masters swimming TASMANIA

Annual Report 2021

MST Annual General Meeting, March 30th, 2022

MST President's Report for 2021

It is with pleasure that I present the President's report on the 2021 activities of Masters Swimming Tasmania Incorporated.

2021 saw Masters Swimming in Tasmania get back to some sort of normality, with pools open with various Covid precautions and clubs' training programs up and running again. MST again managed to conduct our full 2021 calendar of state swim meets. Membership was again above 300 at the end of the year.

Our four Branch meets attracted good participations levels although border restrictions limited the number of interstate visitors competing.

Several clubs restarted their National e1000 campaigns in 2021, with several participants achieving maximum points.

The 2024 National Championships organising committee is up and running under Phil Tyrrell's experienced leadership with preparation

The MST Branch Committee has also been very active with regular very well attended Zoom meetings. Our Secretary, Tony Forman has been very diligent in the preparation and recording of these meetings.

A club forum was held in Campbell Town where club delegates were able to discuss the issues facing each club and were able to learn from the experiences of other clubs. As a result of the forum some clubs have undertaken to run club splash meets to give members further opportunities to compete and learn pool deck official roles. We also used the forum to review the current national membership protection policy. The outcome of this review was fed back to the National Office. I would be keen to see these forums to be held annually and would encourage all clubs to send their full complement of delegates.

Income and expenditure for the year were within budget expectations with a small overall surplus for the year's activities. A portion of the swim meet surpluses were shared with the clubs in accordance with the agreed formula base on participation of officials and competitors.

This is my last annual report as work commitments prevent me from standing for re-election this year. I wish the incoming committee every success and I would personally like to thank all the Association's committee members and club representatives for their advice and support over my term as president.

Yours in swimming,

Bill Woodworth
President
Masters Swimming Tasmania

Masters Swimming Tasmania
Interim Treasurers Report
2022 Annual General Meeting
30 March 2022

Please Note : This report is presented as an unaudited interim report for information only. Conduct of the audit has been delayed by staff shortages at the Auditors due to COVID and restrictions of working from home.
It is anticipated that the audit will be completed in time for the financial statements to be distributed by 28 Mar.

Overview.

The branch maintained a sound financial base in 2021 with a net surplus of approximately $1,500. Although income was less than budget due to the decision to reduce the membership fees in response to COVID restrictions in 2020 and the low overall interest rates for fixed term deposits, we maintained our expenditures close to the budget. There was no expenditure of funds for Coaching and Technical training and development.

$5000 was transferred from the fixed deposit to establish the 2023 National Swim account.

2021 also saw the first surplus distribution from the 2020 Events. A declared surplus of $1,943 was distributed to clubs based on participation points score basis.

The branch financial records were transferred to the Xero accounting system, administered by Findex. Although there is a quarterly administrative fee, having the records in this industry standard system allows for the records to be accessed for audit and possible rapid transfer of account access with any changes in the Branch Executive.

Account Balances	31 Dec 2021	31 Dec 2020
Debit Card Account	217.56	632.07
Events Account	5,991.13	4,696.51
Operations Account	5,828.69	5,489.45
National Swim account	5,000.00	-
Fixed Deposit	50,234.95	55,180.22
	67,272.33	65,998.25

R.Brien
Treasurer
14 March 2022

Attachments:
Draft Income Statement 2021
Draft Balance Sheet

Balance Sheet

Masters Swimming Tasmania Inc
As at 31 December 2021

	31 DEC 2021	31 DEC 2020
Assets		
Bank		
Debit Account	217.56	632.07
Events Account	5,991.13	4,696.51
National Championship Account	5,000.00	-
Operations Account	5,828.69	5,489.45
Total Bank	**17,037.38**	**10,818.03**
Current Assets		
Accounts Receivable	164.00	-
Total Current Assets	**164.00**	**-**
Total Assets	**17,201.38**	**10,818.03**
Liabilities		
Current Liabilities		
Historical Adjustment	10,818.03	10,818.03
Suspense	(120.00)	-
Total Current Liabilities	**10,698.03**	**10,818.03**
Total Liabilities	**10,698.03**	**10,818.03**
Net Assets	**6,503.35**	**-**
Equity		
Current Year Earnings	6,503.35	-
Total Equity	**6,503.35**	**-**

Income Statement

Masters Swimming Tasmania Inc
For the year ended 31 December 2021

	2021
Trading Income	
Affiliation Fees	1,537.00
LCLD Income	870.00
Membership Fees	3,581.52
Membership Fees 2022	1,223.24
SCLD Income	835.00
Summer Championship Income	6,282.50
Winter Championships Income	6,784.00
Total Trading Income	**21,113.26**
Cost of Sales	
Club development grants	599.20
Life Memberships	84.00
Total Cost of Sales	**683.20**
Gross Surplus	**20,430.06**
Other Income	
Other Income	5,264.68
Total Other Income	**5,264.68**
Operating Expenses	
2020 Event Surplus Distribution	1,943.00
2022 Summer Championship Expenses	500.00
Affiliation Masters Swimming Australia	450.00
Audit Fees	1,320.00
Bank Fees	515.97
Branch and Club Workshops	940.44
Entry processing Fees - Cycbersource	560.01
Equipment repairs and replacements	77.50
Event entry processing - Club assistant	571.38
Filing Fees	129.60
Information Technology Subscriptions	787.15
Insurance	146.30
LCLD Expenses	405.00
Medals & Trophies	100.00
PO Box Renewal	136.00
Postage	219.63
Printing & Stationery	146.00
SCLD Expenses	720.50
Subscriptions (Xero)	89.28
Summer Championship expenses	6,800.83

	2021
Winter Championships Expenses	2,632.80
Total Operating Expenses	**19,191.39**
Net Surplus	**6,503.35**

It was great to see a number of MST swimmers listed in the World Top 10 in 2020.

MST had a successful year in 2021 with being able to offer all championship swims as well as two splash meets. Some swimmers also participated in the MS Megaswim.

There were 153 records either set or broken (86 individual long course, 60 individual short course and three long course and four short course relay).

There were eight swimmers listed in the records/results portal as having achieved a 3km ranking and one swimmer who achieved a 5km ranking in the national top 10.

Some of the national swim series events were abandoned for 2021, however two of our swimmers achieved a top ranking with James Belstead TVA, 18-24 and Tony Forman, TAC, 70-74.

E1000 club trophy has been won by Talays Masters with top points and top average score.

Congratulations to Kay Bailey, Alwynne McMahon of TLC, Stacy Kirkby and Lou Hill of TTL, who completed all the swims in e1000 with maximum points. It was a 1st time achievement for Lou. Kay has completed all the swims for 20 successive years with 19 being maximum points. Alwynne has completed all the swims for 12 years with maximum points.

