



MASTERS SWIMMING NSW ***NEWSLETTER***



MSNSW STATE DINNER



We are reserving tables and would love to have everyone come together for dinner.

Saturday 10th October 2026
6:00pm
Canberra Labor Club
51 Chandler Street, Belconnen

Please email Lauren to RSVP: admin@mastersswimmingnsw.org.au

In 2024 we had over 100 swimmers attend dinner at the club, it was a wonderful way for everyone to catch up between the two competition days. We hope to see as many people there as possible!

RSVP's are essential. Please email Lauren by 8th October.

ACCOMODATION FOR STATE



We would welcome the opportunity to support swimmers, officials, club representatives and accompanying partners travelling to Canberra for the championships.

Novotel Canberra offers 286 rooms, including 77 twin rooms, along with breakfast options, onsite dining and flexible accommodation arrangements. Our central city location may particularly appeal to competitors who would like convenient access to Canberra's restaurants, shopping and attractions during their stay.

[Discounted link \(while availability lasts\).](#)

16 MONTH MEMBERSHIPS



**JOIN
MASTERS SWIMMING NSW
TODAY!**

16 MONTH MEMBERSHIP
NOW AVAILABLE

50+ CLUBS TO CHOOSE
FROM

FITNESS, FRIENDSHIP & FUN



**JOIN VIA
SWIM
CENTRAL**



Know someone who's been thinking about returning to swimming?

Or someone who's never tried Masters?

Now is the perfect time to get them in the water with a 16-month MSNSW membership!

Invite a former swimmer, friend or family member to join your club, get active, have fun and be part of the Masters community.

All new members can join via Swim Central.

2027 MSNSW CALENDAR

The 2027 MSNSW Calendar has been emailed to all current members.

Carnival dates and venues may change from what is currently listed, any changes will be communicated via our website and monthly newsletter.

January	Saturday	16th	Gosford IPS	LC	Gosford
	Saturday	30th	Campbelltown IPS	LC	Gordon Fetterplace AC
February	Saturday	13th	Merrylands (Dual Sanction)	LC	Merrylands
	Saturday	13th	Myall IPS	SC	Tea Gardens Pool
	Saturday	27th	Blacktown IPS	LC	Emerton AC
March	Saturday	20th	Hunter Valley IPS	LC	Cessnock Pool
April	Saturday & Sunday	3rd & 4th	State LC Championships	LC	SOPAC
	Saturday	3rd	State Presentation Dinner		Dooleys, Regents Park
	Saturday	14th - 18th	National Championships	LC	Perth
May	Saturday	1st	AGM		TBC
	Sunday	2nd	Warringah IPS	SC	Warringah AC
	Sunday	9th	State Long Distance LC	LC	TBC
	Saturday	22nd	Pelicans IPS	SC	Woy Woy PLC
June	Sunday	13th	Pirates IPS	SC	Knox
		23rd - 27th	Great Barrier Reef Masters Games	LC	Cairns
July		3rd - 9th	World Aquatics Masters Swimming Championships	LC	Budapest
	Sunday	25th	State Long Distance SC	SC	Knox
August	Sunday	8th	State Relay Meet	SC	SOPAC
	Saturday	28th	Ryde IPS	SC	Ryde Leisure Centre
September	Saturday	11th	Tuggeranong IPS	SC	Lakeside LC
	Sunday	26th	Wett Ones IPS	SC	Sydney Uni
October	Saturday & Sunday	9th & 10th	State Short Course Championships	SC	Woy Woy PLC
	Saturday	23rd	Hunter Combined IPS	LC	Maitland
November	Sunday	7th	Manly IPS	LC	Lane Cove
		17th - 20th	Australian Masters Games	TBC	Woy Woy PLC
December	Saturday	4th	Port Macquarie IPS	LC	Port Macquarie Pool

2027 Technical official training will be added to the calendar at a later date.

2025 WORLD TOP TEN RECOGNITION



MSNSW is excited to present to all our WTT achievers of 2025 a MSA patch, certificate and MSNSW designed WTT or World Number 1 swimming cap.

These will be presented at lunch on day 1 of State at the AIS in October.

Any swimmer who has achieved this exceptional recognition, but is unable to attend State, your club will collect on your behalf

PAN PACIFIC MASTERS GAMES



2026 Pan Pacific Masters Games Swimming

Gold Coast Aquatic Centre
Gold Coast Highway, Southport
Thursday 12 – Saturday 14 November 2026



Individual Entries close: Thursday 29th October

UPCOMING NSW EVENTS

A graphic with a blue background featuring a pattern of white dots and lines. At the top, the text '2026 UPCOMING EVENTS' is displayed in large, bold, yellow and white letters. Below this, four horizontal bars list the events: '10/11 OCTOBER State SC Championships', '1 NOVEMBER Manly', '7 NOVEMBER Port Macquarie', and '22 NOVEMBER State LD LC Championships'. At the bottom, the text 'ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL' is written in white, followed by 'CLICK HERE TO ENTER' in large, bold, yellow letters.

2026 UPCOMING EVENTS

10/11 OCTOBER	State SC Championships
1 NOVEMBER	Manly
7 NOVEMBER	Port Macquarie
22 NOVEMBER	State LD LC Championships

ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL

CLICK HERE TO ENTER

Thinking of entering Manly?

Manly Carnival: 1st November, Lane Cove Aquatic Centre: A note re Public Transport

A quick note, in case some weren't aware, that there are Public Transport options available to the Lane Cove Aquatic Centre (via the Lane Cove Interchange, which is a 4 minute/300 metre walk to the pool). For example, regular Sunday buses run from Wynyard Station or Chatswood Station to Lane Cove Interchange and take approximately 10-12 minutes.

