



Annual Report 2010-2011



Stadium Triathlon Club Annual Report 2010-11

Stadium Triathlon Club is affiliated to Triathlon WA which in turn is affiliated to Triathlon Australia, the International Triathlon Union and the International Olympic Committee.

CORPORATE DIRECTORY

Office Bearers

President	Shaun Sleep
Vice President	Paul Zani
Secretary	Jo Lightman (July to March)
Treasurer	John Palmer
General Committee	Greg Farnan Rebecca Hargrave Frank Powell

OUR VISION

STC is a positive environment that enables all athletes to achieve their training, competition and social goals and leads by example within the triathlon community

MISSION

We provide our members with, a friendly and supportive club, high quality facilities, expert coaching, a range of competition and training activities, education, development and social interaction. We promote triathlon through collaboration and co-operation with our key stakeholders

VALUES:

We value

- Friendship
- Participation
- Health and fitness
- Achievement
- Community Engagement

PRESIDENT'S REPORT

The 2010/2011 season was another stellar year for STC. We would be hard pressed to look back over the last 12 months and find a week that didn't have a highlight for us.

One of the main highlights of the year has to be the celebration of the first 20 years of STC. A fantastic, glamorous night was had by all. It was great to see the new members mixing with the old and looking back over the development of the club was brilliant.

Coaching

The extensive list of sessions and programs on offer continued this year and the level of expertise and quality in the programming and execution of the coaching plan has translated into some top flight performances from members.

In line with the club direction to introduce juniors, the coaching program expanded to include "active after school" groups that were well received and show great potential for expansion.

Membership & Participation

Our membership continued to increase throughout the season with new members coming on board as the season progressed. Most new members showed a good level of attendance at the training sessions and social events giving good feedback that the club activities are relevant to the membership.

The list of services to members is long including education sessions at DSR, social functions such as the 20th Anniversary dinner, club clothing and creation of partnerships with relevant services such as Horizon Physiotherapy.

Stakeholder Management & Sponsorship

Key stakeholders for STC continue to work with the club to achieve some of our key objectives. Support from DSR provides access to facilities for education sessions, TWA continues to support major initiatives such as the move to a long course event at KVT.

During 2010/2011 the club has continue to forge strong partnerships with 2XU, Sports Fever and supporters of KVT. We have proudly identified and officially partnered with Horizon Physiotherapy as our club physiotherapist. The services and opportunities that this agreement provides the club with are fantastic and we look forward to a long association with Horizon.

Governance & Club Management

Further refinement of the club budget, centralisation of club documentation, renewal of the Administration and Club Development officer and the updating of the strategic plan have all contributed to a successful season. Ensuring volunteers meet legislated requirements and accurate acquittal of grant funding was also completed throughout the season.

The new look club website is also up and running now giving us a new, glossy persona.

Karri Valley Triathlon

While KVT was not a key result area of the strategic plan it was a major focus of the season for the club committee. The race changed significantly in 2011 with the introduction of the long course. The hard work and efforts of all involved paid off with massive levels of participant satisfaction, continued development of the relationship with the Pemberton community and the Karri Valley Resort and a feature article in a national triathlon magazine. KVT has now entered the realms of "iconic" races.

Shaun Sleep
President
Stadium Triathlon Club

ADMINISTRATION REPORT

Once again, membership of STC continued to grow adding to the administration tasks to be completed for the club. As administration officer, my role is to complete jobs that must be undertaken to ensure the smooth running of the club. This allows the committee free to focus on setting the strategic direction of the club, without being bogged down in the day to day club administration tasks. Below is a summary of the main tasks undertaken during the year. The current role of administrative officer has been expanded for the current year and renewed until June 30, 2012.

