

# Annual Report



**MASTERS  
SWIMMING**  
Queensland

2011

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Masters Swimming in Australia,  
Queensland Branch Inc.  
Trading as

**Masters Swimming Queensland Inc.**

Under Business Names Act 1962-1990 Section 7 (4) Business Number BN6091623

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The Masters Swimming Purpose is "To encourage adults regardless of age or ability to swim regularly in order to promote fitness and improve general health"

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Incorporated in Queensland on the first day of November 1988 under the Queensland Associations Incorporation Act of 1981

**Incorporation number:** 4901

**Australian Business Number:** 15 804 399 838

**Business Address** PO Box 1279  
CAPALABA BC 4157

**Phone:** (07) 3245 1571

**Fax:** (07) 3390 2887

**Email:** [administrator@mastersswimmingqld.org.au](mailto:administrator@mastersswimmingqld.org.au)

**Website:** [www.mastersswimmingqld.org.au](http://www.mastersswimmingqld.org.au)

**Office Hours:** Monday - Friday  
9.00 a.m. to 5.00 p.m.

**Affiliated with:** Masters Swimming in Australia Inc.  
Q Sport – Sports Federation of Qld Inc.  
Swimming Queensland  
National Officiating Program  
Australian Coaching Council

**Funding:**



### 2011 Branch Management Board

President	Therese Crollick
Vice President (North)	Karen Patrick
(Central)	Trudy Zussino
(Sunshine)	Nil
(South)	Alan Patterson
Recorder	Laura Lynn
Director of Technical Services	Ray Smythe
Director of Risk Management	John Barrett
Director of Coaching Services	Mark Erickson
Treasurer	John Feddersen

### Appointees

Registrar	Gloria Williams
Recorder	Laura Lynn
Aerobic Recorder	Nil
Information Technology	Brett Stuart
Minutes Secretary	Cheryl Brodribb
Administrator	Helga Ward

### Life Members

**Max Gillespie**  
**Mary Sweeney**  
**David Ryan**  
**Rob Lucas**  
**Derek Coghill**  
**Ken Liddy**

**2011 Queensland Masters Affiliated Swimming Clubs**

*In 2011 there were 44 clubs Registered with Masters Swimming Queensland*

**Club Numbers per Region:**

North Region: 12                      Central: 7                      Sunshine: 10                      South: 14                      MSQ: 1

Albany Creek Masters	Mackay Master Swimmers
Aqua Jets AUSSI Masters	Miami Masters
Aqualicious AUSSI Masters	Nudgee Masters
Atherton Mountaineers AUSSI Masters	Noosa Challengers
Barbarians Masters Swimming	North Mackay Sinkers AUSSI Masters
Brisbane Northside Masters	Rats of Tobruk Masters
Brisbane Southside Masters	Redcliffe Peninsula Masters AUSSI
Caboolture & District Masters	Redlands Bayside AUSSI Masters
Cairns Legends AUSSI Masters	River City Masters Team
Cairns Mudcrabs AUSSI Masters	Rocky Crocs Masters
Cairns Sea Eagles AUSSI Masters	Rum City AUSSI Masters
Duck Creek Mountain Masters	South Burnett Masters
Gladstone Gropers Masters	Sunshine Coast
Hervey Bay Masters	Surfers Masters
Herbert River Masters	Toowoomba Masters
Innisfail Masters	Toowoomba Milne Bay AUSSI Masters
Ipswich City Masters	Townsville Masters
Ipswich Vikings Masters	Tully Masters
Logan Aquatic	Twin Towns Masters
Long Tan Legends AUSSI Masters	Uni Wahoos Masters
Mareeba AUSSI Masters	Whitsunday AUSSI Masters
Maryborough Masters	Yeronga Park Masters

## Branch Management Board Reports

### PRESIDENT'S REPORT

*Therese Crollick*

My term as MSQ Branch President is coming to an end and this is my last annual report as President. I would like to begin by thanking all the past and present Board members for their work for the Branch and for their support and friendship. I'd also like to acknowledge the work of Helga, our Branch Administrator, who has put in many hours implementing the many changes that have been made in the last five years and ensuring that all our new programs were professionally done and launched on time.

#### **Governance**

The Board met six times during the year: four teleconference meetings and two Face-to-Face meetings in Brisbane. I also had two meetings with Swimming Queensland CEO, Kevin Hasemann and President, John Keppie.

Helga has continued as our Branch Administrator while also taking on some IT and newsletter tasks for Swimming Queensland. Our financial administration and registrations are now looked after by Swimming Queensland staff that also performs these roles for SQ.

The MOU between Swimming Queensland and Masters Swimming Queensland for the provision of administrative services to MSQ was signed for a further twelve months and will be due for review in June 2012.

The 2011 AGM saw the clubs vote in favour of the new Branch Constitution ( By-laws are changed to reflect the constitutional changes) and it was implemented 30 days after the AGM.

I attended the April meeting of the National Executive as Queensland delegate. This role has now been taken on by Alan Patterson as I have been elected to the National Management Committee and I attended the September National meeting in that capacity.

#### **Competition**

A successful State Championships was conducted at Banora Point Pool with Twin Towns as the host club. The members did a wonderful job organising the pool set up and social activities and they looked after the officials very well. I was pleased to have been able to attend the club's social Saturday morning in May, where I presented "Thank you" gifts to their organising committee.

The Friday afternoon/Saturday/Sunday morning concept for the State Championships again worked well and the Board has decided to now keep that format for future championships, with an earlier start on the Friday afternoon. The 2012 championships are being held in Hervey Bay on the 9<sup>th</sup>/10<sup>th</sup>/11<sup>th</sup> March.

At the November Board meeting a decision was also taken to set the annual date for future State Championships on the second weekend in March. This avoids clashes with other major surf and triathlon events and gives those members who compete plenty of time to plan their year.

There was the usual round of club meets and again, while several were very well attended, others were cancelled or had low numbers. It is encouraging to see that some clubs are trying something different with a few more Sunday and late afternoon meets scheduled in 2012. Open Water swimming events again proved very popular with members in both Masters and non-Masters events.

The National Championships were held in Perth in April and a small but successful group of Queenslanders attended. WA again did an excellent job of hosting the championships and everyone who attended had a very enjoyable time in the West.

### **Coaching**

Mark Erickson took on the role of Branch Coaching Director. He has conducted several coaching courses and clinics and has also been elected to the National Coaching committee. Mark is regularly writing articles for the Branch newsletter and is planning for more coaching activities in 2012. The Branch is fortunate to have an experienced, enthusiastic Coaching Director, who is passionate about educating coaches to get the best out of their squads and swimmers as well as their own performances.

### **Technical**

The Technical portfolio had a busy year with a number of technical courses being held throughout the year in all the regions. The swim meet and State Championship rules were revised and input was given to the National OWS committee currently rewriting the OWS competition manual.

Our number of meet officials continues to grow as a result of the courses and we must thank Ray Smythe, our Technical Director, for coordinating these, along with all the other officials who do the presentations.

Ray has been elected to the National Technical committee.

### **Other Branch activities**

It was my pleasure to pay a visit to the Central region in March when I attended the Gladstone swim meet, where I was able to talk to many of that region's members. In my five years as President, I have visited each region at least twice and feel that every time was very worthwhile. It is important to be able to talk to members face to face and to get their feedback on how they view MSQ as an organisation. Email is a wonderful electronic communication forum, but in my experience nothing beats personal contact with people.

The Branch's three new programs were launched along with a DVD on Masters' swimming. I was involved with the initial planning and discussions that took place in putting these programs together and am really pleased with the finished products. They are very professionally done and truly offer something for everyone who joins our organisation. I really hope that clubs use them to their full extent and we have already had requests from other Branches for the DVD. The promotional part of the DVD is also on YouTube.

We launched ourselves into the social media and now have both Facebook and Twitter accounts. This is how most people – especially those under 35 – communicate and MSQ needs to keep up with social trends if we are to remain relevant in a rapidly changing society and if we hope to attract younger members.

The year ended on a very positive note with National CEO, Noeleen Dix and National President, Craig Smith attending our Face-to-Face meeting in November. There was a lot of free flowing discussion and both Noeleen and Craig were impressed with the activities undertaken by our Board members. The Branch has a good relationship with the National body and that can only benefit both organisations.

In closing this report I would like to wish the incoming President and Board all the best for the future and hope that they can consolidate what has recently been put in place and build on that for the future growth of Masters Swimming in Queensland.

**MASTERS SWIMMING QUEENSLAND**  
**Auditor's Financial Statements**

**Statement of Income and Expenditure**

Year Ended 31<sup>st</sup> December 2011

	2011	2010
<b>Income</b>		
Bank Interest	\$4,013	\$4,919
Grants	94,581	46,112
Membership & Affiliation	53,478	37,470
Meets	12,136	26,561
Coach Development	6,364	3,284
Other Income	184	500
INACTIVE ACCOUNTS	<u>0</u>	<u>37,921</u>
Total Income	170,756	156,767
<b>Expenses</b>		
Meets	\$22,509	\$3,162
Development	5,545	1,109
Membership Development	50,416	609
Meeting Expenses	11,166	6,666
Bank Charges	241	421
Registrations	441	520
Other Expenses	88,556	78,506
Loss on Disposal of Fixed Assets	601	0
Write off 2010 Stock	7,334	0
INACTIVE ACCOUNTS	<u>15,214</u>	<u>82,887</u>
Total Expenses	<u>202,023</u>	<u>173,880</u>
<b>Operating Profit</b>	<b><u>(\$31,268)</u></b>	<b><u>(\$17,113)</u></b>

The accompanying notes for part of this financial statement.

**MASTERS SWIMMING QUEENSLAND**  
**Statement of Assets and Liabilities**  
**As at 31st December 2011**

	2011	2010
<b>Assets</b>		
Current Assets		
Cash on Hand	\$99,039	\$128,908
Stock on Hand	13,787	7,334
Total Current Assets	112,826	136,242
Property & Equipment		
Plant & Equipment	9,623	11,373
Furniture & Fixtures	<u>1,010</u>	<u>1,010</u>
Total Property & Equipment	<u>10,633</u>	<u>12,383</u>
 Total Assets	 123,459	 148,625
<b>Liabilities</b>		
Current Liabilities		
Trade Creditors	\$6,403	\$525
Accrued Expenses	15,742	13,750
GST Liabilities (Refundable)	<u>(2,882)</u>	<u>(1,114)</u>
 Total Liabilities	 <u>19,263</u>	 <u>13,161</u>
 <b>Net Assets</b>	 <b><u>\$104,196</u></b>	 <b><u>\$135,464</u></b>
<b>Association's Funds</b>		
Funds at Start of Year	\$135,464	\$152,577
Surplus (Deficit) from Operations	<u>(31,268)</u>	<u>(17,113)</u>
 <b>Funds at End of Year</b>	 <b><u>\$104,196</u></b>	 <b><u>\$135,464</u></b>

The accompanying notes for part of this financial statement.

