

What's taking us up to Christmas?

August	20-21	Forster Escape Weekend		Forster
August	27	Ryde BPS	SC	Ryde
September	Sunday 25	Branch Long Distance Championships	SC	Knox
October	01-03	Thredbo Coaching weekend		
October	Sunday 02	Manly Masters BPS	SC	<u>Abbotsleigh</u>
October	15-16	Branch Long Course Championships	LC	AIS, Canberra
November	05	Port Macquarie BPS	LC	Port Macquarie
November	19	Novocastrian	LC	Charlestown
November	Sunday 27	Branch Long Distance Championships	LC	Birrong
December	Sunday 11	Christmas at Cabarita Pool	LC	Cabarita

2023—Host clubs — nominate your carnival date

2023



This is the final call for **any** club wishing to host a carnival next year. The MSNSW Board invites clubs to apply for provisional dates to hold a swim meet in 2023. Please nominate at least two choices of date so the event calendar can be constructed this month for publication in September/October.

Tip: avoid early August, we may all be in Japan! *Many thanks to the clubs that have jumped in already.*

Looking to share accommodation in Forster?

Sally Hatcher, Blue Mtns Phoenix has booked an apartment overlooking the beach at Forster and can offer a couple of spare beds as Phoenix doesn't need them. It should be cheaper than booking for yourself.

There is a room with a double bed and a bunk bed (4 people). One bed is already taken so Sally can take a couple and a single, or 2 singles. It is booked from Fri 19th and leaving Mon 22nd. Contact the Branch office.

Come away to Forster — another Grape Escape

OPEN EVENTS FOR ADULT (18+) SWIMMERS

FREESTYLE AND FORM SESSIONS AND MINI SWIM MEET

FREESTYLE SESSION

Come and join us for a technique session focusing on freestyle and a choice of two form stroke.

- Sessions will be run by accredited coaches.
- Please bring your fins!

SATURDAY

20th August 2022
Time: 2pm – 4:45pm
Cost \$10

Numbers are limited so bookings are essential

20 – 21
AUGUST
2022



MINI MEET

Come and join in the fun of a mini swim meet

SUNDAY 21ST AUGUST

9am - 12 noon

For meet details and registration
<https://mastersswimmingnsw.org.au>

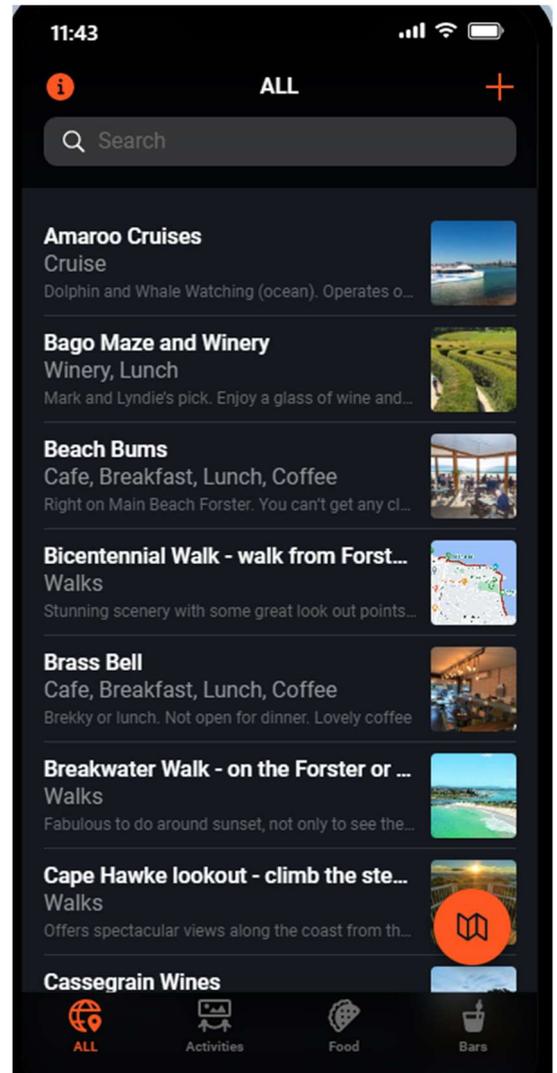
Registrations

SATURDAY TECHNIQUE
CLINIC
Email Anne
anneswims2@gmail.com



Fitness, Friendship and Fun

Great Lakes Aquatic and Leisure Centre Lake St, Forster NSW 2428



Wondering what to do when you get there?

Check out the Live Results app for lists of places to go, things to do, food to eat & walks and sightseeing activities that may tempt you.

Mark Hepple has woven “Out & About in Forster” details into the LiveResults app, so it’s now a one stop shop. Items are divided into ‘local’ and ‘further afield’ (>25km), with distance from PO displayed if >10km.

‘Local’ opens in list view, and ‘further afield’ opens in map view. Thanks so much Mark 😊

Forster is a fabulous holiday spot, great clubs, nice pool, choice of walks, wineries & accommodation options to suit every taste.

