



# Annual Report 2023

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 @blackwoodrecreationcentre  
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## Board Members

Garry Dolman	President	Carly Soutter	Committee Member
Neil White	Vice President & Rotary Club of Blackwood	Ron Boath	Committee Member
Maricel Becirovic	Treasurer	Patrick Cerini	Committee Member
Zane Basic	Secretary/Public Officer	Glenn Spears	Committee Member
Rhys Roberts	Committee Member & Lions Club of Blackwood	Vacant	City of Mitcham

## Management Team

Margaret Cuthbertson	Centre Manager
Steve Woods	Assistant Manager
Pat Porter	Senior Customer Service & Administration Officer
Phoebe Cuthbertson	Sports Coordinator
Brenton Dicker	Gymsports Coordinator
Catherine Lyndon	Fitness Coordinator





## Message from the President



This Community Centre is an incorporated body, operated by a volunteer Board seeking to provide Community Services to the residents of the Mitcham Council. We have operated for over 121 years bringing a range of Community Services to the residents and members at an affordable cost and we hope to continue to provide these services and even expand on these services to the residents for many years to come.

In last year's President's Report, I had hoped to advise all members that we have a new underlease, with the Mitcham Council. At that time, it was a long way off. I am pleased to advise this year that discussions with the Mitcham Council continued throughout the year and both parties are now very close to a resolution. It is hoped that the underlease will be finalised in the first 6 months of the 2024 year. To progress this matter, there have been a number of compromises by the Association, the most significant being the reduction in the term of the lease. Under the original lease we had another 45 years use of the building. Unfortunately, the Department for Education has advised the City of Mitcham that the maximum lease term will be 5 years with two rights of renewal, resulting in a maximum term of 15 years from the date of signing the lease.

The Covid-19 pandemic and the current financial crisis has continued to throw up a number of significant challenges for the Association and our staff. The Board and Management made a number of decisions as a result of the pandemic and the worsening financial situation for our members. We recognised that the money you spend at the Centre is really discretionary spending, so we decided to again keep our fees and charges relatively stable. This was aimed at reducing the possibility of declining participation rates for all sections of the Community Centre from Gymnastics, the Fitness Studio and team sports. What we did not count on and did not address when it occurred, was the significant increase in wage costs from the Employment Tribunal hearing. As a result, the monies received from the Federal Government during the peak of Covid were used to cover these costs. This has resulted in a significant trading loss for 2023. These issues were addressed in this year's budget and everyone has experienced an unavoidable increase in fees in 2024.

The stadium floors were in the April 2023 break which the Association resulting in additional down time for the team sports. As advised in 2021, we were fortunate to have received a grant to assist covering the cost of the work. As predicted in last year's report the grant was to cover 50% of the total cost, however due to the delay and rising costs of supplies, it covered less than 40% of the total cost. Nevertheless, we proceeded with the planned improvements and we now have a great new floor. These improvements were noted by Minister for Education, the Honourable Blair Bowyer, when he visited the Centre last year.

As mentioned in last year's report, the Association received \$40,000.00 from the State Labor Government to develop a plan for the possible expansion of the Centre. We employed a consultant and discussions occurred with all interested parties, the Education Department, the school, the Mitcham Council and the Association's Board. The concept plan completed and a copy of the broad details of the improvements and expansion are available for the public. It looks magnificent with a proposed expansion of the Gymnastics area and additional indoor courts, relocation and expansion of the Fitness studio, more rooms for pilates, yoga etc that will benefit both the school and the community for many years to come. Unfortunately, the project has been shelved, hopefully only temporarily, whilst we obtain an underlease on the property. If you wish to see the concept proposal. Please see the Centre Manager. Obviously, these improvements will require Federal and State Government funding.



