



# MASTERS SWIMMING NSW NEWSLETTER

## 2026 IS UNDERWAY! GOSFORD BPS MEET



# *GOSFORD BPS MEET*

## **At Gossy 2026 they jumped in the pool to dry off!**

The revived Gosford BPS of 2026 is a story of effort not achieving results but still showcasing progress and the potential of our swimming community.

The Seagulls' determination to host a meet was driven by a sense of destiny. Other clubs spoke fondly of the traditional first race of the year at our sunny pool by the bay. After enjoying their club meets, we felt it only right to return the favour and welcome them back to Gosford after twelve years. The Seagull people-power accumulated by our sudden club revival also needed an outlet: we may have imploded without a big project to work on together!

Once the 'Gossy 2026' project got started, the strong support it received only added to that sense of destiny: Gosford's traditional Meet Referee, Neil Keele, came on board and the 'A-List' of MSNSW officials offered their service; partner sporting clubs\* pledged tents to shelter these officials; local businesses donated a sensational showcase of Central Coast raffle prizes; Seagulls contributed so enthusiastically that many ideas had to be parked for 2027; almost 190 swimmers signed up... Gossy 2026 had everything going for it except one crucial thing.

The lightning storm halted racing just after the first relay heat, then a 100mm downpour washed out twelve months of planning. Many of our visitors missed out on swimming, everyone got soaked, a borrowed shade-tent buckled, even the bronze seagull trophies on display were getting blown over!

We were devastated until Masters' swimmers saved the day: messages of thanks, congratulations, smiling photos in the rain; jokes about jumping in the pool to dry off; naming the bucket-hats a badge of honour; complimenting our onboarding comms and yellow self-marshalling heat-sign initiatives; admiration for the 50+ Seagulls who still had the energy to charge out into the driving rain to pack up -the cheerful, positive spirit of the MSNSW community was on full display on January 17 2026.

MSNSW's reassurance despite the storm helped us Seagulls realise the Gosford BPS still achieved what we'd hoped for: a show of appreciation to our fellow clubs; a crusade that galvanised our new team; proof that we're worthy members of Val Lincoln's club by being undeterred by weather or weariness.

We certainly seem to share that resilience with other clubs, so hope to see you again in January 2027!

Matthew Dore, President,  
Gosford Seagulls Swimming Club



## 2026 NATIONAL CHAMPIONSHIPS

*Entries are open!*



For all information relating to the MSA National Championships

[CLICK HERE](#)

## WELCOME CITY OF SYDNEY MASTERS

Welcome to City of Sydney Masters Aquatic Club.  
Home pool: Gunyama Aquatic Centre, Zetland

**MSNSW now has 50 active clubs!**

# 2025 AWARD NOMINATIONS

These 2025 Awards will be handed out at our State Presentation dinner on Saturday 11<sup>th</sup> April

Official of the Year

Coach of the Year

Gary Stutsel Award

Administration Award

Betty Grant Award

**VOTE  
NOW!**

**SUBMIT A NOMINATION HERE**

Award criteria is available on the forms

**Deadline: Friday 13th February 2026**

# E1000

## Looking for a goal in 2026?

The Vorgee Endurance 1000 program is a swimming program designed to encourage people to compete in distances from 400m to 60 minutes duration in a variety of strokes. The program is entirely optional, and to achieve the required goals (which relate to gender and age groupings), the swims are done over an extended part of the calendar year.

The total number of swims (gaining points) that can be completed is 62 – broken down into:

- 25 x individual 400m swims
- 25 x individual 800m swims
- 3 x 1500m swims
- 3 x 30 minute swims
- 3 x 45 minute swims
- 3 x 60 minute swims



Read more about it here: <https://mastersswimmingnsw.org.au/endurance-swimming/vorgee-e1000/>

## BLUE MOUNTAINS FIRST ENDURANCE SWIMS FOR 2026.



**Blue Mountains Phoenix  
always start the year at  
9am on New Years Day At  
Lawson Pool.**

**This year Jim, Sally, Matt,  
Robin, Lyndall & Sue were  
all there!**

**Way to go!**

# 2025 E1000 RESULTS

**Congratulations to our e1000 swimmers who achieved maximum points:**

Jordan Henry	Blacktown
Mark McDonald	Blacktown
Kelly Bowden	Campbelltown
Suzie Haddad	Campbelltown
Gregory Jacques	Campbelltown
Russell McLeod	Campbelltown
Belinda Meek	Campbelltown
James Pelosa	Campbelltown
Alexandra Rouen	Campbelltown
Owen Sinden	Campbelltown
Wendy Sheppard	Castle Hill
Marcelle Smith	Castle Hill

