

Club Reports

Portarlington Mussels

Origin of the Club

The Port Mussels club first emerged from a women's fitness swimming squad to compete at the 2009 Australian Masters Games, where they had immediate success.

After a hiatus of two years the Club has reformed in 2012.

The emphasis of the club is on participation, friendship and fitness.

Location of the Club

The Port Mussels train out of Portarlington Pool about an hour and a half south west of Melbourne.

Membership

The Port Mussels have 13 members (8 women and 5 men) ranging in age from 20s to 60s, and many more supporters.

Committee Membership

The Port Mussels Club is run by a committee consisting of:

- President - Lachlan Williams
- Treasurer - Jennifer Champion
- Secretary - Karen Pecar
- Coach - Fiona Brown

Training hours, training and venues

The Port Mussels train in a number of squads that run on most days during the week.

In summer, pool training is supplemented by open water swimming at the beautiful Indented Heads beach. In winter training is augmented by a weekly kayaking session at Indented Heads.

Club Events

This year members competed in the Long Course Championships at MSAC with good results.

Next year the focus will be on building up to the Australian Masters Games in Geelong. In the summer of 2012 / 2013 the club will be focusing on the open water races held near the Bellarine Peninsula.

For those members who do not enjoy racing, the club will be participating in the Vorgee Million Metre and Endurance 1000 programs.

Portarlington Mussels

Club Reports

Powerpoints

This has been an outstanding year for Powerpoints with increasing membership and participation in swim meets and open water swims, top club wins at State and National level with exceptional individual performances, notably Jennie Bucknell as female swimmer of the meet at Nationals in Adelaide and gold medals to Jennie, Mark Thompson and Rosa Montague at the FINA Worlds in Italy. In addition many individuals swam national and state records (Lisandra de Carvalho, Kelly Higgins, James Jackman, Michael Moloney, Helen Whitford as well as Jennie, Mark and Rosa) and our relay teams also covered themselves in glory with a world, national and state records.

It would be easy to explain these achievements in terms of success breeding success, but that is not the whole story as a great deal of hard work by our coach, Brenton Ford, and our committee go into creating the environment in which the club to flourishes. Brenton, with 7 sessions per week at MSAC, gives us a clear training

plan aimed to state, national and world competitions as well as new challenges like "hell" week when everyone was expected to train at least 4 times in sessions of over 4km per session. It was surprising how many members were really enthusiastic about this!

The committee is divided up into sub-committees - competitions, social, training, uniforms and publicity - with specific targets which means that not only is the work shared, but a sense of achievement is generated. Competitions and training are obviously working well, and the social committee has organised lots of fun events after meets as well as starting a Facebook site for members to communicate. Archer Kangaroo the blow-up mascot made an appearance at Worlds (where he was the most photographed mascot) and now has his own Facebook site. Publicity ventures such as a bendy flag and Powerpoints' tent to take to open water swims have also been a success. Our uniform has been revamped with a lovely Irish green colour being adopted for t-shirts, hoodies and caps - we have had

much positive feedback about the impact the massed green has had at meets like Nationals. Our t-shirts were much in demand for swaps at Worlds.

In August, our inspirational President, Archer Talbot, was elected to the role of President of Masters Swimming Victoria. We were very sad to lose him, but glad for MSV to have someone with such energy, drive and ideas on board. Brett Davidson took over from Archer and we very much appreciate his qualities of quiet intelligence, his ability to negotiate the way through problems and his dedication to masters swimming. In March, we said goodbye to a number of committee members - Liz Gosper (who has worked tirelessly for many years on our Presentation Evenings) and Lisandra de Carvalho - and welcomed new ones - Abigail Acance and Sally Cuming - and welcomed back Helen Whitford as Recorder.



L-R Matt Harry, Archer the Kangaroo, Gill O'Mara & Jennie Bucknell

Club Reports

Silver Sharks

The Silver Sharks Masters Office Bearers for 2011 - 2012

President/Recorder: Ron Savage
Secretary/Registrar/Delegate/Public Officer: Bruce Ripper
Treasurer: Pam Downing
Social Organiser: June Ripper
Team Manager: Bruce Ripper

Elections - The club's AGM was held on 19th February, 2012. All office bearers were re-elected.

