditation Fees	350	250
Sanction Fees	8,895	8,614
MSV administration fee	32,208	31,474
Total Branches	282,003	280,386
Other Income		
Interest	9,734	9,855
Publications/Merchandise	6,642	4,536
Sponsorships	14,500	14,500
Advertising	250	-
Miscellaneous	-	82
Coaching Workshop	236	-
Club coaching online	1,882	245
MSA Swim Camp	-	475
Total Other Income	33,244	29,694
TOTAL INCOME	315,248	310,079

This statement should be read in conjunction with the accompanying notes

Masters Swimming Australia Inc.

Income Statement

For the Year Ended 31 December 2019

	2019	2018
	\$	\$
EXPENSES		
Professional Fees		
Audit Fees	1,450	1,470
Legal Fees	116	292
Total Professional Fees	1,566	1,762
NBM & Branch Delegates		
Travel & Accommodation Expenses	23,949	23,860
Teleconferences	590	842
Other NBM Expenses	40	37
Total NBM & Branch Delegates	24,579	24,739
Premises		
Rent & storage, electricity, cleaning	14,268	12,203
Total Premises	14,268	12,203
Operations		
Membership Registration Management Fee	31,366	31,687
Office IT	3,806	322
Phone & Fax	2,495	3,320
Internet Fees	313	308
Postage & freight	1,341	1,978
Office Supplies / Stationery	616	187
Photocopier	393	477
Affiliations & Subscriptions	-	200
Computer, Software & IT Services	1,451	1,331
Total Operations	41,780	39,809

This statement should be read in conjunction with the accompanying notes

Masters Swimming Australia Inc

Income Statement

For the Year Ended 31 December 2019

	2019 \$	2018 \$
EXPENSES continue		
Staff		
Wages & Salaries	124,669	119,243
Superannuation	11,844	11,296
Other Staff Costs	394	204
Additional Administration	442	4,030
Bookkeeping	17,133	14,331
LSL Provision	609	1,402
Annual Leave Provision	7,726	(4,204)
Total Staff	162,817	146,301
Other		
Insurance	24,654	24,070
Annual Report	280	275
Awards, Trophies & gifts, including Swim Series	3,889	3,569
Sponsorship Related Costs	1,065	1,283
Other Conferences & Travel	601	-
Administrators' workshop	4,336	3,860
Promotional Materials	1,187	1,112
Merchandise, purchased on order	2,863	196
Million Metres Costs	2,092	2,083
Coaching Workshop Expenses	-	523
Coach of the year expenses	603	1,015
Depreciation	482	2,552
Total Other	42,054	40,538
TOTAL EXPENSES	287,063	265,352
Net Operating Surplus/(Deficit)	28,185	44,727
Special Projects		
Recruitment Costs	15,242	-
Strategic planning	7,200	-
Website Upgrade	-	2,000
Multi Class Sub Committee	-	3,121
Coaching Subsidy Program	127	571
Total Special Projects	22,569	5,691
NET SURPLUS/(DEFICIT)	5,615	39,036

This statement should be read in conjunction with the accompanying notes

Masters Swimming Australia Inc.

Balance Sheet

For the Year Ended 31 December 2019

	2019 \$	2018 \$
ASSETS		
<u>Current Assets</u>		
Bank		
Westpac Cheque Account	8,065	11,747
Westpac Idirect Account	137,495	150,054
Westpac Mastercard Debit Card	1,600	715
Cash on Hand	24	24
Westpac Term Deposit	142,870	139,249
Bendigo Bank Term Deposit	238,672	233,078
Total Bank	528,724	534,867
Debtors		
Trade Debtors	16,884	17,853
Prepayments/Sundry Debtors	12,325	16,200
Total Debtors	29,208	34,053
Total Current Assets	557,932	568,919
<u>Fixed Assets</u>		
Plant and Equipment		
Furniture & Equipment	55,115	55,115
Accumulated Depreciation	(52,402)	(51,920)
Total Fixed Assets	2,713	3,195
TOTAL ASSETS	560,645	572,114

This statement should be read in conjunction with the accompanying notes

Masters Swimming Australia Inc.

Balance Sheet

For the Year Ended 31 December 2019

	2019 \$	2018 \$
LIABILITIES		
<u>Current Liabilities</u>		
Trade Creditors	4,768	3,179
Revenue received in advance	87,031	91,315
GST Liabilities - clearing account	5,913	6,962
PAYG on wages	7,212	3,324
Superannuation	1,016	2,033
Accruals	1,450	1,420
Provision for Annual Leave	6,000	9,900
Total Current Liabilities	113,390	118,134
<u>Non-Current Liabilities</u>		
Provision for Long Service Leave	-	12,340
Total Non-Current Liabilities	-	12,340
TOTAL LIABILITIES	113,390	130,474
NET ASSETS	447,255	441,640
EQUITY		
Retained Earnings	441,640	402,604
Current Earnings	5,615	39,036
TOTAL EQUITY	447,255	441,640

This statement should be read in conjunction with the accompanying notes

Masters Swimming Australia Inc.

Statement of Cash Flows

For the Year Ended 31 December 2019

	2019	2018
	\$	\$
Cash flows from operating activities:		
Receipts from operations	302,200	323,035
Payment to suppliers and employees	(317,027)	(273,424)
Interest received	9,734	9,855
GST received / (paid)	(1,050)	(674)
Net cash from operating activities	(6,143)	58,792
Cash flows from investing activities:		
Acquisition of property, plant and equipment	-	-
Net cash used in investing activities	-	-
Net cash increase / (decrease) in cash and cash equivalents	(6,143)	58,792
Cash and cash equivalents at beginning of year	534,867	476,075
Cash and cash equivalents at end of financial year	528,724	534,867

This statement should be read in conjunction with the accompanying notes

Statement of Changes in Equity

For the Year Ended 31 December 2019

	Retained Earnings \$	Total Equity \$
Balance at 1 January 2019	441,640	441,640
Net Surplus/(Deficit)	5,615	5,615
Balance at 31 December 2019	447,255	447,255

	Retained Earnings \$	Total Equity \$
Balance at 1 January 2018	402,604	402,604
Net Surplus/(Deficit)	39,036	39,036
Balance at 31 December 2018	441,640	441,640

Notes to the Financial Statements

31 December 2019

1 Accounting Policies

(a) General Information

These financial statements are a special purpose financial report prepared in order to satisfy the accounts preparations requirements of the *Associations Incorporation Reform Act (Victoria) 2012*.

The board have determined that the Masters Swimming Australia Inc. is not a reporting entity and therefore there is not need to apply Australian Accounting Standards or other mandatory professional reporting requirements in the preparation and presentation of the financial statements.

(b) Basis of Preparation

The financial report has been prepared on an accruals basis and is based on historical costs modified by the revaluation of selected non-current assets, financial assets and financial liabilities for which the fair value basis of accounting has been applied.

The following specific accounting policies, which are consistent with previous periods unless otherwise stated, have been adopted in the preparation of this financial report.

(c) Property, Plant and Equipment

Each class of property, plant and equipment is carried at cost or fair value less, where applicable, any accumulated depreciation and impairment losses.

The depreciable amount of all fixed assets is depreciated on a diminishing value basis over their useful lives commencing from the time the asset is held ready for use.

(d) Revenue

Revenue from membership registrations and branch affiliation fees are recognised when received and attributed to the financial year in which they relate.

Interest revenue is recognised when it is credited to the relevant bank account or term deposit and attributed to the financial year in which it is received.

All other revenue is recognised when it is received and attributed to the financial year in which it is received.

Notes to the Financial Statements

31 December 2019

1 Accounting Policies (continued)

(e) Goods and Services Tax (GST)

Revenue, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the balance sheet are shown inclusive of GST.

Board's Declaration

31 December 2019

In the opinion of the board, the financial report:

- (a) presents fairly the financial position of Masters Swimming Australia Inc as at 31 December 2019 and its performance for the year ended on that date in accordance with the accounting policies outlined in Note 1 to the financial statements;
- (b) satisfies the requirements of the *Associations Incorporation Reform Act (Victoria) 2012* to prepare accounts; and
- (c) at the date of this statement, there are reasonable grounds to believe that Masters Swimming Australia Inc. will be able to pay its debts as and when they fall due.

Director of Finance Andrea McNeil

Dated 28 February 2020

Masters Swimming Australia Inc

Independent Auditor's Report to the Members of Masters Swimming Australia Inc

Opinion

We have audited the financial report of Masters Swimming Australia Inc. (the Association), which comprises the balance sheet as at 31 December 2019, the income statement for the year then ended, the statement of cash flows for the year then ended, the statement of changes in equity for the year then ended, the notes to the financial statements, and the board's declaration.

In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the Association as at 31 December 2019 and of its financial performance for the year then ended in accordance with the accounting policies described in Note 1.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Report* section of our report. We are independent of the Association in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 *Code of Ethics for Professional Accountants* (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Emphasis of Matter – Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist the Association to meet the requirements of the *Associations Incorporation Reform Act (Victoria) 2012*. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibilities of the Board for the Financial Report

The board is responsible for the preparation and fair presentation of the financial report in accordance with the financial reporting requirements of the applicable legislation and for such internal control as the board determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the board is responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless the board either intends to liquidate the Association or to cease operations, or has no realistic alternative but to do so.

The title 'Partner' conveys that the person is a senior member within their respective division and is among the group of persons who hold an equity interest (shareholder) in its parent entity, Findex Group Limited. The only professional service offering which is conducted by a partnership is the Crowe Australasia external audit division. All other professional services offered by Findex Group Limited are conducted by a privately owned organisation and/or its subsidiaries.

Findex (Aust) Pty Ltd, trading as Crowe Australasia is a member of Crowe Global, a Swiss Verein. Each member firm of Crowe Global is a separate and independent legal entity. Findex (Aust) Pty Ltd and its affiliates are not responsible or liable for any acts or omissions of Crowe Global or any other member of Crowe Global. Crowe Global does not render any professional services and does not have an ownership or partnership interest in Findex (Aust) Pty Ltd. Liability limited by a scheme approved under Professional Standards Legislation.

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Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with the Australian Auditing Standards, the auditor exercises professional judgement and maintains professional scepticism throughout the audit. The auditor also:

- Identifies and assesses the risks of material misstatement of the financial report, whether due to fraud or error, designs and performs audit procedures responsive to those risks, and obtains audit evidence that is sufficient and appropriate to provide a basis for the auditor's opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtains an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.
- Evaluates the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by those charged with governance.
- Concludes on the appropriateness of those charged with governance's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the entity's ability to continue as a going concern. If the auditor concludes that a material uncertainty exists, the auditor is required to draw attention in the auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify the auditor's opinion. The auditor's conclusions are based on the audit evidence obtained up to the date of the auditor's report. However, future events or conditions may cause the entity to cease to continue as a going concern.
- Evaluates the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation. The auditor communicates with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that the auditor identifies during the audit.

Crowe Tasmania

CROWE TASMANIA



Malcolm Matthews

Partner

Launceston

Date: 28/2/2020

NATIONAL COACHING COMMITTEE

THE NATIONAL COACHING COMMITTEE WAS MADE UP OF THE FOLLOWING MEMBERS IN 2019

Bruce Allender (Chair, Victorian Branch) (retiring Chair)
Di Coxon Ellis (NSW Branch) (new Chair for 2019-2020)
Kim Tyler (Western Australian Branch)
Elena Nesci (Western Australian Branch)
Jacinta Stirrat (Northern Territory Branch)
Sean Williams (Queensland – April 2019)
Simon Watkins (Queensland – April 2019)
Anne Smyth (NSW – October 2019)
Philip Tyrell – (Tasmania – October 2019)

The Branches are responsible for nominating Committee members, who are not necessarily members of Branch Committees themselves, but all want to contribute to coaching. The Committee welcomed 2 new members from Queensland: Sean Williams and Simon Watkins in April and 2 more in October. Thanks to all members of the NCC for their unstinting efforts and their significant contribution in leading the development of masters coaching for MSA and their own Branches.

COURSES HELD IN 2019:

CC001/19 – MSWA (7 candidates)
CC002/19 – ASCTA (1 candidate)
CC003/19 – MSNSW (7 candidates)
CC004/19 – MSQ (4 candidates)
CC005/19 – MSSA (11 candidates)
CC005/18 – MSV (rescheduled from 2018 - 12 candidates)
CC006/19 – MSWA (7 candidates)

COACH OF THE YEAR

One of the main tasks for the whole Coaching Committee is assessing the nominations and documentation for Coach of the Year from each of the Branches and making a recommendation for the MSA Coach of the Year to the MSA Board. The 2018 Masters Coach of the Year is Greg Lewin from Ryde AUSSI. Greg is a competent, diligent, well liked and considerate Head Coach of a large Club with a diverse range of swimmers. He has a passion for developing his knowledge to improve his coaching skills and in 2018 completed 10 different PD activities. In 2018 he was presented with the Club Service Award. Greg is very worthy recipient.

