

### DRYLAND training session

Looking forward to Saturday 13 August at Netball Central, Sydney? The Clinical Director from the Centre for Sports Medicine will talk to us about exercises & stretches, swimmers shoulder and a Sports Dietitian will advise on nutrition for swimmers.



### CPR Course



will be held at 1pm on this same day at Sports House.

now so you are ready to open up your club to receive new members straight away. Again the offer is there for the Branch office to do this on behalf of your club, simply email the request.

### 2017 Membership fees

The 16 month membership option for new members is about to be launched in a major Swim into Spring campaign. Has your club decided on its fees yet? The combined MSA/MSNSW fee for 16 months is \$93 and the 2017 annual combined fee \$75. Discuss and decide on your club component

### NO more 2016 new members!

Club Registrars, please be alert to the fact that the 16 month membership option will be made available from 1<sup>st</sup> September when we launch the SWIM INTO SPRING Campaign. You are doing a disservice allowing new members to join right now. But it is past the time that 2015 members should have re-joined, NO unfinancial members should be training with you as they are not covered by our insurance.

### Coaches Corner

Please check with your coach that their insurance is up to date. If they are a paid coach they will have their own policy with ACSTA and if they are a volunteer but not a financial member with MSNSW then please pay the \$10 for an annual CO membership with us.

The newly formed **Coaches Project team** has hit the floor running and is now organising a roster of

coaches to come and visit any and all clubs that would like some support. This is perfect if your club doesn't have a coach but also great for your coach to get to see a fellow professional to toss ideas around and talk tactics and drills. Ideas abound when these like-minded individuals get together so book your club in now! Three clubs have their hands up already.

## 2017 Swim Meet calendar

The MSNSW Board again invites clubs to apply for provisional dates to hold a swim meet in 2017. If your club wishes to host a meet next year please

send in at least two, preferably three, choices avoiding the dates of state, national and international competitions as laid out below.

## Online entries

We are now using an individual online entry system for State Championships and some individual host clubs are trialling the easy-to-use system. Give it a go!

## Annual club affiliation fee change

A fairer and more equitable charge for club affiliation to MSNSW will be introduced when due for the 2017 year. A three tier scale will have clubs with <24 members pay \$50 pa, medium clubs (25-

49 members) \$70 and clubs with >50 members \$90 OR **early bird discount** of \$40, \$60, \$80 if paid by 31 December 2016.

## Co sanctioning of MSQ events

In 2017 we have an opportunity of co-sanctioned swim meets with Masters Swimming Queensland. This gives our swimmers another opportunity to gain points but, more importantly, adds a great deal to clubs like Clarence River Masters and makes it a very attractive proposition to MSQ members to cross the border & compete as they

will achieve points in their own state. Equally it provides members of Clarence River Masters to be more involved in the NSW Branch Pointscore competition. As it stands, all too few of their members can travel the great distances to enter our BPS meets. The clubs that will benefit the most will be Clarence River and Twin Towns.

## BRAINSWIM CHARITY EVENT

Your support would be greatly appreciated for this charity event raising money for Brain Cancer research at Lane Cove pool on 20 November 8am til noon. Your club could get a team together & swim 500m, 1 Km or 10 Km. Every dollar raised will be used for the purpose of advancing brain tumour research and treatment. There will be prizes & very friendly rivalry. MSNSW is organising

prizes for most money raised by a club, most swimmers competing, best dressed team and most kms swum. Your club needs to be in it to win it! Pre-registration is essential so go to our website and book online. Entries opening soon.

*Sponsored by Vorgee.*



## Risk management

Is your club aware of and managing risks at training? A recent injury to a guest swimmer at a Masters Club training session is a timely warning to all Masters Clubs to make sure that they are safety conscious when it comes to training and

Club activities. Masters Swimming Australia encourages its Branches and Clubs to adhere to good risk management procedures such as: providing safe working/training environments; due diligence processes which are fundamental to

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duty of care; require training of people to implement the systems and the allocation of appropriate resources; Website contact details for YOUR club Are they up to date? Have you checked them recently? The Masters Swimming Australia website has a number of [policies and guidelines](#) that you may adapt and/or use.

## Incorporation

Is your club incorporated and are they up to date with incorporation fees? Do not be on a committee of an unincorporated club as you can be held personally liable. It can be a fairly straight forward task through the Dept of Fair Trading to get a model constitution and pay the annual fee.