GESAC pool inspection - A few weeks ago the president went to investigate the new pool called the Glen Eira Sports and Aquatic Centre. It was a weekend, and the pool was incredibly crowded, so much so that there was no point waiting to be served at the front desk, just to enter as a spectator. Also, fees were very high, so the recommendation to our members was that there did not seem to be much point swimming there unless a very quiet time was available.

Training - The club's members continue to train as a club at the Genazzano pool, on Thursday nights at 8:15 pm. Our coach there is John Sugden. Anyone is welcome to join in, and need only pay the fee for that one swim.

Members also swim at various other pools, although in a less structured manner. The pools used are:-

- o Ashburton Pool, currently on Monday, Wednesday and Friday afternoons, at around 4.00pm, which is when the outdoor pool opens in winter (cost: pool entry)
- o Ashburton Pool, on Monday nights, at around 7:30pm (cost: pool entry)
- o MARC (Monash Aquatic Recreation Centre, Waverley), (cost: pool entry)
- o Ringwood Pool.

Membership - Club membership is currently 11.

Interclub activity - Susan Sibel continues to represent the club at State Championships and inter-clubs. Health issues with several members have affected attendance.

Bruce Ripper continues his range of swimming-related positions. These include attending branch meeting, swim committee meeting and being Chief Time Keeper at state championships.

Social activity - During the year our social organizer June has arranged various lunches and dinners at which members catch up and exchange experiences.



Surrey Park Seahorses

It has been a successful year for the club. Membership is steady at 35 and there is increased participation in training and club events.

The club's coaching and training arrangements have been working well. The new coach for Tuesday evenings has been well received by members.

Surrey Park Seahorses finished in 11th position overall in the National Aerobic Competition; 6th on average points/swimmer and 12th on Club Participation. For the State Aerobic Competition, we were 2nd overall on points; 1st on average points/swimmer and 2nd on Club Participation. With a number of swimmers unable to complete their program that they had set themselves for the year due to illness, injury or travel commitments the Club is very happy with the results.

We are facing a difficult year in 2012 with the Box Hill pool undergoing redevelopment and access to lane space proving challenging. Members have been very tolerant of the redevelopment process.

Club members have actively completed at National and Branch Competitions with pleasing results. There was success at the Branch level in the Long Course, the Long Distance Long Course, and Short Course competitions with many placings and PBs. The level of participation in these competitions is significant for a small club. We are also proud of the number of officials and timekeepers that this Club provides to ensure that these competitions are able to continue.

One member attended the World Masters Games in Riccione Italy in June 2012.

Open water swimming continues to be popular with members. While not part of the main competition, the training activity and competition for this season by more than 15 members boost the level of fitness and engagement of other club members in their training and participation.

My thanks to our hard working committee members who ensure the Club continues to function effectively.

Paul Watmough
Club President



Club Reports

Warrnambool Whales

The Warrnambool Whales has entered its 24th year of fun, fitness and friendship through a structured swimming program.

Membership has increased slightly from last year and now stands at 64. The number of training times per week has increased from 5 to 6.

The Club's swimming base is Aquazone; Warrnambool's public swimming centre. Two committee members are participants on Warrnambool City Council's advisory group planning future strategy for Aquazone.

5 coaches design the swimming program which consists of stroke correction in all 4 swimming strokes, timed aerobic swimming and monthly 50m time trials. Handicapped relay events add an element of fun and devious competition after the 50m time trials are completed. The Club provides a program that suits the needs of its members hence our focus is more on aerobic swimming and preparing swimmers for the Shipwreck Coast open water swimming events.

Social activities are an important aspect of the Warrnambool Whales and include film nights, progressive dinners and visits to local eateries and wineries.

Members' achievements in swimming are recognised at the annual presentation night where awards are given for Club Champion, Open Water Swimming Champions and service to the Club. The photo shows President Denis Fitzpatrick presenting Sue Reilly with the Club's Best Club Person Award. Sue is the Club Recorder; her drive and enthusiasm for the aerobic swimming program saw the club improve its member participation from 38% to 64% last year. This increased participation led to the number of club points achieved in the National Program increase almost 3 fold.