## Message from the President

One of the biggest changes to happen at the Centre occurred in late 2023 when our Centre Manager for part 18 ½ years, Margaret Cuthbertson announced that she was going to retire after taking her long service leave. It was a surprise and the Board and staff wish Margaret all the best in her retirement. Fortunately, the Administration and Board had been planning for this to occur and Margaret had been “training” our Centre’s Assistant Manager Stephen Woods. Following Margaret’s announcement, the Board appointed Stephen Woods as the Centre Manager, confident in his ability to continue the management of the Centre. Following Stephen’s appointment, a Board representative and Stephen interviewed a number of prospective people, both internally and externally, for the position of Assistant Manager and Patricia was appointed to that position. Congratulations to Stephen on his appointment as Centre Manager and Patricia as Assistant Manager. Again, I would sincerely thank Margaret Cuthbertson for her extensive service to the Association and the Centre and it was an absolute pleasure to advise her that the Board offered her Life Membership to the Association.

In closing, I would like to thank the Board for their continued support, their willingness to embrace new ideas and for their contribution to the current and future direction of the best Sport & Recreation Centre in the City of Mitcham. The Board is committed to bringing the best possible programmes to our community. The Board and staff will strive to meet the needs of our community in the coming years and to bring new and interesting programmes for the enjoyment and benefit of the diverse community we are privileged to serve.

Sincerely

Garry Dolman  
President 2023

### Footnote on Lease Negotiations

Whilst this report is for the 2023 financial year, it is important for members to note that the Association made a briefing/presentation to Mitcham Council and the Elected Councillors on 18TH March 2024. Our 1 hour briefing/presentation was reduced to 30 minutes, just 4 hours before the presentation. At the briefing, we asked the Councillors to make a decision on 4 outstanding issues below. We realised that these decisions would be at a formal Council Meeting at a later date. The outstanding issues are;

1. Reduction in rent to a peppercorn rent, the same that the Council is paying to the State Government;
2. Council to cover all Building Insurance. We currently pay \$2,000 per year towards the Building Insurance;
3. The State Government and /or Council to accept responsibility for painting the exterior of the building. On a normal day we are not allowed on school premises without permission and 3 walls of the Building are on school premises. Besides in a commercial lease the owner is responsible for the painting of the exterior of the premises; and a contribution from the Department for Education for the maintenance of the car park as it is used by students and parents every day.

Council Administration is providing a briefing to Councillors on Tuesday 7th May 2024. The briefing is likely to contain options for Councillors to consider and may even have a recommendation for their consideration. We are currently unaware of the options proposed or if there will be a recommendation. If you want to know when we find out, come along to the public briefing.

It is our understanding that no decision by Councillors will be made at this meeting as it is a briefing. A decision on the underlease will occur at a formal Council Meeting. We are not aware of the date of this Full Council meeting at the time of writing this report.

# Treasurer's Report

The Blackwood Community Recreation Centre recorded an audited trading deficit of \$115,682 for the 2023 calendar year. This was an improvement over 2022 which recorded a trading deficit of \$157,051. Despite the trading deficit for the year the Centre remains in a positive net asset position and we are actively exploring ways to keep attracting new members and increase community involvement.

