

LANE COVE SWIMMING CLUB INCORPORATED PO Box 5, Lane Cove, NSW 1595

2017 MINUTES

56th ANNUAL GENERAL MEETING

Held on Tuesday 22nd August, 2017 at 7.00 pm The Cove Room, Lane Cove Council Civic Centre

PRESENT:

Kylie Beattie, Jim Roberts, Cathy Sutton, Amanda Vance, Nicole Pollitt, Lesley Pike, Aaron Funnell, Louise Bain, Julie Morgan, Ruth Darling, Geoff Wicks, Brett Winkworth, Caroline Hill, Stephen Callaghan, Cameron Champion, Helen McLay, Andrew Britt, Alistair McElligott, Alison Aquilina, Suzy Baird, Cameron Champion, Josie Monchoux, Mark Scott, Carline Hill

1. Welcome

Kylie Beattie welcomed and thanked members for attending and declared open the fifty-fifth Annual General Meeting of Lane Cove Swimming Club Incorporated.

2. Apologies

The following apologies were received by the Committee:

Marita Winters, Amanda Harrison, Pauline Corthorn, Jenny May, Jack and Judy McMahon, Margaret Campbell, Stephen Callaghan, John Notely.

3. Confirmation of previous minutes

The minutes of the 2016 AGM had been circulated to all members prior to this meeting and were also distributed in hard copy at tonight's meeting.

Motion: Moved by Brett Winkworth and seconded by Suzie Baird that the Minutes of the fifty-fourth AGM held on Monday 8th August 2016 be accepted as a true and accurate record of that meeting. All present were in favour with none against and the motion was unanimously carried.

4. Business Arising from 2016 Annual General Meeting

No business arose from the 2016 AGM.

5. President's Report

Kylie Beattie presented the President's Report.

Refer to Appendix A: President's Report

Motion: Moved by Julie Morgan and seconded by Louise Bain that the President's Report be accepted by the meeting. All present were in favour with none against and the motion was unanimously carried.

It was noted that LCSC is the largest swimming club by membership numbers in NSW.

It was noted that the additional time trials that were tabled in 2016 were considered unnecessary to be continued in 2017-18 given the availability of time trials set by SMNE.

6. Treasurer's and Auditor's Report

Julie Morgan read the Treasurer's Report.

Refer to Appendix B: Treasurer's Report

Motion: Moved by Susie Barid and seconded by Cameron Champion that the Treasurer's Report be accepted by the meeting. All present were in favour with none against and the motion was unanimously carried.

Kylie Beattie reiterated with the sum of money in the bank, decisions were made to spend some of the funds on needs of the club.

7. Head Coach's Report

Brett Winkworth read the Head Coach's Report.

Refer to Appendix C: Head Coach's Report

Motion: Moved by Nicole Pollitt and seconded by Aaron Funnell that the Head Coach's Report be accepted by the meeting. All present were in favour with none against and the motion was unanimously carried.

ENORMOUS THANKYOU TO KYLIE FOR ALL HER EFFORTS AS PRESIDENT AND GENOROSITY OF TIME AND SPIRIT FOR AN OUTSTANDING JOB.

8. Learn to Swim Program

Kylie Beattie read the Learn to Swim Program report prepared by Charlotte Eastern and Tyson Baker.

Refer to Appendix D: Learn to Swim Report

Motion: Moved by Cathy Sutton and seconded by Stephen Callaghan that the Learn to Swim Program Report be accepted by the meeting. All present were in favour with none against and the motion was unanimously carried.

9. Election of Life Members

No nominations for Life Membership were received.

10. Election of Patron

Motion: It was moved by Louise Bain and seconded by Cathy Sutton that the Mayor of Lane Cove Council be re-elected as the Patron of Lane Cove Swimming Club Inc. All present were in favour with none against and the motion was unanimously carried.

11. Election of Office Bearers and Committee Members

Kylie Beattie, the President of LCSC declared all positions vacant. New Committee Structure amend bylaws and constitution to approve.

Three year terms for executive roles (President, Vice President, Competitive Race Secretary, Club Registrar and Treasurer)recommended by swimming Australia. Second motion for endorsement, unanimously agreed.

President, Vice President, Competitive Race Secretary, Club Registrar and Treasurer have police and working with children.

Motion unanimously agreed.

All Committee members are required to have working with children check. Endorsed by committee.

Note to go to Fair Trading.

In accordance with the constitution of Lane Cove Swimming Club Incorporated, notice had been given to members and life members for the nomination of Office Bearers and Committee Positions.

In accordance with clause 22.1 and 22.2 of the constitution, the Secretary advised Geoff Wicks that the following nominations had been received and seconded:

Position	Nominee	Seconded
President		
Vice President (Club Activities)	Andrew Britt	Kylie Beattie
Vice President (Compettivie	Amanda Vance	
Secretary		
Treasurer	Julie Morgan	Kylie Beattie
Registrar	Caroline Hill	Kylie Beattie
Race Secretary	Josie de Monchaux	Kylie Beattie
Individual Members	Amanda Harrison	Helen McLay
	Stephen Callaghan	Kylie Beattie
	Helen McClay	Kylie Beattie
	Nicole Pollitt	Kylie Beattie
	Adam Payne	Kylie Beattie
	Alistair McElligott	Kylie Beattie
	Lesley Pike	Kylie Beattie
	Cameron Champion	Kylie Beattie
	Brett Winkworth	Kylie Beattie

^{**} No nominations were received by the Secretary for the position of President and Secretary and so nominations were called for at the AGM.

Following this final nomination, all nominations were then accepted, unanimously voted for and duly elected.

These p

12. Election of Officials

The following officials will be nominated and elected, by the committee.

Position	Nomination	Proposed	Seconded	
Public Officer	Cameron Champion	Kylie Beattie		
Learn to Swim	Tyson Baker Charlotte Eastern	Kylie Beattie	Caroline Hill	
Delegate to SNSW	Amanda Vance	Kylie Beattie	Suzy Baird	
Delegate to SMNE	Lesley Pike	Kylie Beattie		

Website Editor		Kylie Beattie	
Facebook Editor	Amanda Vance	Kylie Beattie	Suzy Baird
Newsletter Editor	Angela Gibson	Kylie Beattie	Louise Bain

As Public Officer, Cameron Champion is to complete and send the requisite form to the NSW Department of Fair Trading within one month of the 2017 AGM.

