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## ***Committee report – August 2023***

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Dear Wetties,

What a year it has been, World Pride, AQuA, new logo and design, and IGLA. First of all thank you to all the volunteers that helped during the year, without whom the club would not operate.



Wett Ones and Stingers co-hosted the Australian Queer Aquatics Festival as part of Sydney World Pride in February and March 2023. The Beach Festival was on the opening weekend of Sydney World Pride and we got some great coverage on ABC Sport.

It was an amazing day, with two ocean swim events in the early morning and beach volleyball fours throughout the day. We had perfect weather and a great vibe.

We also did some outreach as part of Fair Day, connecting to the broader LGBTIQ+ community about our club. We managed to pick up a few new members too. As part of AQuA we have trialled Stingers members joining some of our training sessions.



## WETT ONES SWIMMING CLUB



Fast forward to the end of World Pride and we closed it out with the swimming carnival at Leichhardt, backing up the next day with the finals festival at Andrew Boy Charlton Pool and the after party.



The club came away from AQuA with a small surplus, and a few lessons learned to inform any future events.





## WETT ONES SWIMMING CLUB

**IGLA:** This year 6 members of the club participated in the International Gay and Lesbian aquatics in London. With their great swims and numerous medals the club has closed at the second place in the small group category out of 10.

Well done Socrates, Garth, Marko, Marty, Paul and Luca.

We really hope that the Wett Ones participation in international events will increase in the next year.



Wetties have also done a great job representing at BPS point score meets and at State championship events. We had swimmers in every BPS meet (except for a couple around the Sydney World Pride period in February and March - understandably!), and also showed great team spirit in the NSW Relay Meet, Long Course and Long Distance Championships.

**Logo and design:** After surveying club members, 70% of the participating members wanted to refresh the logo, and uniform design and change the supplier to a more swimming oriented product with the main focus in quality and durability.

The committee sent RFP to 3 different designers and swimming suppliers before a choice was made.

DELFINA was the one that made more sense due to the opportunity of continuous development of the uniform for particular events (like the IGLA swimmers) and gave us more flexibility in ordering.

The design and products have been chosen from the members' suggestions in the survey.

We have noticed a big increase in new members and external interest. Thank you also to the great work that Socrates is doing in the club socials. We also put in place a new starters session each month to allow coaches to focus on the newbies while still giving proper attention to all club members.

Finally, I would also like to thank the whole committee who have kept the club going this year, and our coaches, who continue to provide us with great sets and high quality feedback and guidance each week. Some committee members have decided to step away this year, including Luca, Rachelle, Pete, Suzy and Reg. Thanks so much for making the Wett Ones club a great community to swim and play with.



# WETT ONES SWIMMING CLUB

## Membership

It's been an incredible year for the Wetties with us reaching our second highest number of members in over 30 years - currently sitting at 167. This is such a great reflection of how our strong sense of inclusivity and sense of community is spreading. In the past financial year we have welcomed 55 new members, and it is great to see that it was inclusive of both male and female identifying members. We continue to use the new Swim Central portal - which has also meant that it is easier for members to enter competitions, as your fastest times that exist in this new platform, automatically populate your entry form. I have regularly received feedback about how newer members are enjoying their new experience of being a Wett Ones member, and they thank everyone for making them feel welcome. Great work team.

It has been great to be able to welcome and connect with new members over the past three years in this role, and I'd be remiss to not thank Evan Morris for carrying the load of Race Secretary - whilst I have been in the Club Registrar. Best of luck to the next Club Registrar and I look forward to being able to support the committee from the sidelines and continue to welcome new swimmers to the Wett Ones.

## Female engagement



"Where are the WettOnes by women?" was the catch-cry for 2023.

The Committee has been focused on increasing membership and inclusivity for women in the club. A number of initiatives have been introduced with this end in mind.

The club held its annual Women's "Bootcamp" which saw a number of new members join us in the pool for a 'test run' of the club's training sessions.



## **WETT ONES SWIMMING CLUB**

More recently the club has introduced a “womens’ lane” during Sunday sessions, providing dedicated lanes to our Wettones women, twice a month.

The womens’ lane initiative has seen a consistent number of women return to these sessions, much to the credit of the coaches and the club.

Looking forward to the next year, we hope to increase our women membership of 27 and encourage all club members to continue to embrace inclusivity in and around the pool.

## **Finances**

The club is in a strong financial position having maintained our membership base and generating steady income from training sessions, including busy periods over summer/autumn. Grants from NSW Sport and Masters Swimming also assisted with costs for club equipment, training and coach development.

