



# ANNUAL REPORT 2011

## TUGGERANONG MASTERS SWIMMING ACT Inc

**“Fitness, Friendship and Fun”**, this is what Tuggeranong Masters Swimming ACT has achieved over the past 12 months. We are a flourishing club with final membership for 2011 standing at 73 including 2 second claim members who have recently joined the ranks. (Great to see a few more men this year)

With 3 regular night time training session (Tuesday, Thursday and Sunday), a morning session (Thursday) and a couple of aerobic sessions (Tuesday and Saturday) throughout the week our members are not short of options to help them keep fit.

It has certainly been an extremely busy year this year in the water, and not just in the pool as some of our more adventurous members tackled the lakes and oceans for a different challenge than following the black line. The comradeship shown at these events is one that we are proud of and the friendships made hopefully lifelong.

We have had members competing at the following carnival events: Central Coast BPS, North Sydney BPS, Interclub - Queanbeyan, Blacktown City BPS, NSW Long Course Championships, 36<sup>th</sup> National Championships, Ettalong BPS, Wett Ones BPS, Interclub - Tuggeranong, NSW Relay Championships, Campbelltown BPS, Manly BPS, NSW Long Distance Championships, Ryde BPS, Interclub - Queanbeyan, Seaside Pirates BPS, Warringah BPS, 13<sup>th</sup> Australian Masters Games, NSW Short Course Championships, Tuggeranong Challenge and West Auburn Long Distance.

As well members participated in the following open water swims: Tathra Wharf to Waves, Capital Summer Sports Festival Swim, Sri Chimnoy Lake Swim, Jervis Bay Triathlon Festival, Sydney Harbour Swim, “Tried the Bay”, Batemans Bay Triathlon Festival, Hawaii swim, Sri Chimnoy National Capital Swim and the Sri Chimnoy Triple Tri.

We have had great success at these events with Club, NSW and National Records being set. Our success at these events is due to the tremendous effort put in by our members at our many training sessions and the dedication of our coaches who put together the many varied programs for us to follow. Our coaches work hard at keeping us focused and motivated and have had to put up with us arriving late, whinging and whining, having a social chat when we should be swimming, getting out for toilet breaks and anything else we may throw at them. Our coaches consist of Jeanette Droop, Brenda Day, Tanya Day, Leisa Cass and Anne Smyth.

Our other achievements in the pool over the past 12 months are made up of the Postal Swims and the Aerobics Program. This year we have had members participating in the following Postal Swims: British Long Distance Swimming Association, New Zealand Northland Masters “The Wall”, Bunbury Postal Swim, Tuggeranong Trifecta, and the Aqua Jets Taskmaster Postal Swim.

We had a very successful year again this year with the Aerobics program scoring in excess of 5500 points and swimming over 800 KM. We had a terrific result last year in the aerobics program and our members have certainly taken on the challenge on trying to improve on our placing from last year. Our aerobics swimmers are a dedicated bunch and they should be proud of their achievements.

This year we put in a huge effort for the MS Mega Swim where we fielded two teams, the Sensations and the Superstars. Not only did we swim for 24 hours but we managed to complete some of our aerobics swims while clocking up 144.10KM. We managed to raise \$6589.70 for Multiple Sclerosis between the two teams. Those that participated enjoyed the atmosphere and had a great time, although not a lot of sleep was had.

On the “friendship and fun” side of Tuggeranong Masters Swimming we have had several social activities organised for our members over the past year. February 25<sup>th</sup> to 28<sup>th</sup> saw the Annual Surfing Weekend where a group of keen would be surfers enjoyed a weekend away at the Island View Resort in Narooma. Drinks on arrival Friday night, a lesson on surfing on Saturday morning, a beer or two around the barby on Saturday night and kayaking on Sunday made for a fantastic weekend away.

A celebration of 25 years of Tuggeranong Masters Swimming and Dinner of the Decades was recently held at the Erindale Vikings Club. This was a fantastic night where loads of memorabilia was on display and old and new faces joined together to create a great atmosphere. Life members Jill and David Mortlock, and “feral” Mike Snoad travelled from the coast, and past member Di Gregory travelled from Tasmania to help us celebrate. We also helped some of our members celebrate their decades birthday on this special night as well as farewelling Gillian and Bruce Laughton who have headed to Melbourne to be closer to family. Gillian and Bruce have been members since the early 2000 and have played a big part in our club especially as Committee Members and Technical Officials, always helping out at all our events held in Canberra.

The October long weekend saw 6 of our members embark on a weekend away at a swim clinic in Thredbo with Ryde Masters. This is the second year that Ryde Masters have invited Tuggeranong Masters to a 4-day intensive training camp, a gruelling weekend of 6 x 2 hours swim sessions, skiing, sightseeing and the opportunity to meet Master’s swimmers beyond our usual circle and make some new friends over shared meals and a few drinks. Certainly the three elements of the Master’s Motto were included in this weekend.

Lastly was the end of year Dinner and Presentation night where the following awards were given out:

- Gillian and David Buckley Encouragement Award – Bill Eversham
- Judy Gallagher Memorial Award for Most Improved Swimmer – Frank Hubner
- Postal Swimmer of the Year – Jane Lindsay
- Swimmer of the Year – Pam Munday
- Iron Person of the Year – Greg Gourley
- Club Person of the Year – Ann Reid
- Certificates for the Aerobics Program

The Vikings Rugby Union Club has continued to support us with the proceeds of the Friday night raffles in which we participate in four each year. They also provide us with a bonus grant in which this year we put towards a new starting device, a much needed improvement to the “strangled chook” (an antique starting device designed by a past member).

In February the Vikings Sports Award Dinner for 2010 was held. We had nominations in two categories: Outstanding Team Performance – NSW Long Course Championships Team 2010.  
Vikings Health and Fitness Centre Award for “Outstanding Volunteer” – Jane Lindsay.

Our NSW Long Course Championship Team 2010 was shortlisted in the nominations and received a plaque. A group of Vikings descended on this event for a great night out dressed in our club polo shirts which attracted a lot of attention from the photographers. We have recently expanded our uniform range by introducing a new rugby top and shorts.

As you know the club would not exist if it was not for the hardworking committee that have worked tirelessly throughout the year to ensure that the club runs smoothly, and to provide members with a variety of activities to enforce the Masters Swimming Motto, "Fitness, Friendship and Fun".

Annette Britten  
President