13. Election of Race Day Officials

Position (includes Spring Carnival and Club Championship)	Nomination	Proposed	Seconded	
Meet Director	Stephen Callaghan	Kylie Beattie	Suzy Baird	
Sat. Race Secretary	Mandy Harrison	Kylie Beattie	Lesley Pike	
Referees	Pauline Corthorn John Wydell	Kylie Beattie	Cathy Sutton	
Recorder	Ruth Darling	Kylie Beattie	Sara Bennett	
Chief Starter	Geoff Wicks	Kylie Beattie	Sara Bennett	
Asst. Starters	Bronwyn Hewish John Wydell Ruth Darling	Kylie Beattie	Sara Bennett	
Chief Timekeeper	Lesley Pike	Kylie Beattie	Sara Bennett	
Asst. Chief Timekeepr	Amanda Vance	Kylie Beattie	Sara Bennett	
Marshall / Check Starter	Suzy Baird	Kylie Beattie	Sara Bennett	
Asst. Marshall	Stephen Callaghan	Kylie Beattie	Sara Bennett	
The Roma Mile	Jim Roberts	Kylie Beattie	Sara Bennett	

14. Subscription Fees & Terms and Conditions of Membership 2016/2017

Caroline Hill referred to the Membership Fee Structure and Registration document.

It was noted that the squads have changed name and if swimmers want to be in the Gold Squad they must be competitive members of LCSC.

Refer to Appendix E: Membership Fee Structure and Registration Document

Motion: It was moved by Louise Bain and seconded by Cameron Champion that the Membership Fee Structure presented be endorsed and the document be accepted by the meeting. All present were in favour with none against and the motion was unanimously carried.

15. Summer Season Race Program 2017/2018

Kylie Beattie referred to the Summer Season Race Calendar prepared by Amanda Harrison.

Refer to Appendix F: Summer Season Race Calendar

Noted

16. Appointment of Auditor

Thankyou to Mark and Brian from Scott Chartered Accountants for a thorough job. Mark noted that Julie has done an excellent job setting up Zero system.

Motion: It was moved by Louise Bain and seconded by Cameron Champion that the Membership Fee Structure presented be endorsed and the document be accepted by the meeting. All present were in favour with none against and the motion was unanimously carried.

17. General Business

No general business arose.



LANE COVE SWIMMING CLUB INCORPORATED PO Box 5, Lane Cove, NSW 1595

2016 ANNUAL GENERAL MEETING

MINUTES - APPENDICES

There are six documents in the appendices that form part of the Minutes of the 2016 AGM.

Appendix A: President's Report

Appendix B: Treasurer's Report

Appendix C: Head Coach's Report

Appendix D: Learn to Swim Report

Appendix E: Membership Fee Structure and Registration Document

Appendix F: Summer Season Race Calendar

LANE COVE SWIMMING CLUB PRESIDENT'S REPORT FOR THE YEAR ENDED 31 MARCH 2017

It has been a very productive year for Lane Cove Swim Club and the Committee has worked hard to deliver a new strategic plan, updated operating procedures and highly successful competitive and community programs and activities.

Memberships have remained strong and we currently have 350 Club members including 120 competitive members. The Club continues to provide an excellent range of activities to nurture and develop our swimmers from beginners to the elite competitors.

The coaches worked hard to support and grow our swimmers, and they have achieved some excellent results that are highlighted in the Head Coach report. I want to acknowledge our Head Coach Brett Winkworth, our senior coaches, Aaron Funnell and Michael Creighton, and the supporting coaches for all their commitment and hard work, and for the great job they have done growing the squad programs and developing our competitive swimmers.

The Club has had an action-packed year and the following report outlines our key achievements, as well as highlighting what our focus will be in the coming year.

KEY ACHIEVEMENTS

- 1. Saturday Morning Club (October 2016- April 2017)
 - Strong attendances at Saturday Morning Club with an average attendance of over 100 swimmers each week during peak times.
 - Increased number of adults attending Saturday Club with many new adult members joining their children swimming at Club each week. This was also evident in the annual Parent Child Relay which had a record number of entrants and heats.
 - Increased parent involvement and volunteers in Saturday morning Club activities including a rotating parent roster for the BBQ and involvement of the Joeys boys for regular BBQ shifts all superbly managed by BBQ Coordinator, Frankie Brit; Stephen McCormack regularly undertaking the Check Starting role; new timekeeper volunteers including Year 11/12 Willoughby Girls High school student Laura Strassberg who volunteered her time each week for the entire season; and of course the regular helpers (see below) who play a key role for Saturday Club.
 - Highly successful season of Learn to Swim coordinated by Tyson Baker and Charlotte Easten, incorporating new volunteers from Joeys and teenage Club members and around 20 LTS swimmers each week from ages 3-50 years of age.
 - Christmas Party and Easter Muck up day continue to be popular with the families, and thank you to all our volunteers, our fundraising team for the raffles, our Club Captains for the games and to Bluefit for providing the inflatable.
 - Huge thank you to the Saturday Morning Club team Mandy Harrison, Ruth Darling, Frank Hammersley, Helen McLay, Frankie Britt, John Wydell, Geoff Wicks and Lesley Pike. It was once again a very busy and successful Saturday Morning Club season. Thank you for your patience, hard work, precision planning and commitment, you have all been amazing!

2. Winter Club (May-August 2016)

- Continues to be an important introduction to Club racing for younger swimmers.
- Attendance was slightly down on previous years with an average of 25 swimmers for the first three Winter Clubs and a larger attendance of around 35 swimmers for the final Winter Club which included the popular pizza night.
- A simplified format was introduced in 2016, removing the race cards and encouraging swimmers to enter as many races as they wanted to try.
- Thank you to Stephen Callaghan for coordinating Winter Club and for the Club Captains for their help.