## MASTERS SWIMMING QUEENSLAND

### Notes to and Forming Part of the Financial Statement Year Ended 31 December 2011

#### Note 1: Statement of accounting policies

These financial statements are a special purpose financial report in order to satisfy the financial reporting requirements of the Associations Incorporation Act 1981 (*Qld*). The committee has determined that the association is not a reporting entity and therefore there is no requirement to apply accounting standards and other mandatory professional reporting requirements in the preparation and presentation of these statements.

The statements have been prepared in accordance with the requirements of the Associations Incorporation Act 1981 (*Qld*) and the following accounting standards.

AASB 110 Events occurring after balance date  
AASB 1031 Materiality

No other Australian accounting standards have been intentionally applied.

The statements are prepared on an accruals basis from the records of the Branch. They are based on historic costs and do not take into account changing money values or, except where specifically stated, current valuations of non current assets. The following specific accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of these financial statements.

(a) Inventories

Stock is carried at the lower of cost and net realizable value

(b) Taxation

The Branch is exempt from income tax but is subject to Goods and Services Tax on its transactions.

#### Note 2 Mortgages, charges and securities

As at 31 December 2011 there were no mortgages, charges or securities over, on behalf of or affecting any asset of the Branch.

## Independent Audit Report

To the members of **Masters Swimming in Australia, Queensland Branch Inc.**  
**Operating as Masters Swimming Queensland**

### Report on the financial report

I have audited the attached special purpose financial report comprising the Statement of Income and Expenditure and Statement of Assets and Liabilities and notes applicable to both for the year ended 31<sup>st</sup> December 2011.

### Branch committee's responsibility for the financial report

The Branch's committee of management is responsible for the preparation and presentation, free of material misstatement, whether due to error or fraud, of the financial report and the information contained therein, and has determined that the accounting policies used are consistent with the financial reporting requirements of the Branch's constitution and are appropriate to meet the needs of the members. To accomplish this, the committee has such internal controls as it determines necessary.

### Auditor's responsibility

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. Those standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance about whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of risk of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal controls relevant to the Branch's preparation and fair presentation of the financial report 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 Branch's internal controls. An audit also includes evaluating the appropriateness of accounting policies used as well as evaluating the overall presentation of the financial report. We believe that the audit evidence that we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Emphasis of matter

We draw attention to note 1 to the financial statements, which states that the financial report is prepared in accordance with a special purpose framework. Accordingly it may not be suitable for other purposes. The audit opinion is not modified in respect of this matter.

### Independence

In our audit we have complied with the independence obligations imposed by the auditing and ethical standards.

### Audit Opinion

In my opinion, the financial report presents fairly the payments and receipts of AUSSI Masters Swimming in Australia, Queensland Branch Inc. for the year ended 31<sup>st</sup> December 2011 and the assets and liabilities as at 31<sup>st</sup> December 2011 in accordance with the accounting policies contained in Note 1 to the financial statements.



Date. 17<sup>th</sup> February 2012

MITCHELTON

Name: Vince Knauth  
Chartered Accountant  
*Dumora Super Admin*

## AUSSI Masters Swimming in Australia, Queensland Branch Inc.

### Office Bearers' Declaration

The officers of AUSSI Masters Swimming in Australia, Queensland Branch Inc. declare that:

- 1 The financial statements and notes present fairly the Branch's financial position as at 31 December 2011.
  - a) Comply with accounting standards as detailed in note 1 to the financial statements and the rules and by-laws of the Branch;
  - b) Give a true and fair view of the financial position of the branch as at 31 December 2011 and the results of its operations for the year then ended and are in accordance with the accounting policies of note 1.
- 2 In the officer bearers' opinion there are reasonable grounds to believe that the Branch will be able to pay its debts as and when they become due and payable.
- 3 As at 31 December 2011 there were no mortgages, charges or guarantees over, on behalf of or affecting the assets of the Branch.

Signed for and on behalf of the Executive, 10 February 2012



.....  
President

  
.....  
Treasurer

## RECORDER

*Laura Lynn & Helga Ward*

Since 1<sup>st</sup> April 2011, results and records for MSQ meets have been processed in the MSQ office by members of staff. Initially the role was shared by two staff members, but with competing priorities to manage, it is now administered solely by one staff member.

The process of administering the Records and Results' function for Masters was provided to the staff by the previous recorder for MSQ. RE1 files are sent to Host clubs before nominations close, and an updated RE1 file is sent when nominations for the meet have closed. Records' files are then sent to Host clubs in the week leading up to their meet. After the meet, clubs provide an unlocked Meet Manager backup for uploading results into the Portal, and any paperwork relating to records. This has to be done within seven days after the swim meet.

There were many instances during the 2011 season where results or records were not uploaded to the Portal, verified or approved for weeks after a meet had taken place. The reasons for the delays were as follows:-

### RESULTS

- Results files not received - If a file had not been received within seven days of the meet, clubs would be contacted. This reminder often prompted the file to be sent and results uploaded shortly afterwards.
- No response– Clubs would not respond to the follow-up contact.
- No file – The designated club contact did not have the Meet Manager Backup.
- Wrong format - Results were sent in a locked file and were unable to be verified before uploading

### RECORDS

- Verification - supporting signed paperwork would not have been sent in with the results file.

The above issues resulted in a significant increase in time needed to process the results and records, most of which was wasted going backwards and forwards with clubs seeking information or details that should have been provided to the office automatically. With the increase in correspondence and confusion with what had and hadn't been received or what was still required from varying people, there were instances where incorrect information was then sent from the office to clubs, further complicating the situation.

The process for verifying and uploading results is simple, and doesn't require weeks of ongoing correspondence with clubs or administrators. Similarly, the verification of records is a straightforward process. Currently, the workload required to administer these functions is almost 20 hours a week. Both of these functions can be administered effectively in 8 hours a week, provided the information required is received by the office in a timely fashion.

The table below lists the number of swim meets held in the last 3 years: 2009 - 2011

	<b>2009</b>	<b>2010</b>	<b>2011</b>
<b>Short Course</b>	10	13	12
<b>Long Course</b>	13	13	11
<b>Postal</b>	3	3	2
<b>Open Water</b>	3	1	2
<b>TOTAL</b>	<b>29</b>	<b>30</b>	<b>26</b>
<b>Cancellations</b>	6	3	3

## MEMBERSHIP

At the beginning of the year, Rachael Keogh, from the Albany Creek club assisted us with MSQ registrations. As part of the agreement with Swimming Queensland, it was decided that the registrations of members would be managed in the office by Gloria Williams, who was responsible for membership matters for Swimming Qld and the Brisbane Region. We wish to thank Rachael for assisting MSQ at a very busy time of the year.

Unfortunately, the number of active memberships is still declining in Queensland, a trend common in most of the states except for Western Australia. The registrations numbers since 2008 are as follows:

**2008:** 1376                      **2009:** 1425                      **2010:** 1374                      **2011:** 1205

There is no conclusive explanation for the decline in membership numbers, but 2011 was a constructive planning year for the Queensland Branch Management Board, which sought to address the decline by introducing three new programs. This was done with the support of Swimming Qld. A further initiative will be a series of surveys designed to address all matters that relate to membership.

Masters Swimming Australia decided at its annual general meeting that all members of each state and club affiliated with their state organisation, would register their membership online from the 1<sup>st</sup> September, 2011. Manual payments would no longer be accepted.

Clubs were given adequate time and information to prepare for this change in the registration process. Generally, most members, who registered from the 1<sup>st</sup> to 31<sup>st</sup> December, did so with few problems. Support and advice was given by the office staff and administrator and Sarah Roach from the national office.

We expect that the first year will prove to have a number of problems, but after that, it should be an easier and more efficient process.

## DIRECTOR OF TECHNICAL SERVICES

*Ray Smythe*

On behalf of all Masters Swimming Queensland members, I would like to thank all those who have unselfishly contributed to the success of Masters Swimming in Queensland by volunteering as officials for a variety of swim meets held in Queensland during 2011. This includes the State Long Course at Banora Point hosted by the Twin Towns club, club meets in all the regions, and open water swims.

During the past year, officials' courses were conducted and unfortunately many of the course candidates have not completed log sheets to gain their officials' accreditation. For those who have completed courses and not completed a log sheet, it is not too late. The practical component is very important and being mentored by an experienced and qualified official will increase your skills.

Derek Coghill has retired from the National Technical Committee and I have been appointed to take over from him on this committee.

In 2009, I requested that clubs that want to hold a swim meet should encourage their members to obtain qualifications as an official. This would enable them to be less reliant on the few current, qualified officials. North region has done very well to increase their number of qualified officials. It was also encouraging to have some members go through to the point where becoming a fully qualified referee is just a step or two away. It is essential for the survival of the competitive side of Masters Swimming that there is a continual pipeline of officials.

## DIRECTOR OF COACHING SERVICES

Mark Erickson

On behalf of MSQ, clubs and members I would like to acknowledge the efforts of coaches and thank them very much for their contribution throughout 2011! Well done, coaches!

### Masters Coaching Courses

#### Old Level 1 Masters Coaching Courses

- Level 1 Cairns - Aug 2010 – 9 out of the 11 participants completed the course and became qualified Masters Swimming coaches.
- Level 1 Miami 2011 – 25 participants attended the course and at this stage 3 have completed the course.

New Coaching Courses – Intro, Club and Coaching Masters Swimmers Courses finalised and available for facilitation by September 2011. Most of the Coaching Director's role during 2011 was trying to understand the assessment and training required for the various courses. To minimise the participant's cost, travel and time, MSQ is attempting to make the courses more accessible by having at least one presenter in each region.

National Coaching Committee – Steve Cornelius and I contributed to various meetings held by the National Coaching Committee and found it valuable to be a part of National Coaching meetings.

### Newsletters

- Contributed to MSQ newsletters regularly with swim programs, tips or with coach profiles

### Coaching Network

- It was my vision to create a coaching network where coaches could share ideas or get advice or information (referred to links or resources) as this would be beneficial to rural/isolated coaches or new coaches - but unfortunately it did not get started during 2011, but maybe in 2012 we may have more success.

### Swim Programs

- Attempted to collect 100 swim programs to have accessible for members on the MSQ website. I was hoping that coaches or swimmers from around the state might contribute but unfortunately, it was not the case – most of the programs came from my local club in the Whitsundays. I am still keen to collect programs from coaches or swimmers – my new goal is to collect 365 – one program for each day

### Coaching Clinics

Unfortunately, the first coaching clinic for 2011 was to be held at Cannonvale, but due to cyclones Anthony and Yasi the clinic was cancelled. I assisted with a coaching session at Redland Bay during mid-2011 and had a fantastic afternoon/evening.

### Administration

I would like to thank everyone for the patience and tolerance throughout 2011. It probably took me most of 2011 to get my head around the Coaching Director's roles and responsibilities. I would really like to thank Helga Ward for her encouragement, support and dedication. I would also like to thank Sarah Roach and Noeleen Dix (MSA), Bruce Allender (Vic) and all the wonderful MSQ Board members and staff for all their assistance throughout the year.