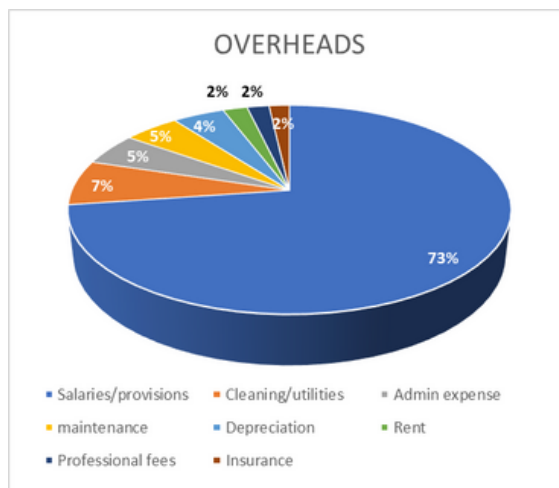
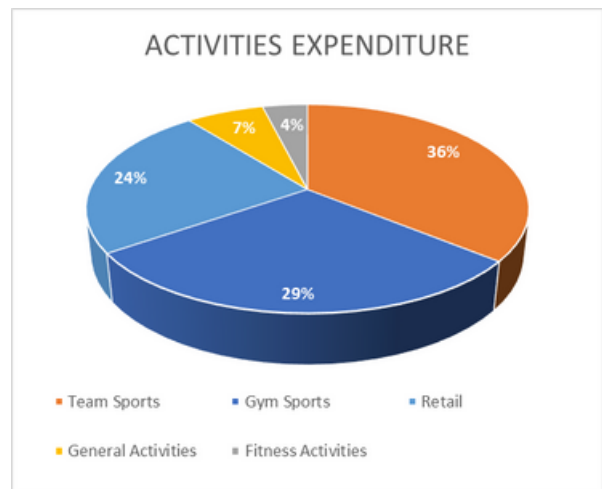
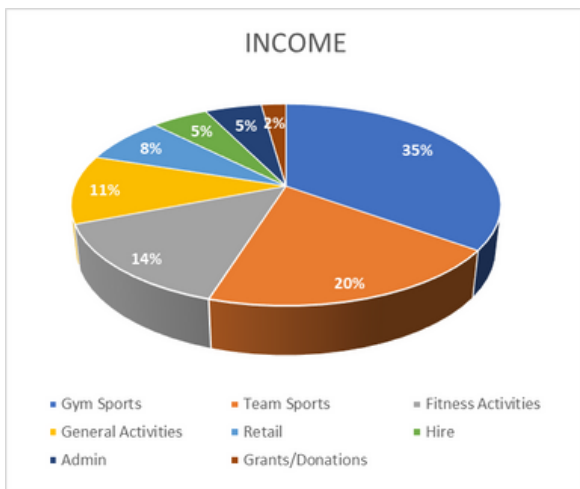
The Centre's operating income increased by 7% over the prior year. The main sources of revenue are activities income from Gym Sports, Team Sports, Fitness and General activities which include roller skating and the VacFun holiday program. Out of all areas, Fitness experienced the largest growth last year with significant increases in participation in fitness memberships and the Strength for Life Program.

The Centre's expenditure increased by 3% over the prior year. The areas with the largest increase in expenditure over the prior year were direct program costs, depreciation, rent and salaries and provisions. Salaries and provisions are the largest expense of the Centre however as a percentage of income have remained consistent with the prior financial year.

Over \$95,000 was reinvested back into capital improvements and equipment for the Centre including a full resurface of the stadium floors with the assistance of a grant received from the Office for Recreation, Sport and Racing back in 2022. Other capital expenditure included audio equipment for the stadium, new POS system, chairs for the foyer and new emergency exit doors.

We would like to thank our generous donors and sponsors for providing their support to our programs and community.

The audit of the 2023 financial statements has been completed and an unmodified audit opinion issued.





# Community Events

## National Gymnastics Day

This new event was held on Saturday 16th September 2023. The aim of the day was to promote all of the Gymnastics programs in the Centre. Coaches and athletes were in attendance for demonstrations, come 'n try's and giveaways. It was a successful event and it helped grow the clubs great profile in the community.

## Movie Themed & Halloween Roller Discos

With the popularity in bringing back our Roller Disco in 2022, we held two Roller Disco's in 2023. Both nights sold out with over 480 tickets sold for each event. It was great to see so many people in the Centre getting into the spirit of things with some amazing costumes on display. The events had face painters, DJ, prizes and giveaways and more.



## Christmas Pageant

Once again it was great to see how many came out to represent Blackwood Recreation Centre for the Pageant. We had 6 staff, 20+ gymsport participants and kindergym families in attendance. We chose to not have a moving float again this year and walk the pageant which gave us a chance to interact more with the audience and give lots of handouts to our different programs.