Leanne Da Costa	Coffs Harbour
Lauren Bradley	Mingara Pelicans
Wendy McMurtrie	Port Macquarie
Kristine Dillon	Tuggeranong
Kylie Lane	Tuggeranong
Christine Leary	Tuggeranong
Atsuko McGowan	Tuggeranong
Liesl Peters	Tuggeranong
Richard Phillips	Tuggeranong
Ann Reid	Tuggeranong
Michael Parkinson	West's Auburn

**Congratulations to our e1000 swimmers who achieved maximum swims:**

Matthew Reidy	Blue Mountains
Annika-Lee Skulander	Blacktown
Laura Lawrence	Campbelltown
Cristan Prain	Campbelltown
Colin Murray	Castle Hill
Katherine Di Bona	Castle Hill
Kassandra Di Bona	Castle Hill

Karen Di Bona	Castle Hill
Tanya Colyer	Molonglo
Donna Campbell	Tuggeranong
Charmaine Groppler	Warringah
Kerryn Blanch	West's Auburn
Cassie Anderson	West's Auburn

## 2025 E1000 RESULTS

**Congratulations to our e1000 NSW Pathway swimmers who achieved maximum swims:**

Lyndall Wilson	Blue Moutains
Robin Griffiths	Blue Moutains
Heather Rouen	Campbelltown
Elizabeth Needham	Tuggeranong
Ann Reid	Tuggeranong
Brenda Day	Tuggeranong
Maureen Hall	Wests Auburn
Hilary Morrison	Wests Auburn
Terry Gainey	Wests Auburn

## NSW CONSOLIDATED RULES OF COMPETITION

The NSW Consolidated Rules of Competition have recently undergone a comprehensive review and have been amended to ensure alignment with the current MSA Rules. These updates are intended to provide greater consistency, clarity, and alignment.

Copies of both the National Rules and the updated MSNSW Rules will be distributed via email to all active MSNSW members in early February. The documents will also be made available on the MSNSW website for easy reference.

Members are encouraged to familiarise themselves with the updated rules once released, as they will apply to all relevant competitions moving forward.

# AGM



**SATURDAY 16<sup>TH</sup> MAY 2026**  
**11AM**  
**DOOLEYS, REGENTS PARK**



Club Presidents: Please submit your President's reports

Previous AGM reports & meeting minutes

[CLICK HERE](#)

Nominate for a board position

[CLICK HERE](#)

EOI for an appointed position

[CLICK HERE](#)

Agenda upcoming and will be emailed to all members

**All members are welcome to attend!**

RSVP to [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)  
by Friday 1<sup>st</sup> May.

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## *MSNSW RESULTS APP*

**The MSNSW Live Results App is no longer operational**

### **MSNSW Meets will now be on Meet Mobile**

This app is available for purchase via the app & google play store



Please note that Meet Mobile costs money to access the results, so for anyone who doesn't want to pay for Meet Mobile, we will continue to use the live results website Craig has made - which is accessible via this link:  
<http://liveresults.mastersswimmingnsw.org.au>  
This can be saved to your phone's home screen, in the same way our previous app was used.

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## *MSNSW RELAY APP*

### **Attn Team Captains!!**

There is a new app to enter relays at our BPS, State & Relay Meets

*Click Here*

## UPCOMING NSW EVENTS

# 2026 UPCOMING EVENTS

**14 FEBRUARY** Myall

**21 FEBRUARY** Merrylands Dual Sanction

**28 FEBRUARY** Blacktown

**21 MARCH** Hunter Valley

**11+12 APRIL** State LC Championships

**ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL**

**[CLICK HERE TO ENTER](#)**



Please help out at each event by doing a bit of timekeeping.

Your help is greatly appreciated by your fellow swimmers!

# SWIM THE WHITSUNDAYS

ARE YOU READY??

Swim the  
Whitsundays

JULY 14<sup>TH</sup> TO 18<sup>TH</sup> 2026



FOR MNSW  
SWIMMERS ONLY!