SAL ADVANCED COACHING COURSE

The Committee has started work on developing a Masters Advanced Coaching Course (MACC). This has been planned for some time, with work only started this year now that SA has completed the restructure of their Coaching pathways. The SA on-line course for their Development Coach (formerly Bronze Coach) continues to be an essential component of our Masters Club Coach. Our aim now is to utilize the modules developed by SA for their Advanced Coach (formerly Silver Coach) accreditation as part of the requirement for the new Masters Advanced Club Coach course.

Several meetings have been held with SA representatives, who are very supportive of our initiative, to understand their new modules. Committee members have reviewed the modules to identify modules which are appropriate for Masters Coaches. The modules are excellent and could be used by Masters. Unfortunately, they are also expensive for coaches to access and some require attendance at ASCTA workshops – which could be difficult for some of our coaches, most of whom are part time and voluntary. The MSA Coaching Committee has to decide which modules to incorporate into our MACC course, which is expected to also contain a special project, mentoring and workshop components and consider the affordability. A proposed MACC structure is expected before the end of the year for consideration by the MSA Board.

NATIONAL COACHING COMMITTEE CONT

Branch	Total Coaches in 2019	New in 2019	Reaccredited in 2019
NSW	90	10	6
NT	3	0	0
QLD	72	5	4
SA	18	1	5
TAS	9	0	1
VIC	42	4	3
WA	100	11	18

There has been a pleasing increase in the total numbers of accredited coaches. NT, SA and TAS have fewest new coaches accredited in 2019 and it is hoped the funding Support program for training will assist candidates to attend training further afield. The coaches trained at the ASCTA Conference are another source of recruitment and we hope to build on that at the ASCTA 2020 Conference.

COACHING NEWS FROM BRANCHES:

NSW – a coaching team of 12 people led by Anne Smyth – ran coaching clinics on Shoulder Injury: Ageing Swimmer by Peter Raeburn and coaching Freestyle – tips and faults. A coaches Forum was held at the Branch Short Course Championships. For swimmers the team conducted Workshops on Starts and strokes in regional centres in Pambula, Ulladulla, Goulburn and Yass plus 2 workshops in Canberra and one at Campbelltown plus a Thredbo Swim Camp.

NT acknowledged little activity in 2019.

QLD - conducted one Clinic last year and it was well received - however athlete to coach ratio was far too high.

TAS - The challenge is recruiting coaches for the smaller clubs, especially the regional ones. Similar to other Branches, TAS has a coaching resources page on the website and encourages coaches to contribute.

VIC – held the rescheduled Club Coach Course presented by Bruce Allender and Simon Crowther and was attended by 12 MSV members with 2 having gained their accreditation. A Coaches FB group has been set-up to assist communication with Victorian Coaches.

WA - regional club support - coaching clinics and new regional club formed in Bridgetown. - a series of professional development seminars and clinics on a variety of aspects to support coaches and swimmers including injury prevention and management in swimmers, preparation for competition, sleep and performance, OWS technique and drills, annual planning and our first webinar on the physiology of the masters swimmer. All were highly valued, and we touched a wider cross section of our swimming community.

There have been changes in administration processes and procedures.

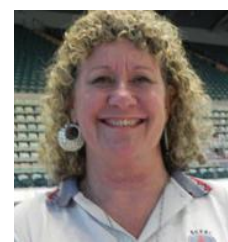
- In 2019 we trialled emailing MSA Club Coach Certificates. From 2020 onwards, certificates will no longer be mailed to coaches but sent as e-certificates. They include a detachable section if coaches need to print a wallet size proof of accreditation.
- The Recognition of Current Competency procedure is being reviewed and updated. This is for experienced coaches who are currently coaching without the Club Coach accreditation and, depending upon their experience, can be exempt from doing some components of the Club Coach Course.

All branches are grateful for the exceptional assistance that we have from our National and Branch Admin people.

BRUCE ALLENDER – Chair to October 2019

DI COXON-ELLIS Chair from October 2019

NATIONAL COACHING COMMITTEE



NATIONAL TECHNICAL COMMITTEE

The National Technical Committee (NTC) is a forum for all states to clarify technical issues, have rules reviewed and propose changes if required, and provide guidelines for the training and accrediting of technical officials.

The NTC members for 2019-2020 are

Phil Beames (SA)
John Barrett (QLD)
Peter Maloney (WA)
Di Partridge (NSW)
Neil Keele (NSW)
Ray Brien (TAS)
Neil Mitchell (VIC)
Jayna Gordon (NT)

The National Board has been looking into the introduction of Multi-Class (MC) competition into masters' meets and at the Spring General Meeting it was resolved to adopt Multi-Class competition in masters swim meet activities, at the discretion of the Meet Convenor/Director.

With the acceptance of MC competition in masters' meets there was a requirement for MC rules to be added to MSA Rules. Swimming Australia Ltd (SAL) representatives suggested that the rules could be simply lifted out of the SAL rules and dropped into the MSA Rules with minor adjustments if required. This was the approach adopted by the NTC and MC rules were added to our rules and the revised MSA Swimming Rules were submitted for approval at the Autumn General Meeting.

The MC Rules were reviewed at the General Meeting and a number of amendments were recommended. The General Meeting approved the incorporation of the MC rules into the MSA Swimming rules subject to the amendments documented in the minutes of the meeting.

Other tasks the NTC still need to work on are;

- Exploring MSWA's suggestion that there should be accredited Open Water Swimming Technical Official positions with their own accreditation pathway that is not dependent on pool accreditations.
- Review if there are opportunities to align the MSA open water swimming rules more closely with the FINA open water swimming rules, noting that there are special conditions in Australia that will need to be considered.

The NTC will continue to focus on:

- How to encourage individuals to become accredited officials, develop strategies to retain those officials and to prepare to replace those who stand down.
- Reviewing the process of gaining accreditation as a Technical Official with the view of making it simpler and more flexible whilst maintaining high standards.



PHIL BEAMES

NATIONAL TECHNICAL COMMITTEE

Some of our wonderful Technical Officials left to right - MSWA, MSNSW & MSV



NATIONAL RECORDER

In 2019, there were 108 events for masters swimmers which was an increase of 12 from 2018 and included five international events. The major meets included the MSA National Championships in South Australia, events in, Canada, the USA and Singapore. This was also the year of the FINA Masters World Championships in Gwangju. Each branch had championship events in both short and long course and there was an increase of over 67, 472 individual results, and the portal has now recorded over one million individual swims since 2002.

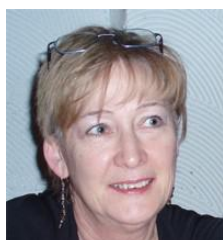
There were 269 (227 in 2018) individual and 32 (46 in 2018) relay National records achieved in 2019. In 2019, there were 20 out of a possible 26 FINA Masters World Records (19 Individual and 1 relay applied for and approved by the World Recorder.

Endurance 1000 has been used now by swimmers for 9 years and although participation has dropped off in 2019, it is pleasing to see that the number of people who have completed all 62 swims has been maintained. A few people have completed the swims for the 1st time and a few swimmers have completed the program for more than 20 years and for Brian Walsh VDC, this is now 25 consecutive years of maximum points since 1993. All swimmers who have completed all the swims and or achieved maximum points for 5 or more years will be listed on an honorary page on the MSA website. Swimmers who have completed all swims or achieved maximum points will continue to receive a certificate, however swimmers who have achieved 750+ and 500+ points will also be recognised. While some clubs gain points by default from swim meets, there are some clubs who don't use this program or members don't have the opportunity to swim in eligible events at meets.

The National Swim Series began in 2014 and below is a table of swimmers who have participated in 3 or more events. The idea is to encourage swimmers to swim outside of their home branch and events are selected to be part of the 8 swims on offer.

At the end of 2019, I completed the task of adding 29,937 missing MSA IDs from 2002-2003 into the portal. Swimmers should be able to check all their swims by using only their current MSA ID. The checking of other data in the portal will continue over the next year.

Swimmers continue to support events, record amazing times and in many cases take part for the first time. To encourage participation, branches and clubs have introduced some different events. I appreciate the support from recorders in each branch, including those who record at meets and the many club recorders who enter times and distances for e1000.



Vorgee Endurance 1000				
Year	Clubs	Swimmers	Completed all swims	Achieved 1005 points
2019	143	1886	90	59
2018	157	1969	90	61
2017	152	1737	78	50
2016	152	1915	88	57
2015	144	1965	75	56
2014	146	1899	71	51
2013	153	2109	110	55
2012	141	1884	81	59

MSA Swim Series			
Year	Male	Female	Total
2019	13	10	23
2018	16	21	37
2017	8	17	25
2016	30	38	68
2015	10	10	20
2014	27	20	47

Stats of entries from the records/results portal	2019	Total since 2002
Meets	108	2359
Individual results	65,472 (incl e1000 - 17747)	1,077,654
Relay results	806	36,802
National Records Individual Relay	301 (269) (32)	59,260
World Records achieved by MSA swimmers 2019 Individual Relay	20 1	605 57

PAULINE SAMSON

NATIONAL RECORDER (LIFE MEMBER)

NATIONAL MEMBERSHIP

Branch	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
NSW	1679	1729	1719	1620	1557	1534	1558	1450	1437	1482	1464	1458
NT	170	169	161	154	148	141	131	136	138	152	161	149
QLD	1348	1425	1316	1138	1280	1235	1242	1189	1199	1195	1214	1219
SA	600	604	606	577	635	631	657	649	644	614	618	631
TAS	317	296	296	280	299	288	298	327	277	291	290	304
VIC	900	920	975	965	1055	1098	1176	1219	1263	1148	1119	1112
WA	1344	1324	1398	1442	1448	1578	1642	1655	1619	1587	1647	1649
Total	6358	6467	6471	6176	6422	6505	6704	6625	6577	6469	6513	6522

WELCOME TO THE NEW CLUBS IN 2019:

- Grimseys Adult Swimfit (MSQ)
- Team Accademy Swimming Masters (MSQ)
- Townsville Hammer Heads (MSQ)
- Gulivers Coomera Swim Club (MSQ)
- EC masters (MSQ)
- Ballarat Masters Swimmign Club (MSV)
- Melbourne2020 (MSV)
- Melton Swimming Club (MSV)
- Wantirna Croydon (MSV)
- Bridgetown Masters (MSWA)

NATIONAL SWIM MEET COMMITTEE

The Swim Meet committee is currently engaged in the rewriting of the National Championships Meet Guide. The committee consists of some very experienced members of Masters Swimming each with a different skill set so each member is concentrating on a different section of the guide.

My thanks to Rachael Keogh who stepped down from the Committee after the October General meeting for being part of this rewrite- Rachael rewrote the organising committee and the social sections of the guide.

We welcomed 2 new members to the Committee after the October meeting Maciej Slugocki and Susanne Milenkevich who is also contributing to the job.

My thanks to Fiona Wilkins and Leanne Beames who are also part of the team and have worked on Marketing and Recording.

We hope to have the first draft of the new guide ready later in 2020.



JANE NOAKE

SWIM MEETS COMMITTEE CHAIRPERSON

NEW SOUTH WALES (MSNSW)

GOVERNANCE

MSNSW is governed by an elected Board of seven members assisted by position holders, Technical Officials, Webmasters and Social Media Administrators. The Board meets every month at Sports House in the Sydney Olympic Park precinct.

Membership figures at the end of January 2019 total 1,064 financial members including 2nd claimers.

PROMOTION

2611 people like us on Facebook and it continues to grow interest and offer immediate updates on activities. The focus is on the National Championships.

COACHING

A Coach course has already been held in 2020 and eight keen trainees attended the day-long course. Due to a State government grant from the Her Sport Her Way program four women were able to have their fees covered.

Over the October Long Weekend, a group of swimmers attended a swim camp at Thredbo. With skiing still happening in beautiful Spring weather, Thredbo was an ideal location for swimmers and their partners to enjoy a weekend of swimming, walking, skiing and relaxing in the mountains.

Swimmers from many NSW clubs: Ryde, Tuggeranong, Wett Ones, North Sydney, Port Macquarie and Griffith participated in six sessions involving technique and drill focus in all strokes, sprint work and pacing sessions under MSNSW coaches. Video analysis was given to each swimmer with individual filming and feedback sessions, providing invaluable insight into their freestyle.



Coaching session with Greg Gourley and Anne Smyth

SWIM MEETS

Since the Spring report, five Branch Point Score (BPS) meets have been held, two of which were regional meets and three metro meets. Plus, the branch Short Course Championships were held again at Woy Woy, an hour north of Sydney.