- **Membership:** Membership Database: Details updated and new member emails sent: Final membership for 2010-11: 432 (Total for 09/10 342) Budget 2010-11: 375. New member list downloaded every month and welcoming emails sent to new members. .
- **Communication.** STC updates completely weekly and attended to all club enquires.
- **Clothing:** Orders of various garments completed. We now have a continuous order system set up for various items held in stock.
- **Karri Valley Triathlon:**
 - Coordinated SWES in conjunction with Albany and Bunbury.
 - Assisted race directors with Administration and Promotion of event.
 - Entrants (teams count as 1). Total 299 finishers (up from approx 231 in 2010)
 - Sponsorship of event. 2XU, Avanti Plus, Carbo Shots, Healthway.
 - Creating planning documents.
- **Sponsors:**
 - Healthway sponsorship (Sunsmart) awarded to the Karri Valley Triathlon.
 - A new 12-month sponsorship agreement with Horizon Physiotherapy commenced on June 1 2011.
 - Challenge Stadium continues to supply a few sponsored lanes at a reduced rate to STC. This expires on June 30, 2012.
- **Website:** Our website has been updated, allowing us easier access to edit content.
- **Events Presence:** Ensured STC trailer and equipment was maintained and present at most of the major triathlons.
- **Meetings and Seminars:** Attended TWA club forums and meetings as well as a number of other club development seminars.

Rob Suriano
Administrative Officer

COACHING REPORT

Attendance: See below for a summary of attendance figures over the last 6 years. These figures includes attendance at all sessions (ie. regular sessions, novice courses, members only sessions). Total Attendance was down 9% for 2010-11. This is the first fall since 05-06 and was evident despite another healthy increase in total membership. This decrease was almost entirely due to a fall in Novice Course participants for our two major courses and is no major need for concern. Other regular STC squad sessions have remained constant.

	Attend	% Change
05-06	3,131	
06-07	4,463	43%
07-08	6,007	35%
08-09	9,733	62%
09-10	12,777	31%
10-11	11,689	-9%

2010-11 Coaching Staff

Rob Suriano, Mike Gee, Shaun Sleep, Mark Lawson, Pip Simpkins, Christi Phipson and Anna Macfarlane.

All coaches associated with STC are required to hold and maintain the following; TA Accredited Coaching Certificate, Senior First Aid or equivalent (including current CPR qualifications), Working With Children card and to carry appropriate insurance. A record of these qualifications is maintained by Rob Suriano. This ensures that our coaching staff are appropriately trained to carry out the coaching duties as required.

Training Sessions and Programs:

While our training program will never suit the individual requirements of every person, our aim is to provide a wide range of sessions for individuals to choose from. Although we continue to work with Challenge Stadium to secure lane space, one pleasing aspect was the addition of swim training sessions during peak times on a Tuesday and Friday mornings. These sessions relieved pressure on our more popular evening swims.

We also continued to run a number of successful programs throughout the year.

Novice Course: We ran 3 courses during the past 12 months (Sept-Dec, Jan-March, June-Aug)

Ironman Program (July to Dec)

Busselton 70.3 Course (Jan to May).

City to Surf Running Programs. (June to August)

Cycling Skills (sessions run approximately every 4 months)

An exciting step forward for STC this year was the adoption of a Trystar Program for children aged between 6 to 10 years of age.

STC, under Coaches Anna MacFarlane and Christi Phipson, conducted a once a week program during Term I, 2011. The sessions focussed on fun and fitness while learning the basics of triathlon.

The aim was to create a fun environment for kids between the ages of 6-9 so they could enjoy what they were learning, and so we incorporated plenty of games and interesting ways to achieve this.



At the height of our training, we were running up to 25 sessions per week. As always I am indebted to the coaching staff for their enthusiasm and commitment to their sessions. It makes my role easier when I have reliable coaches who I know will always be on time, in the right place and (generally!) with a smile on their face. We hope that the athletes enjoyed the programs and sessions that were conducted this year as we look to improving for the upcoming season.

Training Seminars

A number of training seminars were conducted during the year with topics including Nutrition, Sports Psychology, Exercise Physiology, Injury Prevention and Running Mechanics. We thank the Department of Sport and Recreation for the use of their seminar facilities.

While we cannot accommodate every training request, we are always open to feedback from the membership regarding training sessions, programs or seminar topics.

Rob Suriano
STC Head Coach

Sunsmart Karri Valley Triathlon

It seems like a long time ago that the Stadium Triathlon Club (STC) and Karri Valley Resort hosted the 8th annual Sunsmart Karri Valley Triathlon on Saturday in March of this year.