## VICE-PRESIDENT NORTH

*Karen Patrick*

### **Contributions to the annual report:**

QAT: Atherton Mountaineers:	<b>President:</b> Mike Hughes	<b>Secretary:</b> Penny Soper
QCN: Cairns Mudcrabs:	<b>President:</b> Clem Taft	<b>Secretary:</b> Cheryl Brodribb
QLT: Long Tan Legends	<b>President:</b> Tony Croft	<b>Secretary:</b> Raymond Green
QMA: Mareeba:	<b>President:</b> Ineke Bell	<b>Secretary:</b> Irene Shanks
QRT: Rats of Tobruk:	<b>President:</b> John Barrett	<b>Secretary:</b> John Barrett
QSE: Cairns Sea Eagles:	<b>President:</b> Larry Forsyth	<b>Secretary:</b> Larry Forsyth
QWY: Whitsunday Warriors:	<b>President:</b> Bob Corskie	<b>Secretary:</b> Freya Hill

This is an overview of the activities of Masters Swimming Clubs in the Northern Region for 2012. Extreme weather was a major factor both at the start of the year, which affected club swim meets.

### **Membership**

Clubs seemed to have difficulty attracting new members with numbers in the region staying roughly the same. In some cases clubs had trouble retaining existing members due to location and pool access issues. Clubs in Tully, Innisfail and Townsville will not be continuing in 2012. This was reflected in attendances at general club activities and especially at swim meets. Clubs now have the new DVD, programs, brochures and posters to promote Masters Swimming.

### **Swim Meets & results**

Mareeba again held the first meet of the year followed by a great dinner at the Leagues Club.

Unfortunately the Whitsundays Meet was washed out with potential highway flooding a concern for organisers. Technical courses were held in Townsville instead.

Cairns Sea Eagles Long Course Meet was held at Trinity with records set by Don Taylor and John Barrett. Technical courses were conducted in conjunction with the meet.

Atherton held their Christmas in July Swim, in the heated pool, as well as their October meet. Unfortunately a thunderstorm meant that the hotly contested 'dash for cash' could not be held.

Cairns Muddies held a short course meet at the Gordonvale Pool with the rivalry between Sam Sakamoto and Larry Forsyth of the Sea Eagles being a highlight.

No swimmers made the trip to Perth for the Nationals. A number from Whitsundays, Rats and Sea Eagles made it to Twin Towns for the State Swim. The cost of travel meant that many North Queensland swimmers and officials had difficulty attending State or National Championships. Jane Charuba and Karen Patrick attended the Australian Masters Games and both did well. The swimming was also good.

Some members managed to attend events in other regions, notably Mackay and Rockhampton.

During the year there were a number of outstanding performances by NQ Masters in breaking records, winning medals and achieving personal bests.

Cairns Mudcrabs have again organised the Vorgee Series for clubs from Townsville north and the results will be announced at the Mareeba swim meet in February 2012.

Long Tan Legends held their first carnival in about seven years. The carnival was a success with members enjoying the afternoon with beautiful weather and great swimming. Several members used the carnival to complete the practical component of their timekeeper training.

### **Open Water Swims**

There were no official Masters Open Water Swims conducted in the region during 2011, but a number of events attracted Masters' Swimmers, who also assisted in running them. It is good to see that the National Board is

following up on previous concerns about insurance coverage for guest swimmers if these events are to be sanctioned by Masters Swimming Queensland. Two events were held in the Cairns area - the Ellis Beach Swim (1.5km) and the Green Island Swim (1.5 or 3km). Three events were held in Townsville including the King & Queen of the River Swim (2.7km), the Strand Swim (2.5km or 5km) and the Magnetic Island to Townsville Swim (8km). These swims attract a mixture of Junior, Masters, tri-athletes, Surf Club and general public swimmers. Unfortunately, they are not conducted in strict accordance with Masters Swimming rules and guidelines.

### **Technical Officials**

A number of courses were run during 2011 by Frank Matthews and Karen Patrick. These were for Timekeepers, Chief Timekeepers, Marshalls and Check Starters. Running the courses in conjunction with meets seems to be the most workable timing although it depends on attendance at the meet. Members are gradually progressing with proficiency in these areas. I hope that some of those doing the courses will continue to full Referee accreditation and relieve the burden on the two existing referees. John Barrett is progressing well.

### **Coaching**

The efforts of club coaches was also very much appreciated at Muddies (Lesla and Cheryl), Whitsundays (Mark, Raylene), Long Tan Legends (Matt) Sea Eagles (Don), Mareeba (June), Atherton (Penny) and at the Rats (Luc, Big Kev and Chris). Cairns Mudcrabs head coach attended the ASCTA conference on the Gold Coast in May to further her coaching skills.

### **Grants**

Atherton Mountaineers have been very successfully in their application for the Sport and Recreation and Volunteers' grant. The money enabled the club to provide members with a Bronze Medallion course, Level 1 Coaching Course, Senior First Aid Training, purchase of equipment and conducting a 'Come and Try Day'.

### **Club Activities**

Most clubs have a regular time to swim as a club with club coaches and BBQs seen as good incentives to attract members to attend. Club committee members are to be congratulated on their efforts.

Cairns Mudcrabs held their annual dinner with the presentation of the Allen Burgoyne Award. The award winner was Graham Collins

The action was also out of the pool. Lake Eacham on the Atherton Tableland was a popular spot for social swims after the Atherton Carnival and for the Muddies' Christmas break up. Christmas in July is popular with many clubs.

### **Relma Blandford Memorial Trophy**

Relma, a dedicated club member, who held many positions throughout her time with the club, sadly passed away last year. As a dedication to her, a trophy has been established for the most accomplished backstroke swimmer, her favourite stroke. The inaugural winner was Gayle Sticher

### **2012**

I hope that newly trained coaches and officials put their training into practice and that swimmers get the results they are after.

See you in the pool

## VICE-PRESIDENT CENTRAL

Trudy Zussino

### GENERAL COMMENTS

From the reports received it can be deduced that The Central Region enjoyed increased membership, had successes in Swim Meets and conducted fun filled energetic Swim Meets. The promotion of Masters Swimming has been consistent within Clubs and with promotional material from MSQ: *Posters, Swim for life DVD* and the accompanying *MSQ Circle* to rate wellbeing. It was also a year of innovation with the introduction of the *Summer Tri-series Trophy (greatest number of swimmers attending away from home Swim Meets)* designed by Hervey Bay Humpbacks to attract participation in the Central Region Swim Meets.

The process of amalgamation with Swimming Queensland (SQ) had already started when I was elected to the QMS Committee (now the MSQ Board) and despite negative comments, did go ahead. When it was finalised I tried to stimulate SQ Clubs in the region to participate in our Swim Meets, but I failed to enthuse them and personal presentations for direct communication didn't go ahead. I believe it is possible to get a closer relationship with SQ Clubs but it is a two-way process. Gladstone is a good example where there is cross fertilisation of coaches' experiences (a workshop was held with coaches from both organisations) helping each other with Swim Meets, giving invitations to social events and fun activities such as the OWS at Lake Awonga (organised by SQ *Gladstone Gladiators*) and the recently held *Gladiators Pyjama Party* - a swim event sponsored by Gladstone Regional Council's Aquatic Centre.

It certainly has been a positive experience for me to have represented the Central Region for the past two years and I thank the Clubs for their support.

### MASTERS' CLUBS IN THE REGION

#### **Contributions to the Annual Report**

QBB: Rum City:	<b>President:</b>	Bruce Lovett	<b>Secretary:</b>	Ros Hodge
QGS: Gladstone Gropers:	<b>President:</b>	Joan Green	<b>Secretary:</b>	Trudy Zussino
QHB: Hervey Bay Humpbacks	<b>President:</b>	Gary Ullman	<b>Secretary:</b>	Paula Hewitt
QMB: Maryborough Masters	<b>President:</b>	Doug Walker	<b>Secretary:</b>	Maurice Ambrosoli
QRH: Rocky Crocs	<b>President:</b>	Kathy Batts	<b>Secretary:</b>	Leslie Smith

#### **General**

Rum City held three successful community events, which were well presented and with good media coverage, they believe that they have spread the benefit of our sport within the community.

The highlight this year for the Gladstone Gropers was the Charity Swim as part of the Club's *Silver Jubilee* celebrations in August/September. Club Members raised a record \$8,063.20 for the Leukaemia Foundation and had a lot of fun in the process. Patron Simon Hooton and his wife Judy were present at the special dinner.

For Rocky Crocs, this year was solely focused on progressing with their merger with the junior club, Caribee Swimming Club. It has been a long process and members have been very patient. Documentation for the winding up of The Rocky Crocs Inc. was lodged with the Office of Fair Trading and their assets have been transferred to the Caribee Rocky Crocs. This focus has meant that their swimming has taken somewhat a back seat for the year. We wish them all the best in their future as the Caribee Rocky Crocs.

#### **Swim Meets and Programs**

Members of Rum City attended five carnivals, excluding their own successful swim meet in August and although participation overall was down, their results were nevertheless excellent. Tracy Dunn gained first place in her age group at the State Titles and Bruce Lovett came second. At the nationals in Perth they were joined by Daph Soppa in receiving medals. They also supported the Gladstone, Caboolture and Maryborough swim meets.

Gladstone Gropers' members experienced a rewarding year with increased participation in Swim Meets, aerobic swims and social functions.

Competition this year saw Hervey Bay's proposal, initiated by Darryl, and the instigation of a tri series between Hervey Bay, Gladstone and Rocky in an attempt to boost numbers at their northern neighbour's meets. The tri-series managed to reignite old rivalries and generate additional interest. Hervey Bay's involvement in the national aerobics' program continued to gain momentum under the management of Paul A. Despite numbers being down on the record set last year, the Hervey Bay swim meet was another successful day with Rosie at the helm. It also saw the mutual support of the BUG's, who time kept for the club on the basis that they in return would help with their event. As usual Hervey Bay always has a theme for their dinner and this year it was 'Medieval Madness' with a number of members performing on stage under the direction of Helena. The club members wish to thank their sponsors and the Surf Club for their ongoing support and assistance with the organisation, water safety and breakfast at the ocean. The sausage cooking at Bunnings has ensured good publicity as well as an opportunity for a day out and in the process it has enabled them to cover any financial hardships as a result of hosting the state titles in 2012

Throughout the year attendance in the Maryborough Club, at training was good and the aggregate medallion results for having members participate in over 8 Swim Meets was memorable. Maryborough Masters Swimming Club received the "Best Large Club" at Hervey Bay. The Swim Meet, set for 2 October, took place in Hervey Bay and attracted a record of 77 entrants. The joint effort between Maryborough and Hervey Bay was appreciated by all participants.

Due to the floods and the merger the Rocky Crocs did not hold a sanctioned meet this year and only one of their very committed competitors, Ian Mcleod, from the Crocs, attended a number of meets throughout the year. The club thanks Ian for his participation in meets and they are hopeful of getting more members competing in the coming year

### **Membership**

Unfortunately, the Rum City members had to say goodbye to their newer member, Mark Urquart, who has moved to the Gold Coast to train for the Paralympics in swimming. His wish to represent Australia in London is supported and hoped for by all his fellow swimmers and particularly those he trained with in Bundaberg.