The 2020 Endurance 1000 results have been finalised by the Branch E1000 Recorder Jenny Whiteley, MSNSW had 26 members gain maximum points and 21 achieved all 62 swims.

PROGRAMS & ACTIVITIES

The first interclub swim meet of 2020 has been conducted by Campbelltown Collegians, sadly the second meet, to be hosted by Myall Masters, was postponed due to torrential weather forecast.



MSNSW Official in action

ACKNOWLEDGMENTS

Vorgee provided male & female Swimmer of the Meet packs at the Branch Championships for which we are extremely grateful.

MSNSW acknowledges the work of its many volunteers in assisting to conduct the activities in all areas of the organisation, on branch level, in the office, on pool deck and in all clubs.

While our coaches on pool deck are the backbone of our organisation for our swimmers the Technical Officials on pool deck at swim meets are our guiding lights.

Thank you to all of them.

JILLIAN PATEMAN

MSNSW ADMINISTRATOR



Supported by the



NORTHERN TERRITORY (MSNT)

SWIM MEETS

The NT Branch held five swim meets during 2019. The Branch Long Course Championships were held in March and the Short Course in October. Three interclub virtual meets were conducted during the year - in January, June and November. The January meet was also an open Australia Day Carnival and part of the MSA Swim Series.

MEMBERSHIP

Membership in 2019 was 147, down from 155 in 2018, but second only to MSA in terms of the percentage if its state/territory population as members of MSA clubs. Alice Springs club had 24 members, Darwin 114 and Palmerston & Rural 11.

INTERNATIONAL LINKS

The strong link between Darwin Stingers Club and Singapore Masters Swimming continued, with the a large contingent from the club attending the Singapore Masters' International Meet in November, winning many events, particularly in the older age groups, and breaking several NT Branch and Singapore Masters National Records.

FUNDING

The Branch in 2019 received no funding from the NT Department of Sport and Recreation, despite becoming a fully affiliated member of Swimming NT in October 2018. This was basically because Swimming NT, though which the branch must now access government grants, was in governance, administrative and financial disarray until mid-2018. The two administrations are now working towards an operational model that will provide grant funding to MSNT, joint sanctioning of swim meets and staging of the 2021 MSA Championships on a co-operative basis.

BRANCH MEETINGS

Regular branch meetings were held in Darwin., with a Skype link to the Alice Springs delegate. The AGM was held in Darwin in November.



Diving into a MSNT swimming meet

BRANCH MANAGEMENT

At the AGM in November, Neil Ludvigsen of the Darwin Stingers Club was re-elected as Branch President, with John Pollock of Darwin Stingers as Branch Secretary and Robert Magin of Darwin Stingers as Treasurer.

JOHN POLLOCK

MSNT BRANCH SECRETARY



Some of the Darwin Stingers team in Singapore

QUEENSLAND (MSQ)

GOVERNANCE

Masters Swimming Queensland was managed by the Branch Management Board (BMB):

- President: Shane Knight
- Treasurer: Julie Bott
- VP North: Cheryl Brodribb
- VP Central: Patricia O'Brien-Price
- VP Sunshine: Fernando Claro
- VP South: Susanne Milenkevich

The Sub-committee, which reports to the Executive Committee of the BMB, comprises of:

- Director of Recording: David Findlay
- Director of Technical Services: John Barrett
- Director of Risk Management: Therese Crollick
- Directors of Coaching Services: Sean Williams & Simon Watkins

MEMBERSHIP

2019 membership remained steady, with three new clubs forming - Emmanuel College Masters and Gullivers Masters on the Gold Coast, and Townsville Hammerheads. A total of 48 clubs affiliated with MSQ for 2019.

SWIM MEETS

MSQ have been introducing innovations and fine-tuning existing procedures for our swim meets. We are striving to make the meet an easier and more enjoyable experience for swimmers of all levels and ages, and a more relevant and a natural progression for juniors.

1. Meet Guides - we are aiming to provide comprehensive information prior to the meet to make sure there is no confusion and swimmers feel fully informed.

2. Entry system – a new entry system, “Quick Entry” was introduced that integrates with swimmers’ previous results and standards:

- No NT – making competitive swimming fair and based on previous results.
- Default to PB/recent time: swimmers have a standard at competition - their PB. We defaulted the entry time to PB, but also allowed the choice of a recent time. Swimmers felt confident that they were be placed amongst people with similar competition abilities. This also helped produce a correct timeline and consistent heats.
- Reverse order heats: allows the more experienced swimmers to swim first and show the less experienced how it is done.

This also gives others a visual prompt to inform the next event being marshalled. This approach is used extensively in SQ events, and therefore brings more alignment for young swimmers looking to transition to MSQ.

3. Meet check-in: competitors check-in as they arrive, automatically updating the Recorder's competitor list. This allows for decisions to be made for re-seeding events.

The MSQ Calendar included 24 sanctioned swim meets throughout 2019. This included club meets, two postal swim meets, MSQ State Championships, Great Barrier Reef Games, and three open water swims (OWS).

Date	2019 Swim Meet	Number of Competitors
9/02/2019	Miami Masters	171
23/02/2019	Hervey Bay Masters Meet	101
2/03/2019	Atherton Mountaineers Meet	4
9/03/2019	Albany Creek Masters SC Swim Meet	194
11/04/2019	MSQ State LC Championships 2019	278
27/04/2019	Whitsunday Masters Meet	26
11/05/2019	Yeronga Park Yabbies Short Course	160
23/05/2019	Great Barrier Reef Masters Games	147
15/06/2019	Rum City Short & Sweet Swim Meet	83
29/06/2019	Rats of Tobruk Rat Races	22
6/07/2019	Brisbane Southside Short Course	152
20/07/2019	Genesis Masters Meet	52
24/08/2019	Long Tan Legends LC Sprint Carnival	15
24/08/2019	Northside Masters SC Meet	134
14/09/2019	Townsville Aquaholics	11
14/09/2019	Noosa Masters	106
28/09/2019	Maryborough Masters Meet	57
12/10/2019	UQ Short Course Sprint and Relay Meet	135
26/10/2019	Sunshine Coast Masters Swim Meet	85
3/11/2019	Nth Mackay Sinkers Masters OWS	15
9/11/2019	Aqualicious Swim Meet	97
1/12/2019	Big Barrine Bash OWS	17

STATE LC CHAMPIONSHIPS

The 2019 Queensland State Long Course Championships were held over 3 days 11-13 April 2019 at the Brisbane Aquatic Centre the home of major swim meets over many decades. The vision was to attract the interest of Master swimmers and showcase a big event promoting masters swimming. The Meet theme of *Swimming...Perfect!!!* was used to capture the passion that Masters swimmers have for our great sport.

Masters Swimming Queensland (MSQ) appointed Brisbane Southside Master Swimming Club as the host Club. The club, in partnership with the MSQ Steering Committee, is to be commended for running a highly organised event. They were supported by volunteers from Volunteering Queensland who assisted with timekeeping and working the medal table.

These State Championships were Queensland's event for the 2019 Swim Series. We welcomed 278 entries from 40 Clubs Australia-wide including 7 interstate clubs and one from Papua New Guinea Masters. There was vigorous competition in the pool both from individuals and clubs, as every swimmer strove to reach their personal and club goals.

The winners of the major awards were:

- **Vorgee Swimmer of the Meet:**
Female Jen Thomasson QSM
Male Brett Woods QUQ
- **The George Coronas Trophy Highest Aggregate Points:**
Brisbane Southside Masters QSM

MSQ is wonderfully proud of the Championships in every respect. We thank Brisbane Southside Masters for hosting the Meet and all who attended. The goal of showcasing masters swimming in its best light was achieved.

GREAT BARRIER REEF MASTERS GAMES

The Great Barrier Reef Masters Games were held in Cairns 23 – 25 May 2019 at the Tobruk Memorial Swimming Pool. There were 147 entrants from throughout Australia, New Zealand, Japan and America. Many records were set and there were plenty of PBs by swimmers over the three days. Officials from MSQ and SQ joined together for a great three days of officiating. Early afternoon finishes for the swimming gave visitors the chance to relax or explore Cairns and surrounds. The GBRMG team provided nightly entertainment which was enjoyed by all. The Games are growing in numbers each time with a 33% growth in overall entries for 2019. This year there were 21 sports involved. MSQ and the GBRMG look forward to presenting the swimming again 20 - 23 May 2021. There has been very good feedback with many swimmers advising they will return.

OPEN WATER SWIMS

On the Sunday after the Great Barrier Reef Games (26th May), QCN Cairns Mudcrabs Masters club held the annual Crater Lake Classic OWS at Lake Barrine with 101 swimmers. This was another extremely well presented open water event enjoyed by all swimmers. Many thanks to the Cairns Muddies for their organisational skills and efficient volunteers.

The annual North Mackay Sinkers Masters Open Water Swim (OWS) was held on Sunday 3 November 2019. With 41 registrations received, the day dawned with perfect conditions greeting swimmers across the three distances. This year swimmers included good numbers of locals, swimmers from Townsville, S.E. Qld and NSW.

The swim also attracted four junior swimmers who swam with purpose and saw the continuation of the Prince and Princess section in the 5k swim for the second year running. The event is the 3rd memorial swim for Jennie Mack, a veteran swimmer whose motto of "Swim for life" is a lasting legacy masters embrace.



Great Barrier Reef Games

QUEENSLAND (MSQ)



MSQ also hosted their annual Big Barrine Bash OWS on Sunday 1 December 2019 at Lake Barrine on the Atherton Tablelands. It was a perfect sunny day with ideal conditions on the lake. The swim was sanctioned by MSQ plus the Rottneest Channel Swim Association as a pre swim for their 2020 channel swim. Swims offered were 10k, 5k, 2.5k and a 4 x 2.5k relay. There were 81 swimmers on the day with entries from the Brisbane region, Townsville, Cairns, Port Douglas and the Atherton Tablelands.

The 10k had 12 swimmers, the 5k 17 swimmers, the 2.5k 40 swimmers plus 3 relay teams. Family and friends of the swimmers kept the Tea House busy throughout the morning and then many enjoyed a delicious lunch after the completion of the swims.

MSQ RELAYS AT THE WORLD TRIALS

Masters Swimming Qld swimmers were fortunate to be included in Swimming Australia's World Championship Trials held at the Brisbane Aquatic Centre in June. Many masters' swimmers participated from a variety of MSQ clubs, and all thoroughly enjoyed the experience. Particular thanks to Miami and Southside Masters clubs for entering teams to swim alongside the Campbell Family relay in their record attempt.

Swimmers were thrilled with the opportunity to race alongside the world's best. Many thanks to Sal Cuming, Swimming Australia's Participation Marketing Coordinator for working with MSA to showcase masters' swimming.

PROGRAMS AND ACTIVITIES

LANE WARRIORS: Seven clubs and 108 swimmers participated in the Lane Warriors program for 2019. The majority of swimmers were in the 61+ age group. The total distance covered was 17,312,460m averaging 160km per swimmer. The top three clubs for the year were Ipswich City Masters, Gladstone Gropers and Hervey Bay.

MSX: The MSX program has been calculated for the 2019 season and includes 131 swimmers achieving Platinum, 82 Gold, 59 Silver and 50 Bronze. Currently Platinum is awarded to times equal to or faster than the 10th percentile of personal best times set in Australia. Gold is 20th percentile, Silver is 30th percentile and bronze is 40th percentile. New time standards are being generated for 2020.

ENDURANCE 1000: 40 clubs participated in the E1000 program for 2019, with a total of 424 participants. Congratulations once again to Noosa Masters for being the top point scoring club, and to Ipswich City Masters for having the highest average points per club.

RISK MANAGEMENT

There has been only one report of 2 minor incidents that occurred at the Lake Barrine swim. Both were handled satisfactorily with First Aid personnel on the day. Clubs continue to be very good at submitting their risk management checklists prior to their meets and are commended for this.

TECHNICAL

During the year MSQ officials provided services at the State Championships in Brisbane, the Great Barrier Reef Games in Cairns, at Open Water Swims on the Atherton Tableland and at many local meets around the State. Officials kept themselves aware of the interpretation of MSA Rules particularly in relation to backstroke turns, in-the-water starts and arrangements for multi-call swimmers. MSA has made further progress in incorporating rules for Multiclass swimmers in the Masters Swimming Rules. Heather Butler gained her accreditation as a referee with mentoring from Derick Coghill.

**JOHN BARRETT, DIRECTOR
TECHNICAL SERVICES**

COACHING

2019 presented a number of opportunities for both our swimmers and coaches. As a group we presented a skills clinic at the University of Queensland at the beginning of the year leading into the Masters Nationals. It was received well with a large turnout both from swimmers and eager coaches. It bodes well moving forward that we can successfully offer these opportunities more regularly in future.