3. Spring Carnival - Sunday 30 October 2016

- With an increased number of competitive carnivals in Spring-early Summer season (particularly from SMNE & SMNW Clubs), it is becoming increasingly difficult to find a date that doesn't clash with other carnivals and to attract competitive swimmers for this Carnival.
- To ensure there was a strong attendance at the carnival, the Committee focused on getting strong attendance from Lane Cove Club Swim members and introduced a special offer of 6 races for \$20 entry. This was highly successful attracting 96 Lane Cove Swim Club entries.
- There was a concerted effort of concentrating on the 12 and unders
- The Committee also used some fundraising money to provide all swimmers and their volunteer helpers with Lane Cove Swim Club hats.
- Medals were provided to 1st, 2nd and 3rd and were engraved on site by the Medal Man. This was very well received by the younger swimming group.
- The Carnival raised \$5,076 of funds for the Club, and was attended by 15 Clubs from around Sydney.
- Rotary Lane Cove successfully ran the BBQ freeing up LCSC parents and volunteers to help in other key roles.
- The event showcased the friendly, committed members of the Club, with over 50 volunteers from the Club involved in the event..
- Thank you to Stephen Callaghan who did a superb job as Meet Director and for Cameron Champion for acting in this role on the day. Thank you to the team that supported Stephen including Suzy Baird, Amanda Vance, Julie Morgan, Ruth Darling, Mandy Harrison, John Wydell and the many parent volunteers.

4. Club Championships (18/19 & 25/26 February 2017)

- Strong attendance in the 12 and under age groups.
- Well organised and attended events.
- Long distance events to be run differently in 2018, difficult to run prior to Saturday Club.
- Fives swimmers broke nine Club records.
- Thank you to Suzy Barid, Ruth Darling, Amanda Vance and John Wydell for their hard work to make the Club Championships run so smoothly.

5. The Mile Event (12 February 2017)

- Great Club involvement with a record number of 65 swimmers, including 20 families with two or more swimmers.
- Congratulations to David Magnusson for achieving 35 swims and to Jim Roberts for organising such a successful event.

6. Learn to Swim Program

- Another well attended and successful Learn to Swim Program with 10-20 swimmers each week.
- New instructors were trained and there was strong level of teenage Club volunteer support.
- Joeys boys were regular volunteers and the Club acknowledged their help by providing certificates to their instructors who assisted throughout the season.
- New instructor uniforms rash shirts were provided for the volunteers.
- Thank you to Tyson Baker and Charlotte Easten for their excellent leadership of the Learn to Swim program.

7. Presentation Dinner (21 May 2016)

- One of the highlights of the Club calendar, attended by a 152 Club members.
- It was a fun-filled night involving sponsors, Council representatives, life members and swimmers of all ages. Club members looked fabulous in dressed-up in Rio theme. The evening highlighted our great Club spirit, rewarding and encouraging our swimmers.
- Thank you to Cathy Sutton and Alison Aquilina for their great organisation of this event.

8. Online merchandise

- All key Club merchandise is now available online at the LCSC website sold through Catfish. This improves cash management, efficiency of sales, stock take and record keeping.
- We also have a new state and national uniform for our representative swimmers.
- Thank you to Amanda Vance who did a fantastic job organising this.

9. Growing number of technical officials

- The number of trained technical officials significantly increased in 2016-17 with many of our competitive swimming parents completing the online courses provided by Swimming NSW and SMNE.
- Many of our parent volunteers successfully completed the online timekeeping course.
- Congratulations to Amanda Vance who completed the Chief Timekeeper course, Tessa Green, Tara McKay, Carolyn Pope and Mark Dow who were awarded marshalling and check starter technical official roles and put these to good use at SMNE carnivals, and to Carolyn Pope who stepped up in the Chief announcer role at SMNE>

10. Fundraising Activities (on-going)

- Aussie Lane Cove's annual sponsorship is much appreciated and Adam Parsons and his team are an important partner of the Club.
- Spring Carnival was a major fundraiser generating \$5,076 revenue for the Club.
- A major fundraising raffle was organised in early 2016 providing opportunities to promote the Club through ticket sales in the plaza and to Lane Cove residents. The raffle raisied \$4,376 for the Club.
- Regular raffles throughout the year also helped to fund various activities.
- Thank you to Cathy Sutton and Nicole Pollitt for managing many of the fundraising activities.

11. Extending our Promotional Activity and improved website

 LCSC had a stall at the Lane Cove Rotary Fair in October for the seond year in a row, which provided a great opportunity to promote the Club to the wider community.

- The Club's social media was an important tool to engage members over the past year and to communicate Club activities and messages.
 Thank you to Amanda Vance who manages an engaging Facebook page and to Maddy Munns for managing the Instagram account.
- The website continues to be an important communication tool for the Club. Thank you to Emma Williamson for improving our website, updating the design, adding a new calendar of events, maintaining the content and dealing with any issues that have arisen so patiently.

12. Strategic Planning – new strategic plan for the LCSC

- The Committee embarked on a strategic planning process in early 2016 supported by Swimming NSW.
- As a result of this strategic planning process, the Club now has a strategic plan for the coming year including
 - o a new vision statement "A community club enabling swimmers to achieve their personal best",
 - mission statement "To facilitate a lifelong passion for swimming"
 - values "Respect, inclusive, community minded, support, family, friendly, achievement, competition; and;
 - o key goals & priorities.
- See below in 'focus areas for the coming year; for the Club's strategic priorities (as included in the strategic plan).
- The implementation of these priorities will include a new teenage leadership group (replacing the Club Captains), a revised format for the Club Championships and Spring Carnival (there will not be a Spring Carnival in 2017), and new Club Committee structure and terms for key Committee positions.

13. Improved financial systems, recording and processes

- Significant work has continued to improve the financial systems and processes for the Club.
- This work includes new policies and procedures for financial delegation, cash management and record systems.
- New online cloud based Xero accounting system.
- A new auditor for the 2016-17 accounts.

FOCUS FOR THE COMING YEAR

- Increasing adult participation in Club volunteer roles;
- Embedding the new Committee structure including ensuring succession plans are in place for key roles;
- Increasing the level of participation and involvement of teenage members,
- Hosting a development meet for the SMNE area which caters to the needs of all the Club's swimmers:
- Ensuring appropriate support programs are in place for the Club's representative swimmers and;
- Ensuring the financial sustainability of the Club through fundraising activities.

FINAL ACKNOWLEDGEMENTS

The Committee plays a critical role in the management and delivery of the Club's activities and I want acknowledge them for the incredible job they do.

Amanda Vance has been an exceptional Vice President. She has done a great job leading competitive swimming policies, rosters and initiatives, organising the online merchandise and supporting the strategic development of the Club.