Last year the committee determined to increase the visibility of the Warrnambool Whales in the eyes of the community. Committee member, Lynn Brown has been energetic in organising the renewal of the club logo which now features prominently on our t-shirts, swimming

costumes and teardrop flag. It was with interest that the committee read the process undertaken by the Redlands, Qld. Club as it somewhat mirrors the process we have started. The committee will be investigating the Redlands report further for ideas that assist the Warrnambool Whales to remain a strong club into the future.

The Warrnambool Whales welcomes visitors from other Clubs to join them in training.



Right: Open Water Swimming Group



Left: Lynette, Doug & Cathy Davis
Right: President Denis Fitzpatrick presenting Sue Reilly with 'Best Club Person Award'



Club Reports

Wimmera Masters

The year 2012 is the second year for the small club and our first full year of membership. In mid 2011 a group of swimmers and tri-athletes in Horsham, who met each Wednesday morning to train with the Horsham Sharks Swimming Club, decided that a Masters club servicing adult swimmers only would be beneficial for members and the sport in Horsham.

Participation achievements 2012

Swimming: Chris Dumesny, Gail Jenner and Zane Bell competed in various Masters swimming events during the year, including:

- National Championships, Adelaide
- Australian Games, Adelaide

- Mildura Masters Games
- State long and short course championships

Triathlon: Susie Ellis competed in the French Ironman in Nice and finished second in her age group (45-49). Susie made her best ever time in her weakest leg, the 3.8 km swim (1.21.55) and credits her improvement to tuition and training with the Wimmera Masters. Total time was 11 hours, 51 minutes.

Chris Dumesny completed the 1.5 km open water swim at Cohuna in March 2012. The 8 km Cohuna Bridge to Bridge is usually an annual event for several Horsham swimmers but most were unavailable this year. We'll be back to tackle Gunbower Creek in March 2013.

Other achievements

Uniforms grant: The club was successful in its Department of Planning and Community Development grant application for club branded swimming caps and uniforms. Members are very much looking forward to looking the part and representing the Wimmera at future Masters swimming meetings.

Coaching: The Wimmera Masters are without an accredited coach, however we have successfully negotiated an agreement with the Horsham Sharks Swimming Club and enjoy the tuition an accredited coach every Wednesday. This is an important achievement and we are very grateful to the Sharks, although we hope to explore options to attain our own coach in the coming years.



Wimmera Masters

Club Reports

Yarra Roughies

After a number of years of sustained effort by the Committee, it is gratifying to see that membership numbers are increasing. At the end of the year, we had 24 swimmers registered which is a great improvement on last year (13) and the previous year (18).

Some regular events are now firmly established on our Social Calendar. Our combined Annual General Meeting and breakfast was held in October 2011. Chris Lee was elected as President, Matt Evans as Secretary, Jim Milne as Treasurer and Sarah James as Registrar. Brad Reynolds is also on the committee as is Brad Clarke while Andrea Waters resigned due to moving interstate.

In late November, Roughies and friends had a great night celebrating the impending end of 2011 and the approach of Christmas with an African themed dinner at The Horn Cafe in Collingwood.

The Annual BBQ for Roughies, Friends & Guests was held in March 2012 and once again proved to be very popular while our regular Saturday post-squad breakfasts on Brunswick Street continued with good attendance.

Despite being one of the smaller clubs, swimmers from Yarra Roughies have accomplished quite a lot during the 2011-12 year. We have competed at nearly every Masters Swim Meet in Victoria setting a number of PB's as well as some Branch and National Records.

Some highlights of the swimming year included

- **Australian Championships** – Sarah James was extremely pleased to qualify for these Championships in Adelaide which were also doubling as the Olympic Selection Trials. She competed in the 50m breaststroke.
- **Mildura Masters Games** – Stacey Harris and Chris Lee returned to their

old stamping ground and bagged a sack full of medals. Stacey won 1 Silver and 4 Bronze while Chris won 7 Gold.

- **FINA World Masters Top 10** - Congratulations to Sarah James for making the FINA 2011 world top 10 in five events for her age group. This has been Sarah's highest ever ranking with 3rd place in the 50m and 100m breaststroke. It is the 6th year that Sarah has placed in the top 10 for her age group.