Sean Williams also attended the Great Barrier Reef Games in May as an advisory coach. This was a big step forward offering our members onsite advice pre and post racing on pool deck. The initiative will hopefully encourage more coaches to attend major meets and work with the directors to benefit masters' athletes.

QUEENSLAND (MSQ)

Simon Watkins, Qld Co-Director of Coaching, also presented a coaching course in the Brisbane Metro. From all accounts this course was run extremely well, with a number of our members working towards obtaining their coaching qualifications. Sean Williams, Qld Co-Director of Coaching, also presented a coaching course at the ASCTA convention prior to this in Brisbane. It has become apparent that the coaching courses are well sort after, and the coaching team is working towards finalising courses for the coming season.

Dylan Carmichael, Aqualicious, has established a coaching Facebook page. It is in its infancy, but should become a great resource for Queensland coaches to communicate and network together.

FINANCIAL

Firstly, and most importantly I'd like to thank Swimming Queensland (SQ) for the tremendous support MSQ receives from them in terms of our annual grant of \$35,000 as well as daily administrative support which is absolutely instrumental to the successful operation of MSQ.

I'd also like to officially record my appreciation to the MSQ Board and our Administrator, Christina Scolaro for all their valuable input into the annual budget preparation and also for their ongoing support of me in my MSQ Treasurer's role.

It is pleasing to note that MSQ exceeded its budgeted profit by just over \$1,300 recording a profit of \$10,745 in 2019 - a very positive outcome for MSQ. Worthy of special note is that the Great Barrier Reef Masters Games exceeded our projected profit by about \$2,000.

Congratulations to our VP North, Cheryl Brodribb and her organising committee on such a tremendous outcome. Our Bank interest was up by \$1,400 due to the transfer of surplus funds into a term deposit, and also our membership income was also up by about \$1,500 over last year (2018).

Whilst some expenses showed minor increases, the Board managed to reduce budgeted operative expenses by over \$6,000 – of note is that we were about \$1,900 under budget for our President and VP's travel allowance, our miscellaneous expense were down by \$1,600 and our Membership Development allowance was about \$2,300 less than budgeted. The Board had budgeted and started work on new members kits and brochures, however as we were advised by MSA that they were also working on similar promotional material, we decided to put these plans on hold until we see if we need any additional resources once we receive the MSA finished products.

JULIE BOTT, MSQ TREASURER

PATRON

Jessica Schipper continues to be our MSQ Patron. She attended several meets, and was happy to meet and greet swimmers at our State Championships in Brisbane. Thank you very much to Jess for her continued support.

COMMUNICATION & PROMOTION

Communication with our membership is through email, our website and through our social media pages. We have Queensland and North Queensland Facebook pages and Instagram accounts, currently maintained by the Administrator and our VPs.

The number of followers and interactions through these mediums is gradually increasing, with increased activity surrounding swim meets, swimmer profiles and club activities. The MSQ Facebook page currently has 1570 likes and 1725 followers.

ACKNOWLEDGMENTS

Sincere thanks goes to all our board members, coaches, officials, volunteers and timekeepers, who give so generously of their time to ensure that Masters Swimming Queensland had a very successful 2019.

Thanks also go to Kath and Sarah in the national office who never fail to offer friendly and helpful assistance with all facets of operations.

CHRISTINA SCOLARO

MSQ ADMINISTRATOR



Jessica Schipper at the MSQ State Championships

SOUTH AUSTRALIA (MSSA)

Masters Swimming SA continues to be strong in 2019. Membership remained relatively constant, which is encouraging, and the Branch and Clubs worked hard to provide numerous pools, open water and social events that were very well attended.

We have been extremely lucky to have Channel Nine's support for our Open Water Series, West Beach Community Bank supporting the Jetty to Jetty and Geosnapshot Photography present at a lot of our events throughout the year. The photos have been amazing and have assisted in the promotion of all our events. We appreciate all their support!

GOVERNANCE

Masters Swimming SA Board was appointed at the AGM in May: Phillip Beames, Tom Bland (Chairman), Stuart Colla, Robert Ferguson, Penni O'Shea and Joanne Sutcliffe. With the new Constitution and Bylaws in place they have now completed the Strategic Plan and Final Draft for Operational Plan. Thanks to all Board members for their continued support and effort in their roles.

PROGRAMS & ACTIVITIES

The year was a very busy one in the pool in SA with MSA National Championships held in Adelaide in March, the State Masters Games held in Port Pirie in April, the Mildura Murray Masters Carnival in September and the Australian Masters Games in October plus all our usual calendar.

CHANNEL NINE OPEN WATER SERIES 2019-2020

It has been another great summer in the ocean so far. Along with the efforts of our Open Water Swim Director, Tim Burfield, and Channel Nine's continued sponsorship of the series with television promotions, we have seen all of the swims being well represented by both members of Masters and SwimmingSA, along with the general public. With SwimmingSA hoping to build Open Water Swimming in their community, they have come on board with our series giving their swimmers the chance to swim in the ocean. We hope that this will grow in the future years! With 3 of our 8 swims left to complete – Henley Beach, Noarlunga Reef and Port Elliot – there are 28 swimmers who have managed to complete all swims to date and may gain themselves an embroidered towel for their effort.



Channel Nine Open Water Swim



Alec Townsend designed t-shirt

The Annual Nine News Australia Day Jetty to Jetty Swim attracted 400 swimmers with Swimming SA taking part. Rosemary White, Event Convenor, with the clubs that assisted, deserve credit for making this a class event. Again, Alec Townsend designed our t-shirt featuring our sponsors Channel 9 and West Beach Community Bank. Leila Nazimi from Henley Beach was the Fastest Masters Female in a time of 27m17s, taking home the Wingate Trophy, while the Fastest Masters Male was Mark Preiss in a time of 27m08s winning the Ted Geary Trophy.

The Fastest SwimmingSA Female was Emily White in a time of 27m17s and the Fastest SwimmingSA Male was Connor Tunbridge in a time 25m36s. These awards are sponsored by West Beach Community Banks.

Andy Duncan (aged 84) and Barbara Pearce from Marion (aged 83) received the Awards for the Oldest Swimmers to complete the swim, the Darryl Hawkes Trophy presented by Darryl and Simons Trophy presented by Tim Burfield. The Nine News Jetty to Jetty Team Award and the Marj Muller Trophy were both won by Adelaide Masters with Howard Muller on hand to present the trophy in memory of Marj.

SOUTH AUSTRALIA (MSSA)

THE 2020 SA STATE OPEN WATER

Swim Championships returned to West Beach on 12 January for the 9th annual event. Competitors enjoyed near perfect conditions with warm air and water temperatures, light wind and calm seas. The Event had a total of 124 entries (121 who swam) in the 1 and 3 km events (100 Masters and 24 Non-members).

The overall Male and Female winners in the 3 km event were San Tebeck (Non-Member) and Leila Nazimi (Henley Beach). The 1km winners were Mark Preiss (Aquadome Otters) and Lee O'Connell (Adelaide Masters).

Team Trophies were hotly contested with Marion winning the Aggregate Points Trophy (ahead of Tea Tree Gully and Adelaide) while Western Districts won the Average Points /Swimmer Trophy (ahead of Tea Tree Gully and Atlantis).

The Marie Dingwall Trophy for contribution to open water swimming was awarded to Yumi Brown of Aquadome Otters who certainly embodies the Masters' spirit of friendship, fitness and fun.

The Barb Pearce Trophy for Oldest Female to complete the 2018-19 Channel 9 Open Water Swim Series was presented to Terry Carter of Atlantis.

Golden Marlin trophies for completing 10 Marion swims were presented to Meredith Ryan (Marion), Lee O'Connell (Adelaide), Vanessa Tricker (Tea Tree Gully), George Crowder (Marion) and Stephen Carthew (Marion). Madeleine Edgley-Smith and Eithne Mayton received trophies for completing their 20th swim.

SUMMER POOL SERIES 2019-2020

Our pool swimming continues with the Summer Pool Series held on the outskirts of the metropolitan area, which we have been building up since its inception in February 2013. This season we have 4 swims – Woodside, Gawler, SAALC and Strathalbyn. The swims are being well attended with two of our midsize clubs seeming to dominate this series.

2019 WINTER POOL SERIES

Our Winter Interclub Series was a great success in 2019 with participation constant over the four events. Champions for the series were Atlantis, followed by Adelaide Masters and Henley Beach. Congratulations to swimmers throughout the Series with many National and State records falling!

The State Cups, both Long and Short Course, were held at the SA Aquatic & Leisure Centre with numbers the same as most years. The Short Course was part of the National Swim Series which attracted a few interstate visitors. This was won by Adelaide Masters while the Long Course Cup was won by Atlantis.

ANNUAL PRESENTATION DINNER

Our Annual Branch Presentation Dinner was held on Saturday, 30 November at the Glenelg Golf Club celebrating another successful year for both clubs and individuals in SA!

The event was hosted by Noarlunga Masters who organised a fabulous night at a great venue with a Mad Hatters theme. The night was topped off with the guest speaker being Scott Beringer giving a funny but inspiring talk! Tubby Ramsay from Atlantis was awarded Male Swimmer of the Year and the Josie Sansom Trophy. The Female Swimmer of the Year was won by Stephanie Palmer-White from Adelaide Masters.

Tom Bland made presentation of Award of Merits to three well deserving members – Rosemary White – Jetty to Jetty Coordinator, Ian Young – Open water Swim Director and Robyn Brown – Coaching Director.

ACKNOWLEDGEMENTS

On a final note, I would like to thank the team of dedicated volunteers who make Masters Swimming SA what it is today. The SA branch relies on a team of volunteers who each donate an enormous amount of their personal time and I would like to take this opportunity to personally thank each one of them.

LEANNE BEAMES ADMINISTRATOR MSSA



Annual Branch Presentation

TASMANIA (MST)

MST membership has been quite stable over recent years and as of November 2019, was at 301, 8 more than the same time in 2018. There was little change within Clubs, although Huon Valley Aquatic increased from 8 to 15 members over that time.

Our regular four Branch Championships were held in March, June, August and Nov. There were 152 individual Branch records broken and one National record. There was an increase in relay records, 29 throughout the year, as a result of introducing 4 x 100m relays at the summer long-course and winter short-course championships.

A significant change was the venue for the long-distance, long-course meet from Clarence to DKHAC, enabling AOE to be used for all meets. A highlight was the production of new medals with a Tasmanian theme, for use in later 2019 events and for future years. Time trials were also conducted at Huonville.

To encourage participation in the Endurance 1000 programme, a 30-minute challenge was conducted in February. By the end of that month there was 95,450 m swum, which increased to 160,150 m by the end of the year, involving 76 swimmers in 110 events. This event will be conducted again in 2020.



Trophies to be won—MST 2019 Winter Championships

Four Tasmanian swimmers competed in the World Masters Championships in Gwangju, bringing home seven medals.

Two MST members participated in the MSA Training Camp in Thanyapura, Thailand and we expect to have members participating again in 2020.

MST has been awarded sponsorship of the 2022 National Championships and preparations are proceeding according to the MSA schedule.

Some changes to Branch office-bearers resulted in the current positions at the end of 2019 being:

- Bill Woodworth, President
- Tony Forman, Secretary
- Ray Brien, Treasurer
- Pauline Samson, Recorder
- Philip Tyrell, Coaching Director
- Megan Well, Safety Officer

BILL WOODWORTH
PRESIDENT - TASMANIA



*Youngest member of MST and oldest member of MST competing at the winter championships in Launceston last year.
Lachlan Steele 18 (TAC) and Margaret Clougher 90 (THB)*

VICTORIA (MSV)

GOVERNANCE

Masters Swimming Victoria has a small executive committee which endeavours to strategically lead the organisation. The participants contribute an enormous amount to masters swimming as a whole, and I would like to thank them for their continued work and support, ideas and enthusiasm.

- Rachael Cairns – Vice President (Boroughcouthas)
- Tim Boness – Finance Director (Powerpoints)
- Paul Watmough – Recording Director (Surrey Park)
- Neil Mitchell – Technical Director (Victorian Masters)
- Steve Bottomley - Coaching Director (Malvern Marlins)
- Rosa Montague – Committee Member (Powerpoints)
- Leanne Sheean – Committee Member (Doncaster Dolphins)

Thank you to all of the Board Members and Club Delegates who have attended the committee meetings throughout the year – your attendance and support is greatly appreciated. The board meets every second month, and the management committee meet in the alternate month, thereby covering the whole year.

COMPETITIONS

MSV CHAMPIONSHIPS

In 2019 MSV held 3 very successful Championships with a total of 566 swimmers taking part.

MSV LC CHAMPIONSHIPS

Was held at MSAC 3 March 2019 196 swimmers competed from 26 Clubs (9 from Interstate). This was the second swim of the 2019 MSA Swim Series.