Swimmer's of the Meet:

37th Long Course Summer Championships: Christine Brown TLC, Brent Walker TAC

37th Short Course Winter Championships: Amanda Duggan TVA, Brent Walker TAC

Pauline Samson

Branch Recorder

MASTERS SWIMMING TASMANIA COACHING ANNUAL REPORT 2021

Overview

2021 saw a return to routine coaching after the COVID-19 year that was 2020. Results in the championship competitions indicate that the standard of swimming throughout the Branch remains high, and the very few disqualifications indicate the technical proficiency of swimmers is also high.

The outlook for 2022 is positive for Masters swimming in Tasmania, and coaches will continue to play a key role in motivating swimmers to stay active and be prepared to adapt as circumstances change. The continued enthusiasm of swimmers for open water swimming presents a new challenge, one that coaches are encouraged to embrace.

Qualified Coaches

1. The following coaches held Masters Club Coach qualifications in 2021:
    - Philip Tyrell (to 2 June 2022, Coaching ID 0542) (Hobart Aquatic)
    - Adam Fergusson (to 2 June 2022, Coaching ID 0537) (Launceston Lemmings)
    - John Pugh (to June 2022, Coaching ID AMCH 0069) (Launceston Lemmings)
    - Sharon Smith (to 2 June 2022, Coaching ID 0541) (Huon Valley)
    - Steve Richards (to 2 June 2022, Coaching ID 0540) (Hobart Dolphins)
    - Maciej Slugocki (to January 2023, Coaching ID 0574) (Hobart Aquatic)
    - Peter Tonkin (to 11 November 2021 Coaching ID 0558) (non-aligned)
    - Ricky Homan ASCTA Bronze Level & Teacher of Competitive Swimming (to 1 Feb 2024 Coaching ID 0604) (Devonport Devils)
2. The clubs without currently qualified Masters Club Coaches in 2021 were Burnie, Talays and Tomatoes.
3. The challenge for 2022 is to ensure those coaches due to re-accreditation complete that requirement within the calendar year. In addition, prospective coaches should be encouraged to seek qualification now that the Club Coach Course has become much more accessible.

National Coaching Committee

4. The Branch Director of Coaching continued to be a member of the National Coaching Committee (NCC) in 2021. This committee met via Zoom regularly during the year. One of the major achievements of the NCC was to launch the online Club Coach Course.

Review of MSA Open Water Swimming Rules

5. The Branch Director of Coaching, assisted by Tony Forman and Diane Gregory, initiated a review of the MSA open water swimming rules. Associated with this initiative, the Branch Director of Coaching Director put a proposal to the NCC to introduce an open water swimming course for coaches. The NCC has agreed to add a module to the Club Coach Course, which will be offered as an advanced coaching module.

Philip Tyrell

Masters Swimming Tasmania Director of Coaching

20 March 2022

14 March 2022

Communications Report for 2021 for AGM March 2022

The Website

The website has been kept up to date during the year. This has included notice of upcoming swimming events and links to results afterwards. The Photo Gallery has been updated after every swimming event. Getting photos has sometimes been a challenge as I have also been busy officiating as well as swimming.

A draft new section of the website has been set up and will be available shortly for the 2023 National Championship to be run in Hobart.

Papers for the MST AGM (2021) have been included for the first time and will also be included for the 2022 AGM.

A list of our qualified Officials has been added to the website

Suggestions on content and photos to be included on the website will always be appreciated

Platypus Press

Four editions of Platypus Press have been circulated, one after each championship. Thank you to all who have provided material. Your club news may very well be of interest to other clubs in the branch!

Our Membership Data Base (Gameday)

This has been used on several occasions to send out group emails to all our financial members, usually reminders or providing general information.

Social Media

There has been no activity in this area. The branch needs someone who can make use of this form of communication.

Mendelt Tillema,
Coordinator of Publicity and Publications

MST AGM Health and Safety Report for March 2021 – March 2022

There were no significant safety issues reported to MST during the 2021-2022 year. The impact of covid may have affected individuals in their training schedule, however no Clubs have reported any impact. The impact of Covid required some covid safety restrictions to be implemented on the Aquatic Centres across Tasmania. This may have reduced membership for 2022 where swimmers have chosen to only swim in the ocean and not renew membership, due to mask and vaccination mandates, or a general feeling of uneasiness due to swimming indoors.

Prepared by Rebecca Laletin

MST Health and Safety Officer for MST

22.03.2022

Masters Swimming Tasmania
Branch Technical Co-ordinator's Report
Annual General Meeting
30 March 2022

At a branch level, there is very little to report on the development of Technical Officials during 2021. The uncertainty created by differing COVID restrictions made the scheduling of training session virtually impossible. However, the four championship events provided the opportunity for re-accreditation of 6 Technical officials.

At a National level, the National Technical Committee met via zoom on three occasions to discuss a number of issues. A draft of the revised swim suit rules was presented to the National Board for consideration. The revised rules vary from the FINA guidelines to allow for a more consideration to be given on swim suit design for modesty and religious grounds. The committee is undertaking the rewriting of Officials training material with the view of moving theory training on-line in a similar manner to the Club Coach set up.
There is also the development of reference material for referees on the implementation of multi-class competitors in state and National competitions.

Ray Brien
Branch Technical Co-ordinator
14 March 2022

Membership Report at 31 December 2021

			2021 Members				Numbers Include	
	2020		Total Members	Male	Female		Second Claim	6 Month Membership
Hobart Aquatic	**59**		59	28	31		3	8
Burnie	**18**		19	9	10		2	
Devonport	**38**		48	17	31			13
Hobart Dolphins	**47**		50	16	34		1	4
Huon Valley	**7**		9	5	4		1	3
Launceston	**95**		97	46	51		1	3
Talays	**30**		26	12	14			1
Tomatoes	**13**		6	4	2			4
Van Diemans	**3**		4	3	1			1
	310		**318**	**140**	**178**		**8**	**37**

HOBART AQUATIC MASTERS ANNUAL REPORT 2021

Overview

2021 was another successful year for the Club in the pool. The Club came a close second to Hobart Dolphins in the Summer Club Championships, won the Winter Club Championships, and came second to Hobart Dolphins in the Club Relay trophy.

Brent Walker continued his domination of the male swimmer of the meet trophies for both Summer and Winter Championships.

The Club had four swimmers achieve FINA top 10 times:

- Gabrielle Osborne (50 M Breast LC)
- Diane Perndt (50 M Fly LC, 100 M Fly LC)
- Tony Forman (1500 M Free LC, 400 M Free SC)
- Anne Henderson (200 M Fly LC, 400 M IM LC).