Jim Milne



L-R:
Jim Milne, Stacey
Harris, Sarah James &
Chris Lee



Bottom
left: Robin Eattell
Bottom right: Sarah
James



Coach of the Year - 2011

Congratulations Gerry Tucker



The 2011 Coach of the Year was awarded to Gerry Tucker of Malvern Marlins.

As the Coaching Director of the Malvern Marlins, Gerry's role is to provide leadership and guidance to the 18 volunteer coaches that will lead to improvements by swimmers in the 22 training sessions hosted by the Club each month.

This provides a unique challenge for Gerry to provide a consistent program through these coaches over the days, weeks and months of the year that encourages swimmers to attend the sessions, be inspired to swim their best at each session and to develop their skills and performances equal to or better their own personal expectations.

During the 2011 year, Gerry spent many hours developing a training program for the Marlins that is focused on meeting the particular needs of the swimmers at the appropriate times of the year while being delivered on the pool-deck by the 18 volunteer coaches. The program is the result of numerous hours of self-study on the theory of coaching programs for Masters swimmers. Gerry utilised this research to create a program that is unique to the Marlins and one that allows the swimmers to improve in both fitness

and swim technique and be in their best condition for the various events over the Masters swimming calendar.

The program divides the year into 3, four month periods being:

- October to January – Open Water Swim aerobic fitness and skills
- February to May – Pool race swimming preparation
- June to September – Maintenance training, stroke development and preparation for winter Masters events as required.

Each section of the program has its unique sets which are designed to bring out the best in the swimmers over each program's duration.

In November, Gerry mentored his partner, Jan Jeffrey, who is one of the regular Marlins coaches, in her presentation to a Masters Swimming workshop held in Launceston by Masters Swimming Tasmania. The presentation included a component on current trends in coaching Masters swimmers. Gerry also shared with Jan, the in-water practical component of this workshop, leading the sessions on freestyle and butterfly.

A number of Marlins have set Branch and National records. Several Marlins have World Top 10 Rankings. At the 2010 FINA World Championships in Gothenberg, Sweden, Marlins won several gold medals. Gerry's role as Coaching Director has contributed to the success of the Marlins at State, National and International events. Gerry regularly takes the time to help swimmers work on their stroke technique both during and after training sessions.

Gerry has been a member of the Marlins Committee in various roles for 14 years out of his 20 years of membership. He is also Finance Director of Masters Swimming Australia which enables him to take a wider view of his role as Head Coach of the Club than just organising coaching sessions for its members. Gerry talks with leaders of other Masters clubs to better understand the dynamics of other clubs and their coaching programs and applies this to the Marlins, where appropriate.

MSV congratulates Gerry Tucker on being the recipient of the 2011 Coach of the Year Award.

FINA Top Ten

Victorian members in the FINA Top Ten 2011

SHORT COURSE

WOMEN	AGE	EVENTS
Kelly Higgins (Powerpoints)	30 - 34	100 free, 200 free, 400 free, 800 free, 1500 free, 400IM
Ebony Ebenwaldner (Casey Seals)	30 - 34	200 back
Lisandra Carvalho (Powerpoints)	30 - 34	100 fly, 200 fly
Gillian O'Mara (Powerpoints)	35 - 39	50 free, 100 free, 200 free
Sarah James (Yarra Roughies)	35 - 39	50 breast, 100 breast
Helen Whitford (Powerpoints)	40 - 44	50 back, 100 back, 200 back, 100IM, 200IM
Linley Frame (Victorian Masters)	40 - 44	50 breast, 100 breast, 200 breast
Jennie Bucknell (Powerpoints)	45 - 49	50 free, 100 free, 200 free, 50 back
Rosa Montague (Powerpoints)	60 - 64	800 free, 400IM
Alice Kinnaird (Frankston)	75 - 79	50 back, 100 back, 200 back
Dorothy Dickey (Doncaster Dolphins)	80 - 84	50 free, 100 free, 200 free, 400 free, 800 free, 1500 free, 200 back
MEN	AGE	EVENTS
Oliver Wilkinson (Powerpoints)	35 - 39	1500 free
Mark Thompson (Powerpoints)	40 - 44	100 free, 200 free, 400 free, 800 free, 1500 free, 100 fly, 200 fly
Michael Maloney (Powerpoints)	70 - 74	200 breast
Patrick Galvin (Malvern Marlins)	75 - 79	200 breast