Julie Morgan has done an excellent job as Treasurer implementing new accounting procedures and policies, Caroline Hill as Registrar welcoming people to the Club and patiently working with new members as they process their on-line registrations, Alistair McElligott supporting the IT and web development needs, Stephen Callaghan for his role as Meet Director Spring Carnival and coordinating Winter Club, Amanda Harrison coordinating Saturday Club, Suzy Baird in her role as Race Secretary, Helen McLay playing a key role in Saturday Club and supporting winter Club & Club Championships, Nicole Pollitt for her support in fundraising activities, Kim Wlossak for leading the upgrade of the perpetual trophies, Lesley Pike for her wisdom and support in all our Club activities and being the 'voice of Lane Cove Swim Club', and Cameron Champion for his invaluable financial advice and support with Club matters over the past year.

I also want to thank our Patron, Mayor, Councillor Deborah Hutchens, Lane Cove Council and Andrew Hungerford at Bluefit for their invaluable support over the past year.

I particularly want to thank Ruth Darling for her outstanding role in supporting the recording activities of all our Club carnivals and Saturday Club and congratulate her on being awarded Lane Cove Council Citizenship Award for contribution to sport in Lane Cove.

After three years in senior roles on the Committee, and two as President I will be stepping down from the Committee. I have really enjoyed my term leading this amazing Club and I am proud of all that we have achieved during this time. The Club is in a very healthy financial and operational position with strong foundations in place to continue its success into the future.

Kylie Beattie President Lane Cove Swim Club

Lane Cove Swim Club Treasurer's Report - 31 March 2017

I are pleased to present my report as Tressurer of Lime Cove Swimming Club incorporated ("LCSC") for the year ended 31 March 2017.

I would like to thank Mark Scott CA of Scott Chartered Accountants, Lane Cove for preparing and performing an audit of the 2016/17 financial report.

The club is financially sound, with sufficient cash available to further the activities of the members, and develop the status of LCSC in the community.

The committee would like to extend a big thank you to our major sporsor, Aussie Lane Cove for their generous and continued support of LCSC.

"We would also like to think all our members who have given their time at the many fund-raising events, carolinis and BBQs.

Cash Position

Quring the 2016/17 year, LCSC changed banks from NAB to ANZ. This change was made to increase the controls over the movement of cash from the bank accounts.

At the end of the financial year 31 March 2017 the available cash position was \$66,114.

Trading Results

The net loss for this financial year was \$10,740 compared to a reported profit if \$22,376 for last year. The 2015/6 profits included a one off insurance claim net income of \$15,033.

The money raised during the year is used to support the activities of our competitive owicomers and improve the equipment and facilities our club uses.

During 2016/17, the club has:

- Updated our LCSC uniform, introduced on line ordering, provided new t-shirts to individual State Qualifiers, National swimmers, Coaches and Leans to Swins Instructors - \$10,587
- Paid for our coaches to attend the National Age and Open Swimming Championships in Adelaide in April 2055 as well as supporting swimmers in Sydney based meets - \$8,639
- Purchased four new laptops and softwere for the rice secretary and tressurer 54,757
- Purchased new LCSC margures and banners for use at the pool during Saturday Morning Club and Club Championships - \$2,783.
- Audited the assets on the balance sheet of the club resulting in a \$6,534 reduction in the carrying value of fixed assets.

LCSC has not paid income tax, and is not expected to do so in the foresneable future.

Major Activities

Spring Carnival

The Spring Carnival was held later in 2017 as its usual date in October clashed with a number of SMME and other carnivals. This year, we offered a subsided entry fee of \$20 for all LCSC swimmers, free door entry to everyone and did not sell programs at the door. The reduction in entry costs (and removal of qualifying times) was aimed at making the Spring Carnival more accessible to LCSC swimmers. Our profit of \$5,076 was lower than previous years but the event was better attended by our younger swimmers.

The success of this event reflects the hard work done by the committee and all members on the day.

. Major Ruffle

During 2016/17, in the fead up to the annual presentation night, LCSC organised a major ruffle. The raffle generated ticket sales of \$4,375. Many thanks go to Cartly Sutton for organising a successful fund-raising event.

Assets and Liabilities

Fixed Assets

The fixed asset register was reviewed during the 2016/17 financial year to ensure that the register represented identifiable LCSC assets, Consequently, there was a one-off impairment impact of 6,534 in this financial year's net loss the fixed assets on the balance sheet were brought into line with identifiable assets.

The fixed susets on the balance sheet represent assets that have been purchased in the last 4 years.

LCSC Inventory

The inventory represents ICSC merchandise held at Catfish Designs.

Liabilities

Liabilities exist for the payment for accountancy and audit fines for 31 March 2017 financial report.

Julie Morgan

Treasurer

1 August 2017

ABN 78 859 RSO 459

FINANCIAL REPORT

FOR THE YEAR ENDED 31 MARCH 2017

ABN 78 859 850 459

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ABN 78.859 850 459

COMMITTEE'S REPORT

Your convenities members submit the financial report of the Lane Cove Swimming Club Incorporated for the financial period ended 31 March 2017.

Committee Members

The names of the committee members throughout the period and at the date of this report are:

Kylle Brattle

Amenda Vance

Julie Morgan

Caroline Hill:

Sucy Baird

Canmeron Champion

Stephen Callaghan

Amanda Harrison

Helen McLey

Lesley Pike

Kim Wigniak

Nicole Politi

Alistair McElligot

Brett Winkworth

Principal Activities

The principal activities of the association during the financial period were the provision of services to the community as a not-for-profit swimming club.

Significant Changes

No significant change in the nature of these activities occurred during the period.

Operating Result

The association derived a loss of \$10,740 for the period.

Signed in accordance with a resolution of the Members of the Comentree:

Mender:

Bylie Beatte

ABN 79 859 850 459

STATEMENT BY MEMBERS OF THE COMMITTEE.

The committee declare that the association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

The committee of the association declare that:

1, the financial statements and notes to the financial statements presents fairly the associations's financial position as at 31 March 2017 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements.