Club members continued to set new Branch records:

- 10 individual female records
- 16 Individual male records
- Two female relay records
- One male relay record.

Membership

At the end of 2021 membership was 59. This level of membership is consistent with our recent past. Membership continued to be based on a core of about 40 long-standing and active members of the Club. As in the past the Club has continued to attract new members as well as some returning after a break and has seen others move on.

Training

2021 was a challenging year in terms of getting access to lanes at DKHAC, particularly in the evenings, due to changes of evening weekday schedules. The morning sessions continued to be popular, as did the Sunday morning session. The level of participation in open water swimming has remained high after the 2020 COVID-19 year.

The training schedule was as follows.

Pool Session Times (subject to pool availability)	**Mornings** Mon-Fri 6:00 – 7:00 Sunday 8:00 – 9:30 Other times can be arranged subject to demand
Open Water Swims (Kingston Beach – subject to change. Refer to the Weedy Seadragons Ocean Swimming Group Facebook page for updates https://www.facebook.com/groups/117654362210828	**Saturday** 7:30 – 9:00 (subject to seasonal changes) Other times are subject to demand.

Under our flexible training arrangements, some swimmers train at times and at pools that suit them.

Open water swimming. As indicated above, open water swimming has become more popular within the Club. Several members of the Club swim with the Weedy Seadragons open water swimming group on a regular basis. The Weedy Seadragons is an informal group of open water swimmers that offers group swims during the week and weekends.

Coaching

The Club had one currently registered coach in 2021, Philip Tyrell. We ran several focused sessions on Sunday mornings when lanes were available for hire. These sessions proved popular, particularly as they gave swimmers an opportunity to practise starts in a simulated competition situation.

The year ahead

The challenges for the Club in 2022 are to:

- maintain, and ideally increase our participation in Branch events
- retain and attract new swimmers
- improve the technique of all our swimmers
- nurture our older swimmers and those with injuries
- continue to provide fitness, friendship, and fun for adult swimmers in Hobart.

Philip Tyrell
Committee Chairperson and coach
20 March 2022

MST 2022 AGM
Talays Club Report for 2021

President's Report to the Talays Club AGM Dec 2021

The end of an era has come: two of *The Club's* most endearing stalwarts and contributors are ending decades-long roles with the club. Pauline S is handing in her whip as Club Recorder (aka Madam Sp(Lash)) and Judy H. is hanging up her treasure's spurs. On behalf of *The Club* I wish to thank Judy and Pauline for their very generous service and guidance to Talays.

As Treasurer, for maybe quarter of a century, or so, Judy has well and truly kept *The Club* afloat. And I can say, with great confidence, that Pauline's *Order of Australia Medal*, so deservedly awarded this year, reflects in no small part to her tireless devotion to our Club in getting us all motivated to swim, swim, and swim some more. (And of course, Pauline picked up a couple of other awards this year: the prestigious *Masters Swimming Australia Volunteer of the Year Award*, and the fledgling Talays' *"Iron Lady"* Award)

Speaking of characters made of iron, the Club has quite a few without naming folk, I think it admirable that our members combat the odds and keep on soldiering on, if not swimming on. Knees, hips, shoulders, bicycle accidents, heart issues, and getting older, all conspire to (collectively) trip us up – but the show goes on swimmingly!

On behalf of all members a huge appreciation to the 2021 Talays Committee (Janet B; Tony F.; Lou H.; Anne H.; Judy H.; Stacy K.; Annie M.; Annette P.; Pauline S.; and Mendelt T.) for steering the Club through another challenging year.

Finally , a hearty thankyou to all members for being part of *The Club* and joining in our activities where possible – the Appendix is a summary of what we were able to "get up to" in 2021

Steve Pendlebury
President Talays Masters Swimming Club
13 November 2021

Appendix

Membership Numbers

- Member numbers eased to twenty six (26) but we welcomed (virtually) new member Jim Groom

Pseudo Awards Night

- Pizzas were enjoyed by Talays members (and some better halves) at Stacy and Ken Kirby's home on 2 March 2021. All in attendance (a few others who were not) won the accolades of everyone else!
  - And who can forget the "*Iron-Lady Award":* all the female Talays members are as tough as nails (in depth of character of course, and not as a description of their collective angelic appearances) but with the award being under the "Zoom" category, there could have been only one winner: Madame (Sp)Lash herself Pauline S. Not only was it Pauline's idea to run the Zoom meetings in 2020 as a way of members staying connected in trying COVID-19 times, but how impressive was it for her to entertain the participants with feats of crinkle wrestling, using a hot iron, whilst giving the Zoomers a good speaking to

Social Events

- Occasional Saturday morning teas were enjoyed at the Sandy Bay Bakery throughout the year. The two more memorable ones were:
  - On 24 April – included Richard L. turning 79 that day:
  - 0n 26 June – the Pauline Awards Celebration for the *Masters Swimming Australia Volunteer of the Year Award* and *The Medal of the Order of Australia*

Swimming

- E1000 still features in the lives of a goodly portion of the members.
  A very special note of congratulations to Lou H. who, although had swum lots of 200m Fly, had never swum a 400 Fly before the latter half of this year. Lou has now swum all the 400m and 800m Flys for this year, and went on to complete ALL E1000 swims and getting the 1005 maximum points for the very first time in his E1000 career!

Devonport Devils Club Report

The Devils currently have 34 members, the majority have renewed their memberships from 2021.

We still train 3 times a week:
Tuesday 0600-0730
Wednesday 1830-1930
Saturday 0800-0930

We have re-designed our club cup this year, watch out for our bright red caps with devil horns in the pool at the upcoming Summer Champs!

Our club AGM is being held this weekend where we expect the majority of our board to stay on and keep volunteering their valuable time.

Swim for Bryn

The Devils organised a mega-swim endurance relay from 6am to 6pm on Sunday 13th March. The purpose of the event was to raise funds for research at the Menzies Centre in Tasmania to help find a cure for MND.

In 2020 Dr Brynley Parry was diagnosed with Motor Neurone Disease and faced a challenge that changed his and his family's life, and his career, forever. MND took away some things that he loved, but in 2021 he joined the Devils, who are helping him continue exercising for as long as he can.

It was a fantastic day with fantastic weather. It was a great opportunity for all the Devils to come together and socialise for a worthy cause. Thanks go to Splash for opening pool out of their usual Sunday hours and for donating the hire of 2 lanes. There were 23 businesses who donated rewards for the participating swimmers. As I write this, we have raised $17,032 from 274 donors! We couldn't have done any of this without our wonderful sponsors, we thank each and every one of you very much.

19 Devils and 4 members of the public helped us swim for the 12 hours and all up 70.85Km was swum. It included many, many laps of Freestyle, but also a good few kilometres of Breaststroke, some Backstroke and even 1.25Km of Butterfly by our resident Butterflier, Wendy.