You might have to limit yourselves as we’re only there for a weekend but you can squeeze a lot in.

Start with a visit (maybe two) to wineries on the way there. Great Lakes Paddocks at Wootton and/or Villa d’Esta Vineyard at Dyers Crossing near Nabiac. Perhaps stop at Nabiac for a bite at the Greenhouse Café, it’s only 30mins out from Forster. The pub, on the highway there, claims the best pies on the coast. Also a few vintage & bric-a-brac shops not to mention the huge MOTORCYCLE MUSEUM.

If you can, perhaps consider getting to Forster on Friday afternoon so you get a lot in on Saturday before the **Coaching session at 2pm.**

MSNSW will make a group dinner booking on Saturday night at the Lakes & Ocean Hotel and hope that many choose to join us there. Advise admin@mastersswimmingnsw.org.au if you'd like a chair at the table. Lakes & Ocean Hotel is a handy place as it is in the centre of everything, also offers nice accommodation AND has a super breakfast menu. Remember the **Mini Meet is on Sunday at 9am.**

Lovely brekky options also at Beach Bums on Main Beach, easy walk from most places.

Recommended for breakfast, lunch or dinner is the Wharf St Distillery, they make their own Gin!

There is not only Putt Putt golf but also water Golf! Dolphin & Whale watching cruises 10am, and a Lake cruise— bookings essential though. Just about the best Parkrun course in NSW (8am Saturday)

Then there are walks, amble just along the beach or go from Main Beach to either Bennett's or One Mile Beach or the more invigorating climb to the top of Cape Hawke, involves 420 steps but goes through regenerating rainforest with benches along the way.

What else? More wineries, many, many more café & restaurant options, Art Gallery at Taree and MARKETS on Saturday morning at Forster, Wingham & Taree.

Forster Freestyle Coaching Team



Paul (Mr Baywatch)



Greg (Freestyler)

Looking ahead

Tuggeranong Vikings Masters members to their ACT Regional Time Trials 2022 #2 which will be held at Lakeside Leisure Centre on the afternoon of **Saturday, 17 September 2022**, 2.30pm warm-up for 3.00pm start.

This is a low-key event aimed at getting swimmers some local race practice prior to the MSNSW Branch LC Championships being held at the AIS in Canberra on 15/16 October. Clubs are asked to please start promoting and rallying their troops! Entries will close on Friday 2 September 2022. Flyer to follow.



SWIM SMART. SWIM STRONG.



2022 THREDBO SWIM CAMP
HOSTED BY MASTERS SWIMMING NSW



The camp runs from 4:30 pm Friday 30th September to 10:30 am Monday 3rd October.

Swim Sessions:

The sessions are organised and coached by Anne Smyth (MSNSW Branch Coaching Director, MSA & MSNSW Coach of the Year 2014) and Greg Gourley (MSA and MSNSW Coach of the Year 2019 & 2020.)

The camp caters for all levels of ability and speed across three 50m lanes There are 6 coached swim sessions: 8:30 – 10:30 am and 5 – 7 pm.

The sessions will focus on technique, stroke and skills, with some solid swim sets, stroke filming and analysis. As you are swimming at altitude you will gain additional benefits by training in a rarefied atmosphere. Go home fitter, with improved technique! There will also be some strength and stretching dry land sessions and, of course, the chance to relax and socialise out of the pool!

Cost: \$100– including pool entry and coached sessions

If interested, email Susan via susanleech12@gmail.com Susan will confirm your place and provide details of payment. Numbers are limited, so be quick as it is likely to book out.

Please note: Camp could be cancelled or modified in the event of a Covid crisis.

Accommodation Options:

There are many options in Thredbo, and Jindabyne is an option too as it is only 30 minutes away.

A good option is **River Inn** as it is close to the pool. <https://riverinn.com.au/>

3 night's accommodation including breakfast daily:

Single Occupancy: \$880 per person

Twin Room: \$460 per person

4 Share Adults: \$355 per person.

Albury Ski Club has limited spots available.

- is self-catered. Must buy, bring or cook your own food, provide own linen (including towels) and assist with cleaning on Monday before departure.
- Accommodation is twin share in king single beds (if you are a single you will need to share a room)
- Close to the pool
- Partners welcome
- \$120 for 3 nights **Please email Susan if you are interested in Albury Ski Club– places are limited.**

TAKE YOUR SWIMMING TO THE NEXT LEVEL



Enjoy training at altitude with expert coaching!

Long Course Championships in Canberra

If you're looking for accommodation for the Long Course Championships– Canberra Park has been purpose built to accommodate sporting groups visiting Canberra.

They are located just 6 kms to Canberra City and 10 minutes to the AIS in Bruce and offer a large dining room to cater for all meals.