2. In the controller's opinion there are reasonable grounds to believe that the association will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a respliction by the committee of the association:

Dated:



Chartered Accountants

ABN 33 869 687 576 PO Bex 1309 Lane Cove 1395 Suite 8, 43-45 Butts Bay Ed LANE COVE NSW 2066

Teh Fan: (02) 941E 666F (02) 9427 2110

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office@seetca.com.au

Independent auditor's report to the members of Lane Cove Swimming Club Incorporated

We have audited the accompanying financial report of Lanc Cove Swimming Club Incorporated (the association), which comprises the halance short as at 31 March 2017, the statement of profit or loss and other comprehensive income and expenditure, a numbers of significant accounting policies, other explanatory notes and the declaration by members of the committee.

Committee's responsibility for the financial report

The committee are responsible for the preparation of the financial report that gives a true and fair view and has determined that the basis of preparation described in Note 1 is appropriate to meet the requirements of the Associations Incorporations Act NNW 2009 and is appropriate to meet the needs of the members and for such internal control as the officers determine is necessary to analyte the preparation of the financial report that is tree from material misstatement, whether due to fraud or error.

facility's responsibility

Our responsibility is to express an opinion on the financial report based on our mulit. We conducted our audit in accordance with Australian Auditing Standards. Those standards require that we comply with relevant orbical requirements relating to mulit engagements and plan and perform the audit to obtain resourceable assurance whether the financial report is free from manufal misotatement. No opinion is expressed as to whether the accounting policies used, as described in Note 1, are appropriate to most the needs of the members.

As 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 judgement, including the assessment of the risks of material misstaneous of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity'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 entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonablemens of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

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



Chartered Accountants

Independence

In conducting our audit, we have complied with the independence requirements of the Associations Incorporations Act NSW 2009.

studitor's optinion

In our opinion, the financial report of Lane Cove Swimming Club Incorporated is in accordance with the Associations Incorporations Act NSW 2009 and the accounting policies described in Note 1 to the financial report, including giving a tree and fair view of the association's financial position as at 31 March 2017 and of their performance for the year ended on that date.

We have not sudited price persods and binor express no opinion in respect of the opening balances for assets and liabilities as at 1 April, 2016.

Yours sincerely

Brian A Scott

Registered Company Audior

I August 2017



Chartened Accountants

ABN 33 869 657 578 PO Box 1309 Late Cove 1595 Solte B. 43-45 Burns Bay Rd. LANE COVE NSW 2006

Teb Fire. (02) 9418 8669 (02) 9427 2110

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Auditor's Independence Declaration

To the Committee of the Lance Cove Swittening Club Incorporated,

In relation to our audit of the financial statements for the Lane Cove Swimming Club Incorporated for the year ended 31 March 2017, to the best of my knowledge and belief, there have been no contraventions of the auditor independence requirements of the applicable codes of professional conduct.

Yours sincerely

Brian A Scott

Registered Company Auditor

LAugust 2017

ABN 78 859 850 459

INCOME STATEMENT

FOR THE YEAR ENDED 33 MARCH 2017

2016		2017
-	INCOMI	,
73,312	Operating Income	18,238
82,839	Other Income	28,418
106,151		46,656
	EXPENSES	
38,718	Bad debts	
291	Club Champiomhip Expenses	1.017
167	Club House Expenses	855
4,115	Coaches Fines	8,619
1,018	Consulting & Accounting	2,938
5,500	Depreciation	1.076
511	Fundraining expenses	1.614
	Impairment	6.534
100	Information Technology Costs	1.004
605	Insurance	611
8,318	Merchandise	10,567
1.050	Linarit to swim expenses	2,607
	Legal expenses	1,650
	Equipment	1,116
8,684	Presentation Dinner Expenses	8,329
1,021	Printing & Stationery	609
1,465	Face Entry Fees	1,212
1,961	Spring Carnival Expenses	4.161
7,575	Swimmers equipment	409
3,753	Swim cemp	200
154	Sulnoriptions	427
83,775		57,395
22,876	OPERATING PROFIT	(10,740)
	Income Tax Expense	
77,176	NET PROFIT AFTER TAX	(10,740)

ABN 78 859 850-459

BALANCE SHEET

FOR THE YEAR ENDED 33 MARCH 2017

2016		3017
5	ASSETS	\$
	CURRENT ASSETS	
21,839 53,451 75,290	Cash and cash equivalents Accounts receivable towerstory	5,042 71,156
	BANK PORRETOR CONTROL	10,000
2,569 2,569 20,213	NON CURRENT ASSETS Property, plant & equipment Computer equipment	8,784 2,146 10,929
95,500	TOTAL ASSETS	82,086
	LIABILITIES	
	CURRENT LIABILITIES	
	Credit cards Accounts payable	2,300 2,200 2,280
	TOTAL LIABILITIES	2,280
95,503	NET ASSETS	79,806
	EQUITY	
95,502	Retained Cornings	79,606
95,502		79,806

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1 Summary of significant accounting policies

The principal accounting policies adopted in the preparation of these financial statements are set out below. These policies have been applied to the year presented, unless otherwise stated. The financial statements are for the entity Lane Cove Swiesening Club incorporated.

(a) Basis of preparation

These special purpose financial statements have been prepared in accordance with applicable Australian Accounting Standards and interpretations issued by the Australian Accounting Standards. Board and the Associations Incorporations Act NSW 2009, Lane Cove Swimming Club Incorporated is a not-for-profit entity for the purpose of preparing the financial statements.

New standards and interpretations not yet adopted

Certain new accounting standards and interpretations have been published that are not mandatory for 31 March 2017 reporting periods and have not been early adopted by the entity. The entity's assessment of the impact of these new standards and interpretations is set out below:

- AASB 9 Financial Instruments and AASB 2010-7 Arcendments to Australian Accounting Standards arising from AASB 9 (effective 1 January 2018)
- AASB 15 Revenue from Contracts with Customers (effective 1 January 2018)

The entity is expected to adopt these standards in the relevant financial reporting period when first applicable. The entity has not yet assessed the impact of these standards and therefore it is impracticable at this stage to provide a reasonable of such impact.

(ii) Mistorical cast convention

These financial statements have been prepared under the historical cost basis, except for available for sale financial assets and certain classes of property, plant and equipment, which are measured at fair value.

(b) Revenue recognition

Revenue is measured at the fair value of the consideration received or receivable. Amounts disclosed as revenue are not of returns, trade allowances, reliates and amounts collected on behalf of third parties.