E1000s

We had 28 swimmers participate in E1000 events in 2021 for a total of 2682 points, which was our biggest year ever, both in terms of participants and points gained. A lot of the points were gained through our Indoor Enduro event in Winter.

Open Water Swimming

A number of our swimmers have been enjoying the open water season this year, with some great races held around the State. Locally we have done 5km swims in the Mersey River and out at Port Sorell. I know we are organising a contingent to travel to Bicheno for the final swim of the season, Devil of a Swim (not related to our club!)

World Top 10

The Devils are proud to report that our member, Wendy Winzenberg, finished 7th in the world in 2021 for the 200m Fly (long course) in her age group. She is ranked 3rd in Australia.

Technical Training

We organised a successful technical training afternoon and Splash Meet in Devonport recently where Ray Brien came and instructed us in some of the rules of swimming and how to time keep properly. This came in handy for our Swim for Bryn.

Burnie Masters Swimming

2022 Presidents Report

Dear Members

2021/22 has been another interesting year with Covid continuing to cloud our lives and activity. Nevertheless the Burnie Masters have continued to press on and get in the pool on Sunday mornings. Plus the odd competition and social event. Thanks to all those members who have kept turning up and making Sunday mornings a treat in and out of the pool.

Thanks to our coaches and program leaders Christine and Marcia for the programs they provide and for keeping things interesting and entertaining for us in the pool. There has certainly been a variety of programs and swimming disciplines that have made it worth getting up early for us all. We appreciate your efforts greatly so keep up the good work. Also thank you to all for accommodating the banter and distractions happening in lane 2!!

Morning tea at Crusty's and the BAC have been another highlight that gives us something to strive for at 9.30am every Sunday. Certainly the sweet treats at Crusty's get a good working over!!. The coffee is good too and the company excellent. We appreciate the dedication of members in getting to these Sunday sessions all year round.

The year's highlight for me was the diving starts in the indoor pool over winter, closely followed by Mitch's butterfly exploits. Plus the French cuisine night at the Boyles was the social event for the year; thanks Keith and Wendy, but I'm afraid the planned Russian followup has been abandoned and will be replaced with a Spanish night – paella!! – Russian food was never any good and is worse now. Just need a venue and date for this. Stand by.

It is also important to recognise the efforts of those doing various masters swimming competitions – Notably this year with Chris, Mitch, Marcie, Barbara and Carmen doing an excellent job for the club. I even managed a day in Launceston.

Thanks to Mitch and Kate for keeping us governed. Appreciate your efforts and to all members for keeping perky in 2021. Noted the excellent profit for the year.

Mark Smith
President
27/02/2022

Hobart Dolphins

Masters Swimming Club

Annual Report 2021

AGM Saturday 19 February 2022

NOTICE

2021 ANNUAL GENERAL MEETING
Saturday 19 February 2022
Room 3, Rosny Library
46 Bligh Street, Rosny, Tasmania
Commencing at 10:00

AGENDA

1. Welcome by the President
2. Apologies
3. Minutes of the 2020 Annual General Meeting held on 29 February 2021.
4. COMMITTEE MEMBERS' REPORTS: including the Presentation of the 2021 Financial Statements
5. Election of OFFICE BEARERS: President, Vice President, Secretary, Treasurer
6. Election of COMMITTEE MEMBERS: Coaching Director, Social Coordinator, Recorder, Newsletter Editor, 2 General Committee members.
7. APPOINTED POSITIONS: Safety Officer, Branch Delegates
8. Close of the AGM

Light Refreshments will be provided

ALL WELCOME

Note: a brief Committee Meeting will be held after the AGM

HOBART DOLPHINS MASTERS SWIMMING CLUB

Committee 2021

President	Diane Gregory
Vice President	Annaliese Cousins
Secretary	Shared
Treasurer	Pia Peterson
Recorder	Katherine Daft
Coaching Director	Steve Richards
Newsletter Editor	Sue Vincent
Safety Officer	Megan Stronach
Social Co-ordinator	Judi Adams
General Committee Members	Auro Almeida Kathryn Osborn
Club Delegate to Branch	Peter Tucker Steve Richards
Life Members	Mavis Fisher Peter Fisher Katherine Daft Les Young Ron Bloomfield Peter Tucker

President's Report

Membership

The club finished the year with 50 members, an increase of three members from 2020.

Activities

On looking back over the past 12months I am amazed at how much we have achieved as a club, particularly coming out of the difficult year that was 2021. Participation in club activities has been extremely high, whether that be training, competing, engaging in social activities or taking part in the specialist workshops that were provided for members. The enthusiasm of members to be involved in both the organisation and enjoyment of the full range of activities has been very gratifying. I look forward to another successful year in 2022.

Highlights for 2022 include:

- Training sessions continued to be very well attended.
- Megan Stronach gained her Masters Coaching Qualifications giving us 2 qualified coaches.
- 23 Club members competed in State Championships. With the club winning the Summer Championship Trophy and the Annual Relay Trophy.
- Club members broke 30 Branch individual records and 3 relay records.
- Six members were recognized for obtaining FINA top ten times in 2020 and another 12 were acknowledged for FINA top 10 Relay times.
- 28 members made the National top ten list for times swum during 2021.
- Approximately 20 Members competed in Open Water Activities.
- One member received their Three Million Metres Award.
- 20 club members took part in the MS Mega Swim contributing significantly to raising approximately $45,000 for the Multiple Sclerosis Society.
- We conducted our second Open Water Challenge, this year focussing on the winter months.
- The club organised a very successful presentation function for the Summer Championships.
- A physiotherapy workshop and a special skills session with a guest coach were put on for club members.
- A Summer Championships celebration function, bowling evening, trivia night and Christmas Party complemented the ongoing Breakfast mornings, coffee sessions and post training BBQs.
- The Club Constitution was re-written.
- The Club's site on the MST website was developed to add more material.
- Peter Tucker was granted Life Membership to the Club for his services over the past 20 years.

Financial

The club posted a $284.92 loss during 2021. The loss was the result of the club intentionally spending some of the large surplus achieved in 2021 by subsidising social activities and hosting specialised workshops for members. The club maintains a healthy bank balance of $7887.75 as at the end of December 2021.

Committee

We added two additional general members to the committee this year to provide additional resources as tasks arose but also to provide for a wider array of opinions at club meetings.

Unfortunately, we could not fill the Secretary position at the AGM with the majority of these duties being picked up by Katherine Daft in addition to her Recorders Role. A special mention should also go to Judi for taking on the organisation of the additional social activities this year with great enthusiasm and success.