As any of you will know who made the trek south the extra distance and hot conditions made for tough racing. The long- course event comprised of a 1.5km swim leg in Lake Beedelup, a 60km bike ride along Vasse Highway and finished with a 12km trail run among the towering Karri forests in around the resort while a short-course event consisted of a 500m swim, 20km cycle and a 4km run. Well done to all the athletes who completed either event either as an individual or as part of a team.

Some of the more experienced athletes claimed it to be the toughest race in WA and one of the best events they have completed. These comments from some of the leading figures in triathlon in WA are hopefully reflected of the general attitude of the participants.

Congratulations to our winners Sean O'Neil, who won the event for the seventh consecutive time in 2 hour 50min and Nera Jareb, who completed the event in 3 hour 17 min.

STC was extremely pleased with how the event was perceived by most of the athletes, and while we are always stating that this event could not run without the countless VOLUNTEER hours put in by so many, we take this opportunity to thank you again and hope you will join us again in 2012.

Planning is already underway for next year and we are constantly looking to improve our race and as we have already stated we are investigating some significant changes for 2012. These include an earlier start time (possibly 9 or 10am) and reducing the cycle course to 2 laps. While an earlier start time would impact those who plan to drive down from Perth in the morning, we believe for an event this size, you should be attempting to make a weekend out of it and stay overnight in the South West. Implementing a 2 lap cycle course may assist in easing congestion on the highway, however there are various logistical issues for us to consider before any decisions are finalised.

As most of you are aware, accommodation is very difficult to get at the resort so you will be glad to know that you can book right now and secure chalets even this far in advance. We are looking forward to another fabulous race on Sat 31st March 2012 so don't miss out and book early. Remember tell the resort staff that you are booking for the Triathlon.

We would just like to thanks our partners for this event. Healthway, Carbo Shotz, 2XU, Tri Oz Connect and Avanti Plus all provided generous support and their assistance was greatly appreciated.

So until next year (but you'll hear a lot from us before then)

On behalf of STC

Race Directors

Paul Zani & Rob Suriano

TREASURER'S REPORT

Below are the *Income and Expenditure Statement* and *Statement of Assets and Liabilities* as at June 30th 2011.

The number and the range of activities for the financial year have again seen an increase. The membership base continues to expand leading to an increase in the number of transaction being recorded with a need for a more sophisticated accounting treatment utilizing of an on line accounting system during the year. An analysis of the clubs activities is summaries as follows:

	2010	2011
Karri Valley Triathlon (KVT)	\$6,267	\$10,904
Clothing Sales	\$227	\$1,018
Subscriptions after Overheads and Administration	\$2,630	\$12,328
Finance	(\$480)	\$31
Development and Sponsorship	(\$2,920)	(\$9,900)
Member's Events	(\$4,529)	(\$3,079)
Depreciation	(\$1,732)	(\$2,027)
Internet enhancements	\$0	(\$2,500)
Junior development	\$0	(\$444)
TOTAL	(\$537)	6,331

KVT continues to be the main contributor to our current sound financial position. To maintain the running of that event will ensure the sustainability of the club's financial base. KVT continues to support itself separate to the core activities of the club.

Clothing sales were less significant but yielded a higher margin this year.

Finance is the difference between the interest received and bank charges.

Development and Sponsorship reflected the funds derived from sponsorship which is an activity undertaken by our Development contractor, who also has the brief to promote the club and develop activities to benefit the membership. The costs associated with this important activity are included in this category.

Membership activities were more active during the year but the lower cost is a reflection of good management and the generous support of The Old Brewery.

Depreciation is charged at a rate of 30% and allocates the capital cost of equipment over its useful life. Internet enhancements were implemented during the year as a result of members suggestions and the need to improve our electronic functionality. Junior development can be mainly attributed to the net cost of an Active After Schools Program, which was substantially funded by the Commonwealth Government.

I am pleased to report that Stadium Triathlon Club continues to be financially sound, but this sustainability is dependent upon the dedication of those who offer their time on a paid and volunteered basis, especially in the case of KVT.