## Swim Finder

Swimming Australia is loading our clubs into their website SWIM FINDER so it is vital that your club details are correct and current. Check at [www.mastersswimmingnsw.org.au/Clubs/Clubs-List](http://www.mastersswimmingnsw.org.au/Clubs/Clubs-List) **Swimfinder** (Pool/Program finder) system is set up to provide direct email enquiry to clubs from the website. This is what Swimming Australia have advised:

“We are also providing the ability for users to submit an inquiry form; this form will send an email to the contact email provided. This form will not make public the Clubs email address but will trigger an email to be sent to the supplied email address for each club”.

## IMGSTG name change Sports Technology Group Pty Ltd

IMGSTG or STG, & once Clubs Online, is re-branding and will be known as SportsTG. There has been no change to administrator logins. The URL links will be re-directed to a SportsTG domain but you may want to change your listing in ‘favourites’.



## Business directory for members

A business directory will be introduced on our website noting businesses owned or operated by registered MSNSW members. An application form will be issued on request. First one in is from

Bench Wine Bar in King St, Newtown where we get 10% discount. [www.benchwinebar.com.au](http://www.benchwinebar.com.au) is open from 5pm Monday to Saturday & from 4pm Sunday.

## Time to get re-accredited

Are you a Starter or Inspector of Turns? Remember we need to re- accredit every four years, last time was in 2012. Reaccreditation allows us to update our skills and offer a professional uniform image to our swimmers and also allows the swimmer to be comfortable with a consistent system of starting at swim meets across NSW. All you are required to do is to read the latest notes, complete the activities and bring them to the course you choose to attend. DiP will be conducting these courses. The workshops are also open to anyone who is a qualified Timekeeper and wishes to officiate as a Starter/lot.

## Reflections from National Championships on DQ's

Important information for competitors from the desk of Gary Stutsel. Please ensure any new members get to read this comprehensive article [before](#) competition.

*My analysis of disqualifications (DQs) over the past 10 years confirms that **false starts** are the most common fault, followed by **relay change overs** and then individual stroke faults which at least in NSW are occurring less and less often. Also almost half of the infringements have been made by swimmers who are over 60 years and don't compete regularly.*

To my mind there are two major problems in competitions, especially bigger competitions like Nationals and World Championships. They are:

1. Not knowing the current rules; and
2. Lack of supervised practice under race conditions.

Point 1. There is no doubt that not knowing the rules is a major factor. At my last meet two swimmers took two full strokes underwater before surfacing, at the start of the race and at the turn, in the 50m Breaststroke.

Rule changes especially in backstroke turns (where the rule has changed at least three times in the last 10 years or so) can be a problem for swimmers who have not competed for a number of years.

So my tip "If you are going to swim in a race, read and understand the rules for that stroke".

That brings me to:

Point 2. "It is not enough to just know what to do, you have to practise doing it properly, preferably supervised by a coach or a current experienced competitor"

In 65 years of competition, many of them as a team captain, I have both seen and learnt the hard way myself that you need to practise what you are going to do. Conversely "if you routinely practise doing the wrong thing the chances are you will do it in competition. I have seen this with swimmers doing one handed touches when doing breaststroke in training and then accidentally doing it in a race. Every turn in every stroke in practice should be done correctly."

"Ask your coach to check your stroke either during or outside practice sessions. Too many club sessions consist of conditioning swims, drills, and even sprints without any attention being paid to whether the swimmers are swimming to the rules."

Then "you need to practice turns at race pace. It is no good doing a perfect turn in practice if it is not also practised at race speed."

"Coaches or team captains need to give individual swimmers and relay teams practice in starts, turns and change-overs under race conditions using competition starting equipment if possible."

Finally on the day of the competition if it is not being held in the pool you train in.

"On the day of the competition (or before that if possible) practise using the starting platforms. Many of them differ, even subtly."

"On the day of the competition (or before that if possible) practise your turns. The "T" tiles and backstroke flags are not the same at all pools despite FINA specifications."

Finally, "false starts and early relay changeovers are usually due to nerves. Try to compete in several minor meets before tackling a major competition".

*Gary Stutsel*

## Training Calendar

The 2016 Technical Officials training calendar is on our website. This allows you and the trainers to plan ahead. This goes hand in hand with our swim

meet calendar and also includes extra learning and reaccreditation opportunities. C'mon get qualified!