# Gymsports

2023 was another solid year for the Blackwood Gymsports programs with 601 registered athletes among our different programs.

We added a new program to the schedule to create a new pathway for our athletes. The “Inspire’ Program was designed to help create a bridge between our GFA programs and our higher level streams (MAG, WAG & Tramp). Athletes work through a set routine on each apparatus and the coaches support our athletes with the flexibility, strength and movement required to learn harder skills. We held two in house competitions for Inspire and had some great results, with athletes moving up to higher levels.

This year had a strong team of Blackwood athletes represent the club at State and National level.

## State Championships Completed (WAG/MAG/TRAMP)

- o 17 x State Champions
- o 22 Silver Medallists
- o 23 Bronze Medalists
- o Tramp 3rd Team Overall
- o MAG Level 3-8 – 43 Medals & 30 Awards 4th-6th
- o WAG Level 6/7/8 – 8 Medals & 7 Awards 4th-6th
- o TRAMP Levels 3-7 – 10 Medals

## 8 Athletes Representing SA at National Championships:

- o 1x WAG
- o 1x Tramp and DMT
- o 6x MAG (1 did not travel due to injury) – Level 7 Team winning Bronze Medal in the Team Event – Trystan 4th on Pommel
- o 2x Coaches (1x MAG and 1x TRAMP)

## 1x Athlete and Judge Selected to represent WAG at Border Challenge (National Event)

Due to the input and continued dedication from our team, Blackwood Gymsports had the following winners at the Gymnastics SA annual awards.

- Tyson West - Men’s Artistic Gymnastics Coach of the Year
- Dan Lynch - Judge of the Year Trampoline Gymnastics
- Catherine Lyndon - Rhythmic Gymnastics Elite Athlete of the Year (Staff member of Blackwood Rec)



Tyson with his award for  
MAG Coach of the Year



WAG athletes waiting to compete



Blackwood Gymsports athletes at  
State Championships

## Fitness Studio

2023 was another year full of community, fun and of course health and wellness for our Fitness Studio members.

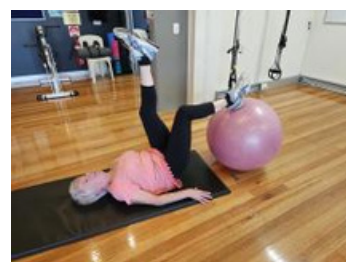
Starting off 2023 we had the biggest challenge turn out in a while with our 2023 Summer Challenge. A total of 35 participants took on the challenge, with help from their specially designed Summer Challenge guides including information on nutrition from one of our sponsors. The Summer Challenge wasn't only about the fitness side of things. Together we held multiple community events including a group walk, nutritional information session, and an end of challenge party to further instil the incredible sense of community that we offer here at the Blackwood Rec Centre.

Another community-based program that ran in 2023 was our No Falls Program. We ran a total of two No Falls Programs, one in each half of the year. Our fabulous instructor and program facilitator Marinus ran two 10 week programs which aimed at supporting those aged 65 years and older who are at risk or have experienced falls. The aim of the program is to use a combination of resistance training, balance and coordination exercises, and home based exercises to not only build their strength to help prevent falls but also to strengthen their confidence and independence when out and about or completing tasks. Marinus' work has been so successful that he has been approached by the South Australian Council on the Aging (COTA SA) to help them develop a balance program which can be taken state wide. We are incredibly proud of Marinus and his efforts and dedication to the No Falls Program and are delighted to see Blackwood Rec represented on state wide level.

In collaboration with Blackwood High School, the Fitness Studio ran termly programs with the specialist football and netball programs. These specialist programs were focused on helping the young athletes develop their skills further with the aid of plyometric training, agility training, as well as strength and resistance training. While this is not the first year that we have run this program, it was one of our most engaged. The team of Cat and Mateus who put a lot of thought and care into both prescribing and writing exercise programs as well as the delivery of exercises and knowledge were able to make a huge difference in the engagement of the students in this program. There were many students who gained a lot from the experience. Through developing their base of resistance training, furthering their skills and seeing the progress, Cat and Mateus were able to share their love and passion of sport and exercise with the up and coming generation of star athletes.