A PRIVATE TOUR

Only 14 spots left



**BUY NOW**

*You know you want to!*

This private charter with Masters Swimming NSW brings together all the best of Swim The Whitsundays in a relaxed, social escape designed just for your group. Each day you'll dip into turquoise coves for swims between 1-3km, with the option to stretch it further along the sweeping sands of Whitehaven Beach. When you're not in the water, wander to island lookouts, snorkel colourful reefs, or simply kick back on deck and soak up the views. It's an easy blend of swimming, sunshine, and shared adventure—perfect for making memories together.

## COACHING - ANNE SMYTH

### COACH AND SWIMMER WORKSHOPS

**February 22 - Bowral**

Freestyle and Form workshop



**July 18 - Woy Woy**

Stroke Workshop

**COMING SOON**

### COACH OF THE YEAR & MSA EXCELLENCE AWARD

Is there a coach in your club who has been motivating and inspiring?

This year there are two opportunities for nomination. Please use the appropriate nomination form for NSW and National.

**NSW Coach of the Year. Nominations close 13th February 2026**

<https://mastersswimmingnsw.org.au/award-nomination-form/>

**MSA Coaching Excellence Award. Nominations close 28<sup>th</sup> February 2026**

<https://mastersswimming.org.au/about/msa-awards/msa-coaching-excellence-award/>

Background to the MSA Coaching Excellence Award:

- Allows for multiple recipients.
- Enables the recognition of coaches for small or large achievements they may have made in their clubs.
- It is a simple online process to nominate – anyone can do this – a swimmer or a club.

# COACHING - ANNE SMYTH

## COACHING TIPS

As State and Nationals are looming the focus of sessions is preparing swimmers for competition. Some great ideas for developing sprinting can be found here:

<https://mastersswimmingnsw.org.au/training-sets-for-racing/>

### What is front end speed?

The ability to go out very fast (first 50m of a 100/200, first 100m of a 400) feeling controlled and fresh, often using a dive start.

It's about being powerful and fast initially without burning out, balancing speed with efficiency.

This set was used recently in training aimed at developing Sprinting Technique, in particular Front End Speed. It was swum whole squad with the lower lanes using fins.

- 4 x 25 Kick as 15 m high intensity then easy
- 4 x 25 sprint 15 m high intensity then easy
- 2 x 25 dive start 15 min high intensity then easy

## REACCREDITATION

Don't let your coach qualification lapse. Go online to <https://msa.ditaplayer.com.au/catalog/club-coach-re-accrreditation>

# TECHNICAL OFFICIALS

## Welcome back Technical Officials

Becoming a qualified MSA Technical Official (TO) marks the start of a vital role in ensuring fairness and safety in competition. As a technical official, you are the backbone of fair play. This transition marks a pivotal milestone in your officiating career. Moving from a mentored trainee to a qualified TO is where your theoretical knowledge transforms into true expertise. Without a "safety net," you are now the final authority in your area. Experience is the only way to build the "muscle memory" required for high-level officiating. It is highly recommended that all newly accredited TOs officiate in their new position at a **minimum of six swim meets** immediately following qualification before moving on to other TO training.

**Decision-Making:** Moving past the "should I?" to the "I must" when officiating.

**Diverse Scenarios:** Exposure to various age groups, strokes, situations, and pressures.

**Confidence Building:** Proving to yourself that you can manage without external validation.

**Observational Awareness:** You must be "quick-thinking" and hyper-aware of your environment. This includes not just the swimmers in the water, but the timing of the heats, the movement of other officials, and the physical environment of the pool deck.

**Focus and Stamina:** A TO must remain "very, very focused" on the task at hand. In a long session, mental fatigue is your biggest enemy.

**Building Your Network:** Get to know your fellow TOs and the regular swimmers.

Understanding the specific challenges of your peers makes the meet run smoother and creates a supportive professional environment.

See you on pool deck!

DiP/Technical Training Co-ordinator: [diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com)



# MSNSW MERCHANDISE



ORDER NOW



Postage options available, or click & collect at the next carnival.

# MILLION METRES APP

MILLION METRES APP



# SHARE WITH US!



We'd love to share more stories and celebrate your clubs and the wonderful people within them.

If you have something to share with us please email:

[admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)