**Photos needed!** If you or your club takes photos on pool deck, around training sessions or at your clubs social functions please email them in for inclusion in the Monthly News or for our facebook page.



## Timekeeping at the Long Distance Championships



At this year's Long Distance Championships TIMES WILL ONLY BE RECORDED for those that log the stipulated time as a timekeeper at the event. (Officials exempted)

## Endurance 1000 photo competition

Send in your photos depicting trials and tribulations of your e1000 participation efforts. Anything goes, get creative and send your shots to [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

## Coming up in NSW and beyond

	<b>Seaside Pirates BPS meet</b>	This coming Sunday
	The Tasmanian short course Championships is the next event in the series followed by South Australia short course State Cup in September.	20-21 August
	<b>Ryde BPS meet</b> 27 August	Entries close 12 August Online entries available
	<b>Campbelltown BPS meet</b> 10 September	Entries close 26 August
	<b>Tuggeranong BPS meet</b> 17 September- Floriade weekend	Take a break and smell the flowers.
	Check them out here <a href="#">Pan Pacs facebook</a> or the website <a href="#">Pan-Pacific-Masters-Games</a>	

## Advance Notice 2017

<a href="#">2017 National Championships</a>	Southport, Queensland	8-11 March
<a href="#">MSNSW State Championships</a>	SOPAC, Sydney	8-9 April 2017
<a href="#">World Masters Games</a>	Auckland, New Zealand	21-30 April 2017
<a href="#">World OutGames</a>	Miami, Florida, USA	26 May-4 June 2017
<a href="#">FINA World Masters Championships</a>	Budapest, Hungary	Aug 2017
<a href="#">Australian Masters Games</a>	North-West Tasmania	Dates-TBC (Oct?)

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**Accommodation** prices in Budapest are rising exponentially! 300 Euro per night per room is almost double the usual price and it would be advisable to book early and probably out of town.

This is direct from a hotel: *"Regrettably our rate level is much higher for the World Masters Swimming Championships than the mentioned 170 EUR."*

## Members in hospital

In the last week we have learned that two of our members are resting up in hospital. Cheers and best wishes are sent to Opal Eddy from Ettalong

Masters and Roy Smith from Maitland Merlots. Get better quickly please!

## VALE Jack Matheson

The Masters Swimming world has lost one of its greats this week as we learn of the death of Jack Matheson from Shoalhaven Seahawks. Jack was three months short of his 99<sup>th</sup> birthday.

Jack was the oldest competitor in the 2013 Australian National Masters Swimming Championships held at SOPAC in Sydney. "You are never too old for Gold" he was quoted as saying.

Jack was a former professional cyclist and spent more than six decades in the pool.

When he was younger Jack said that doctors didn't expect him to live to beyond the age of 45 due to the heart condition, Angina. "I had to give up bikes and start swimming to strengthen the old ticker", he says, "Well I showed them, didn't I?"

Jack swam at the FINA World Championships at Riccione, Italy where he won a number of Gold Medals. His son was his manager and organised the trip for him but Jack had a hand in sourcing the best fare as he told the branch office after they arranged for a travel agent to get in touch, "I've found a cheaper deal online" he said.

Many members will have a favourite story regarding Jack, the time he went AWOL in Tasmania from the National Championships there "I moved into the pub" or the time he simply got on a train that was headed to Perth, "fancied a coffee" he replied. Then there was the time he turned up at the wrong venue (Blacktown) and got a stranger to drive him over to Knox Grammar. He often stayed at the Youth Hostel at Central Station when he came up to Sydney for events.

Jack has already been missing from swimming events over the last year or two as he decided to move to Perth but more recently decided to move back to Nowra & sadly we just didn't know he had returned to our side of the country. Quite typical of Jack's wandering ways. RIP Jack Matheson.



- Pictured with youngest competitor Kade Burgess and Her Excellency Dame Marie Bashir, the Governor of New South Wales in 2013.

## The last word

Lost property from the Relay meet and it fits too!



Held for ransom at the branch office (the coat, not me!).



Jillian Pateman Administrator



Supported by the



President Jane Noake, Vice President Tony Tooher Treasurer Stuart Meares  
MSNSW Board Members: Kari Baynes, Kerryn Blanch, Jon Hawton and Sue Wiles

**The next Board meeting** is scheduled for Monday 15 August 2016. This meeting is open to any member of Masters Swimming. Please notify the branch office by Wednesday 10 August of your intention to join us.

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