Hervey Bay members have expressed a special thanks to both Laurel and Paula for their years of dedication to the committee. Sadly they are not standing again for re-election

Gladstone Gropers finished 2011 with 86 registered Members. Throughout the year, however, they farewelled several people who had contributed considerably to the Club – Alan and Dale Atherinos, Richard and Deanna Dick, Beryl McCubben and Carola Hendersen.

Maryborough finished the year with a challenge to their Membership due to the closing of the Maryborough Pool for revamping. Fortunately training continued at the Aldridge School Pool with fitness coach, Josie Morphett and stroke coach, Rebecca Davis.

### **Coaching and Technical**

Gladstone members are forever grateful for the consistently good coaching team – further enhanced this year by the club sponsoring two Members to become Masters' qualified coaches.

### **Initiatives and Funding**

Rum City received \$4,185 from the *Australian Government Volunteer Grants Scheme*, which was used to purchase a new computer, printer, stopwatches, noticeboard, signs and assistance to members in undertaking training courses.

Two years ago, Hervey Bay applied for funding to build a shed at the pool, but unfortunately they are still applying. Despite the numerous setback in Queensland this year, it's a goal that as a committee they are still focused on achieving. Thanks to Gary D who continues to manage the project on the club's behalf.

### **The Future**

The most important news of the year for Hervey Bay is that they will host the State Long Course titles in March. While they know that it will be a lot of work and will carry financial risk, it should be viewed as an opportunity to compete at a higher level and promote both their club and the Hervey Bay region. The club is disappointed that the MSQ Board did not decide to include their normal 'Torquay 1000' swim, as the change in format may have been an added attraction for MSQ members.

Gary Ullman is currently working with the council and the surf club to develop an ocean race series that would include the "Torquay 1000", 'Pier to Pub" and "Australia Day" races in an effort to capitalize on advertising, sponsorship and increased numbers.

The presidents of all the clubs in the Central region wish to acknowledge all the support and hard work of their members, committees, volunteers and supports.

## **VICE-PRESIDENT SUNSHINE**

(No VP – compiled by Helga Ward)

### **Contributions to the Annual Report**

Albany Creek Masters:	<b>President:</b>	Heather Butler	<b>Secretary:</b>	Rachael Keogh
Aqualicious Masters:	<b>President:</b>	Kevin Spencer	<b>Secretary:</b>	John Linnane
Brisbane Northside:	<b>President:</b>	Richard Sargent	<b>Secretary:</b>	Bev Stubbings
Noosa Challengers:	<b>President:</b>	Patrick Mooney	<b>Secretary:</b>	Wendy Ivanusec
Sunshine Coast:	<b>President:</b>	Iain Duncan	<b>Secretary:</b>	Alison Bomgaars

### **General**

2011 was a successful one for Albany Creek with increased membership and active participation throughout the year. Their "Encouragement Award" was presented to John Barker, who showed enormous improvement and an "I'll have a go" attitude.

A new and improved website, [www.albanycreekducks.org.au](http://www.albanycreekducks.org.au), was also created this year.

From May until July of this year there was a dispute between the management of Centenary Pool and Brisbane City Council. During that time the pool was closed to squads and that included the Aqualicious Masters Club. They were forced to find an alternative venue on very short notice. Thankfully, Somerville House was very accommodating. However, for a variety of reasons, the change of venue resulted in a reduction in numbers at training sessions, and consequently competing at swim meets.

Aqualicious held their annual pool party fundraiser on 29 January 2011. It was a great success, with approximately 475 people in attendance; as always this was their major fundraiser of the year. A good portion of the funds went to help pay for the team's attendance at the Wellington Outgames, as well as donating to the flood relief effort.

Shelly and Bev from Brisbane Northside were very active on the social front, organising some wonderful events such as an end of year bus trip to the Eumundi Markets and their regular Sunday morning post training coffee and breakfast at *Vroom*.

Traditionally, before dawn on Australia Day, a band of Noosa Masters converges on Sunshine Beach Park for a wonderful morning of patriotism, parochialism and just a pinch of competitive panache! This year was no exception. After raising the Australian flag to the accompaniment of a lustily sung national anthem, it was "Let the games begin!" After a delicious BBQ breakfast and some Aussie bush poetry ... more games - the competition was fierce! A dip in the Sunshine Beach surf followed. The group had a fabulous morning... Advance Australia Fair Dinkum ! Additional social activities during the year, ranged from bush poetry and BBQ, to Valentine's Day dinner at a delightful restaurant - from Xmas Carols with piano and other strange accompaniments to pizza nights at a member's home, BBQ at another and ad hoc movie outings with lunch. Noosa members value the great club camaraderie.

The Noosa Challengers club encouraged members to participate in SWIM4KIDS in support of the Royal Children's Hospital and they were proud to raise a donation of \$550.

### **Swim Meets and Programs**

The Sunshine Region hosted five sanctioned swim meets, all of which were generally well supported.

Unfortunately, the popular South Burnett swim meet did not go ahead.

The clubs that hosted a swim meet were: Albany Creek, Noosa, Caboolture, Brisbane Northside and the inaugural Aqualicious relay meet in December.

Albany Creek started the year by bringing home the "Club" trophy from the River City Meet. This was followed by a record 43 of their club members nominating for their home Meet. Once again "Duck Day" was a successful Meet for both swimming and finances. Congratulations to some of their record-breakers: Nick Woods, Katie MacFarlene, Carole Baker & Matthew Wright. Some of Albany Creek members took on the challenge of Triathlon and Open Water swimming, both locally and abroad.

In addition to carnivals, Aqualicious members continued to compete in open water events. Though first and foremost a pool squad, they are looking at ways to better support open water swimming. Possibilities include running a clinic, or partnering with Noosa on open water swim days. Aqualicious sent at least 10-25 swimmers to most of the carnivals they attended. Of note, 24 swimmers went to the Wellington Outgames, and 36 swimmers to the Noosa Challengers meet. In general, meet attendance was down this year, due in part to their change of training venue and the drop-off in numbers during that time. Their targeted meets were as follows: River City, Asia Pacific Outgames, Noosa Challengers, Sydney Wett Ones, Brisbane Northside, Southside Masters and Aqualicious Twilight.

Aqualicious' second attempt at running a swim meet went well again, with 109 swimmers in attendance. Brisbane Southside Masters won the Average Points Trophy, while a relay team from Aqualicious won the Ian Davis Memorial relays, for swimming closest to their nominated time – only 1.09 second off! Their target for improvement next year is to improve the organisation of the timekeepers. They were mainly non-swimming volunteers this year, which relieved the swimmers of having to keep time for the most part. This worked well, but it placed a great deal of strain on the chief timekeeper. Next year they aim to have a head timekeeper assigned to each lane, who will stay there for the duration of the meet, to supervise the new timekeepers as they rotate.

Sixteen members from Brisbane Northside (11 men and 5 women) competed at club Swim Meets, while 7 members (3 men and 4 women) went to the State Championships at Twin Towns, where their club won the Small Clubs Trophy. Two men competed at the National Championships in Perth.

Northside's outstanding swimmer, Ben O'Connor, won the Jon Konrads Trophy for the best 200m swim at the Noosa Swim Meet, and at the end of the year was swimming close to Olympic qualifying times in breaststroke.

The Brisbane Northside annual Swim Meet was a success, with nominations back up to 180 this year without some of the unforeseen problems they had in recent years.

Noosa Challengers started its competition year with meets at River City and Miami, picking up medals at all three. Some also attended the Hervey Bay and Bundaberg swim meets where all performed well including at the open water swim in Hervey Bay. Three members stayed on to visit Lady Elliott Island the following day after the Rum City meet, and the usual visit to the Distillery for some Rum Liquor ... we love to support the local economy. At Albany Creek their oldest member, Joyce Faunce 91 and youngest, Kerryn Spinks 28, set State Records. The meet year ended with a bus load of 27 attending the December Aqualicious carnival and a wet trip home! Noosa extended warm hospitality to the record number of competitors at its Carnival in May. The support from everybody involved, caterers and sponsors was simply superb, making it their most successful carnival ever! Only Jacky Shields and Bob Morse made it to the Nationals in Perth, where Jacky acquitted herself well in a tough age group and Bob managed 4<sup>th</sup> in all his events with only two and a half months training. Several members have their eye on Riccione in 2012.

Noosa Club members successfully participated in the Noosa Winterfest, Byron Bay Open Water Swims. Quite a few club members are really hooked on open water swims, and several ventured south to Caloundra for the 3.8km

open water wet suit swim which was part of a series of three such open water swims. Dyanna Benny travelled to Canberra to participate in the Triple Triathlon Sri Chimnoy.

Geoff Lander travelled to Mildura to participate - not only in the swimming, but also in the pistol events. He received 6 Gold for his efforts and 1 Gold for a Relay (240+) with Ron Massaar and Glen Walker.

Noosa Masters value immensely the presence in their cub ranks of three Down Syndrome competitors – Clinton Stanley and Jana Clancy. Clinton and Jana are world-ranked athletes.

The QNA Aerobic programme was been really well supported by members again this year, thanks to Pat Mooney tirelessly cracking the whip, with several members completing the entire program. Noosa has won the John Hughes trophy for the past 2 years and is hopeful they can do it again in 2011 with a points total of over 5000.

Sunshine Coast attendance at Swim Meets, followed the trend of the past few years. A small, but enthusiastic, group continued to represent the club and varying numbers travelled to meets in the South-East Qld area.

The Noosa Meet had highest attendance (ten), with nine at Brisbane Northside, six at Caboolture and five to one at Maryborough, Redlands, River City, Albany Creek, Toowoomba, Aqualicious, Bundaberg, Miami and Brisbane Southside. A great total of 33 individual medals was won at the State Titles: 16 Gold, 13 Silver, 4 Bronze and 1 state record to George Stewart. - Team QSC fielded three relay teams – first, second and third. They were placed sixth. Fourteen members participated in the Aerobic Swim program. QSC also conducted a successful postal swim, with 10 members participating. Everyone had “Prize Winning” results.

### ***Membership***

The monthly Albany Creek Duck Breakfasts continue to provide opportunities for members to “get-to-know” each other and to talk to coaches about their swimming. Other social events have included Brunch at Sandgate, Trivia Night, Camping at Coolum and the annual Christmas Family Fun Day to finish the year.

The Aqualicious membership grew again in 2011, and at the end of November they had 77 registered members. About 30% of those are transient, with the rest being fairly core members. There is also a variation by season, where some members choose not to swim in the winter.

Membership at Brisbane Northside again topped 40, with a growing number supporting all activities and getting involved with running the club.

Membership reached 45, with some members not renewing from 2010, but this was more than outweighed by new members signing up in response to initiatives such as the club’s well-structured web-site, inviting flyers, and advertising at the Valley Pool.