I would like to sincerely thank all the committee members for their support during the year and particularly their readiness to assist with whatever task was at hand. I think this is one of the major reasons why the club is going through such a successful period.

The following club perpetual trophy winners are to be congratulated:

Club person of the Year:	Judi Adams
Most Improved Swimmer:	David Wightman
Swimmer of the Year:	Allan Nicholls

Di Gregory
President

Hobart Dolphins Masters Swimming Club
Financial Statements

Statement of Cash Payments and Receipts
Period Ending 31 December 2021

	2021	2020
Receipts		
Members Subscriptions	$ 2,032.61	$ 1,431.49
Sale of Merchandise	$ 366.00	$ 929.40
Training Fees	$ 6,239.50	$ 5,962.85
Functions	$ 605.00	$ 1,904.00
*Miscellaneous	$ 703.80	$ 110.00
Donations	$ -	$ 50.00
Quest Accommodation	$ -	$ 687.00
	$ 9,946.91	$ 11,074.74
Payments		
Branch Affiliation Fee	$ 220.00	$ 220.00
Functions	$ 1,281.73	$ 1,975.05
Merchandise Prurchases	$ 1,329.25	$ 1,506.33
Relay Entries	$ 285.00	$ 165.00
Pool Lane Hire	$ 5,574.00	$ 4,294.00
Annual Return	$ 64.80	$ 64.80
Stationary	$ 131.85	$ 10.00
Meeting Room Hire	$ 88.00	$ 765.00
*Miscellaneous	$ 1,257.20	$ 353.82
Quest Accommodation	$ -	$ -
	$ 10,231.83	$ 9,354.00
Surplus/Deficit	**-$ 284.92**	**$ 1,720.74**

Notes

*2021 Miscellaneous Income includes:
- FINA Badges
- Physio Session contribution
- Bunbury wim
- MST swim meet surplus distribution

*2021 Miscellaneous Payments includes:
- Bus Fuel
- Mega Swim
- Bunbury Swim
- Special skills coaching session
- First Aid Kit

Bank Reconciliation

Bank Balance as at 1 January 2021	**$ 8,172.67**
Add Receipts	$ 9,946.91
	$ 18,119.58
Less Payments	$ 10,231.83
Bank Balance as at 31 December 2021	**$ 7,887.75**

Merchandise on hand as at 31 December 2021

8 Polo Shirts	5 Club Caps
1 Pair Club Bathers	11 OWS Challenge Caps

2021 AGM Social Report

The Dolphins Swim Club enjoyed numerous outings throughout 2021.

Monthly: (first Saturday) Breakfast at Spencer's in Lindisfarne.

February 6th: BBQ after training at Clarence Pool.

March 20th: Counter meal at the Black Buffalo Hotel, the evening of the first day of the Long Course championships.
March 27th: Gathering at the home of Peter and Kerry Tucker. Thank you for your generosity.

July 2nd: TEN PIN BOWLING at Moonah Bowling: This event was well received. I booked 3 lanes for 2 games. It was resolved that 4 lanes and 1 game would have been more satisfactory. This was followed by a counter meal at the Black Buffalo Hotel.

August 21st: Counter meal at The Metz, Launceston. Thanks to Katherine Daft for organising. Our hosts at the venue were very accommodating.

September 25th: BBQ after training at Clarence Pool

October 23rd: Quiz night at the New Sydney Hotel. Thank you to Pete Smith who offered to host the evening. The committee decided to time this event next year to raise funds for MS MEGA SWIM for Multiple Sclerosis

December 11th Christmas Lunch and Presentations at Puddleduck Winery. Thank you to our generous hosts Jackie and Darren Brown.
December 17th: Gathering at Eggs and Bacon Bay for a swim and hot breakfast. Thank you to Fiona Redgrove and Megan Stronach for organising and hosting this event.

Judi Adams.
Social Coordinator

2021 RECORDER ANNUAL REPORT

It cannot be said that there is not enough competition at all levels within the State! Every month throughout 2021 there was an opportunity for Hobart Dolphins Masters Swim Club to swim, with a wide range of competitions and meets. My role as the Club Recorder provided much to record about both at a Branch/ National and Club level.

NATIONAL MILLION METRES AWARD

Hobart Dolphins Masters Swimming Club congratulate SUE VINCENT on her mammoth effort of achieving her THREE MILLION METRES National AWARD. That is over 15 years of swimming! Sue began recording her swims in January 2006 and completed her THREE Million Metres in December 2020. Club President, Di Gregory presented Sue with her Vorgee National Award together with her chosen navy blue Vorgee polar fleece jacket, at the Club Christmas Lunch in December 2021.

37th STATE LONG COURSE SUMMER CHAMPIONSHIPS- March 20-21st2021

A Huon Valley Club Meet in February provided the perfect warm up for the LC Swim in March.

Hobart Dolphins Team of 25 took out the Tasmanian LC Championship Shield, after more than 20 years (last won in 1998) with the final combined Club score of 1393 points. The Club succeeded in also winning the ANNUAL RELAY Trophy.

LC NEW BRANCH RECORDS

- Fiona Ziegeler 60-64 Y: 200M IM in 3:27.02 & 400M IM in 7:17.34
- Katherine Daft 60-64 Y: 100M Breaststroke in 1:44.33
- Megan Stronach 65-69 Y: 400M IM in 8:02.35
- Anne Speed 85-89 Y: 200M Backstroke in 6:47.41
- Allan Nichols 65-69 Y: 50M Breaststroke in 40.79 & 100M Breaststroke in 1:30.06

LC NEW BRANCH RELAY RECORDS

- 4x50M MIXED MEDLEY 240+ Y: Auro Almeida, Allan Nichols, Fiona Ziegeler, & Kathryn Osborn with a sizzling 2:14.79 The record was last held by TLC with 2:43.96
- 4x50M MIXED FREESTYLE 240+ Y: Auro Almeida, Allan Nichols, Fiona Ziegeler, & Kathryn Osborn in 2.14:79. Previous record held by TAC with 2.17: 24.

Many swimmers set new benchmark Club Records and many old swim records, some dating back to 1994 both male and female were broken. Of note, new Club member and first time Masters' competitor Elisa Mc Millan (25-29 years) set new Club records in the 200M Freestyle in 2.47.2

BUNBURY POSTAL SWIM 3X400M: May-June 2021

7 all-female swimmers entered and completed the required 3x400M Swims. Di Gregory, Pia Peterson, Beth Mulligan, Siska Hocking, Sue Muir, Michelle Sampson, and Elisa McMillan.

Michelle Sampson and Elisa McMillan included the 400M Individual Medley swim as one of their 400M swims.

MST SC LD SWIM MEET hosted by Launceston Masters: June 2021

5 members entered with new member, Claudia Lopez (25-29 Y) competing for her first time in Tasmania.