Dorothy Dickey - Doncaster Dolphins

FINA Top Ten

Victorian members in the FINA Top Ten 2011

LONG COURSE

WOMEN	AGE	EVENTS
Kelly Higgins (Powerpoints)	30 - 34	100 free, 200 free, 400 free, 800 free, 100 fly, 200IM
Lisandra Carvalho (Powerpoints)	30 - 34	400 free, 100 fly, 200 fly, 400 IM
Gillian O'Mara (Powerpoints)	35 - 39	50 free, 100 free
Sarah James (Yarra Roughies)	35 - 39	50 breast, 100 breast, 200 breast
Helen Whitford (Powerpoints)	40 - 44	50 back, 100 back
Linley Frame (Victorian Masters)	40 - 44	50 breast, 100 breast, 200 breast
Jennie Bucknell (Powerpoints)	45 - 49	50 free, 100 free, 200 free, 50 back, 100 back, 50 fly
Leanne Sheean (Doncaster Dolphins)	55 - 59	1500 free, 100 back
Janette Jeffrey (Malvern Marlins)	60 - 64	50 free, 200 free, 50 back, 200 back, 50 breast, 100 breast, 200 breast, 50 fly, 200IM
Rosa Montague (Powerpoints)	60 - 64	800 free, 400IM
Gloria Hardy (North Lodge)	70 - 74	800 free, 100 breast
Alice Kinnaird (Frankston)	75 - 79	100 back, 200 back
Dorothy Dickey (Doncaster Dolphins)	80 - 84	50 free, 100 free, 200 free, 400 free, 800 free, 1500 free, 200 back
MEN	AGE	EVENTS
Mark Thompson (Powerpoints)	40 - 44	100 free, 200 free, 400 free, 800 free, 1500 free, 100 fly, 200 fly
Tim Boness (Powerpoints)	45 - 49	200 fly
Patrick Devine (Malvern Marlins)	60 - 64	200 breast
Michael Moloney (Powerpoints)	70 - 74	50 breast, 100 breast, 200 breast
Patrick Galvin (Malvern Marlins)	75 - 79	200 back, 50 breast, 100 breast, 200 breast, 50 fly, 200 fly, 400IM
RELAY	AGE	EVENTS
Casey Seals	120 - 159	W400 medley, W400 free
Powerpoints	120 - 159	W200 free, W200 medley, W400 free, Mixed 200 medley
Powerpoints	160 - 199	M200 free, Mixed 200 free, W200 medley, W400 free, Mixed 400 free, Mixed 400 medley, W400 free
Malvern Marlins	200 - 239	W400 medley
Powerpoints	200 - 239	Mixed 400 medley
Powerpoints	240 - 279	W200 free, W200 medley, W400 free, W400 medley, Mixed 400 medley
Doncaster Dolphins	280 - 319	Mixed 200 free, Mixed 400 free, M400 medley, Mixed 400 medley
Malvern Marlins	280 - 319	M400 free
North Lodge Neptunes	280 - 319	W400 medley
North Lodge Neptunes	320 - 359	W200 free, W400 free

National Trophy Winners

National Trophies Awarded in 2012

Congratulations to Powerpoints for winning the 2012 National Championships Founders Cup and Visitors Trophy.

Congratulations to Jennie Bucknell (Powerpoints) for winning the 2012 National Championships female Swimmer of the Meet.

Powerpoints also won the relay trophies 72 - 119 years, 120 - 159 years, and 160 - 199 years at the 2012 National Championships in Adelaide.

Congratulations to Malvern Marlins for winning the 2012 National Championships Runners Up Trophy. Malvern Marlins also won the relay trophy 240 - 279 years at the Championships.

Congratulations to North Lodge for winning the relay trophy 320 - 359 years at the 2012 National Championships.



North Lodge Ladies
Winning Relay Team L-R:
Barb Brooks, Nancy Ayres,
Gloria Hardy & Grace Day
(missing Hazel Gillbee)

Winner
of the 2012
National
Championships female
Swimmer of the Meet
Jennie Bucknell
(Powerpoints)



Malvern Marlins
Relay Teams



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