John Palmer (Treasurer)

Income & Expenditure Statement
For the Twelve Months Ending June 2011

	2010 \$	2011 \$
	Full Year	Full Year
Income		
Clothing	8,642	4,417
Coaching for After School Program	0	1,515
Karri Valley Triathlon (KVT) Registrations	13,733	19,105
Memberships Subscriptions	9,640	16,730
Insurance for Members	3,934	0
Seminar Fees	120	0
Sponsorship KVT	600	3,000
Sponsorships Other	2,580	1,100
Social Events	0	9,497
Interest	50	624
Total Income	39,299	55,988
Expenditure		
Bank & Govt Charges	531	593
Clothing	8,415	3,399
Coaching and Administration	174	1,959
Development Contractor	5,500	11,000
Depeciation	1,732	2,027
Donation	0	216
Education and Training	867	0
Equipment & Coaching Supplies	1,717	915
Gratuity or Gifts	100	0
Insurance for Members`	3,934	0
Karri Valley Tri	8,066	11,201
Members Functions	4,529	12,576
Membership Affiliation & Insurance	1,506	1,061
Printing, Stationary & Postage	317	212
Prizes	357	635
Repairs & Maint	785	0
Telephone, Internet	1,306	3,863
Total Expenditure	39,836	49,657
Surplus/ Deficiency	-537	6,331

Assets & Liabilities as at June 2011

	2010	2011
	\$	\$
ASSETS		
Current Assets		
Cash at Bank	6,852	2,434
Cash on Deposit	5,000	15,000
Debtors	0	2,253
Prepayments	0	795
Stock on Hand (Clothing)	3,208	2,558
Total Current Assets	15,060	23,040
Non Current Assets		
Plant & Equipment	8,175	7,096
Total Assets	23,235	30,136
LIABILITIES		
Current Liabilities		
Creditors	334	904
Total Liabilities	334	904
NET ASSETS	22,901	29,232
Represented By		
Accumulated Surpluses as at June 2011	22,901	29,232

OUTSTANDING ACHIEVEMENTS BY STC MEMBERS

Triathlete of the Year

Open Male	1 st Paul Mackay 3 rd Sean O'Neill	Open Female	
M 20-24		F 20-24	
M 25-29		F 25-29	1 st Lisa Delaurentis 3 rd Carolyne Doherty
M 30-34	1 st Carle Green 3 rd Chris Timms	F 30-34	1 st Christine Ladyman
M 35-39	3 rd Paul Zani	F 35-39	
M 40-44		F 40-44	1 st Emma Gillard 3 rd Pip Laufmann
M 45-49		F 45-49	
M 50-54		F 50-54	
M 55-59		F 55-59	
M 60-64	1 st Graham Crocker	F 60-64	
M 65-69	3 rd Bob Wray	F 65-69	

TRIATHLETE SELECTED FOR THE AUSTRALIAN WORLD CHAMPIONSHIP TEAMS

STC are proud to recognise the following athletes that have been selected to represent their country in the following events

ITU Olympic Distance Triathlon World Championships

10th & 11th September, 2011. Beijing, China.

Cameron Storm Male 25 - 29 yrs

ITU Long Distance World Championships

5th November, 2011. Las Vegas, USA.

Lisa Delaurentis Female 30 – 34 yrs
Rob (Slim) Wiles Male 40 – 44 yrs

World Ironman Championships

9th October, 2010. Hawaii.

Mathew Jennings Male 40 – 44 yrs Time: 9:39 (25th in age group)
Kelly McCombie Female 30 – 34 yrs Time: 10:08 (9th in age group)
Nat Laurendeua Female 40 – 44 yrs Time: 11.06 (23rd in age group)

STC ANNUAL AWARDS

Male Triathlete of the Year
Female Triathlete of the Year
Presidents Award
Coaches Award
Novice of the Year
"I want to go faster" Award
Media Tart of the Year
Nice Guy
Most Improved
Bimbo of the Year

Gavin Mackay
Kylie Pepper
Paul Zani
Justine Bolton
Mark Robson
Nicole Annsen
Ben Wyatt
Steve Pugh
Libby Storm
Corin Leckie

**Thank you to the following organisations who have supported
STC over the past 12 months.**