Towards the end of 2023 another local exercise facility closed their doors. This left a lot of people stranded without access to a gym. Thankfully, the Blackwood Rec Centre was here to help. A demographic who were in need of 'rehoming' was the strength for life group. To help accommodate the change of facility we ran special induction sessions which helped our new members get familiar with how we run our program as well as the equipment we had available. Many members took up this opportunity and due to the increased demand, we introduced two new strength for life classes to ensure everyone had access to a class. We also gained many general members from the closure, many of who loved an early morning class. To help this transition we introduced the Rec HIIT classes, a 6:15am high intensity interval training which since has had it's cult like following.

We are so proud of the atmosphere and values shared amongst our members and 2023 was a prime example. We look forward to continuing to grow our sense of community in the years to come.





## Team Sports

In 2023, we had a great opportunity to introduce the new sport of PICKLEBALL to our Centre. While the name is slightly odd, the game itself is a lot of fun and we spent 2023 building a really lovely group of very keen pickleballers!

If you have not heard of it before, Pickleball is a “racquet and ball” sport with a perfect balance of court dimensions, rules, and equipment to afford all skill levels and age groups enjoyment and success on court.



In May 2023, we delayed the beginning of the Winter team sports seasons to have the floors re-surfaced with all new lines. This was a 3-week project, and the courts have been given a new life and are looking fresh and bright with all new lines and fresh lacquer.



Stages of sanding back the court



Final coat of lacquer

The Rotary Club of Blackwood and the Blackwood Lions club generously donated the funds for us to purchase two sets of new netball pole covers. They have been a fantastic addition to our netball courts as well as increasing the safety around our netball poles for all players.

We would like to extend sincerely, many thanks to both the Rotary and Lions Clubs for their ongoing support of the Blackwood Recreation Centre.



Our Team Sport competitions continued to thrive in 2023 with most sports nearly at capacity and retention of teams were high. Men’s Basketball was a highlight of the year with 14 teams joining thorough the year as well as Monday mixed netball with 13 teams.

# Sponsors

## Gold Sponsors



Catherine Hutchesson MP  
Member for Waite



Leading Edge  
Podiatry



Northway Plumbing



My Dentist Blackwood



**MINDFUL BODY  
FITNESS & MASSAGE**  
Mindful Body  
Fitness & Massage



The Innovative  
Dietitian



Intersport Blackwood



Blackwood Flooring



Ring Partners

## EVER AFTER CELEBRANCY



Ever After Celebrancy  
Tania Geyer



Tyrepower Blackwood



Crowies Paints Blackwood

## Silver Sponsors



Brendan Wyld Physiotherapy



Blackwood Optical



Waggon Wheels



Complete  
Conveyancing SA



Coinda Blinds & Curtains



Foto Swift

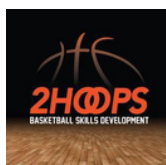


Blackwood Hire



Fire & Rescue  
Australia

## Bronze Sponsors



2 Hoops  
Basketball



Juice Institute

**We continue to be supported by many local businesses and their contribution to the centre is greatly appreciated.**

## **Partners & Community Groups**

- City of Mitcham
- South Australian Parkour Association
- Mindful Body Fitness and Massage
- Reach Exercise Physiology
- Flinders University
- Australian Institute of Personal Trainers
- Hilltop Jiu Jitsu
- Karate Do Go No Kaze
- Skate SA
- Blackwood Gymsports
- Blackwood Blaze Inline Hockey
- Carer's SA
- Speed Skating SA
- Blackwood High School
- AH Trophies
- Gymnastics SA
- Lacrosse SA
- AUSactive
- The Science Collective
- Flinders Uni Volleyball Club
- Hills Homeschool Basketball
- 2 Hoops Basketball