The club’s loan to AqUA Fest was repaid in full. The club also received a share of net profit from AqUA Fest, which significantly contributed to the clubs cash balance.

The club did not incur significant expenses budgeted for replenishing uniform stock in FY22/23, and the Committee is expected to budget for these costs in FY23/24.

Wett Ones remains in a good position to fund more initiatives to further increase member engagement both within the club and through participation in wider community events, such as swim carnivals and Mardi Gras. The Committee would like to remind members of the club’s financial assistance policy that can subsidise participation in all club activities.

## **Coaches**

Our current coaches are Haydn Wood, Nathan DaFonte, Nick Westaway, Marko Antic, Bradley Monks, Luca Alessi and Oscar Perez. We also have Susie Purcell continuing to be involved, specifically when we have women’s events and Santiago Guisao is our most recent trainee, he is currently working through the Masters Swimming Coach Training. That gives us a team of 9 that cover our 6 regular sessions each week. Each coach does 1-2 sessions each week and also takes time out to attend monthly meetings.

We are always looking for more coaches to join the team, particularly women. Please email [coaches@wetttones.org](mailto:coaches@wetttones.org) if you are interested.

Our focus for the past year has been on planning for variety and consistency amongst the different sessions run by our coaches. We have done this with our weekly plan that has a different focus for each session:



# WETT ONES SWIMMING CLUB

## Weekly Plan:

Monday PM - Freestyle  
Tuesday AM - Freestyle Distance  
Wednesday PM - IM/Form  
Thursday PM - Speed  
Friday PM - Skills/Race Practice  
Sunday PM - All strokes

No matter the phase of training we are in, pre conditioning, conditioning or race preparation, the weekly plan allows us to ensure a varied week of sessions and swimmers can attend sessions based on their needs.

When it came to racing we focused on 2 main swim meets in the last year with AQUA in March, this also lined up with the state and National Championships and then in July we had the IGLA Championships in London.

The coaches group have also recently developed and implemented a session planning guide which is a matrix that allows us to group swimmers together and ensure consistency across sessions with times, distances and ability split into 4 different levels. This way swimmers don't need to guess which lane they will be in but will be guided by the coach depending on numbers and ability of swimmers at that session.

## Session Planning Guide:

Session Planning Guide				
	Level 1	Level 2	Level 3	Level 4
<b>Strokes</b>	All Strokes	All Strokes	Free/Back/Breast Starting Fly	Free + Back or Breast
<b>Turns/Dives</b>	All Turns + Dives	All Turns + Dives	Touch Turns Regularly Tumble/Dive	Touch Turns Start to Tumble/Dive
<b>Sets and Times</b>	10x100 Free 1:30 5x100 IM 1:45 Form 50m sets	10x100 Free 1:45 5x100 IM 2:10 Form 50m sets	5x100 Free 2:00 3x100 IM 2:30 4x50 Form 1:15-1:20	5x100 Free 2:30 4x50 Form 1:30 Alt Form/Free
<b>Goals</b>	More Competitive Including Fitness	Mix Competitive/Fitness	Fitness/Skills Starting to be competitive	Fitness/Skills
<b>Butterfly</b>	Max 50m short sets	4x25m max sets	Max 25m Alt Fly/Free	Focus on drills & kick
<b>Kick Sets</b>	50m without fins 1:10 Longer with fins 1:00	50m without fins 1:15 Longer with fins 1:00	25m without fins 45 50m with fins 1:15	25m without fins 50 50m with fins 1:30
<b>Distance</b>	2.5-3km	2.3-2.6km	2km	1.5km

The 4 levels also allow us to get away from confusing language, in the past a swimmer would be in a different lane to the lane(level) they are assigned.

Womens Sessions have been running for a few months and where we can we have tried to ensure that we have a dedicated coach for these sessions. This allows the session to be





# WETT ONES SWIMMING CLUB

more tailored to the needs of swimmers. One of our big aims is to encourage more lesbians and women to swim at all sessions and we would love more women to join the coaching group. Women's sessions are run in the 2nd and last Sunday of each month.

Intro Sessions were introduced after feedback from coaches around difficulties managing new members coming to sessions with large numbers. Intro Sessions are run every 2 months on the 1st Sunday. We have a standard session planned that gives new swimmers and introduction to a typical Wett Ones session while allowing the coaches to assess each swimmer's ability and advise what level they should swim at for their next 3 free swims before they join.