SCLD NEW BRANCH RECORDS

- Kathryn Osborn 55-59Y: 400M Breaststroke 7:16.7
- Diane Gregory 60-64Y 800IM 18:52.45

37th STATE SHORT COURSE WINTER CHAMPIONSHIPS: August 21-22nd 2021

A strong team of 30 swimmers made the journey north to Launceston to enjoy a great weekend of competition. Many Branch Individual and Relay records were set.

Anne Speed at the age of 86 competed in the FIVE individual events and set FIVE new records in her age group.

NEW SC BRANCH RECORDS

- Anne Speed 85-89 Y: 200M BK 6:56.76, 100M BK 3:23.15,50M BK 1:27.64,25M BK 42.82 & 100M IM 3:46.72
- Fiona Ziegeler 60-64 Y: 50M FLY 41.95,100M FLY 1:32.57,200M IM 3:19.76 & 400M IM 6:59.17
- Jayde Richardson 25-29 Y: 200M IM 2:49.05
- Auro Almeida 60-64 Y: 25M FR 13.79
- Allan Nichols 65-69 Y: 100M IM 1:23.13

SC NEW BRANCH RELAY RECORDS

- 4x25M WOMEN FREESTYLE 240+ Y – Fiona Ziegeler, Katherine Daft, Pia Peterson and Kathy Osborn in 1.07:60

2021 MS MEGA SWIM - October 9th, 2021

- 19+Members and family participated in the 2021 MS MEGA Swim.
- Members swims of 30 Minute, 45 Minute and One Hour swims were entered into the National Data Base for the ENDURANCE SWIM Program for 2021.
- These include Coach Steve Richards 1 HOUR Freestyle Swim together with Auro Almeida and Joe Askey-Doran's' 45-minute Freestyle Swims. A MEGA effort in a 25M pool.
- Huge Thank you to Annaliese Cousins for co ordinating and organising such a well-run fundraising TEAM.

MST LC LD SWIM MEET HOBART -October 23rd, 2021

18 Dolphins entered, with 15 competing across the 400,800 and 1500M events.

LCLD NEW BRANCH RECORDS

- 60-64Y Katherine Daft 400M Breaststroke 08:02.00
- 65-69Y Fiona Redgrove 200M Butterfly 04:38.00
- 65-69Y Fiona Redgrove 800M IM 17:47.00
- 85-89Y Anne Speed 400M Backstroke 14:28.00
- 65-69Y Allan Nichols 400M Breaststroke 08:07.00
- 65-69Y Allan Nichols 800M Breaststroke 16:23.00
- 65-69Y Allan Nichols 1500M Breaststroke 30:26.00

Congratulations to Allan Nichols awarded Club SWIMMER of the YEAR for 2021.

OPEN WATER SWIMS 2021

Throughout 2021 there has been a small but determined pod of Dolphins swimming along our shores, competing in OW Swims including the Devil of a Swim in Bicheno. Hobart Dolphins Club threw out a challenge to Masters' swimmers with the Open Water Winter Swim Challenge for 2021 The aim being to complete one or more of three swims between April 1- July 31. Each swim being 46 Kms, 97 and 167 Kms.

Congratulations to Joe Askey-Doran on completing two of the three swims for a total of 264 Kms.

Further details of swim times including Branch and National Records can be found on the National website at the results/records portal http://portal.msarc.org.au/index2.php ___ A full set of Club Records including details of new records set this year can be found at the club page on the Tasmanian Branch Site. https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/dolphins-club-records/

It is with pride for the HOBART DOLPHINS' MASTERS SWIMMING Club that I present the RECORDERS REPORT for the YEAR 2021.

Katherine Daft
CLUB RECORDER 2021

Safety Officer Annual Report 2021.

2021 was a very busy year with members active in many and varied activities. It was also a safe year for Dolphins.

Club Responsibilities to Members

As a Club, we must:

1. **Provide up-to-date information about the safety and first aid facilities (including emergency telephone) available at all pools used by the club in a Medical Emergency Response.**
    - ✓ Both our training venues, Clarence YMCA and Friends Health and Fitness are fully accredited with qualified staff on duty during our sessions.
    - ✓ In case of accident, we should contact a staff member for First Aid. For follow up care, be advised by staff and /or call an ambulance on 000.

2. **Encourage and assist swimmers in obtaining lifesaving awards. 3. Record all incidents by completing an Injury Report Form immediately after an incident and forward a copy to the Branch Safety Co-Ordinator.**
    - ✓ The form is available on the MSA website: https://mastersswimming.org.au/wpcontent/uploads/2018/08/incident_report_msa_2017.pdf
    - ✓ Both our venues require that their own incident form is also completed.

The only incidents reported in 2021 were minor: pool collisions, strains, aches and pains, and one eye injury that occurred during an open water event. We purchased a first aid kit to accompany members to open water events.

Prevention Better than Cure

Of course, there are risks that come with Masters swimming, many of which are associated with overuse injuries. Working on the premise of prevention being better than cure, the Club engaged the services of physiotherapist Nick Cannell from Bodysystem Physio to provide us with some guidance regarding injury prevention. Nick stressed the need for stretching of the chest and posterior shoulder muscles, strengthening of all the muscles of the shoulder joint, and development of the core abdominal muscle strength and endurance. He also suggested that Masters swimmers consider consulting a sports physiotherapist to get screened – especially if they have any history of prior shoulder injuries, are experiencing shoulder pain, or feel any instability in their shoulders. This was a very valuable activity and one that we plan to repeat next year.

It is important to note that Masters Coaches are very aware of and able to make adjustments for limitations, deficiencies, pre-existing conditions, injuries and recovery.

Open Water Safety

While MSA provides some guidance on open water activities, we also developed our own informal guidelines. These proved invaluable during the winter months when the numbers of open water swimmers dropped along with water temperatures:

- Always swim with a buddy in or on the water or onshore.
- Make a plan and stick to it, including a time limit for swims.
- A wetsuit is a great idea to improve buoyancy and insulation.
- Wear a brightly coloured cap that is easily visible and consider a coloured tow float.
- Stay alert, take a break if you need, and when in doubt, get out.

Megan Stronach, Safety Officer 2021.

Hobart Dolphins Coaching Annual Report for 2021 **9 February 2022**

Swimming successes.