Noosa Challengers had 75 members at 31 December 2011. Not all will renew, but it continues to attract new members and the quality of their coaching must be credited as a major attraction. During the year Noosa was delighted to welcome visiting Masters swimmers from Brisbane, the UK, Canada, Switzerland, New Zealand, Victoria, New South Wales, West Australia and Tasmania.

Sunshine Coast Masters total membership at the end of 2011, was 21 financial members. Add an extra 2 non-financial Life members and the total is 23 members. QSC had seven Life Members. Sadly, the club farewelled Arthur Evans, who passed away mid-way through the year. We shall miss him!

### ***Coaching and Technical***

Albany Creek members invested in skilling more coaches. The coaching team is constantly reviewing how sessions are delivered and they plan to continue encouraging more members to take up coaching courses in 2012.

Lawrie Fabian, from the Aqualicious club continued to serve as their head coach and he’ll continue to do so in 2012. Four of their members were sent on a Level 1 Masters coaching course and they expect three of them to have all of their required hours for certification by April 2012 at the latest. That will give the club a lot more flexibility on pool deck when head coach, Lawrie needs time off, and to give members a varying coaching style.

In what has become a regular event, the latest Aqualicious Swim Camp took place on the weekend of 22-23 October in Brisbane, and featured another great line-up of elite Australian swimmers as guest coaches. Meagan Nay, Chris Wright, Christian Sprenger and Kylie Palmer each gave coaching sessions on their specialty strokes. It was another great opportunity to gain insight and inspiration from elite athletes, but on a level accessible to a large

group with a wide range of swimming backgrounds. While the guest coaches were giving cutting-edge instruction based on the latest developments in swimming technique, the atmosphere was relaxed and friendly: the guest coaches had as much fun as the participants!

The weekend camp was made possible through the hard work and organisation of Lawrie Fabian. To complement the in-pool instruction, he also organised sessions with experts from the Queensland Academy of Sport on core strengthening and conditioning, as well as exercise nutrition for adult swimmers. In addition to other participants from Queensland, the swimmers were mainly from Australia's three GLBTI swim teams: Team Aqualicious, The Melbourne Glamourhead Sharks, and the Sydney Wett Ones. Following the Asia-Pacific Outgames in Wellington, NZ, where the three Australian squads participated, this was another great opportunity to build ties between the teams. Although centred around swimming, the weekend was also a great social event.

Sunday training this year turned out to be a great success for the Brisbane Northside Club after Steve Booker offered his services at the beginning of the year to be their official Coach. With an extensive background in swimming and coaching, Steve has fitted easily into the role left vacant by the departure of Alina Graham. As a consequence, Sunday training sessions have become very popular and have contributed greatly to their recruitment and retention of members. Due to the great success of Sunday training, Aerobic sessions have not been as well patronised this year. This is partly due to the increased level of Sunday training, but also to the imminent changes to the aerobic program which has made the current schedule less attractive to many.

Noosa is singularly blessed and benefiting greatly from the enthusiasm and expertise of three wonderful coaches - Jan Croft is the regular Thursday coach, with Ian Robinson and Mark Besford sharing Sundays. They are also fortunate to be in a healthy financial position enabling them to provide coaching free of charge to members, as well as heavily subsidised club uniforms and bus trips to several meets during the year.

### ***Funding***

Sally, from Brisbane Northside was very busy during the year preparing and submitting a proposal to the Gambling Fund for money to build a stainless steel storage locker on the pool deck for their equipment.

Thanks to the Noosa Challengers' success in obtaining another grant from the Dept of Sport and Recreation, they were able to host a series of three successful "Come n Try" days. This year, they were overwhelmed by the interest generated from two newspaper ads (with photo) resulting in over 30 interested participants joining numerous members to benefit from the stroke specific guidance of 3 great coaches. Notification has been received that funding is approved for Come n Try 2012.

### ***The Future***

Aqualicious plans to:

- improve their club's ability to hold social events, with less organisation. They are considering various methods to let club members take more ownership of this, through the club's social Facebook page, a social newsletter, and possibly an online forum.
- The big targeted meets this year will be the State Long Course Championships in Hervey Bay, the Glamourhead Sharks meet in Melbourne, and the Noosa Challengers meet.
- They have an increasing demand to support open water swimming. While being a pool swimming club first and foremost, they aim to use a similar strategy as for their social events – prompting members interested in open water swimming to take ownership. At the same time, they are looking at running an open water swimming clinic.

For Brisbane Northside planning is under way to incorporate the new Endurance Swim Program into the 2012 Sunday morning training sessions. The new structure is causing renewed interest in endurance swims, especially for those who were a little hesitant and perhaps overawed by the apparent or perceived difficulties associated with the old program.

## VICE-PRESIDENT SOUTH

*Alan Patterson*

### ***Vice-President South***

My first year in this role has been very informative and carried me beyond the confines of my past role as President of Redlands Bayside Masters, which was beneficial in introducing me to the workings of Masters Swimming. I made several approaches to the Clubs in my Region, as well as contacting pools on the NSW-QLD border where there is the possibility of attracting new swimmers, or even forming a few new Clubs and these contacts are ongoing.

Unfortunately, Toowoomba Milne Bay Masters dissolved their Club and feedback from some Clubs suggests, as in previous years, that membership remains a focus for us all. To this end, a strategy has been written for distribution to all Queensland Clubs and it is anticipated that this will provide practical ideas to assist Clubs to grow their membership numbers, sustain their Clubs and rejuvenate MSQ numbers into the future.

A coaching course in May attracted 24 attendees at the Miami pool, run by MSQ Director of Coaching, Mark Erikson, assisted by Steve Cornelius. A Timekeepers Course was well-attended with 18 students, again at Miami and presented by Derek Coghill on the initiative of Steve Cornelius. This expansion of qualified people is most encouraging for the future of the Clubs, our swimmers and Masters Swimming.

I am the Queensland Delegate to Masters Swimming Australia (MSA) and attended their Meeting in Melbourne in October, having the opportunity to discuss our Queensland initiatives and programs and listen to ideas from our State colleagues, as well as participate in the discussions that drive MSA, has given me the distinct opinion that we have a great future.

I extend my sincere thanks and appreciation to all of our swimmers, Club Management Committees and Officials, who contribute in so many ways, to make our Masters experience possible. I also thank the MSQ Board and our out-going President, Therese Crollick, for overseeing many changes during her several years in the role and wish her every success as a Board Member for Masters Swimming Australia.

### ***Contributions to the Annual Report***

Aqua Jets Masters;	<b>President:</b>	Lyn Knight	<b>Secretary:</b>	Sharen Smith
Brisbane Southside:	<b>President:</b>	David Haley	<b>Secretary:</b>	Helen Holmes
Duck Creek Masters:	<b>President:</b>	Therese Crollick	<b>Secretary:</b>	Broni Carthew
Ipswich City Masters:	<b>President:</b>	Eric Edgeworth	<b>Secretary:</b>	Clive Griffin
Logan Aquatic:	<b>President:</b>	Roger Dibden	<b>Secretary:</b>	Ken Brewster
Miami Masters:	<b>President:</b>	Steve Cornelius	<b>Secretary:</b>	Graeme van der Vlugt
Redlands Bayside:	<b>President:</b>	Simon Bole-Brown	<b>Secretary:</b>	Roslyn Tolcher
Toowoomba Tadpoles:	<b>President:</b>	Stephen Gray	<b>Secretary:</b>	Marien Stark
Twin Towns:	<b>President:</b>	Ken Liddy	<b>Secretary:</b>	Freda Shaw

### ***General***

Due to the construction work for the new 50m outdoor pool at Chandler, Brisbane Southside lost most of their storage at the Aquatic Centre, and consequently much of the club's property now has to be stored at the residences of various members. Effectively they have not been made to feel welcome, as over time, they have lost the display space for our trophies and have been reduced to displaying club information in the corner of a small notice board shared with other resident clubs at the Aquatic Centre.

Most of the Duck Creek members have enthusiastically embraced the new MSQ programmes; Lane Warrior sheets were submitted and some members made the standards for the Excellence Awards. The coming year sees a slight name change for the club. They will officially be known as the Southern Cross Uni Duck Creek Masters, the shortened version being SCU Ducks.

Many of families and friends of the Ipswich City Masters' club were affected by the severe flood at the beginning of 2011. Members who sign on with any MSQ club, will receive a DVD about Masters' Swimming. Apart from one of the stars, Colin Robertson, being a member of Ipswich City, they felt that it does explain what adult swimming is about and for prospective members it might explain our motto Fun, Fitness and Friendship.

As a small club, Logan Aquatic is not doing too badly with their member numbers and their financial situation is fairly stable. Secretary, Ken Brewster, is probably the main reason for the club's success with the many hours of work he does, to keep members informed. President, Roger Dibden believes that he has finally convinced members to take up the Million Metre challenge and it took three Million Metres to convince them.

Miami rewarded a number of its members at the presentation dinner. At the AGM in March, an Honorary Life Membership was awarded to Alan Grant for his substantial contribution to the club over the last twenty three years (including being the club's President seven times).

After the January floods, Miami held a six hour charity swim. Over 60km was swum by their members and over \$1,700 was raised to help swimming clubs that had been flooded. Assistance was given to the Ipswich Viking Masters as well as the Premier's Flood appeal.

Head coach, Alan Patterson, from Redlands Bayside has been able to maintain free weekly community announcements in the local newspaper throughout the year. This has resulted with, most weeks, new swimmers trying out masters' swimming with the club and being coached for a few weeks.

In 2011 Alan Patterson was elected Vice-President South Region and was later appointed the Queensland Delegate to represent Queensland at the National Meetings in Melbourne and Adelaide.

Toowoomba Tadpoles In response to the flood devastation collected \$300 from members and the public, which was donated to the Grantham Flood Support. They also hosted the Toowoomba Swim for Hospice (consisting of the Bill Beattie Memorial Swim-a-thon, the JJ Richards Swim Relay Challenge and a multi draw raffle). The members were very pleased to present a cheque for \$18,500 to the Toowoomba Hospice.

Sadly during the year, long time Toowoomba Tadpoles member, Keith Brown, passed away following a year-long battle with a brain tumour.

QTT's parent club, Twin Towns Services Club, were very generous and donated \$50,000 towards the cost of recovery for damaged areas in the cyclone and flood damaged regions.

### **Swim Meets**

Individually and collectively club members from Brisbane Southside participated in the Inter club Meets, State, Nationals and the Australian Masters Games in Adelaide very successfully.

The past year marked the thirtieth anniversary of the club's first Swim Meet at Chandler. From March onwards, the Swim Meet sub-committee members put significant effort into making this a memorable event. Despite their best efforts in publicising the Meet and keeping entry fees as low as possible, they got their poorest response ever. Fortunately, re-opening the nominations and the work of the sub-committee members renegotiating the venue hire, arrangements averted a financial disaster. A major contributing factor was the lack of an effective Branch website; the details of the Swim Meet and the Aqualicious Swim Meet were never posted on the Branch website. Emailing Club Secretaries is simply not as effective at spreading the word. Unfortunately, there are some very dysfunctional clubs out there resulting in the information never reaching their membership.

