

What's taking us up to Christmas?

September	17	Tuggeranong Time Trials	LC	Tuggeranong
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	Sunday 27	Branch Long Distance Championships	LC	Birrong
December	Sunday 11	Christmas swim & picnic at Cabarita Pool	LC	Cabarita

Coaching Corner

Coach Weekend

A very successful Coaching Weekend was held in Sydney in July and the presenter notes are available on MSNSW website: <https://mastersswimmingnsw.org.au/coaches-and-officials/coaching/coaching-tips/msnsw-coach-workshop-2022/>

Upcoming Events

Freestyle workshop for Clarence River Masters at Yamba - September 10

Thredbo swim camp - October Long Weekend

Anne Smyth, MSNSW Branch Coaching Director

Club and members

New Membership & Meet Entry System for 2023

Masters Swimming Australia is in the process of migrating its membership and meet entry system to a new platform, Swim Central, in partnership with Swimming Australia.

Swim Central is a membership and event entry system that is specifically designed to empower swimmers to participate in, and administrators & coaches to run, community swimming.

New 2022 memberships or renewals through the old platform, Gameday (formerly SportsTG), will close on September 30, 2022 and **2023 memberships will be available only through Swim Central** from November 1, 2022.

New requirements for members: When renewing, or registering for a new membership for 2023, you will be required to upload a copy of a document with proof of age.

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/>

Albury Ski Club has limited spots available.

TAKE YOUR SWIMMING TO THE NEXT LEVEL



Enjoy training at altitude with expert coaching!

Up next in 2022

Long Distance Short Course entries close noon, Friday 16 September (that's soon!)

<https://mastersswimmingnsw.org.au/event/msnsw-long-distance-championships/>



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
SWIMMING CLUB**
2022 Branch Pointscore meet
Sanction number: N2022/10A

Manly Masters BPS

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

Entries close noon, Friday 23 September

Look at Bidgee



Our southern-most NSW club at Griffith, Bidgee Masters, has just received their new advertising banner and signs with thanks from a grant secured from MSA, pulling attention to their training and club swim nights. "We hang our new banner up when we are training and it is attracting attention and members".

Looking good Bidgee!

Masters Swimming NSW Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park 2127 PO Box 6941, SILVERWATER NSW 2128
Phone 02-8736 1232 Email: admin@mastersswimmingnsw.org.au Web: www.mastersswimmingnsw.org.au

Postal swims 2022

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



<https://mastersswimming.org.au/event/clarence-river-masters-virtual-swim-meet-2022/>

Clarence River Masters would like to invite all clubs to enter their FIRST ever postal swim in honour of their founding member, David Abrahams. The club encourages swimmers who have never entered a carnival to participate.

To be completed between **1st August—21st October**

Forster weekend—it's a wrap!

Our Results app turned into a hive of activity at Forster as we all uploaded photos of extra-curricular activities. Many were then transferred across to our facebook page and the wider membership followed the fun and frivolity.

Apart from the actual coach clinic on Saturday (thank you Anne Smyth, Peter McGee & Paul Bailey) and the mini-meet on Sunday, members went walking, running, ocean dipping (it was cold), gin-imbibing, dolphin cruising, winery exploring & market shopping to name a very few of the experiences had.

I just wanted to say what a fabulous weekend we had at Forster. Lots of fitness, fun and friendship was happening. I wasn't going to do coaching clinic but I did and it was a very rewarding experience, watch out world records, here I come 🎉 I caught up with swimming friends and got to know others much better. Saturday night dinner was a great way to get to know fellow Masters swimmers. Well done to the organisers, I can't wait until the next one. Marion Dreyer, Ettalong Pelicans



Long Nose Fur Seal on the Forster breakwater



Coaching clinic



Protein

Long Course Championships in Canberra

<https://mastersswimmingnsw.org.au/event/msnsw-long-course-championships/>

15-16 October at the Australian Institute of Sport, Leverrier Crescent, Bruce, ACT. Entries close 7 October.

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 10 minutes to the AIS and offer a large dining room to cater for all meals.