The entity recognises revinous when the amount of revenue can be reliably measured, it is probable that future economic benefits will flow to the entity and specific criteria have been met for each of the entity's activities as described below. The entity bases its estimates on historical results, taking into consideration the type of customer, the type of transaction and the specifics of each arrangement.

Revenue is recognised for the major business activities as follows:

 Grant revenue - Income from grants is recognised when the entity obtains control over the contribution. These grants are non-reciprocal in nature and are recognised at the fair value on the date of acquisition.

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- (ii) Sportioratip Sportioratip revenue is recognised on a straight line busis over the sportionable contract period, unless the sportionable is payable on achieving specified milestones, in which case revenue is recognised on the completion of contracted milestones.
- (iii) Event revenue Events revenue is recognised at the time the event is field. Prepaid event entry fees, event sponsorship and ticket sales are recognised as income in advance until the event occurs.
- Affiliation fees Affiliation fees received from registered club swimmers and are recognised on a cash basis.
- Other income Other income is recognised when the right to receive the revenue occurs.

[c] Income tax

No provision for income tax has been saised as the entity is exempt from income tax under Division 50 of the Income Tax Assessment Act 1997.

(d) Cash and cash equivalents

For the purpose of presentation in the consolidated statement of cash flows, cash and cash equivalents includes cash on hand, deposits held at call with financial institutions, other short term, highly liquid investments with original maturities of three months or less that are readily convertible to known amounts of cash and which are subject to an insignificant risk of changes in value, and bank overdrafts.

(n) Receivables

Trade receivables are recognised initially at fair value less provision for impairment.

Collectability of trade recrusibles is reviewed on an ongoing basis. Debts which are known to be uncollectible are written off by reducing the carrying amount directly. An allowance account (provision for impairment of trade recruables) is used when there is objective evidence that the entity may not be able to collect all amounts due.

When assessing impairment, the entity considers whether significant financial difficulties of the debtor, probability that the debtor will enter bankruptcy or financial reorganisation exist, and default or delinquency in payments (more than 90 days overdue). The amount of the impairment allowance is the difference between the asset's carrying amount and the present value of estimated future cash flows, discounted at the original effective interest rate. Cash flows relating to short-term receivables are not discounted if the effect of discounting is immaterial.

The amount of the impairment loss is recognised in the statement of profit or loss and other comprehensive income within other expenses. When a trade receivable for which an impairment allowance had been recognised becomes uncollectible in a subsequent period, it is written off against the allowance account. Subsequent recoveries of amounts previously written off are credited against other expenses in statement of profit or loss and other comprehensive income.

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(f) Inventories

Inventories consist of racing suits and clothing held for sale in the online shop, inventeries are measured at the lower of cost or net realisable value.

(g) Property, plant & equipment

Buildings are shown at fair value, based on periodic, but at least triennial, valuations by external independent valuers, less subsequent depreciation for buildings. Any accumulated depreciation at the date of revaluation is eliminated against the gross carrying amount of the asset and the net amount is restated to the revalued amount of the asset. All other property, plant and equipment is stated at historical cost less depreciation. Historical cost includes expenditure that is directly attributable to the acquisition of the items. Cost may also include transfers from equity of any gains or losses on qualifying cash flow hedges of foreign currency purchases of property, plant and equipment.

Subsequent costs are included in the arset's carrying amount or recognised as a separate asset, as appropriate, only when it is probable that future economic benefits associated with the item will flow to the entity and the cost of the item can be measured reliably. The carrying amount of any component accounted for as a separate asset is derecognised when replaced. All other repairs and maintenance are charged to profit or loss during the reporting period in which they are incurred.

Increases in the carrying amounts arising on revaluation of land and buildings are recognised, net of tax, in other comprehensive income and accumulated in reserves in equity. To the extent that the increase reverses a decrease previously recognised in profit or loss, the increase is first recognised in profit or loss. Decreases that reverse previous increases of the same asset are first recognised in other comprehensive income to the extent of the remaining surplus attributable to the asset; all other decreases are charged to profit or loss. Each year, the difference between depreciation based on the revalued carrying amount of the asset charged to profit or loss and depreciation based on the asset's original cost, net of tax, is reclassified from the property, plant and equipment revaluation surplus to retained earnings.

Depreciation is calculated using the straight line method to allocate their cost or revalued amounts, not of their residual values, over their estimated useful lives. The depreciation rates used for each class of depreciable assets are furniture and fittings between 4% and 33.33% and computer equipment at 33.3%.

The assets' residual values and useful lives are reviewed, and adjusted if appropriate, at the end of each reporting period.

An asset's carrying amount is written down immediately to its recoverable amount if the asset's carrying amount is greater than its estimated recoverable amount.

Gains and losses on disposals are determined by comparing proceeds with carrying amount. These are included in profit or loss. When revalued assets are sold, it is entity policy to transfer any amounts included in other reserves in respect of those assets to retained earnings.

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(h) impairment of assets

Intergible assets that have an indefinite useful life are not subject to amortisation and are tested annually for impairment, or more frequently if events or changes in circumstances indicate that they might be impaired. Other assets are tested for impairment whenever events or changes in circumstances indicate that the carrying amount may not be recoverable. An impairment loss is recognised for the amount by which the asset's carrying amount exceeds its recoverable amount. The recoverable amount is the higher of an asset's fair value less costs to sell and value-in-use. For the purposes of assessing impairment, assets are grouped at the lowest levels for which there are separately identifiable cash inflows which are largely independent of the cash inflows from other assets or groups of assets [cash-generating units].

(i) Trade and other payables.

These amounts represent liabilities for goods and services provided to the entity prior to the end of financial year which are unpaid. The amounts are unsecured and are usually paid within 30 days of recognition. Trade and other payables are presented as current liabilities unless payment is not due within 12 months from the reporting date. They are recognised initially at their fair value.

Provisions:

Provisions for legal claims and make good obligations are recognised when the entity has a present legal or constructive obligation as a result of past events, it is probable that an outflow of resources will be required to settle the obligation and the amount can be reliably estimated. Provisions are not recognised for future operating losses.

(k) Commitments

Controllments for future expenditure include operating and capital commitments arising from contracts. These commitments are disclosed by way of a note (refer to Note 17 Commitments) at their nominal value plus 657.

(f) Contingencies

Contingent assets and contingent liabilities are not recognised in the balance sheet, but are disclosed by way of a note and, if quantifiable, are measured at nominal value.