After claiming in the 2020 Annual Coaching Report that the Club had had a 'bumper' year in 2019, it is hard to believe that 2021 could have topped it. But it has. We won both the MST Club trophy and the Relay trophy (the former breaking a 23 year 'drought' – being won last in 1998). This came with (and from) considerable success in the pool, with (albeit COVID-influenced) listing of 18 members among FINA top ten times (including individual and relay times), 28 members gaining National top ten times for the year, and club members breaking 33 Branch records (detailed under the Recorder's report). Standout performances for me included Anne Speed's new 100 IM branch record and 5 other branch records in the 85-89 age group, Fiona Ziegeler's assault on the branch fly and IM records in her extremely competitive age group (including both short and long course 400 IMs), and the hard-fought contest for club swimmer of the year taken out by Allan Nichols. It was pleasing that although a proportion of the records were taken out by newer club members, a majority were down to the continuing hard work of swimmers who have been with the club for a number of years. This hopefully reflects (in part) the contribution of the programs to competition training goals.

Amongst non-competition-related successes we celebrated Sue Vincent's amazing persistence in reaching her 3 million metres goal, and Ken's achievements towards his surf lifesaving goals. Anne Speed and Wilma Attrill's ability to still do butterfly provide not only coach bragging rights; they are an example of what healthy ageing looks like. Competition for the Coach's award (in part 'most-improved swimmer') was especially tough this year, with Beth, Ken, Claudia, Joe, Linda and Judi all nipping metaphorically at David Wightman's heels. David clinched it however with a huge improvement in his 100 – 1500 freestyle swim times in 2021.

Annual coaching plan & session structure.

This success was helped in no small part by the addition of **Megan Stronach** on deck on most Saturdays (and some Sundays) from April onwards, highlighting the benefits of having two coaches to guide the increasing numbers of swimmers. Megan also gained her Masters Swimming Club qualification towards the end of 2021, and her enthusiasm for competition preparation, and plundering of online resources to find novel training sets has brought renewed focus and variety to the training sessions.

The structure of individual sessions continues to evolve to match the focus of club's swimmers, and 2021 saw a further increase in interest in competition swimming that seems likely to continue (although not for all members) into 2022. While this doesn't change the fundamental purpose of programs, of being accessible and inclusive for all swimmers, it has provided some motivation in coaching for a bit more focus around competition time on competition skills – turns, starts and finishes, streamlining well off the wall, and a provision of some more challenging sets to build speed preceding competitions. Megan's expertise and interest in this area is a major asset and is reflected in the Annual Plan for 2022 (see sample below). While this narrower focus is applied most clearly for the "Fast" and "Medium" lanes on Saturdays, there is a blending with less stringent sets starting in the Medium lane and continuing into the "Slow" lane, with a similar pattern on the Sunday trainings. Sunday sessions (not shown) will continue to include aspects of the Saturday program combined with a higher proportion of drill work (especially outside of competition cycles).

Extract of Annual Training Plan for 2022

			GOALS & PLANNING			
			ANNUAL PLAN 2022			
	Training phase	**Training Cycle**	**Weekly Cycle**	**Session plan - Saturday**	Drills or sets	
Week		Effort Cycle	Session Focus	Swimmer focus		Saturday date
1	**Preparation**	Easy (base load)	Technique	COVID pool closure		8-Jan-22
2		Moderate (base load)	Technique	FR kicking, streamline, form		15-Jan-22
3		Hard (base load)	Distance	FR CSS distance, BR drills		22-Jan-22
4		Moderate (base load)	Distance	Mixed strokes, moderate		29-Jan-22
5		Easy (inc vol)	Easy distance	*Easy dist all str, drills*	Revisit drills - why, how, what	5-Feb-22
6	**Preparation (specific for comp)**	Moderate (inc vol)	Distance		Breakout speed drills	12-Feb-22
7		Hard (inc vol)	Distance		Wall touch drills	19-Feb-22
8		Hard (maintian vol)	Build speed sets, skills		Into and out of wall - timing	26-Feb-22
9		Moderate (inc vol)	acceleration and power		Off the block & wall drills	5-Mar-22
10	**Competition (moving into taper)**	Easy (maintain intensity decrease vol)	acceleration and power		Warm up-cool down techniques	12-Mar-22
11		Moderate (maintain intensity decrease vol)	Starts, turns, finishes, changeovers		Race specific prep for each event	19-Mar-22
12		Taper (comp specific intensity)	Starts, turns, finishes, changeovers		Event specific taper for each swimmer	26-Mar-22
13		**Competition***	Peak	**FR drills & aerobic SKIPS**	Mental support & encouragement	2-Apr-22
14	**Transition (recovery from comp)**	Easy	Technique	*Easy dist all str, drills*		9-Apr-22

Other initiatives

At the instigation of the Club Committee we employed some outside sources of expertise to enrich the club's training, helped by a healthy financial position. Hutchins-Collegiate elite squad & head coach Rachel Brennemo was engaged to run a training session for Dolphins members at the Collegiate Pool on 29 July, focussing on body position in the water and turns. Her 30+ years of coaching experience was enormously valuable and one or two repeat sessions should be on the club's wish list for 2022. A limitation was that the session was only available during work hours (2 pm) limiting the number of members who could attend.

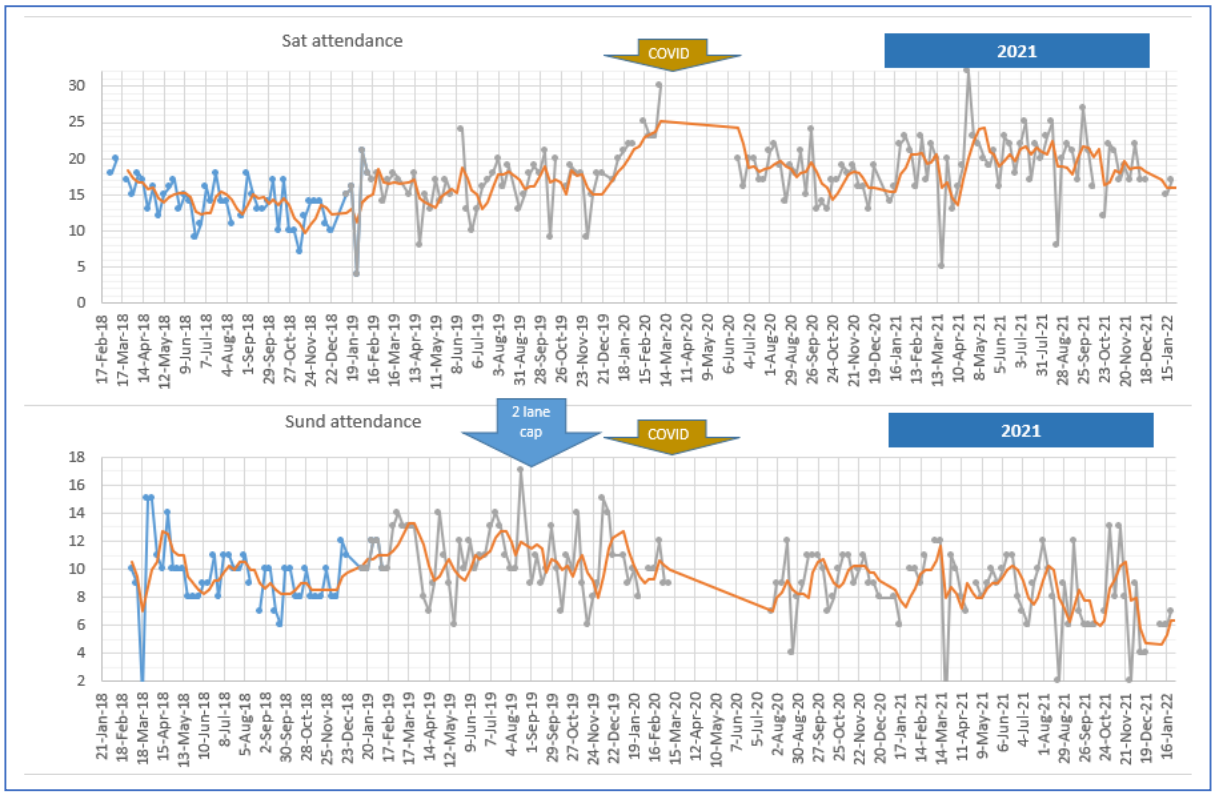
The following week a swimming-focussed Physiotherapy seminar and Q&A session at BodySystem, delivered by Nick Cannell, educated club members about the importance of warming up and cooling down for avoiding injury we age, and demonstrated the most effective stretches to improve swimming-related mobility. A short group warm-up / stretching session has now been implemented into every Saturday training session prior to getting in the water, as a result. Suggestions from club members for additional training ideas are of course welcomed.