MSV SC CHAMPIONSHIPS

Was held at MSAC 13 July 2019 202 swimmers from 24 clubs



Swimmers from the iSwim Masters Relay Showcase

MSV RELAY CHAMPIONSHIPS

Was held on the MSAC 24 August 2019 with 168 swimmers from 9 clubs with the Battle of Divisions. This is where clubs are ranked according to their relative size and then are pitted against others with similar memberships to win their division. 2019 the battle of Divisions winners were:

- Division 1: Malvern Marlins for the 4th year in a row
- Division 2: Brunswick Belugas who moved up a Division
- Division 3: Surrey Park Seahorses

INTERCLUBS AND CLUB EVENTS

Four MSV clubs held their popular Interclub Meets. The 27th Marlins Interclub, the Casey Seals Splash, the Frankston Interclub and Powerpoints Summer Smash. In 2019 both the Yarra Roughies and Warrnambool Whales held successful 100x100's. Surrey Park Seahorses revival of the Baddaginnie Animal Swim – Postal Swim (held yearly from 1 April - 30 June) is going from strength to strength.

MSV GALA

The inaugural Gala held on the 3 August and attended by over 50 people and was enjoyed by all. Thank you to Neil Mitchell and team who organised it all.

PARTNER EVENTS HELD IN CONJUNCTION WITH SWIMMING VICTORIA (SV)

iSwim Masters Relay Showcase – was held on the 28 October at the Australian Short Course Championships with MSV Teams:

Yarra Roughies, Powerpoints, Glamourhead Sharks, Malvern Marlins and IGLA Melb2020. There were teams from Bucky Beavers, Black Line Fever and MSAC Lap Club taking part as well. A great time was had by everyone involved.

GREAT VICTORIAN SWIM SERIES

The Great Victorian Swim Series is run by Cousins Tours & Travel and Light on Landscape with support from MSV. The MSV 2018-19 Open Water Swimming Trophy was won by the Boroughcouthas. The 2019-20 Series sees 2 trophy's being awarded.

- **TOP CLUB AWARD:** every MSV member who swims-counts! Even just one swim. The more swimmers and more swims, the better the club's chances.
- **HIGH PERFORMANCE AWARD:** to celebrate the special achievements of our masters swimmers. Every podium place wins points for the club for this award.

VICTORIA (MSV)

MSA NATIONALS – 19-23 MARCH 2019 (MSSA AS HOSTS)

86 MSV Members registered for the MSA Nationals (Malvern Marlins had the largest contingent of registered swimmers with 31 followed by Powerpoints with 28)

MSA National Championship Trophies won by MSV Clubs:

Founders Trophy: Malvern Marlins
Runner-Up Trophy – Powerpoints
Age Group Trophies

- 120 - 159 - Powerpoints
- 160 - 199 - Powerpoints (with University of Queensland)
- 200 - 239 - Malvern Marlins
- 240 – 279 - Malvern Marlins
- 280 - 319 - Malvern Marlins
- 320 - 359 - Malvern Marlins

2019 MSA SWIM SERIES

Congratulations to the 14 MSV swimmers who won their age category in the 2019 MSA Swim Series - out of 1435 swimmers from across Australia. MSV once again topping the list of winners across the Branches. MSV swimmers sure like to travel!

- John Cocks (VMV) won his age group (M80 – 84) for the sixth consecutive year and topped the points table for the third year. He deserved to with his attendance at 6 Series Meets.
- Dorothy Dickey (VDC) won her age group (F85-89) for the fifth consecutive year.
- Darius Schultz (VPP) won his age group for the fourth time

FINANCES

The annual result is a net loss of \$831 after depreciation of \$2,359 and overall the organization is in a good financial health.

SPECIAL MENTIONS

- Pam Kempson, Leigh Rodgers, Pat Baker and Janette Jeffrey (Malvern Marlins) broke the World record for the (280-319) 4 x 200 freestyle relay.
- Patrick Galvin was a very well deserved Finalist in the Vicsport Involve Creative Victorian Masters Athlete of the Year
- Victorian Masters and Multiclass swimmer - Ben Morrison won a Gold Medal for the 5 km Swim in the Australian OW Championships in Adelaide and a Gold medal at the Special Olympics World Games in Abu Dhabi
- MSV members/Clubs who support the MS 24 Hour Mega Swims around Victoria.
- Swimmers from Doncaster Dolphins, Goulburn Valley Crocs and Heidelberg Flyers did MSV proud competing in the Rottneest Channel Swim (WA)
- Glamourhead Sharks & Team Melbourne won the bid to host the 2020 International Gay and Lesbian Aquatics Championships
- Rod Watkins Malvern Marlins, Duncan Cleary Powerpoints and Jodie Quinn Boroughcotas (as part of a team) all successfully completed their crossings of the English Channel. Dee Greenwood (VSP) made a valiant crossing attempt.
- Rod Watkins also completed the 20 Bridge Swim around Manhattan Island NY
- Warrnambool Whales celebrated their 30th Anniversary
- Powerpoints turned 40 in 2019
- Casey Seals Janette Gooley won a Gold, Silver and a Bronze at the European Masters Games
- Goulburn Valley Crocs Coach Willy O'Callaghan had the Indoor Aquatic Environment re-named the Willy O'Callaghan Pool Hall and was inducted into the Shepparton Sporting Hall of Fame

- Gippsland Flippers Don Coupe was posthumously inducted into the Latrobe City Sporting Legends Hall of Fame
- 10 Years MSA Conspicuous Service - Paul Watmough

18TH FINA WORLD MASTERS CHAMPIONSHIPS – GWANGJU

MSV had 31 Swimmers who competed in South Korea and out of 122 medals: 45 Gold medals, 42 Silver medals and 35 Bronze medals brought home from MSA members our incredible MSV Members won 24 Gold, 15 Silver and 15 Bronze. Patrick Galvin (Malvern Marlins) broke a Championship Record and the Malvern Marlins A and B teams of Patrick Galvin, Tony Goodwin, Gerry Tucker and John Cocks also broke 2 Championship Records. Many PB's were swum as well.

MILLION METRES

Congratulations to

- 1 Million - Peter Duggan (North Lodge & Malvern Marlins)
- 1 Million -Jenny Hookey (Surrey Park Seahorses)
- 3 Million—Peter Lord (Surrey Park Seahorses)
- 4 Million—Dee Greenwood (Surrey Park Seahorses)
- 4 Million—Darryl Flukes (Surrey Park Seahorses)

ACKNOWLEDGEMENTS

Thank you to:

- Sponsors, Vorgee and The Way Funky Company (Funky Trunks & Funkita)
- MSV Ambassadors: Linley Frame (pool competitions) and Dr Geoff Toogood (Mental Health Advocate)
- Cousins Tours and Travel
- Noeleen, Sarah, Kath & Gerard at the National Office
- MSV members and Clubs - A BIG Thank you!

VICTORIA (MSV)

NORTH LODGE NEPTUNES

After 42 years of very successful swimming, lasting friendships and plenty of fun North Lodge Neptunes has made the extremely hard decision to close down in 2019. In 1976 Barbara Wilson and Bob Barrett swam in an AUSSI (Australian Union of Senior Swimmers International) National Meet in Sydney. National Secretary, Gary Stutsel, asked Bob and Barb if they 'could get something moving in Victoria' for AUSSI. Barb had gone to Sydney in March 1974 to compete, which she did with success, in the first AUSSI Meet in Australia against a team of visiting Masters Swimmers from USA. She had been approached by John Brown, the organizer of the Meet, to help with the promotion of AUSSI in Victoria. Heavily involved with her children and herself in the Surrey Park Amateur Swimming Club, in Box Hill, Barb made inquiries to friends in the Victorian Amateur Swimming Association about Masters Swimming. She had asked the VASA to provide races for Senior Swimmers who wanted to continue to compete at top level. Perhaps Masters Swimming was the answer. Barb and Bob Barrett had often spoken about Masters Swimming and starting it in Victoria. Below is a lovely excerpt from Barbara Wilson-Brooks (Founding member of North Lodge Neptunes and MSV Life Member)



North Lodge at the 2013 National Championships

In July 1976 a meeting of interested competitive swimmers was held at the privately owned North Lodge swim academy. Jim O'Doherty owned the pool and was keen to see if adult competitive swimming was viable. Fortunately all agreed and the North Lodge Adult Swimming Club was formed. Training was on Monday evenings and time trials the first Sunday of the month. Afternoon tea and lots of chat was enjoyed by all after the time trials. From this came many lasting friendships and lots of success in State, National and International swim meets. We became very strong in the relays including World Records in Toronto, Tokyo and Melbourne. As we were the only club for some time swimmers travelled to North Lodge to compete. Many went back to their home pools and started up Masters clubs there. This was the start of Aussie Victoria. In 2002 Jim O'Doherty passed away. His wife continued to operate for a while but finally sold to a new owner. We lost our pool space which made it difficult to recruit new members. We kept our core of members who got older as the years passed. Still very successful in the older relay events we continued on. Friendships remained and we celebrated with trips to Nationals, Masters Games and International meets. We also got together for lunches, special birthdays and inter-club swims. It is great to have such wonderful memories over the 42 years and we wish all the best to our remaining members who have to find other clubs for their swimming. Barb Wilson-Brooks

A swim was held in November 1976 with 14 swimmers taking part was the first AUSSI Swim Meet held in Victoria! Due to the success of North Lodge and Barb's enthusiasm, many swimmers started an AUSSI Club in their area – both in Melbourne and Country Victoria. Thank you to Barb and all her wonderful club mates (too many to individually name) for all that they have done for Masters Swimming in Victoria. In 2019 MSV carried on the North Lodge Neptunes Awards at the LC Championships in memory of Grace Day, Sid Krasey and Trudy Bullivant, their dedicated and sadly missed members who passed away in 2017. In 2019 Awards were presented to the following swimmers who won the awards:

Sid Krasey Award for Men 50-54 years, 50m Breaststroke:
Barry Carp (Melbourne H20)

Trudy Bullivant Award for Women 60-64 years, 200m Backstroke:
Caroline Clarkson (Doncaster Dolphins)

Grace Day Award for Women 55-59 years, 100m Backstroke:
Andrea McNeil (Malvern Marlins)



Sid Krasey, Barb Brooks and Shirley Malcolm

WESTERN AUSTRALIA (MSWA)

OVERVIEW

2019 saw the commencement of Masters Swimming WA's new Strategic Plan for 2019-22, which had been developed by the MSWA Board with input from key stakeholders during 2018 and was the operational focus for the year.

The strategic approach taken acknowledges four pillars of success.

- **Profile** – enhancing our profile to grow the number and diversity of adults enjoying swimming by appealing to a wider audience
- **People** – delivering a range of high quality programs to support and motivate our clubs, members, volunteers and workforce
- **Partnerships** – collaborating in new and innovative mutually beneficial relationships with other organisations to encourage more adults to swim
- **Performance** – strengthening our organisational sustainability for the future

Critical to the success of these pillars is ensuring the organisation operates with good governance through having a strong policy framework, impeccable board behaviour, transparency in everything we do, regular evaluation of board performance and succession planning in place. Alongside this governance framework, revised guiding principles and values of integrity, collaboration, respect, community and fun, will hold the organisation to account and drive the way we behave.

PROFILE

Following on from the release of the Sport Australia State of Play Report early in the year identifying approx. 350,000 recreational swimmers in WA, focus has been on creating inspiring and fresh marketing strategies to attract a younger audience (18-45). Social media incorporating younger profiles, striking imagery and fun memes has seen our online audience grow and this strategy will continue going forward to assist in changing the public perception that Masters Swimming is only for 'old people' and you must 'compete' if you are a member.

Open water swimming in WA has seen an increasing number of participants in recent years, many of whom have been attracted to swimming out of a desire to swim to Rottnest. With two iconic Rottnest Channel swims now operating, swimmers in training use the various open water swim events throughout the season as training and qualifying opportunities. Due to the beach and outdoor lifestyle in WA, there is also a significant swimming fraternity that just enjoys open water swimming for fun, presenting strong opportunities for Masters Swimming WA to tap into this market.

While Masters Swimming WA clubs have hosted open water swims for many years, the timely launch of the new branded series WOW Swims in late 2018 as an umbrella brand for these events, resulted in great exposure for Masters Swimming WA to this growing market.

The brand's strong imagery and fresh, youthful appeal was promoted extensively on social media, particularly Facebook and Mailchimp newsletters, resulting in an expanding database and opportunities to promote masters swimming to this audience. The seven WOW Swims hosted during 2019 achieved record high numbers of participants on the back of a strong 2018, and has become an important vehicle in updating our public perception amongst the recreational swimmer and promoting the benefits of masters swimming.