Duck Creek had good representation at the State Long Course with six members attending. Therese and Paul, made the trek across to Perth for the Nationals and they also had members attending six of the club meets during the year and of course all club members were involved in the swimming and organising of the bi-annual Lismore Masters Games held in September.

Good news for the Ipswich City Masters' club came with the results of 2010 Average Club Points trophy won by the club for the third year in a row. A number of members completed the full program in 2011: John Reugebrink, Jonathon Patterson, Clive Griffin, Tim and Angela Cahill and Janelle Hastie. Well done to all members who have completed as many aerobic swims as they could manage.

The club also competed in a number of club carnivals with varying successes. The most notable was Janelle's \$100 raffle win at the Aqualicious Carnival. Well done to the Ipswich City 4x 100 meters 200 to 239 Male relay team- the holders of the Ipswich City Masters' Club record.

Open water swims are part of the Masters' State and National Championships and some of Ipswich City members have taken part. However, for location and quality of water, Jonathon and Eric took part in the Great Barrier Reef Swim around Heron Island; they highly recommend it and October 2012 is the next event.

Although Logan Aquatic did not compete in many Swim Meets this year, they had some pleasing results. Andrea Hutchinson did extremely well in the State Meet this year winning three gold, one silver and a bronze. Congratulations Andrea! Irene Keel, from Logan Aquatic is a seasoned open water swimmer and in August she swam at the Dardanelles in Turkey, winning a gold medal for her efforts. Because of her achievements, she was given the club Coach's annual award. Robert Helyay, the Treasurer, was presented with the President's annual award.

Normally about fifteen to twenty of Miami's members regularly attend swim meets throughout the year. Miami won both the major trophies at the Queensland Long Course Championships (highest aggregate points and highest average points), and member Darryl Hurley won male swimmer of the Meet. At the National Championships in Perth, their team of eleven swimmers did really well and multiple gold medals were won by Denise Robertson, Margaret Fittock and John Crisp. Nine members appeared in the Fina Top 10 ranking in their age groups. Standouts were John Crisp who had a Top 10 ranking in nine long course events and eleven short course events (including two 1st places), and also Denise Robertson, who had a Top 10 ranking in nine long course events and also nine short course events (including three 1st places).

The club hosted another successful Swim Meet in February, thanks to their Convenor, Clive Robinson and all the other members who helped. A total of 141 swimmers from 24 clubs competed. The club also hosted a friendly Swim Meet with a group of Masters' - swimmers from China in September, and a fun event was enjoyed by all. We hope that some of the Chinese swimmers will return to swim in the 2012 Pan Pacs.

Seven members of the Redlands Bayside club attended the State Championships with the team bringing back 33 medals and Lisa Lower winning the Masters Swimming Queensland Ladies 30 – 50 Age Group Trophy. In October they ran a successful Swim Meet and although numbers were down on previous years and it was touch and go if the Meet was to go ahead.

Toowoomba Tadpoles' Swimmer of the Year for 2010 was awarded to Beres Hindman, who in 2010, achieved very well at a local level (picking up 3 gold, 3 silver and 2 bronze at Pan Pacs), at state level (6 gold), at national level (2 gold, 2 silver) and at world level (3 top 10 finishes). Members ventured into taking a few "firsts" in extracurricular activities with Marien Stark competing in her first ever ocean swim as part of the Noosa Winter Festival, and Marcus Ford crossing the Kokoda Challenge, (this is a 96km trek in the Gold Coast hinterland completed as a team of 4 taking Marcus 27½ hours to complete).

The new MSQ Lane Warriors program was enthusiastically adopted by the Tadpoles with Lou Hill volunteering to keep tally of members swims, and recording about 4 ½ million metres for the year. The club also adopted a participation program (based on attendance at swim sessions, swim meets, swimming aerobics, mini meets and distance swum) and improvement program (based on improvement in times, meeting MSX bronze standard times, setting records, and improvement identified by the coach), which commenced in September and will run through to the end of May.

Unfortunately, the Twin Towns' October carnival had to be cancelled because of poor nominations and it also coincided with the Australian Masters Games being held in Adelaide. However, prior to that, members travelled to New Zealand's North Island for the Wanganui Games. The State AGM and Championships was held at their pool at Club Banora, followed by swim meets at Albany Creek, Noosa, the National Championships in Perth, Yamba, Caboolture, Brisbane Southside for their 30<sup>th</sup> year anniversary, Lismore Games, Maryborough, Brisbane Northside and Redlands. Traditionally QTT members also enjoy participating in postal swims and 2011 was no exception. Twin Towns have benefited greatly from the expertise of officials from Masters Swimming Queensland with their new incentive via the 'Lane Warriors' programme and 24 members swam a total of 4,311,670 metres for the year. The Vorgee 'Million Metre Awards' is also popular with an on-going tally of metres swum over the years. Three of their members benefited this year by the presentation of '2 million' and '1 million' awards.

### **Membership**

With membership in Aqua Jets dwindling each year, it is becoming more important for the club to rally at events; and their president wishes to thank each and every one who puts aside everything else on their agenda to come and enjoy a day out. It is days such as these that help keep their club together.

The club is grateful to Sharen their Secretary, who lives in hope that they will one day find someone to take over that role for her. Lyn Knight's husband has been tremendous support to her in the area of IT.

Membership in the Miami club was slightly down at 101, but a number of new members joined this year.

As a result of the growth, which can mainly be attributed to the coaching initiatives, Redlands Bayside was successful in winning the MSQ 2011 Registrar's Award for the biggest increase in membership.

The Twin Towns' membership stands at 58 plus four as second claim members and quite a few are qualified time keepers and two are qualified Queensland Officials.

### ***Coaching and Technical***

2011 saw Duck Creek settle into training at the Southern Cross University pool with their coach Mark. Three extra sessions were added to the program; two of them at 9.30a.m., which attracted, as expected, shift workers and a few older people who either do other activities early morning and evening or just don't like going out in the evening. Numbers at these sessions are slowly growing.

Ipswich City wishes to thank Greg for his efforts as coach during the year.

Jan King, the Logan Aquatic Coach, "keeps them honest" every alternate week with her swim program. The challenge definitely keeps them alert and very fit.

The Miami club maintains its regular training sessions on Tuesday evenings and Saturday afternoons with the dedicated coaching of Steve Cornelius and Sally Hunt. Every Saturday after training the members can meet for a talk and refreshments at their small club shed "lane 11" on the Miami pool premises.

During the year, the Miami coaches attended a Coaching Course held at the Miami pool and in November a number of members attended a Timekeepers Course also held at the Miami pool.

To cater for the large number of swimmers attending coaching sessions, Redlands Bayside sent four members to the MSQ Masters Coaching Course in May. In addition to their four new Coaches, two members attended the MSQ Timekeepers Course.

For the benefit of Twin Towns' members, they ensure that their coach, assistant, and the safety officer are all kept up-to-date with their qualifications. Two members participated in the Level One Coaching Course and three members renewed their CPR and First Aid Certificates. They also had three people from St. John Ambulance Brigade doing a demonstration on CPR.

### ***Concerns***

Brisbane Southside expressed concerns at the consequences of some of the changes that have been made in recent years, in particular lowering of the minimum age and compelling clubs to remove AUSSI from their club names and only allowing credit card payment for registration fees from the 1<sup>st</sup> September 2011 and in 2012. Constitutional changes come at a cost both in fees to the Office of Fair Trading and diversion of effort of club committees. In future, when changes are contemplated that are likely to impact club constitutions, a period of grace of more than twelve months should be allowed to avoid the need for a Special General Meeting not held in conjunction with the club AGM. Furthermore it was felt that unless there is a clear benefit to clubs and it does not increase the work load of office bearers, changes should not be made. At a Branch or National level, there is probably more that can be done by way of both traditional and non-traditional external marketing. At the club level there is a need for succession planning and to get some new faces on Management Committees. The big challenge is how to attract and retain younger members to a club with an aging demographic?

### ***Initiatives***

With another successful and fun-filled year behind us, clubs are now looking forward to 2012. Redlands Bayside hope to attract and support more members of their community as they try Masters Swimming and hopefully, join the club. They are already building a contingent who will be attending the State Championships at Hervey Bay this year. They are working at introducing Lane Warriors and Vorgee Million Metre Programs and will continue with the Participation and Improvement Programs into 2012. As always, they hope to continue the fitness, friendship and fun of Masters

Twin Towns have benefited from the face-to-face tuition offered by MSQ. This was a session on the new computer system of registration of members via 'Clubs Online' and we look forward to the presentation of winners of the new MSX Excellence Awards. Facebook and Twitter are also an option for the more computer savvy members of Masters Swimming.

### **Funding**

The president of Brisbane Southside expressed his gratitude to his fellow committee members. He felt strongly that their club would simply not exist without their efforts.

Toowoomba Tadpoles were successful in obtaining a grant through the Queensland Government's Sport and Recreation Active Inclusion Program (Club Development Program). This funded a new notice board, secure storage area for our equipment, bronze medallion training, coaching and stroke correction courses, volunteer recognition, kickboards and whistles.

On behalf of the BMB, Masters Swimming Queensland wishes to thank all committee members, club members and volunteers for their tireless efforts and support of our organisation.

## DIRECTOR OF RISK MANAGEMENT

*John Barrett*

The year has been relatively free of incidents and accidents and it is great to see that everyone is able to enjoy their swimming and maintain or improve their health.

I would like to remind everyone about the need to be serious about risk management and the safety of our members. It may seem like extra paper work, but it is worth it if it can reduce the likelihood or seriousness of an injury to any swimmers, officials or spectators.

I encourage all Masters swimmers to visit their Doctor for a check-up.

The State Swim in Tweed Heads was run with only minor incidents.

Masters Swimming Australia is reviewing the open water swim arrangements particularly insurance for non-masters swimmers participating as guest swimmers. A positive outcome of this may enable more clubs to run open water swims which are growing in popularity and thereby encourage new members.

Most of our risk management has been focused on swim meets but club safety officers also play a role in all club activities.

Organisational risks such as club governance and compliance, interaction with pool management and club continuity are areas that I would also like to see considered by clubs. In particular, I am aware of clubs whose continuity has been at risk through access to pools and loss of key personnel such as coaches or club secretaries.

Meet Directors are conducting risk assessments using the template developed by the Queensland Branch. The form is intended to help Meet Directors consider and take action about any issues that may affect safety. Our insurers do follow up on injury/incident reports and are interested to know what we are doing about reducing risks and improving safety. The forms are in addition to the checks conducted by Meet Referees.

For 2012 we will continue to work with clubs on swim meet risk assessments (particularly depths for diving), the role of safety officers and swim meet procedures to reduce the risk of results and records not getting processed. This may seem like a lot for smaller clubs, but information and policies are available from both the Masters Swimming Australia web site and from Swimming Queensland. They are easy to follow to help everybody think about our activities and mitigating any risks that may be involved.