Congratulations Chris Locke

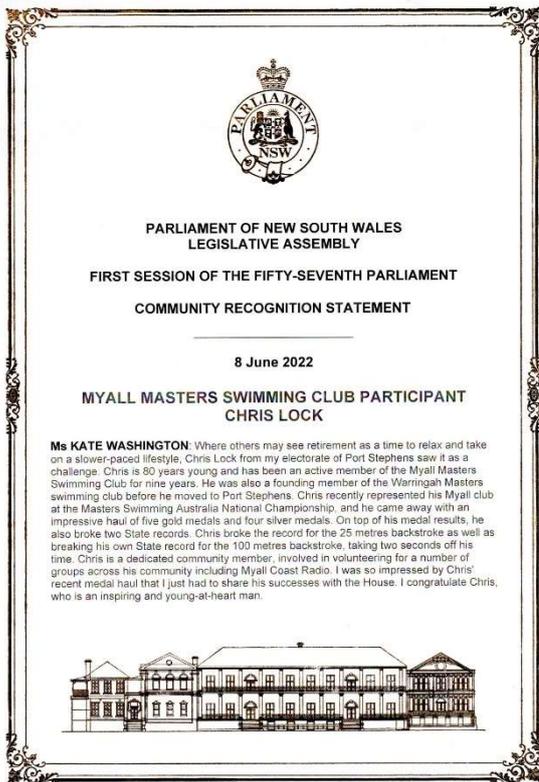
A fabulous and very pleasant surprise for our very own Chris Lock from Myall Masters.



Serving as a Member of the NSW Parliament on behalf of the electorate of Port Stephens, I am granted the privilege of acknowledging outstanding service to our community via a Community Recognition Statement (CRS).

While I am only allocated one minute to speak on a CRS, these acknowledgements serve to highlight the good work being undertaken by local residents and organisations.

On 8 June 2022, in the chamber of the Legislative Assembly of the NSW Parliament, I recognised your recent success in representing the Myall Masters Swimming Club at the Masters Swimming Australia National Championship.



VALE Kevin Stirling



Kevin was a long-term member of Campbelltown and, once diagnosed with early-onset Parkinson's Disease, became a regular volunteer at the Branch Office for many years.

Kevin started at the office in the days of hard-copy everything so was filing, folding newsletters, stuffing envelopes and sticking stamps, all the while outlining the latest books he had read with detailed and well researched opinions.

He came along to Branch Championships, often by public transport, and led the Medals table teams usually having written a spreadsheet prior so we knew exactly how many age-groups, genders and events were going to require bronze/silver/gold. That made the stocktake of medals that needed transporting to venues a precise count.

Kevin's decline became marked pre-Covid and his ability to travel lessened but he still kept in touch when he could. Eventually our contact had to cease altogether but Campbelltown's Welfare Officer kept us up to date on his condition.

May he rest in peace, a wonderful member of Masters Swimming! Jane Noake

He loved his swimming and always did his best for anyone who needed help. Heather Rouen

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Going interstate?



Mildura Rural City Council



masters
swimming
SOUTH
AUSTRALIA

MILDURA MURRAY MASTERS CARNIVAL IS BACK!

SATURDAY, 8th & SUNDAY, 9th
OCTOBER 2022

Mildura Murray Masters, with Masters
Swimming SA, invite you to participate
in the Mildura Murray Masters Carnival.

Fun, relaxed and friendly
atmosphere.

We welcome people of all levels
and abilities 18 years or older

**FITNESS,
FRIENDSHIP
& FUN!**

**WHY NOT COME
AND GIVE IT A TRY!**



ENTRY LINK

ENTRY FEES

\$45 for Masters Members

\$50 for Non-Members

THE MILDURA WAVES AQUATIC & LEISURE
CENTRE

Registrations Close

30th September 2022

MURRAY MASTERS

For further details visit www.mastersswimmingsa.org.au or contact:

Christine | E: enquiries@mmswimming.org.au or P: 0438 256 282

Leanne | mssarecorder@outlook.com.au or P: 0459 272 324



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 simply moving meditation.” — Cesar Nikko Caharian.



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