Head Coach report 2016-17 LCSC AGM

Another enormous year for Lane Cove, I would like to thank the coaches and committee for their support and of course the swimmers who participate in the program and spend their time to represent the club.

New squads, new friends and a refreshed carnival schedule all played their part this past year and gave us a glimpse of we can expect to deal with for our immediate future within NSW swimming. As swimming continues to evolve (faster QT's, improved athlete's, advances in training techniques and increased training quality), training just doesn't ever seem to get any easier. Squads will always have a goal, and this is the key for your ongoing development.

Together we must understand which goal(s) you are actually pursuing at the time (either phase of training, or season focus) and stay dedicated on the process rather than the outcome.

This season I have too regularly heard (from parents & athletes) about swim times and PB's while these are great they represent the outcome of a performance, not the journey or knowledge that has been gained. I would much rather discuss the training goals, stroke efficiency, streamline distance, plus much more. Hence this season's report is education based, I wish to discuss more specifically Personal Bests (PB's). Simply; we all strive for these, yet this is not what your priority (as a swimmer or parent – or coach) should be as times are simply an outcome of performance. We need to focus on our execution and hence "How are we improving performance?":

- Water Skills: stroke: technique efficiency rates, turn times, distances under water, cardiovascular improvements, feel & training attendance.
- Dryland: flexibility, strength, control, power, recovery & range of motion.
- Psychological: anxiety, nerves, confidence, willingness, commitment, experience
- Diet: supports healthy physical growth, recovery, energy supply.

My personal belief on achieving your target time "goals" is to make any swim a top 5 (time), this way although not all swims are PB's, you are constantly improving your average time and moving towards your target time. Throughout a season you will train the energy requirements needed within a race, rehearse plan's / tactics, & develop or fine tune skills all allowing you to improve your Performance. This strategic plan combines at some point (different for everyone) to produce that Personal Best.

With NSW having now moved the State Championships to December it has (and will) certainly limit the qualification and preparation time however last season our swimmers committed and showed up achieving excellent results whenever their schedules allowed enough time. For that I congratulate them on their success and commend them for representing our club proudly. Now in the second year of this calendar we can plan smarter and be better prepared for the 2017-18 Summer season. While it is noted that State qualification is an excellent achievement, qualifying for National Open / Age is another huge step. For our team to gain all their Q.T's this year it was necessary to race well throughout the school carnival season (early 2017) as bigger crowds via school supported events

spurred swimmers to their very best. A successful National's campaign starts from September with a good work ethic right through to the final opportunities to gain qualification, don't just want it – do it.

This year's National Age team was the youngest and largest for Lane Cove over 5 years. Eight swimmer's and families represented us proudly against swimmers and clubs from around Australia. These swimmers were supported by coaches Aaron & Michael. Individual representatives included: Harry Barkl, Joshua Collett, Olivia Kuo, Christian Taylor, Lily Vance, and Abigail Stuart. Kate Miller and Grace Pendergast also competed as part of the 14&Under Girls 4x50m Freestyle Relay team. A big thankyou to all swimmers and their families who took the time to travel and represent our club so proudly.

The week was busy - the highlight from a busy week at Nationals is making a final(s). Joshua qualified for the 100m "6th" & 200m "5th" Breaststroke + 200m "6th" IM; Christian the 100m "5th" & 200m "10th" Backstroke. Following these results Christian & Joshua have been selected on the NSW Age Development Squad (which is actually where they are tonight "LCSC - presentation night"). In addition to this our Relay placed 3rd when compared to other NSW teams and only just missed a top 10 finish.

Lizzie Slack was our only representative at the 2017 National Open Championships. Once again setting fantastic times and supported by her coach: Michael with the help of the club financially. Her results for her category are as follows – 13^{th} 400 Free, 9^{th} 200 Free, 16^{th} 50 Free, 5^{th} 50 Back, 10^{th} 100Back. It is fantastic to have swimmers and coaches available to represent us across multiple disciplines and ages – again thankyou to the club for their support in making this actually possible.

As always, we encourage squad members to set their goals on Nationals, but an awareness of the sacrifices and dedication that competing at this level takes is essential. Goals are great but first you must be prepared to focus on the journey and daily grind of improving performance — no matter what that task may currently be targeted on. The complete picture will always be the final outcome.

For all of us please remember; there are no wrong swims – these are experiences and as mentioned before regarding achieving PB's: not all great swims are PB's, but they can be great performances.

Congratulations everyone on a great year for the whole team across many standards, now we continue competing through what remains of the Winter season and be ensure we are ready to get straight onto to the game plan for another huge summer season from late September.

I will not list all competitors who competed at 12& under meets, SMNE Championships Winter or Summer, Metro (W or S) or State Age or Open (W or S) – but congratulate everyone for what they managed to achieve. Each year we always look to go one step further and I truly believe this year we did that very successfully so well done to all no matter which level your currently at.

At our most localised level: Club Championships is becoming a great event, bringing together our club for two Sunday evenings of racing. It provides an important link to the history of the club but also important race practice early in the school carnival season. All swimmers of all standards should try and make this an event that they attend as what we gain from the community + club we can repay in leadership and guidance for the younger and older team members alike.

Finally I again thank you all for your assistance, trust and support as we continue to rebuild LCSC with youth and gain competitive experience as they mature. Our recent success in these past years has been the result of thoughtful preparation and we know there are many more in the pipeline just developing nicely.



Lane Cove Swim Club Registration Fees 1st Oct 2017-30th Sept 2018

(covering the full year from 1st October 2017 to 30th September 2018)

General swimmer memberships:

We have had no increase in the membership fees for general swimmers from last year although there is a slight increase in fees per swimmer required to be paid to Swimming NSW and Swimming Australia.

Competitive swimmer Memberships:

As with our general swimmers, we have had no increase in the competitive membership fees this year - although there is a slight increase in fees per swimmer required to be paid to Swimming NSW and Swimming Australia.

The competitive membership fee enables the club to support the attendance of our coaches at all targeted carnivals and also at interstate National Carnivals. Membership also covers the cost of relay entry fees to major area, state and national meets.

Please note: If a swimmer is **under** 18 years at least one adult family member should also be a club member and registered with Swimming NSW.