## **ADMINISTRATOR**

*Helga Ward*

In 2011 I was employed full time by Swimming Queensland and I continued to be the designated person to administer most of the Masters Swimming Queensland requirements. Joy Murdock was no longer with us after she resigned from the position of Manager of Recording in favour of a move to NSW to be closer to her daughter. She had been an invaluable member of the board, who had implemented the Clubs online system as well as be responsible for the Records and Results. She freely gave up her time in January to train the new people and me. Early in the year we had the assistance of two members of MSQ: Steve Thompson (QAL) as the recorder and Rachael Keogh (QAC), as registrar. I would like to thank these two people for their assistance at a time when we were extremely busy and they had to learn quickly what their roles entailed. It was, however, decided to administer the two positions in the Swimming Qld office as part of the Services Level Agreement between SQ and MSQ. Gloria Williams and her assistant Tara Harrison, dealt with all matters relating to MSQ registrations and membership issues and Laura Lynn, all from SQ, took on the role of Recorder. Their support and commitment to the tasks were invaluable to me in the office.

### ***Web site***

In line with Masters Swimming Australia, MSQ had agreed to develop a new web site through IMG, the organisation responsible for the Clubs Online database. Most of the financial support for this initiative has come from MSA and the agreement was that the state web sites would be exactly like that of MSA, but with state logos and content material. It was also decided that to enable easier access to material and information, the states would use most of the same menu items. It took a long time to get the project completed, partly because of time factors, but mainly because of the problems we had extricating our organisation from our last host provider.

MSQ would like to acknowledge the tremendous support and work done on our previous website, by Brett Stuart, from Miami. He was always very obliging and helpful in updating the site and posting the necessary documents.

In October, the administrators from all the states attended a workshop in the national office in Melbourne where we received more assistance in the management of the website. By that time, only Qld and Victoria had created the new site.

### ***State Long Course Championships***

The State Long Course Championship Event was held at Banora Point, NSW, hosted by QTT – Twin Towns Masters Swimming. Unfortunately, the numbers were down from previous years and the reasons for that could be attributed to the daylight saving time difference between NSW and Qld as well as major Surf Lifesaving and Ocean Swim events, which were held at the same time.

Despite a few problems experienced at the venue and with matters relating to the Meet Manager recorders, competitors enjoyed the hospitality of the host club and competition such an event generally provides. The AGM and presentation took place in Club Banora, adjacent to the pool.

On behalf of the Branch Management Board and the members of MSQ, I would like to thank and acknowledge the tremendous work done by the Twin Town Masters Swimming Club. The club members all supported each other and the event.

### ***New MSQ Programs***

The first new program to be introduced in 2011 was the Lane Warrior Program. Its objective was to encourage members to swim and train as often as they can and to have a program, which acknowledges the time spent in the pool.

The second program to be released was the MSX Program, designed to encourage members to compete in swim meets and to provide an incentive to our more competitive swimmers or to those who may decide to take up the challenge more seriously.

The third and fourth programs, which were released at the same time, are the Participation and Improvement Programs. The objective for both is greater involvement in club and swimming matters by individuals. The focus is on clubs to provide incentives for greater improvement and participation. The programs started on the 1<sup>st</sup> July and will finish on the 30<sup>th</sup> June 2012.

A further initiative was the creation of a poster, which featured four of our members in an impressive pose with the slogan "Swim For Life". The poster promoted three of the new programs and served as promotional material for clubs to use in their regions.

As with all new programs, the first year is an important one and by necessity their effectiveness or issues of concern would need to be reviewed. The winners of the MSX and Lane Warrior Programs will be announced in January 2012 and a review by the board and members of SQ will follow within the first few months of 2012.

In addition to these programs, MSQ with the support of SQ created a DVD for Masters Swimmers on 'Health and Wellbeing'. The main objective was to provide members with a resource which addresses issues such as nutrition, physical and mental matters as well as coaching and technical official opportunities. The second objective was to provide clubs with a promotional resource in their endeavours to expand their clubs' memberships and programs. These were sent to each member through their clubs with the suggestion that the DVD be passed on to a potential member. Accompanying the DVD was a 'wheel' which encourages members to rate their wellbeing and health and to set goals to either improve their overall health and fitness or to maintain both.

The three new programs: MSX, Improvement and Participation, the poster and the DVD were presented to the National Board members, the state delegates and administrators in October at the spring general meeting. The programs were very well received. As a result of the feedback received, it was decided that MSQ and MSA would fund the promotional part of the DVD in the creation of a two minute You Tube, to be posted on all state and the national website. On behalf of MSQ and the members, I would like to acknowledge the following people, organisations and clubs that assisted us in the making of the DVD and who gave us their time freely to support this project:

Daniel Kowalski, the presenter of the DVD, who flew from Melbourne to assist us; Dr Lyn Crehan, the resident doctor, from Lismore; Marion Slattery, the physiotherapist, Kerry Leech, our nutritionist; Luke Stafford, our coach and a member of MSQ, members of the QAS Recovery Centre and kitchen, River City Rapids, Albany Creek, Yeronga Yabbies, Brisbane Southside, Ipswich City and our officials whose photos featured on the DVD. In addition I would like to thank the management of the pool venues that were used for the shooting of the material.

Dr Linda Maloney, from QUW, provided us with invaluable material, much of which formed the basis of the content. Finally, the producer Nadya Reich, from Liquid Animation and the crew were a pleasure to work with. Nadya developed a good understanding of what MSQ is all about and what was required to achieve the desired outcome.

### ***Office***

Before the end of 2011, the assistant registrar, Tara Harrison resigned and she was replaced by Gabrielle Bambery. Gloria, a long-time employee of SQ retired at the end of the year and with a number of positions having to be filled in the office, the management of Swimming Qld will be restructuring the roles performed by staff. As an employee of SQ, my involvement with matters regarding SQ will become more extensive in the new year. A number of SQ staff members are also part of the team assisting with the administration of MSQ. Finally, thank you to all BMB members, club contacts, registrars, coaches, officials and members of MSQ and volunteers, for your assistance throughout the year and for your support of my role in our organisation.

**AEROBIC RESULTS 2011****Club Results: Total Points Placings**

	<b>Club Code</b>	<b>Club</b>	<b>Total Points</b>
1	QGS	Gladstone Gropers Masters Swimming Club	3697
2	QIP	Ipswich City Masters Swimming Inc.	2876
3	QNA	Noosa Challengers Swim Club Inc.	2791
4	QMM	Miami Masters Swimming Club Inc.	2223
5	QTT	Twin Towns Services Masters Swimming	1403
6	QSC	Sunshine Coast Masters Swimming Inc.	1397
7	QTW	Toowoomba Tadpoles Masters Inc.	1260
8	QCN	Cairns Mudcrabs Masters Swimming	1118
9	QHB	Hervey Bay Masters Swimming Club	1062
10	QBN	Brisbane Northside Masters Swimming Club	981
11	QAC	Albany Creek Masters Swimming	681
12	QMB	Maryborough Masters Swimming Inc.	163

**Club Results: Average Points Per Swimmer Placings**

	<b>Club Code</b>	<b>Club</b>	<b>Average Points</b>
1	QIP	Ipswich Masters Swimming Inc.	143.80
2	QSC	Sunshine Coast Masters Swimming Inc.	69.85
3	QGS	Gladstone Gropers Masters Swimming Club	44.54
4	QCN	Cairns Mudcrabs Masters Swimming	38.55
5	QNA	Noosa Challengers Swim Club Inc.	36.72
6	QHB	Hervey Bay Masters Swimming Club	27.23
7	QTT	Twin Towns Services Masters Swimming	25.51
8	QMM	Miami Masters Swimming Club Inc.	22.45
9	QBN	Brisbane Northside Masters Swimming Club	22.30
10	QTW	Toowoomba Tadpoles Masters Inc.	13.85
11	QAC	Albany Creek Masters Swimming	11.35
12	QMB	Maryborough Masters Swimming Inc.	8.58

**Club Results Club Participation Placings**

	<b>Club Code</b>	<b>Club</b>	<b>Participation Rate %</b>
1	QIP	Ipswich Masters Swimming Inc.	75.00
2	QSC	Sunshine Coast Masters Swimming Inc.	70.00
3	QCN	Cairns Mudcrabs Masters Swimming	68.97
4	QNA	Noosa Challengers Swim Club Inc.	40.79
5	QHB	Hervey Bay Masters Swimming Club	35.90
6	QGS	Gladstone Gropers Masters Swimming Club	32.53
7	QTT	Twin Towns Services Masters Swimming	30.91
8	QMM	Miami Masters Swimming Club Inc.	22.22
9	QTW	Toowoomba Tadpoles Masters Inc.	21.98
10	QBN	Brisbane Northside Masters Swimming Club	20.45
11	QAC	Albany Creek Masters Swimming	10.00
12	QMB	Maryborough Masters Swimming Inc.	5.26

## 2011 State Long Course Championships

### Top 3 winners in each age group:

Age	Females	Age	Males
18 – 24	1. Natasha Betchley	18 – 24	1. Zachary Kimber 2. Colin Marks
25 – 29	1. Jessica Watt Hine	25 – 29	1. Nathan Wilson 2. David Findlay 3. Nick O'Regan
30 – 34	1. Claire Huegill 2. Susanne Milenkevich 3. Milea Lewis	30 – 34	Nil
35 - 39	1. Lisa Lower 2. Karen Patrick 3. Linda Otten	35 - 39	1. Jason Hooper 2. Clinton Stanley 3. Jason Hall
40 - 44	1. Tina Duckmanton 2. Tracy Dunn 3. Dianne McCrae	40 – 44	1. Graeme van der Vlugt 2. Martin Banks 3. Ross Durey
45 – 49	1. Karen Candler 2. Alison Bomgaars 3. Andrea Hutchinson	45 - 49	1. Jamie Marschke 2. Neal Moores 3. Mark Erickson
50 – 54	1. Deanne Atkinson 2. Freya Hill 3. Glenis Milverton	50 - 54	1. Steve Currie 2. John Barrett 3. Bruce Lovett
55 - 59	1. Julie Stuart 2. Wendy Abbott 3. Paula Hewett	55 - 59	1. Darryl Hurley 2. Clive Robinson 3. Kevin Jackson
60 - 64	1. Heather McDonald 2. Tracy Clarkson 3. Lyn May	60 - 64	1. Jon Rysdon 2. Don Taylor 3. Alan Patterson
65 - 69	1. Jen Thomasson 2. Carole Simpson 3. Penny Steele	65 - 69	1. Jay Neville 2. Allan Wood 3. Harry Norrie
70 - 74	1. Margaret Fittock 2. Minnie Smith 3. Robyn Hughes	70 – 74	1. Christian Thiess 2. Neil Durrant 3. Michael Lynch
75 – 79	1. Denise Robertson 2. Shirley Kerr 3. Beres Hindman	75 - 79	1. Ron Richards 2. David Haynes 3. Geoff McKenzie
80 – 84	1. Lynette Edgar 2. Dorothy Stevens	80 – 84	1. Neville Johnson 2. Ken Winter 3. Geoff Ross
85 - 89	1. Amy Mulcrone 2. Ann Todd 3. Pauline Benjamin	85 – 89	1. George Stewart
		90 - 94	1. George Coronos

## 2011 State Open Water Swim Results – Top 3 clubs:

1<sup>st</sup> Miami Masters

2<sup>nd</sup> Southern Cross Uni Duck Creek Masters

3<sup>rd</sup> Albany Creek Masters

### LANE WARRIOR RESULTS 2011

The Lane Warrior Program was introduced at the beginning of 2011. The objective is to encourage as many swimmers as possible to record all the distances they swim during the year. The distances include all drills using pool accessories, training program distances, including technique work and those swum at swim meets throughout the year.