Membership numbers in 2019 achieved another record high of 1,641 with a slight increase on 2018. This was a very pleasing outcome as historically member numbers have increased in the year WA has hosted a Nationals Event (2018) but been followed by a decline in members the following year. Encouragingly, our members under the age of 35 have now increased to approx. 15% of our total membership, growing steadily over the course of the year. This provides a good foundation for us to continue our growth strategy, in particular targeting the vast number of swimmers in the recreational market.

WESTERN AUSTRALIA (MSWA)

PEOPLE

Swimming WA hosted the LiveLighter State Long Course Championships at the end of May with 237 swimmers across 28 clubs attending. Numbers were weaker than most previous years, however several state records were broken and three national records amongst a solid field of swimmers.

Nine interclub LiveLighter Challenges, five distance meets, and one relay meet were held during 2019 with the Golden Groper State Relay meet, bucking the trend and achieving strong numbers and representation from clubs that don't traditionally take part in pool competitions. This suggests this type of format is popular amongst our members and clubs.

Overall, we are seeing a general decline in participation numbers in pool competitions particularly in the distance meets and swimmers under the age of 50. The Pool Competition Committee in tandem with the Youth Advisory Panel have been discussing new types of meets that will be more exciting and encourage younger members to take part. Notwithstanding our established older members enjoy our current programme, we will seek to complement the existing program through the introduction of shorter format distances and meets in line with the trend of all other sports in developing short, exciting and more dynamic competitions that are more attractive to the younger demographic.

With nearly 75% of our members never taking part in pool competitions, providing innovative activities that enhance the experience and satisfaction to this large majority of members has been an important driver in development of our programs during 2019.

Coach and swimmer education clinics were conducted throughout the year and promoted widely to both members and the public via social media and e-newsletters and provided us with the opportunity to encourage non-members attending a clinic, to join a club. Presented by well-established professionals in their field, clinics proved very popular and received positive feedback in follow-up surveys.

Clinics conducted included:

- Two open water swimming clinics
- Sleep & performance seminar
- Foundations of freestyle stroke clinic
- Pre-competition super clinic
- Club Coach Course Workshop
- Physiotherapy injury prevention & conditioning seminar
- Coach annual planning clinic
- Exercise physiologist discussing considerations for the masters athlete
- Webinar discussing the physiology of a swimmer

Continuation of these programs in 2020 will be a key component in achieving this important strategic pillar.

Providing development pathways for volunteers and staff has seen several opportunities presented during 2019. The establishment of the Youth Advisory Panel comprising members aged between 18-35 saw excellent ideas generated to attract younger members and encourage volunteering amongst this cohort. The panel also provides for a pathway for members to join the board, which pleasingly has resulted in one member of the Youth Advisory Panel, now nominating for a board position.



One of the LiveLighter Clinics

WESTERN AUSTRALIA (MSWA)

The Department of Local Government, Sport & Cultural Industries (DLGSC) offer regular free training and professional development opportunities, which board, committee and staff members were encouraged to attend. Courses attended included; good governance, leadership, member protection information officer, club development, strategic planning and social media. Continuing professional development for staff and volunteers is important to ensure the organisation remains abreast of contemporary practise.

PARTNERSHIPS

With the limited resource available to Masters Swimming WA to drive big and expensive initiatives, key to our success is the development of mutually beneficial relationships where collaboration with other organisations can provide scale and expertise.

Our partnerships with DLGSC and Healthway through the LiveLighter message remain strong and we endorse and promote them at every opportunity. As important sources of funding, strengthening of these relationships is critical to our ongoing sustainability. Regular meetings to discuss planning and progress are a vital part of sustaining these partnerships.

We have established ourselves as a key partner with our fellow aquatic sports through our proactive involvement and commitment to the Aquatic Sports Steering Group (ASSG); a collaborative group formed to advocate for the aquatic sports and made up of Swimming WA, Royal Life Saving WA, Diving WA, Water Polo WA, Synchro WA and Masters Swimming WA.

In addition, strong relationships have formed with Triathlon WA and AUSTSWIM. Joint promotions and activities were coordinated during 2019 to promote aquatic sports to new audiences.

The Leisure Institute of Western Australia (Aquatics) Inc (LIWA) is a not for profit organisation providing support, professional development and networking opportunities to the aquatic recreation industry of WA. LIWA provides an opportunity to build relationships with aquatic facility managers, who are often the key to negotiating improved lane hire conditions and promoting masters swimming at an aquatic facility. A strong relationship has now been established with LIWA resulting in opportunities to present to aquatic facility managers as well as promoting masters swimming through their newsletter and magazine.

Sponsorship by asb Marketing will continue for a further year, providing collateral and merchandise at discounted rates as well as a significant credit against goods purchased.

PERFORMANCE

The new Strategic Plan 2019-22 also saw the revision of our Vision and Mission Statements. Responding to the new Mission Statement;

“to facilitate a sustainable network of clubs that encourage and support adults, regardless of ability, to swim regularly to improve their general wellbeing”,

which focuses attention on the clubs delivering the swimming membership experience, emphasis was placed on capacity building within our network of clubs. This resulted in Masters Swimming WA hosting its inaugural Club Conference, attracting over fifty committee members from twenty five different masters clubs. The conference was aimed at providing clubs with the tools and information to be the best club they can be. Presentations included a keynote speaker, strategic planning, social media and marketing, attracting and retaining volunteers and financial sustainability. The feedback was extremely positive and will ensure the return of this conference in 2020.



WESTERN AUSTRALIA (MSWA)



Kim Tyler at Bunbury for a Regional Development Clinic

Ensuring strong governance structures are in place is an important component of organisational sustainability. The board and EO developed and implemented several new policies to strengthen these governance structures, including a financial management policy, alcohol policy and an inclusion statement. Work will continue in building the governance framework in 2020.

A strong board is essential for the ongoing performance of any organisation. 2019 saw three new directors joining at the AGM in February and a further director taking on a casual vacancy towards the end of the year following the resignation of Andy Muller. New directors included

- Dr Ian Dunican, a sleep and performance expert, with particular expertise in the mining sector and a keen open water swimmer
- Adam Pring, a lapsed ex-competitive swimmer in his youth and business development professional with strong business acumen now swimming for 'fitness, friendship and fun'
- Richard Hughes, a financial analyst and keen pool meet competitor and technical official.

- Tanya Pavez, joined the board later in the year to replace Andy bringing with her expertise in HR and recruitment.

Joining existing board members, Fiona Wilkins, Lizzie O'Brien and Lynne Duncan, the 2019 board provided a formidable array of current skills and expertise, presented gender and age diversity as well as representing the variety of interests of our membership, whether it be officiating, recreational, open water or competitive swimming.

Confirming the strength of the board, DLGSC undertook a Board Evaluation measuring the board's performance. The results and recommendations were provided in a report by Sport Australia and presented to the Masters Swimming WA Board by DLGSC. The board rated highly, however there is always room for improvement and an action plan is in development to improve on areas deemed weaker than others.

It is testament to the board, that ongoing reflection and continuous improvement has become part and parcel of the organisation's governance framework. This only bodes well for the future of Masters Swimming WA.

ACKNOWLEDGEMENTS

We again acknowledge and thank our funding partners – DLGSC, Healthway and asb Marketing, without whom we could not achieve our goals.

We would also like to thank Masters Swimming Australia, in particular to Sarah and Kath for their unwavering and patient support.

It is also appropriate to sincerely thank the Masters Swimming WA Board of Directors and our many committee members, coaches and officials who volunteer large amounts of their time to support the overall running of the organisation.

Lastly but by no means least, we would like to thank and acknowledge our members, many of whom commit enormous amounts of time and effort to running their respective clubs and are the backbone of our organisation.

SOPHIE ROW

EXECUTIVE OFFICER MSWA

MSA NATIONAL CHAMPIONSHIPS 2019

The Masters Swimming Australia 2019 National Championships was a success, with well organised events and social functions. The Organising Committee had planned well and put the structures in place which resulted in efficient, free flowing events that ran on time in a friendly atmosphere that the swimmers found enjoyable.

SA Aquatic & Leisure Centre is a world class facility and along with the calm waters at Brighton Beach both venues were conducive to great competitive swimming. The SAALC Function Room at the pool was ideal for the Welcome Function & the Presentation Dinner at The Stamford Grand, Glenelg, with views of the sunset over Gulf St Vincent, was superb.

Following the close of entries a number of queries were followed up and then the final seeded program was posted online for the swimmers reference and a small number of hardcopy programs were printed. The recording room ran relatively smoothly with only the normal minor issues arising that were resolved quickly. Results were generated in a timely manner and displayed on the concourse behind the grandstands along with electronic copies being posted online. Relay entries were co-ordinated through the Information Desk and entered into Meet Manager. Again, no major issues. The Organising Committee made the decision not to run a branch relay. There were 409 entrants (202 Female and 2017 Male) from 84 Interstate Clubs and 10 Intrastate Clubs. There were 4 World Records and 47 National Records achieved at the Championships.

Open Water Swim - A MSSA OWS Event Management Plan and MSSA OWS Risk Analysis were completed and approved by the Organising Committee. The OWS Co-ordinators arranged for volunteers to assist with tasks on the day including; dropping off the MSSA equipment trailer, set-up the equipment on the beach, swimmer registrations, refreshments, collecting timing bands and pack-up. The Brighton Surf Lifesaving Club organised the water cover, supply of the buoys and course set-up and the attendance of the Rescue 1 helicopter at the event. The actual events went well with swimmers enjoying the chance to swim an open water event in reasonably good conditions. One swimmer did not finish their event (decided it was too far after Lap 1) and one swimmer was just outside the time limit set for the 3km event but was allowed to finish. Medal presentations were conducted in the Brighton Surf Club immediately following the event.

Welcome Function: The venue was the SAALC Function Room overlooking the competition and diving pools. MSSA Ambassador, Sally Hunter, was the special guest and provided a brief insight into her transition from Olympic Swimmer to mother to Masters Swimmer. A good time was had by all that attended.

Presentation Dinner: The venue was the function room at The Stamford Grand Hotel at Glenelg, with access to the balcony overlooking the beach, jetty and Gulf St Vincent. Special guests were Matt Cowdry, MP and Sally Hunter, MSSA Ambassador both of whom helped with the presentation of awards. The formal part of the evening was conducted following the serving of the main course and went smoothly. An excellent venue, fine food and good music – a very enjoyable night.

Thank you to the Technical Officials & General volunteers who offered their time and worked tirelessly over the five days. Without the willing help of these people an event like this would never happen. Whilst the total number of entries was a little disappointing, the Organising Committee and MSSA was pleased with the event and so were the swimmers who attended.



Superfins (WA) Age Group Trophy – 72-119 years



The Organising Committee

2019 VORGEE MILLION METRES AWARDS

DISTANCE	NAME	CLUB
ONE Million Metres Club	Yumi Brown	Aquadome Otters
	Ruth Andrew	Beatty Park Masters
	Al Byrne	Tuggeranong Vikings
	Paul Mayberry	Twin Towns
	Peter Duggan	Malvern Marlins & North Lodge Neptunes
	Richard Phillips	Tuggeranong Vikings
	Jenny Hookey	Surrey Park Seahorses
	Donna Campbell	Tuggeranong Vikings
	Suzie Haddad	Campbelltown
	Stephen Booker	Brisbane Northside Masters
	Alison Davenport	Gladstone Gropers
	Jacinta Stirrat	Darwin Stingers
	Jane Lindsay	Tuggeranong Masters
	Ricky Homan	Devonport Devils
	Leonie Crompton	Twin Towns
	Jill van de Ruit	Bunbury Masters
	Leanne Da Costa	Coffs Harbour
TWO Million Metres Club	Imogen O'Neill	Castle Hill RSL
	Jo Matthews	Noosa Masters Swimming
	John Collis	Molonglo Water Dragons
THREE Million Metres Club	Christopher Frey	Darwin Stingers
	Marin Slunjski	Henley Beach Masters
	Katrina Burgess	Tuggeranong
FOUR Million Metres Club	Kylie Woods	Bushrangers
	Jennifer Mulqueen	Tea Tree Gully
	Sally Hatcher	Blue Mountains Phoenix
	Darryl Flukes	Surrey Park Seahorses
	Dee Greenwood	Surrey Park Seahorses
	David G Bale	Tuggeranong Vikings
FIVE Million Metres Club	Bob Tarr	Perth City Swim Club
	Theresa Elliott	Claremont
	Clive Griffin	Ipswich City Masters
	Peter Kaupert	Warringah Masters

2019 VORGEE MILLION METRES AWARDS

DISTANCE	NAME	CLUB
FIVE Million Metres	Annette Philpot	Talays Masters
	Adrian Tonkin	Darwin Stingers
	Sue Wiles	Blue Mountains Phoenix
SEVEN Million Metres	Jennifer Napier	Launceston Masters
TEN Million Metres	Moira Wigley	Darwin Stingers
	Paul Somerfield	Twin Towns Masters
FIFTEEN Million Metres	Peter Cain	Cairns Clams



Peter Cain - 15 Million



Peter Duggan - 1 Million



Adrian Tonkin - 5 Million

2018 VORGEE ENDURANCE 1000 AWARDS

TROPHY	WINNER
Vorgee Endurance 1000 Award 2018	Talays Masters (MST)
Vorgee Endurance 1000 Club Champion 2018	Noosa Masters Swimming Club (MSQ)

2019 SWIM SERIES

What a wonderful 2019 Swim Series we had with 1267 swimmers in the Series, 638 women and 629 men.