Parking is also available. Free, unrestricted parking for approx. 50 cars on the high side of pool. Ln Cv La. Some 2-hour street parking adjacent to the pool in Little and Phoenix Streets, unrestricted after 12.30pm, and 3 council car parks within walking distance of the pool. First 3 hours are free and up to 6 hours is maximum \$24.75 (beyond 6 hours is \$46.25).

Car pooling is the go here, and the early bird catches the worm!

Manly Masters are looking forward to seeing you all at our upcoming carnival, and details are now published on Swim Central.

Regards,
Rob Butcher, Meet Director.

COACHING - GREG LEWIN

BATEMANS BAY WORKSHOP REPORT

The last workshop for the year recently held at Batemans Bay was a great success. Anne Smyth reports:

'The all strokes workshop was run by Anne Smyth and Greg Gourley, assisted by Tuggeranong coaches, Leisa Cass and Jeanette Droop. Swimmers came from a wide range of clubs including Tuggeranong, Molonglo, Sapphire Coast, Wollongong, Bushrangers and a variety of Sydney clubs.

Swimmers rotated through the strokes, picking up some handy tips during the afternoon. Lots of fun was had with the Tempo Trainers, with swimmers ramping up their stroke rate in preparation for sprinting the following day. One swimmer reported she dropped 5 seconds off her 50 Freestyle time! Other swimmers reported improvements in Form strokes as they put into practice what was learnt the previous day'.

2027: COACH AND SWIMMER WORKSHOPS

Planning now begins for next years clinics and workshops. Coaches, you will have already received an email asking for your ideas and participation. Please keep those ideas flowing in.

Likewise, all you swimmers out there, if there is an idea for a workshop that we might be able to consider, please send them through to Lauren, our administrator, and she will pass them on: admin@mastersswimmingnsw.org.au

COACHING - GREG LEWIN

NEXT MAJOR SWIM MEET

Next state event is the State Long Course Long Distance Championships on 22 November at the Granville Swimming Centre.

Moving from the sprint meet to the distance meet can be a challenge but nevertheless the speed that should have been developed will be very useful in the long distance events. Perhaps one thing to keep in mind is that in the high energy and excitement of sprints, energy is applied over a short time. In the long distance events that energy must be applied efficiently over a longer period of time. One of the keys in making that energy last is ensuring your body position and alignment is such that you minimise the drag you might create. High head, low hips and legs will all increase drag. In the sprints some of you might to an extent 'muscle' through the drag.

But this is won't work in long distance. So, as you start to build your endurance training it would be worthwhile including work to improve your body position and alignment.

<https://mastersswimmingnsw.org.au/event/nsw-ld-lc-championships/>

REACCREDITATION & FURTHER EDUCATION

Don't let your coach qualification lapse. Go online to <https://msa.ditaplayer.com.au/catalog/club-coach-re-accréditation> Coaches, encourage some of your swimmers to undertake "Program Leader' courses. They can then assist you in that capacity and they might then like to go on and do the full club coach course. They don't have to repeat the learning that already have done.

<https://mastersswimming.org.au/wp-content/uploads/2025/03/MSA-Program-Leader-Overview.pdf>

TECHNICAL OFFICIALS - DI PARTRIDGE

Upcoming Courses

BOOK NOW



CTK - Thursday 22nd October 7:30pm

IoT - Saturday 31st October 9:00am

Starter - Saturday 21st November 9:00am

Please book into courses at least 2 days ahead

CALLING FOR NEW INSPECTOR OF TURNS!



Help Strengthen Our Officials Team at IPS and Championship Meets

We are looking for more qualified Inspectors of Turns to join our official's team at IPS and Championship swim meets.

This is one position where we really need to build a bigger team. If you are already a qualified Timekeeper, we encourage you to take the next step and participate in the Inspector of Turns course on Saturday, 31 October 2026 at 9:00 am via Zoom.

You don't need to be a top swimmer—or even a fast swimmer—to become an Inspector of Turns. What you do need is a good eye for detail, concentration and the ability to watch carefully.

TECHNICAL OFFICIALS - DI PARTRIDGE

A GREAT OPPORTUNITY FOR OUR YOUNG OFFICIALS

We would especially love to see some of our younger swimmers and officials join our experienced, mature-age officials. Our current team has many years of knowledge and experience, but we need to make sure we have the next generation coming through before our more experienced officials eventually retire.

Being an Inspector of Turns can be challenging, but it is also a very rewarding and satisfying role. You are an important part of ensuring that races are conducted fairly and according to the rules.

Already working in another officials' position and looking for a new challenge? Come along to the course and give Inspector of Turns a go.

THINKING ABOUT BECOMING A REFEREE?

If your longer-term goal is to become a Referee, Inspector of Turns is an important part of the pathway and is a pre-requisite.

The role also requires a reasonable level of physical fitness, as Inspectors of Turns need to be able to move around the pool deck and step up and down quickly when required.

So, if you are a qualified Timekeeper, have an eye for detail and would like to challenge yourself, please consider joining us for the Inspector of Turns course.

We need you—and the future of our officiating team needs you!

**For more information please email: DiP/Technical Training Co-ordinator
diane.partridge@bigpond.com**

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have provided MSNSW
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for any purchase made
at their online store.



MSNSW MERCHANDISE



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MILLION METRES APP