At the end of the year, the clubs submit the spread sheet of each member that has recorded each swim. Three age categories have been created and the Top Five winners in each category receive a certificate and a towel with the MSQ logo and 'Top 5 Lane Warrior' printed on the material.

	<b>18 – 34 years</b>	<b>Club</b>	<b>Distance - metres</b>
1	Lauren Carlish	QTW	131,150
2	Justin Maddock	QTW	89,300
3	Vanessa O'Sullivan	QTW	76,450
4	Nicholas Keen	QTW	69,450
5	Steph Biggs	QTW	52,150

	<b>35 – 60</b>	<b>Club</b>	<b>Distance</b>
1	Bev Baldock	QGS	470,150
2	Karina Horton	QAC	468,600
3	Bruce Lovett	QBB	434,400
4	Clive Griffin	QIP	406,000
5	Therese Crollick	QDU	387,000

	<b>61 +</b>	<b>Club</b>	<b>Distance</b>
1	Francis Gleeson	QTT	749,100
2	Michael Lynch	QTT	504,000
3	Lyn May	QTT	281,600
4	Kaye Turner	QTT	255,100
5	Janet Henry	QTT	242,000

### Top 3 Club Winners: Average Distance

1. QHB Hervey Bay: 260,780
2. QCN Cairns Mudcrabs: 239,466
3. QIP Ipswich City: 221,000

## MSX RESULTS 2011

The new MSX Program was introduced in 2011. The objective is to reward swimmers who achieve certain points based on the Results Portal's point score system, in four levels: Platinum, Gold, Silver and Bronze.

As an incentive, qualifying times were calculated to assist competitors in determining a time requirement to achieve one of the levels.

The Board adopted certain requirements with the view that they would need to review the process should there be any discrepancies.

The tables record the levels achieved by clubs and levels within each age group.

Count of MSX Standard	Column Labels				Grand Total
	Row Labels	Platinum	Gold	Silver	
QAC	4	4	10	14	32
QAL	5	5	15	24	49
QAT	1	2	1	10	14
QBB	1	4	4	11	20
QBN	5	2	4	4	15
QBR	8	6	3	7	24
QCD	1	1	1	4	7
QCN	2	1	6	13	22
QCS	1	1	2	5	9
QDU		1	4	2	7
QGS		4	5	14	23
QHB		6	10	14	30
QHR	1				1
QIF				1	1
QIP	1	1	3	4	9
QIV			3		3
QLG			2	3	5
QLT	1	2	2	5	10
QMA			2	2	4
QMB	1	3	2	7	13
QMK				1	1
QMM	21	9	16	10	56
QNA	6	7	10	19	42
QNB	1		4	4	9
QNS			4	6	10
QPN		2	3		5
QRB	2	2	2	7	13
QRC	5	7	3	3	18
QRH				2	2
QRT	1	2	4	1	8
QSC		2	4	4	10
QSE	6		5	2	13

QSM	3	2	9	12	26
QSP	1			1	2
QTM			1		1
QTT	1	3	9	7	20
QTW	3	1	13	6	23
QUW		1		2	3
QWY	4	1	1	2	8
QYP	5	3	1	2	11
<b>Grand Total</b>	<b>91</b>	<b>85</b>	<b>168</b>	<b>235</b>	<b>579</b>

**Count of MSX Standard**

Row Labels	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55 -59
Platinum	2	5	3	13	11	14	7	9
Gold	2	3	8	3	5	14	15	10
Silver	2	8	6	13	18	19	34	21
Bronze	7	8	13	16	20	24	28	31
<b>Grand Total</b>	<b>13</b>	<b>24</b>	<b>30</b>	<b>45</b>	<b>54</b>	<b>71</b>	<b>84</b>	<b>71</b>

Row Labels	60-64	65-69	70-74	75-79	80-84	85-89	90-94	Grand Total
Platinum	7	9	3	3	2	2	1	91
Gold	10	3	6	2	2	1	1	85
Silver	15	17	7	6	1	1		168
Bronze	27	24	17	14	5	1		235
<b>Grand Total</b>	<b>59</b>	<b>53</b>	<b>33</b>	<b>25</b>	<b>10</b>	<b>5</b>	<b>2</b>	<b>579</b>

## TROPHY WINNERS 2011

### Masters Swimming Queensland 2011 Short Course Branch Trophy Awards

*The following awards relate to the State Long Course Meet, held at Banora Point, in March 2011*

- ❖ **Queensland Branch Trophy:** *Miami Masters*  
(Club with the highest aggregate points at the State Swim)
- ❖ **Max Gillespie Trophy:** *Miami Masters*  
(Based on the club from the **larger clubs** category, with the highest average points at the State Swim)
- ❖ **Mary Maina Trophy:** *Brisbane Northside*  
(Based on the club, from the **smaller clubs** category, with the highest average points at the State Swim)
- ❖ **Vorgee Female Swimmer of the Meet:** *Jen Thomasson (QSM)*
- ❖ **Vorgee Male Swimmer of the Meet:** *Darryl Hurley (QMM)*
- ❖ **National Seniors Trophy:** *Jen Thomasson (QSM)*  
(Best performance for a swimmer 50 years and over)
- ❖ **MSQ Trophy over 30 winner:** *Lisa Lower (QRB)*  
(Best performance by a swimmer 30 - 49 years of age)
- ❖ **MSQ Trophy – under 30 winner:** *Nathan Wilson (QBR)*  
(Best performance by a swimmer 18 – 29 years of age)

#### **Other Awards:**

- ❖ **Registrars Award:** *Gladstone Gropers*  
(Awarded to the club with the most increased membership for the year)
- ❖ **Mary Sweeney Trophy :** *Karen Patrick (QSE)*  
(Official of the Year)
- ❖ **Oz Sports Trophy:** (Coach of the Year) *Nil*
- ❖ **John Hughes Trophy:** *Gladstone Gropers*  
(Aerobic Swimming Highest Club Aggregate)
- ❖ **Polar Heart Rate Monitor:** *Ipswich City Masters*  
(Highest club aerobics average)
- ❖ **Rats of Tobruk Open Water Swim Trophy** *Miami Masters*
- ❖ **Life Member:** *Stan Pearson (QCD)*

## Sanction Calendar and Numbers for Swim Meets in 2011

Club	Event	Date	Sanction Number	Venue
<b>JANUARY</b>				
River City	SC Sprint	Sunday, 23 <sup>rd</sup>	01/11	Somerville House
<b>FEBRUARY</b>				
Miami	LC	Saturday, 19 <sup>th</sup>	03/11	Pizze Park, Miami
Mareeba	LC	Saturday, 19 <sup>th</sup>	04/11	Mareeba Memorial Swimming Club
Hervey Bay	LC	Saturday, 26 <sup>th</sup>	05/11	Hervey Bay Aquatic Centre
<b>MARCH</b>				
Gladstone Gropers	SC Relay	Saturday, 5 <sup>th</sup>	06/11	John Dahl Pool
<b>State Championships</b>	<b>LC</b>	<b>25 – 27<sup>th</sup></b>	<b>07/11</b>	<b>Oasis Pool, Banora Point, NSW</b>
<b>APRIL</b>				
Whitsunday	LC	Saturday, 2 <sup>nd</sup>	08/11	Proserpine Pool
Albany Creek	SC	Saturday, 9 <sup>th</sup>	09/11	Albany Creek Leisure Centre
Cairns Sea Eagles	SC	Saturday, 16 <sup>th</sup>	10/11	TAS Aquatic Centre
<b>Nat. Championship</b>	<b>LC</b>	<b>26 – 30<sup>th</sup></b>	<b>NA</b>	<b>Perth</b>
<b>MAY</b>				
<b>National OWS</b>	<b>OWS</b>	<b>1<sup>st</sup></b>	<b>NA</b>	<b>Perth</b>
Noosa Challengers	LC	Saturday, 14 <sup>th</sup>	11/11	Noosa Aquatic Centre
<b>JUNE</b>				
Sunshine Coast	Postal	1 <sup>st</sup> – 31 July	12/11	
Caboolture Crays	SC	Sunday, 19 <sup>th</sup>	13/11	Burpengary Aquatic & Fitness Centre
Cairns Legends	OWS	Sunday, 26 <sup>th</sup>	14/11	Ellis Beach
<b>AUGUST</b>				
Rum City	SC	Saturday, 6 <sup>th</sup>	16/11	Bundaberg Swim Academy
Brisbane Northside	SC	Saturday, 20 <sup>th</sup>	17/11	The Valley Pool
Mildura Masters Games		20 – 28 <sup>th</sup>	NA	
<b>SEPTEMBER</b>				
Aqua Jets	Postal	1 <sup>st</sup> – 31 <sup>st</sup> Oct	18/11	
Toowoomba Tadpoles	SC	Saturday, 10 <sup>th</sup>	19/11	Glennie Pool
Duck Creek	SC	Saturday, 24 <sup>th</sup>	20/11	Lismore Memorial Pool
Duck Creek	OWS	Sunday, 25 <sup>th</sup>	21/11	Shaw Bay, Ballina
<b>OCTOBER</b>				
Long Tan Legends	LC	Saturday, 1 <sup>st</sup> Oct	31/11	Long Tan Memorial Pool
Maryborough	SC	Sunday, 2 <sup>nd</sup>	22/11	Maryborough Memorial Pool
Atherton Mountaineers	LC	Saturday, 29 <sup>th</sup>	24/11	Atherton Swimming Pool
Redlands Bayside	LC	Saturday, 29 <sup>th</sup>	25/11	Cleveland Aquatic Centre
<b>NOVEMBER</b>				
Cairns Mudcrabs	SC	Saturday, 12 <sup>th</sup>	27/11	Gordonvale Swimming Pool
Brisbane Southside	LC	Saturday, 19 <sup>th</sup>	28/11	Brisbane Aquatic Centre
North Mackay Sinkers	SC	Saturday, 26 <sup>th</sup>	29/11	North Mackay SHS Pool
<b>DECEMBER</b>				
Aqualicious	LC Relay - Twilight	Saturday, 3 <sup>rd</sup>	30/11	Splash Centenary Pool

*Cancelled swim meets were:*

Rocky Crocs Masters

South Burnett Masters

Twin Towns Services Masters