We have MasterClasses planned for September and there is potentially an Ocean Swim squad trial going to happen in October.

We hope everyone has enjoyed their swimming over the last year. If you have feedback we are always open to looking at how we can do things better or differently to ensure all of our swimmers feel like they get something out of the sessions.

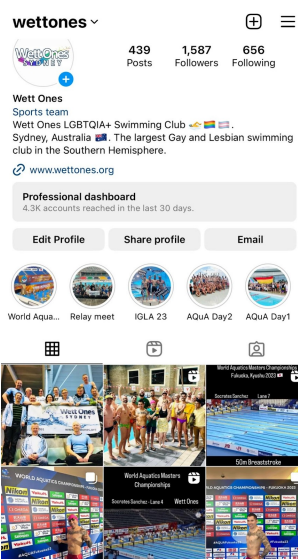
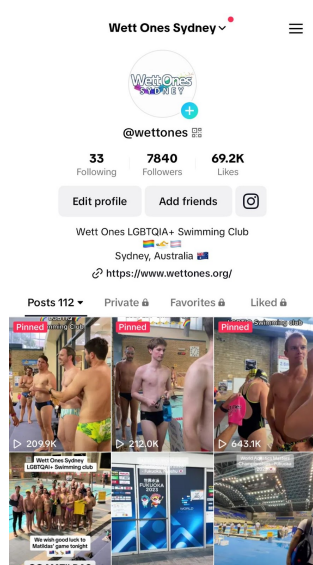
The best way to give feedback is directly to the coaches at the pool or you can email [coaches@wetttones.org](mailto:coaches@wetttones.org)

## Social

For the last 12 months we have focused more in our Social Media in order to attract new members, new followers, more likes, to promote all our events and to show to the world who we are as LGBTQIA+ Masters Swimming club (the largest club in the Southern Hemisphere).

For every event either Social gathering or Swimming meet, we promote photos, videos and reels across Facebook, Instagram, Youtube, TikTok and Website.

Currently, most of our followers, views and likes come from our new Social Media "TikTok" created in August 2022, followed by Instagram, Facebook and our new YouTube Channel.





# WETT ONES SWIMMING CLUB

## Social

We train harder, compete harder and play hardest, and this year we did just that.

Socially our calendar included The Manly, Spit Bridge Hike, New member meet and greets, Kyaking and of course our annual Christmas BBQ at Bronte Beach. We also re-started our monthly Birthday cake celebrations after Wednesday's training session.

The Gala Event didn't materialise for us this year, and while it was disappointing to have to cancel the event, our Plan-B Cocktail Party at the Beacham Hotel was a huge success.

The social survey we published this year provided us the opportunity to learn much about what our members are interested in, and the types of social events we should be planning for, next years calendar will be bigger and better.

## Safety



Over the past year we continued to conduct all our sessions in a safe manner, complying with Masters Australia safety requirements and ensuring all our Coaches have the necessary skills and qualifications to respond to incidents on the pool deck. Each of our Coaches undertook Cardiopulmonary Resuscitation (CPR) training with authorised trainers to ensure their knowledge was up to date with current best practice. There were no safety incidents on deck and no safety concerns to report to Masters Swimming Australia. The Committee continues to look at how we can improve our safety procedures and protocols to ensure we are able to meet the safety needs of our members and be proactive in this area.

## Records

Over the past year the Committee did a thorough update of all the Club Records, incorporating record swims that were achieved since 2019. The club has a new records database and records section on the website. We have also maintained a historical database to ensure we can preserve all past records dating back to the early 1990s. This is a continuing process as with each race or carnival new records may be achieved and the database can be updated.





# WETT ONES SWIMMING CLUB

## Committee

The past year saw new faces on the Committee, representing renewal and new ideas. As a Committee, we have continued to meet each month, adopting a hybrid of either face to face or virtual meetings. I want to thank the Committee for their efforts on behalf of all club members – we each volunteer our time and we hope for next year to see more new faces and help:

President: **Luca Alessi**  
Vice President: **Barbara Wise**  
Secretary: **Warren Hough**  
Treasurer: **Reg Leones**  
Registrar and Race Secretary: **Pete Goodare**  
Safety Officer: **Rachelle Johnston**  
Female swimmers' representative: **Suzy Tay**  
Coaches' representative: **Nick Westaway**  
Social coordinator: **Garth McMurtrie**  
Male swimmers' representative: **Socrates Sanchez**