Coaching Corner

Last weekend saw a couple of dozen Masters Coaches attend a Professional Development course at Tattersalls Club in Sydney's CBD. Congratulations go to organisers Anne Smyth and Greg Gourley for their enduring patience in booking then rebooking dates and Presenters as things got postponed & delayed. MSNSW thanks the venue for opening their doors and catering for the group. The pool was exceptional and the space proved quite perfect for the class work. Stand out presentations from many including stroke sessions from Peter McGee & Greg Lewin, Mitch Patterson and Gary Odewahn on Dryland Training & Injury Management.

Photos were posted on our facebook page, these are visible to non fb users on the Home page of our website.

Val Lincoln is 98!



The month of July saw celebrations for Val Lincoln's 98th birthday. While we haven't seen Val on pool deck throughout Covid our fingers are crossed for her to be back in a comp soon. Happy birthday Val xxx

Club Registrars please note



At the last count we had fourteen clubs that have not opened up their doors offering the six month membership option for new members to sign up. Your club may be missing a great opportunity here, the Branch has had 39 members join since 1st July!

Our next events 2022

Ryde AUSSI Masters BPS <https://mastersswimmingnsw.org.au/event/ryde-bps/>

Entries close noon, Friday 19 August



Long Distance Short Course <https://mastersswimmingnsw.org.au/event/msnsw-long-distance-championships/>

Entries Close noon, Friday 16 September



Sanction # N2022/09CH

Knox Grammar School
7 Woodville Avenue, Wahroonga

Sunday 25 September, 2022
Short Course - 25m

(this pool has a current survey - NSW and national records can be set)

Manly Masters BPS <https://mastersswimmingnsw.org.au/event/manly-bps-2/>

Entries close noon, Friday 23 September



**MANLY MASTERS
SWIMMING CLUB**

2022 Branch Pointscore meet

Sanction number: N2022/10A

Postal swims 2022

<https://mastersswimming.org.au/events/category/sanctioned-meets/postal-swims/>

[TUGGERANONG TRIFECTA Postal Swim \(mastersswimming.org.au\)](https://mastersswimming.org.au)

This one will warm you up, just the thing for these wintry days!

To be completed between 1st July—31 August

Double dip – a postal swim for you, and some Endurance 1000 points for your club – Three swims, each in a different stroke: 400m, 800m, 1500m

All 2022 participants will receive a fabulous newly designed navy-blue wet bag to keep wet gear or dry gear separate in swim bags as well as a certificate.



VALE Opal Eddy

Ettalong Pelicans recently learned of the death of OPAL EDDY, a Life Member and previously Club Captain. Opal passed away some months ago, the family had a quiet funeral considering the Covid protocols at the time.

Opal was a Referee who officiated at many events and was for some years on the Rules Committee. Opal was always enthusiastic about all aspects of Masters Swimming and constantly trying to get people to join an appropriate club. *Gordon Ferguson*

Remembering Opal:

Her bright pink lipstick framing her ever present big smile

Her love of a good chat

Her kind words for everyone

Her sense of humour and her quick wit

The time she gave to the sport she loved

Her wise training tips

Dear Opal was a true gem, she will be sadly missed.

Cheryl Rix



The earliest record found of Opal Eddy as a member of Masters Swimming NSW is 1981, since which she was an active and social member of the organization. Always highly visible and a bright personality, members looked forward to seeing her as they emerged from the water after a race.

Opal swam every stroke in most distances at club, State and National levels and to quite some success as a search shows her in the National Top Ten lists many years over.

From being a swimmer Opal saw the need to get qualified in an official capacity to support the sport and did the training for every pool side position from Time keeper through Inspector of Turns, Judge of Strokes and everything in between up to Referee—our top & highest qualification.

Opal was consistently seen around pool deck at many of our state wide competitions always helping fellow officials and encouraging fellow competitors.

Opal was a supporter and motivator within our sport and nothing slowed her down or dimmed her enthusiasm until she was physically unable to attend even local pools. *Jillian Pateman*

An amazing character and was a trouper of a worker for AUSSI in her day. *Di Coxon-Ellis*

It is inspirational to remember her when feeling a bit tired when you've been on pool deck for hours, swimming as well. Opal was always having a go. *Ruth Fitzpatrick*

She could be a fiery character but if you took the time to get to know her, she was VERY cheeky. God love her. *Paul Bailey*



Fina
WORLD MASTERS
CHAMPIONSHIPS



FINA World Masters Championships 2022 Fukuoka has new dates in **2023**.

<https://www.facebook.com/fina.fukuoka2022en/posts/372225661409099>

Wednesday 2 August 2023 - Friday 11 August 2023

SWIMMING QUOTE OF THE MONTH

“Swimming is a confusing sport, because sometimes you do it for fun, and other times you do it to not die. And when I’m swimming, sometimes I’m not sure which one it is.” – Demetri Martin



Masters Swimming NSW is proud to receive continued sponsorship from Dooleys Lidcombe <https://www.dooleys.com/lidcombe>