We've witnessed some great stories from the Swim Series event this year with John Cocks (Malvern Marlins) winning for the 6th time in a row, Dot Dickey (Doncaster Dolphins) winning for the 5th time in a row and Darius Shultz (PowerPoints) winning 4th time in a row. Tony Forman (Talays) and John Cocks swam at 6 of the swims and Brian Curtis (Tuggeranong) swam at 5 in 2019; with the 60-64 Age group having the most competitors swimming. Caroline Makin (Tuggeranong) was the top point scoring female and Tony Forman the top scoring male.

Congratulations to everyone who took part in the 2019 Swim Series.

2019 SWIM SERIES

Age Group	Winner	Club	Meets	Total Points
18 – 24	Kimberley Vidura	Henley Beach Masters	2	1432
25 – 29	Alex Hardy	Blacktown City Masters Swimming	3	3126
30 – 34	Rebecca Adrian	Swimland Swim Club	3	3075
35 – 39	Emma Maxwell	The University Of Queensland Masters	2	1566
40 – 44	Kristy Brackstone	Claremont Masters	2	1680
45 – 49	Kylie Woods	Bushrangers And Launceston Lemmings	3	1790
50 – 54	Caroline Makin	Tuggeranong Masters Swimming ACT	4	5298
55 – 59	Daphne Briggs	Malvern Marlins	3	2722
60 – 64	Dee Sheffrin	Doncaster Dolphins	4	4830
65 – 69	Sue Boekel	Malvern Marlins	3	2245
70 – 74	Rosa Montague	Powerpoints	3	2576
75 – 79	Lindy Salter	Miami Masters Swimming Club	2	1571
80 – 84	Barbara Pearce	Marion Masters	3	1375
85 – 89	Dorothy Dickey	Doncaster Dolphins	2	1192
90 - 94	Marion Beulke	Frankston Peninsula	2	777
95-99	Valerie Lincoln	Gosford City Seagulls	2	952

Age Group	Winner	Club	Meets	Total Points
18 – 24	Dylan Broadway	Superfins Wa Masters	2	404
25 – 29	Darius Schultz	Powerpoints	3	3635
30 – 34	Stuart Anderson	Maida Vale Masters	2	937
35 – 39	Mark Sendeky	Wett Ones Swimming Club	2	1355
40 – 44	Dean Shard	Powerpoints	3	3071
45 – 49	Brian Curtis	Tuggeranong Masters Swimming Act	5	9208
50 – 54	John Mckaig	Long Tan Legends	4	6295
55 – 59	Mark Huggins	Malvern Marlins	3	2776
60 – 64	Stephen Thompson	Sutherland Sandbern Masters	2	1404
65 – 69	Michael Daly	Powerpoints	5	5453
70 – 74	Graham Croft	Claremont Masters	2	1809
75 – 79	Tony Forman	The Hobart Aquatic Centre Masters	6	11934
80 – 84	John Cocks	Malvern Marlins	6	10909
85 – 89	Patrick Galvin	Malvern Marlins	3	2397
90 - 94	China Johnson	Cotton Treen Masters	2	1146

2019 NATIONAL CHAMPIONSHIPS AWARDS

Trophy	Winner
Founders' Trophy	Malvern Marlins (MSV) 1350pts
Runner-up Trophy	Powerpoints (MSV) 1187pts
Visitors' Trophy	Claremont (MSWA) 866 pts
President's Trophy	Superfins (MSWA)
Life Members Trophy	Merrylands (MSNSW)
Female Swimmer of the Meet	Jenny Whiteley Ryde (MSNSW)
Male swimmer of the Meet	Paul Blackbeard Claremont (MSWA)

Age Group Relay Trophy	Winner
72-119 years	Superfins (MSWA)
120-159 years	Powerpoints (MSV)
160-199 years	Powerpoints (MSV) & University of QLD (MSQ)
200-239 years	Malvern Marlins (MSV)
240-279 years	Malvern Marlins (MSV)
280-319 years	Malvern Marlins (MSV)
320-359 years	Malvern Marlins (MSV)

2019 MASTERS SWIMMER OF THE YEAR



The swimmer gaining the highest number of points over a calendar year in competition in FINA recognised meets, with the points to be the sum of those for the best five swims, calculated using the current FINA points system.

Congratulations to Clary Munns (Blacktown Masters) for an amazing 14 Fina World Records in 2019.

Clary is constantly seen on pool deck giving tips to other swimmers and encouraging their swims. It is always special for a Masters swimmer to receive encouragement from one of our World Record holders let alone a multiple world record holder with Clary's history in the sport.

She is very much a part of her club team and contributes to the club happy and welcoming environment as well as swimming relays for the club when needed. She is always humble and always happy to give her time and knowledge of swimming to other swimmers.

2018 OFFICIAL OF THE YEAR



SUE POW IS THE 2018 MSA OFFICIAL OF THE YEAR

Sue from Beatty Park Masters (MSWA) has been a Swimming Coach from 1998 – 2001.

Sue decided to take on the challenge of Refereeing and has done this since 2002 and has thrown herself into the opportunities to officiate at Meets in WA. She has accepted positions of leadership, has joined the MSWA Technical Officials committee, the 2018 National Championships technical officials committee, has presented at courses and Workshops and volunteers her services at Meets outside Masters Swimming.

Well done Sue!

2018 COACH OF THE YEAR



GREG LEWIN IS THE 2018 MSA COACH OF THE YEAR

Greg from Ryde AUSSI is a competent, diligent, well liked and considerate Head Coach of a large Club with a diverse range of swimmers. He designs the year's program and coaching objectives according to the main Masters events (BPS Carnivals, Branch and National Championships, Relay Carnivals) and breaks down each coaching session's activities accordingly.

Greg has been inspirational to many of the swimmers of all abilities. He has a passion for developing his knowledge to improve his coaching skills and in 2018 completed 10 different PD activities. And in 2018 he was presented with the Club Service Award.

Fantastic work Greg!

2018 VOLUNTEER OF THE YEAR



MARK HEPPLE IS THE 2018 MSA VOLUNTEER OF THE YEAR

Mark from Hills AUSSI went above and well beyond the call of duty over many days, weeks and months in guiding the MSA Administration teams from each of our Branches to assist them with the creation of our new National and Branch websites.

His patience, informative help sheets, persuasive techniques and above all good humour enabled us to complete the majority of the new websites in 2018. He often spotted and sourced solutions to any problems before we even knew we had them. He was fantastic, caring and nothing was too hard.

Well done Mark.

2019 SERVICE AWARDS



5 YEARS MERITORIOUS SERVICE - JON HAWTON

Congratulations to Jon Hawton (Seaside Pirates Masters Swimming Club) who was awarded a 5 year Meritorious Service Award as MSNSW Delegate to MSA - your commitment to MSA, MSNSW and Masters swimming is incredibly appreciated !! Thank you Jon!



10 YEARS CONSPICUOUS SERVICE - PHIL BEAMES

Congratulations Phil Beames (Atlantis Masters Swimming Club) who was awarded a 10 Years Conspicuous Service Award. Those who attended the 2019 Nationals in Adelaide would know how much he does behind the scenes. He has been Chair of the National Technical Committee since 2008 and puts in many hours of work on the National Rules and Policies as well as volunteering on Pool deck. Thank you Phil for ALL your hard work.



10 YEARS CONSPICUOUS SERVICE - PAUL WATMOUGH

Congratulations to Paul Watmough (current Victorian Masters ex Surrey Park Seahorses Masters Swimming Club) who was a member and Chair of the IT Committee 2003 - 2010. Paul worked on the implementation of the online database which commenced in 2008 and has had continual involvement with MSA/SportsTG on behalf of MSA ever since. Paul is also very busy behind the scenes in Victoria and you can often spot him on pool deck. Well done Paul!



25 YEARS SERVICE AWARD - PAULINE SAMSON

Congratulations to Pauline Samson (Talays Masters) who joined Masters Swimming in 1989 and since then has been volunteering her time to MST and MSA. Pauline has been the National Recorder since 2005, National Director of Programs since 1993 (National Aerobic/E1000 Trophy) and President of MST since 2017. Pauline has a passion for records and preserving the history of MSA and has worked tirelessly to manage, guard and collate as much information about AUSSI, MSA and our swimmers records and results.

Thank you Pauline we appreciate you more than you know!

2019 FINA WORLD RECORDS



Left
Clary Munns
14 Fina World Records



Right
Jenny Whiteley
3 Fina World Records



Left
Malvern Marlins 4 x 200m 280+
Woman's Fina World Record
Janette Jeffrey, Pamela Kempson
& Patricia Baker (Leigh Rodgers
absent)



Right
Stephanie Palmer-White
1 Fina World Record

2019 FINA MEDAL WINNERS —GWANGJU

Congratulations to ALL the MSA members who travelled to Gwangju to compete at the Fina World Championships

Event	Age Group	Name	Club	Record
GOLD MEDAL WINNERS (Individual)				
100m Breaststroke	M70-74	BOBAKO Leon	Myall Masters Swimming Club	
200m Breaststroke	M70-74	BOBAKO Leon	Myall Masters Swimming Club	
50m Breaststroke	M70-74	BOBAKO Leon	Myall Masters Swimming Club	
3000m OW	W70-74	CLARKSON Tracy	Brisbane Northside Masters SC	
400m Freestyle	W70-74	CLARKSON Tracy	Brisbane Northside Masters SC	
200m Backstroke	M80-84	COCKS John	Malvern Marlins	
400m Ind Medley	M80-84	COCKS John	Malvern Marlins	
200m IM	M80-84	COCKS John	Malvern Marlins	
50m Backstroke	M80-84	COCKS John	Malvern Marlins	
800m Freestyle	W85-89	DICKEY Dorothy	Doncaster Dolphins	
100m Freestyle	W85-89	DICKEY Dorothy	Doncaster Dolphins	
200m Freestyle	W85-89	DICKEY Dorothy	Doncaster Dolphins	
400m Freestyle	W85-89	DICKEY Dorothy	Doncaster Dolphins	
200m Breaststroke	M65-69	ELLICOTT Stuart	North Shore Masters SC	
50m Breaststroke	M65-69	ELLICOTT Stuart	North Shore Masters SC	
100m Breaststroke	M85-89	GALVIN Patrick	Malvern Marlins	
50m Butterfly	M85-89	GALVIN Patrick	Malvern Marlins	CR
200m IM	M85-89	GALVIN Patrick	Malvern Marlins	
200m Breaststroke	M85-89	GALVIN Patrick	Malvern Marlins	
50m Breaststroke	M85-89	GALVIN Patrick	Malvern Marlins	
100m Breaststroke	M80-84	GOODWIN Tony	Malvern Marlins	
50m Butterfly	M80-84	GOODWIN Tony	Malvern Marlins	
200m Breaststroke	M80-84	GOODWIN Tony	Malvern Marlins	
50m Breaststroke	M80-84	GOODWIN Tony	Malvern Marlins	
200m Backstroke	M55-59	HAWTON Jon	Seaside Pirates Inc	CR
100m Backstroke	M55-59	HAWTON Jon	Seaside Pirates Inc	
200m Backstroke	M70-74	LAMY Stephen	Manly Masters Swimming Club Inc	
50m Backstroke	M70-74	LAMY Stephen	Manly Masters Swimming Club Inc	
100m Backstroke	M70-74	LAMY Stephen	Manly Masters Swimming Club Inc	
3000m OW	W65-69	MOORE Margie	Doncaster Dolphins	
800m Freestyle	W80-84	ROBERTSON Denise	Miami Masters	
200m IM	W80-84	ROBERTSON Denise	Miami Masters	
400m Freestyle	W80-84	ROBERTSON Denise	Miami Masters	
50m Freestyle	W65-69	SWIRE-THOMPSON Susan	Claremont Masters	
100m Freestyle	W60-64	TAIT Brigid	Claremont Masters	
800m Freestyle	M50-54	THOMPSON Mark	Powerpoints	
100m Freestyle	M50-54	THOMPSON Mark	Powerpoints	
200m Freestyle	M50-54	THOMPSON Mark	Powerpoints	
800m Freestyle	M70-74	TUCKER Gerry	Malvern Marlins	
400m Ind Medley	M70-74	TUCKER Gerry	Malvern Marlins	
400m Freestyle	M70-74	TUCKER Gerry	Malvern Marlins	
100m Breaststroke	M90-94	WALKER Bill	Novocastrian Masters Swimming	
50m Butterfly	M90-94	WALKER Bill	Novocastrian Masters Swimming	
200m IM	M90-94	WALKER Bill	Novocastrian Masters Swimming	
200m Breaststroke	M90-94	WALKER Bill	Novocastrian Masters Swimming	