2017/18 Swimming NSW/SAL registration fees paid to SNSW/SAL are included in all LCSC annual fees:

Swimmer: \$63.00 and Non-swimmer: \$22.50 This is a requisite part of Club Membership and is paid directly to Swimming NSW and Swimming Australia. It covers personal injury insurance and registration to both Swimming NSW and Swimming Australia Ltd ("SAL").

A) General Memberships (NB: all swimmer memberships include free race entry at Saturday morning Club, Friday night winter club, the Mile Swim and Club Championships)

Dolphin Swimmer (for swimmers aged 7 and younger)	\$0
Single Child Swimmer	\$99
Single Adult Swimmer	\$99
Senior Adult swimmer (over 60yrs)	\$65
Child non swimmer/ Learn to swim	\$25
Adult Non Swimmer/Learn to swim	\$25
Second Claim membership	\$50
Winter Swimmer (joining after 1 st April 2017)	\$61

Note: Child' is 18 years or under as at 31st December 2017)

B) Competitive Swimmer Membership

Competitive swimmer membership includes all general swimmer membership inclusions as above **PLUS** supports attendance of coaches at targeted meets and payment of any relay entry fees for swimmers selected to swim in LCSC team relay events.

Competitive Membership	\$180
Competitive Membership joining after 1 st April 2018	\$80
Transfer of membership for competitive swimmer (from general membership)	\$81
Transfer of membership for competitive swimmer after 1 st April 2017 (from general membership)	\$21

Terms & Conditions for Membership

- 1. To compete at a carnival, competitive swimmers are required to nominate a non-swimming adult (16 years or over) as their assistant. The nominated non-swimming adult is required to perform official duties for LCSC at the carnival (timekeeping, marshalling, etc) as designated by a roster and as notified by email.
- 2. Swimmers must retain a LCSC competitive membership if training with LCSC competitive squads
- 3. All Swimmers agree to the use of photographs of the swimmer to be used on the LCSC website and in promotional material. If they do not agree consent can be declined by emailing lanecoveswimclub@gmail.com and identifying the swimmer where permission is not granted.
- 4. No club swimmer will be considered for relay team selection unless they have a competitive swimmer membership.

Lane Cove Swim Club Summer Calendar 2016/17

MONTH	DATE	DAY	TIME	EVENT	LEARN TO SWIM	VENUE
October	7	Sat	7am	Pointscore 1 - A		Lane Cove
	14	Sat	7am	Pointscore 2 - B	LTSwim 1	Lane Cove
	21	Sat	7am	POINTSCORE 3 - C	LTSwim 2	Lane Cove
	21	Sat		NSW MC Championships		SOPAC
	22	Sun		SMNE U13 Sprints		SOPAC
	26-28	Thur-Sat		Australian Short Course Championship		Adelaide
	28	Sat	7am	Pointscore 4 - A	LTSwim 3	Lane Cove
November	4	Sat	7am	Pointscore 5 - B	LTSwim 4	Lane Cove
	5	Sun	9am	LCSC Spring Meet		Lane Cove
	11	Sat	7am	POINTSCORE 6 - C	LTSwim 5	Lane Cove
	18	Sat	7am	Pointscore 7 - A	LTSwim 6	Lane Cove
	18-19	Sat-Sun		SMNE Summer Championships		SOPAC
	24-26	Fri-Sun		NSW Metro Championships		SOPAC
	25	Sat	7am	Pointscore 8 - B	LTSwim 7	Lane Cove
December	2	Sat	7am	POINTSCORE 9 - C	LTSwim 8	Lane Cove
	9	Sat	7am	POINTSCORE 10 - A	LTSwim 9	Lane Cove
	9-10	Sat-Sun		NSW Open Water Championships		SIRC
	12-13	Fri-Sat		NSW State Age 10&U-12 yrs Championships		SOPAC
	15-20	Mon-Sat		NSW State Age 13-18 yrs Championships		SOPAC
	16	Sat	7am	POINTSCORE 11 - B + XMAS PARTY	xmas party	Lane Cove
January	19-21	Fri-Sun		NSW State Open Championships		SOPAC
	27	Sat	7am	POINTSCORE 12 - C		Lane Cove
February	3	Sat	7am	POINTSCORE 13 - A	LTSwim 10	Lane Cove
	10	Sat	7am	Pointscore 14 - B	LTSwim 11	Lane Cove
	10-11	Sat-Sun		Speedo Sprint Heats		various
	17	Sat	7am	POINTSCORE 15 - C	LTSwim 12	Lane Cove
	18	Sun	5pm	LCSC Mile		Lane Cove
	24	Sat	7am	Pointscore 16 - A	LTSwim 13	Lane Cove
	25	Sun	6pm	Club Championship Night 1		Lane Cove
	28-3	Wed-Sat		Australian Trials Championships		Gold Coast
March	3	Sat	7am	Pointscore 17 - B	LTSwim 14	Lane Cove
	4	Sun	6pm	Club Championship Night 2		Lane Cove
	10	Sat	7am	POINTSCORE 18 - C + 800m	LTSwim 15	Lane Cove
	10	Sat		Speedo Sprint Finals		SOPAC
	17	Sat	7am	POINTSCORE 19 - A + 1500m	LTSwim 16	Lane Cove
	24	Sat	7am	POINTSOCRE 20 - B + Parent/Child Heats	LTSwim 17	Lane Cove
April	7	Sat	7am	SEASON PARTY P/Ch Final + Jo Field Trophy	party	Lane Cove
	4-15	Wed-Sun		COMMONWEALTH GAMES		Gold Coast
	21-28	Sat-Sat		Australian Age + MC Championships		SOPAC

2017 Public School Term 4: begins Mon 09/10/17 • ends Fri 15/12/17
2018 Public School Term 1: begins Tues 30/01/18 (students) • ends Fri 13/04/18
Easter - Good Friday 30/03/18

ONLY 3 RACES may be swum each week and each race must be a DIFFERENT STROKE

Distances are 'long' (200m/400m), 100m, 50m, and 25m Medley may be swum in the long race and is counted as Freestyle in the pointscore

> WEEK A - Freestyle, Breaststroke, Butterfly. Long - 200m WEEK B - Freestyle, Backstroke, Breaststroke. Long - 200m WEEK C - Freestyle, Backstroke, Butterfly. Long - 400m