Open water swimming continued to be a significant activity for club members, including the Winter swim challenge, and a number of open water swim events around the state (e.g. Devil of a Swim in Bicheno, Carlton Beach, Australia Day at Kingston Beach etc). In the past the open water activities were not named as club activities due to the (then) uncertain status of member insurance for such activities, but with coverage of the OWS activities confirmed, these activities have become more recognisably part of club activities and increasingly well patronised. National MSA rules around including open water swimming inclusion in its competitions has been prevented by poorly defined and somewhat overly cautious rules (particularly around required water temperatures), but President Di Gregory raised an agenda item with MST (the Tas branch) to ask for review of the rules, which is making progress towards change. In 2022 we may be worth trialling some open water

swimming training exercises for the now regular Wednesday 7:30 am swim at Bellerive Beach. This of course would only be for racing-motivated swimmers – currently these swims are a welcome and relaxing break from focussing on anything other than blue sky and water, and we don't want to interfere with that!

Attendance and new membership.

In 2021 we saw a return to largely 'normal' pool opening hours albeit with some COVID-related restrictions, and only a handful of sessions were cancelled. The increase in club member numbers showed up as a shift in numbers at training to around 22 on Saturdays (up from 17-18 in the previous two years). Most Saturday sessions included an additional coach on deck to help



organise swimmers and interpret program instructions. Providing stroke feedback started to become the norm rather than the exception it had been on Saturdays with only one person on deck. I have to admit that this has taken a little time to adjust to – being coach rather than just traffic director – and it is far more rewarding than the latter! Going forward into 2022 we will endeavour always to have two people on deck (at least – more if timing is required). In support of this we have also begun a rostering process for 2022 to share the assistant coaching role around amongst the large number of highly experienced swimmers – 'watch this space'. [We will also seek funding from MST for additional club equipment to support the coaching efforts (additional tempo timers or 'wetronomes', some stop watches, and a whiteboard to help with instruction on the pool deck).]

The numbers on Sundays at the Friends Pool continued a slow decline, possibly begun by management capping us to just two lanes. It's unclear why numbers are declining, or if it is a problem, but the programs for Sundays have remained less competition and more fitness / drill / technique focussed, while Saturdays have shifted to slightly more demanding sessions, according to club swimmer composition. Efforts to remind club members of the benefits of the Sunday sessions may help. One notable advantage of Friends pool is that we can freely and easily film swimmers underwater, for the purposes of stroke / technique analysis, although only a few took advantage of this option in 2021.

	2019 Sat	2020 Sat	2021 Sat	2019 Sund	2020 Sund	2021 Sund
avge	16.0	18.9	19.4	10.9	9.4	8.3
mode	**18**	**17**	**22**	**10**	**9**	**8**
max	24	30	32	17	**12**	**13**

Numbers include those on deck (eg coaching). ***Mode*** represents the number of swimmers most commonly at a session.

Acknowledgements.

2021 was a tough year for me personally due to severe work pressures, and I'm sure I'm not alone in this. Coaching sessions and the social contact were a welcome release, and I am very grateful for both the enthusiasm and continued supportive feedback from club members at the sessions. In particular, I'd like to acknowledge the club committee which seems to make everything else run so smoothly and be so enjoyable, and particularly our club president who is an unerring source of intelligent and gentle guidance. In addition to this role, Di is at every session, and when injured is on deck, and I am thankful again for the support of her and others (esp. Kath D, Annaliese, Pia) for donating their 'injury' time to help at the end of the pool.

Steve Richards, Coaching Director

President's Report 2021

It is with pleasure that I present the President's report on the 2021 activities of Launceston Masters Swimming Incorporated, the Launceston Lemmings. Membership of the club was similar to previous year with 93 Members. Here is a summary of the year's highlights:

Swimming:

The Club has again maintained a safe swimming environment with an incident free year.

Adam and John have continued to provide excellent coaching to all members and their success is highlighted in the high attendance rates at all training sessions.

Swimming for fun and fitness is still the main objective of our members with competition not high on most members' priorities but our Club Captains have outlined the club's efforts in the competition pool.

E1000 – the club finished 2021 with 6203 points. A significant increase on previous years due to the excellent promotion of this aspect of Masters Swimming by Kay Bailey.

Financials:

This year saw the continuation of the system of regular and causal swimming to cover lane hire and coaching costs. The Club has achieved its aim of roughly breaking even over the year, with full details outlined in the Treasurer's report. Unfortunately Rae will be stepping down as Treasurer at this AGM, so I would like to take this opportunity to express the club's thanks for all the hard work she has put into this role over many years.

Social:

Most social functions were cancelled due to COVID, with only the Trivia night proceeding. Many thanks to Errol who organized a highly successful night. Not only did everyone have a great time but this event was the major fundraiser for the club again.

Finally, many thanks to all our members, coaches, family members and especially the committee members that helped with the running of the club in 2021. I would again like to especially highlight all the hard work Neil does as Secretary – this role I believe is the hardest of the committee and often goes unnoticed by club members when it is done well.

Tim Shaw
President