2019 FINA MEDAL WINNERS—GWANGJU CONT

Event	Age Group	Name	Club	Record
GOLD MEDAL WINNERS (Relay)				
4 x 50m Freestyle	320-359	GALVIN Patrick - 1933 COCKS John - 1936 GOODWIN Tony - 1937 TUCKER Gerry - 1949	Malvern Marlins B	CR
4 x 50m Medley	320-359	GALVIN Patrick - 1933 GOODWIN Tony - 1937 TUCKER Gerry - 1949 COCKS John - 1936	Malvern Marlins A	CR
4 x 50m Medley	240-279	ARMSTRONG Graeme - 1952 TOOGOOD Geoff - 1959 DAVIDSON Brett - 1967 DALY Michael - 1954	Powerpoints A	
SILVER MEDAL WINNERS (Individual)				
200m Backstroke	M65-69	ARMSTRONG Graeme	Powerpoints	
50m Backstroke	M65-69	ARMSTRONG Graeme	Powerpoints	
200m Butterfly	M80-84	COCKS John	Malvern Marlins	
50m Butterfly	W75-79	COOKE Annie	Campbelltown Collegians AUSSI	
50m Backstroke	W75-79	COOKE Annie	Campbelltown Collegians AUSSI	
800m Freestyle	M70-74	CROFT Graham Reginald	Claremont Masters	
50m Freestyle	M70-74	CROFT Graham Reginald	Claremont Masters	
400m Freestyle	M70-74	CROFT Graham Reginald	Claremont Masters	
3000m OW	M55-59	DE MESTRE John	Tattersalls Club Swimming	
200m Backstroke	W85-89	DICKEY Dorothy	Doncaster Dolphins	
800m Freestyle	W55-59	DICKEY Janette	Malvern Marlins	
200m Freestyle	W55-59	DICKEY Janette	Malvern Marlins	
100m Breaststroke	M65-69	ELLICOTT Stuart	North Shore Masters SC	
50m Butterfly	W45-49	FLETCHER Kylie	River City Masters Swim Team	
100m Backstroke	W45-49	FLETCHER Kylie	River City Masters Swim Team	
100m Freestyle	M35-39	FLOUCH Casey	River City Masters Swim Team	
200m IM	M35-39	FLOUCH Casey	River City Masters Swim Team	
800m Freestyle	M75-79	FORMAN Tony	The Hobart Aquatic Centre	
400m Freestyle	M75-79	FORMAN Tony	The Hobart Aquatic Centre	
100m Breaststroke	W35-39	FRY Corrine	The University of Queensland	
100m Butterfly	M80-84	GOODWIN Tony	Malvern Marlins	
100m Breaststroke	W65-69	JEFFREY Janette	Malvern Marlins	
50m Freestyle	W65-69	JEFFREY Janette	Malvern Marlins	
200m Breaststroke	W65-69	JEFFREY Janette	Malvern Marlins	
50m Breaststroke	W65-69	JEFFREY Janette	Malvern Marlins	
50m Backstroke	W80-84	KINNAIRD Alice	Frankston Peninsular	
100m Butterfly	M60-64	LAURIE Rod	Victorian Masters	
50m Freestyle	W40-44	O'MARA Gillian	Powerpoints	
100m Freestyle	M85-89	RAMSAY Tubby	Atlantis	
400m Ind Medley	M85-89	RAMSAY Tubby	Atlantis	
100m Butterfly	M85-89	RAMSAY Tubby	Atlantis	
100m Freestyle	W80-84	ROBERTSON Denise	Miami Masters	
200m Freestyle	W80-84	ROBERTSON Denise	Miami Masters	

2019 FINA MEDAL WINNERS—GWANGJU CONT

Event	Age Group	Name	Club	Record
SILVER MEDAL WINNERS (Individual - cont)				
200m IM	M75-79	SALTER Lindy	Miami Masters	
50m Freestyle	M75-79	SALTER Lindy	Miami Masters	
100m Backstroke	W65-69	SWIRE-THOMPSON Susan	Claremont Masters	
800m Freestyle	W60-64	TAIT Brigid	Claremont Masters	
200m Butterfly	W60-64	TAIT Brigid	Claremont Masters	
100m Backstroke	W60-64	TAIT Brigid	Claremont Masters	
200m IM	M70-74	TUCKER Gerry	Malvern Marlins	
200m Backstroke	M90-94	WALKER Bill	Novocastrian Masters Swimming	
200m Butterfly	M65-69	YOUNG Ian	Marion Masters Swimming	
SILVER MEDAL WINNERS (Relay)				
4x 50m Freestyle	240-279	TAIT Brigid - 1959 SWIRE-THOMPSON Susan - 1954 ANTHONY Claire - 1957 PARSONS Eleanor - 1955	Claremont Masters A	
4 x 50m Medley	240-279	SWIRE-THOMPSON Susan - 1954 O'HALLORAN Rosemary - 1956 ANTHONY Claire - 1957 KITTO Ann Stuart - 1969	Claremont Masters B	
4 x 50m Freestyle	120-129	ALEXANDER James - 1985 KIRK Stacia - 1981 FLETCHER Kylie - 1971 FLOUCH Casey - 1981	River City Masters A	
BRONZE MEDAL WINNERS (Individual)				
50m Backstroke	W60-64	ANTHONY Vivienne	Claremont Masters	
100m Backstroke	M65-69	ARMSTRONG Graeme	Powerpoints	
3000m OW	M60-64	BARRETT John	Rats of Tobruk Masters	
200m Breaststroke	M70-74	CLARKE Rod	Doncaster Dolphins	
400m Ind Medley	W70-74	CLARKSON Tracy	Brisbane Northside Masters SC	
200m IM	W70-74	CLARKSON Tracy	Brisbane Northside Masters SC	
100m Freestyle	M70-74	CROFT Graham Reginald	Claremont Masters	
200m Freestyle	M70-74	CROFT Graham Reginald	Claremont Masters	
800m Freestyle	M85-89	DAVEY John	Victorian Masters	
50m Freestyle	M85-89	DAVEY John	Victorian Masters	
200m Backstroke	M60-94	DE VRIES John	North Sydney Masters SC	
100m Butterfly	W55-59	DICKEY Janette	Malvern Marlins	
200m Butterfly	W55-59	DICKEY Janette	Malvern Marlins	
100m Backstroke	W55-59	DICKEY Janette	Malvern Marlins	
200m Freestyle	M75-79	FORMAN Tony	The Hobart Aquatic Centre	
200m Breaststroke	W35-39	FRY Corrine	The University of Queensland	
50m Backstroke	W65-69	JEFFREY Janette	Malvern Marlins	
100m Freestyle	W80-84	KINNAIRD Alice	Frankston Peninsular	
200m Backstroke	W80-84	KINNAIRD Alice	Frankston Peninsular	
100m Backstroke	W80-84	KINNAIRD Alice	Frankston Peninsular	
200m IM	M70-74	LAMY Stephen	Manly Masters Swimming Club Inc	
50m Butterfly	W40-44	O'MARA Gillian	Powerpoints	
100m Butterfly	W40-44	O'MARA Gillian	Powerpoints	

2019 FINA MEDAL WINNERS—GWANGJU CONT

Event	Age Group	Name	Club	Record
BRONZE MEDAL WINNERS (Individual)				
200m IM	M85-89	RAMSAY Tubby	Atlantis	
400m Freestyle	M85-89	RAMSAY Tubby	Atlantis	
100m Breaststroke	W75-79	SALTER Lindy	Miami Masters	
200m Breaststroke	M75-79	SALTER Lindy	Miami Masters	
50m Breaststroke	M75-79	SALTER Lindy	Miami Masters	
200m Backstroke	W65-69	SWIRE-THOMPSON Susan	Claremont Masters	
200m Freestyle	W60-64	TAIT Brigid	Claremont Masters	
200m Butterfly	W30-34	TEMPELS Wendy	Powerpoints	
100m Backstroke	W30-34	TEMPELS Wendy	Powerpoints	
400m Ind Medley	W55-59	TOMPKINS Sue	Seaside Pirates Inc	
200m Freestyle	M65-69	YOUNG Ian	Marion Masters Swimming	
400m Freestyle	M65-69	YOUNG Ian	Marion Masters Swimming	
BRONZE MEDAL WINNERS (Relay)				
4 x 50m Medley Mixed	160-199	CHENCO Nathan - 1986 TEMPELS Wendy - 1985 DAVIDSON Brett - 1967 O'MARA Gillian - 1976	Powerpoints B	

2019 FINA MASTERS AMBASSADOR - GWANGJU

Masters Swimming Australia was overwhelmed by the response we received when we put a call out for an Australian Ambassador to the Fina Worlds Masters Championships in Gwangju in August 2019 that was requested by Fina Marketing. We were excited to have TONY GOODWIN on board as the 2019 Gwangju Ambassador.

Tony a Manly Masters and Malvern Marlins member worked closely with MSA Administrator to create a blog on the MSA website and provided 14 well timed and informative articles on South Korea. He covered everything from what food to expect in South Korea to the Fina payment process, when registrations opened and how to get around Gwangju. Tony set up a desk at the MSA 2019 National Championships in SA in March to meet and chat with any MSA members planning on travelling to Gwangju.

He shared information through his own Social networks, with the MSA FB and with a FB group set-up by the National Office specifically for MSA swimmers heading to Gwangju. The National Office found this to be a very easy process of information sharing and look forward to working with any future Ambassadors for upcoming World Masters Championships.

Thank you Tony!



2019 THAILAND SWIMMING CAMP

MSA's 3rd Thailand Swim Camp was held from 9 – 16 June 2019 and had 12 attendees. And once again was professionally managed by Gina from Cousins Tours and Travels. Gina makes sure that all you need to do is turn up at the airport and everything else is done for you.

Talays Masters member Lawrence Watt attended his 3rd Camp, Talays Masters member Tony Forman (MST Branch Secretary) and Singleton Masters member Margaret Sadow attended their 2nd Camp in a row. The 9 other attendees were members of MSA Clubs and came from TAS, VIC NSW, WA and QLD.

The home for the week, Thanyapura, boasts the only FINA endorsed facility in South East Asia and has it all. While Australia plunged into winter, the Swim Camp participants enjoyed sunny warm weather, great food, 2 swim sessions per day and many other activities including aqua aerobics, meditation, cooking classes, massages, beach visits, elephant tours, hot & cold water plunge pools, yoga, tennis, walks.....and of course just lazing by the resort pool reading a book.

Colin Shugg took on coaching duties in 2019. Colin (a Powerpoints member) has always been an enthusiastic swimmer, who holds several Victorian Surf Swimming titles and is a current member of a Victorian SLSC team. He trained with Dawn Fraser as part of Harry Gallagher's squad and is a former Branch record holder Masters 60+ in 400, 800, 1500 freestyle. He was the Head swim coach at Frankston Swimming Club for 15 years as a Level 2 *ASCA qualified and he has coached at Padua College for 31 years, and the school has won 29 out of 31 titles in that time, including the last 28 in a row.

He has been a swim coach at Mt. Martha Lifesaving Club for the past 5 years. Colin mainly focuses on the mature swimmers in both open water and the pool. His coaching philosophies are:

- about improving older swimmers technique and efficiency,
- teaching them the principles of "progressive overload" which allows them to develop their own programs when they don't have access to a coach.
- and guiding competitive swimmers in improving their mental approach.

During the Swim Camp Colin catered for a wide range of swim abilities and made sure that everyone got the most out of the week. The overall feedback has been great and MSA is working again with Gina on planning the 2020 Camp.



MASTERS SWIMMING BRANCHES

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NT	PO Box 418 Parap NT 0804	(08) 8981 5919	www.mastersswimmingnt.org.au
QLD	PO Box 1279 Capalaba BC QLD 4157	(07) 3245 1571	www.mastersswimmingqld.org.au
SA	Po Box 120 Oaklands Parks SA 5043	(08) 8270 4180	www.mastersswimmingsa.org.au
TAS	PO Box 5229 Launceston TAS 7250	(03) 6343 3965	www.mastersswimmingtasmania.com.au
VIC	Level 2 Sports House 375 Albert Road, Albert Park VIC 3206	(03) 9682 5666	www.mastersswimmingvic.org.au
WA	PO Box 2605 Mount Claremont, WA 6010	(08) 9328 9469	www.mswa.asn.au

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