



# MASTERS SWIMMING NSW NEWSLETTER

Congratulations to 2 MSNSW swimmers on being awarded the prestigious  
Order of Australia Medal



## Paul Lemmon OAM (Mingara Pelicans)

Veteran surf life saver and swimmer Paul Lemmon has been awarded a Medal of the Order of Australia for service to surf lifesaving.

The highly decorated surf life saver has also won a number of gold medals in the Masters championships, is a former professional ironman, a coach, a mentor and a school teacher.

Paul credits his years spent in Masters Swimming: "Through Masters swimming, I've been able to promote health, participation and a lifelong involvement in sport as well as many friendships."

## Kay Burton OAM (Blue Moutains Phoenix)

87-year-old former school teacher Kay Burton, has been awarded a Medal of the Order of Australia for service to Swimming.

Kay has been swimming for almost 80 years and in 2025 was awarded NSW Masters Athlete of the Year after winning 4 gold medals at the World Championships in Singapore.

Kay has set a goal to swim at every ocean pool in Australia, completing 88 so far, she only has 5 to go!



# NSW COACHING CLINICS

## Coaching Workshops

### OVERCOMING ANXIETY WORKSHOP

 DENISTONE  
JULY 4  
1:00PM - 4:30PM

\$30 PER PERSON

Numbers limited to 30

### FREESTYLE & BREASTSTROKE WORKSHOP

 WOY WOY  
JULY 18  
1:45PM - 4:00PM

\$20 PER PERSON

Numbers limited to 30

### ALL STROKES WORKSHOP

 BATEMANS BAY  
SEPTEMBER 12  
1:45PM - 4:00PM

\$20 PER PERSON

Numbers limited to 30

Masters Swimming NSW is offering a range of workshops this year to help swimmers improve both their mental and physical performance.

**Conquering Race-Day Anxiety will be held at the Royal Life Saving Aquatic Academy, Denistone East, on Saturday 4 July (1:00pm–4:30pm).** Presented by Sport and Exercise Physician Dr Danielle Jolly, the workshop will help swimmers understand and manage race-day nerves, develop effective mental routines, and turn anxiety into a performance advantage.

On **Saturday 18 July (1:45pm–4:00pm), the Freestyle and Breaststroke Workshop at Peninsula Leisure Centre, Woy Woy,** will focus on improving technique and stroke efficiency through targeted drills. The session will be led by award-winning coaches Greg Lewin, Anne Smyth and Greg Gourley.

**The All Strokes Workshop takes place at Bay Pavilions, Batemans Bay, on Saturday 12 September (1:45pm–4:00pm).** Swimmers will work in small groups to refine technique across freestyle and two other strokes under the guidance of the Masters Swimming NSW Coaching Team.

Coaches attending the Woy Woy and Batemans Bay workshops can earn 2 Professional Development points towards reaccreditation.

[\*\*Book Coaching Clinic Here\*\*](#)

# MSNSW CALENDAR

MSNSW Carnival dates can occasionally change for a range of reasons (venue availability, clashes, logistics etc). The MSNSW Calendar is always kept up to date, so please be sure to check it regularly to avoid any surprises.

[VIEW CALENDAR](#)

# MULTI-CLASS POLICY




**MASTERS SWIMMING AUSTRALIA**

**ANNOUNCEMENT:**  
Strengthening Competitive Opportunities for Multi-Class Swimmers at MSA National Championships

For full details on this exciting update, please visit our dedicated webpage here <https://mastersswimming.org.au/msa-national-championships-multi-class-results/>

MSA is pleased to introduce a new Multi-Class (MC) Policy for the MSA National Championships commencing at the 2027 MSA National Championships Perth hosted by Masters Swimming WA (14-18 April 2027) <https://www.n27perth.org/>

Developed in consultation with the MSA National Disability Inclusion Committee (NDIC) and contributing stakeholders, the policy strengthens the recognition of MC swimmers at our premier event and provides greater clarity and transparency for all members. This marks an important milestone in MSA's commitment to inclusion and celebrating achievement across our sport.

[Learn more via the MSA website](#)

# EVENT RESULTS

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



## **Meet Mobile**

This app is available for purchase via the app & google play store  
Please note this app does require an annual subscription



## **Free Results Website**

This can be saved to your phone's home screen, in the same way our previous app was used.



## **Relay App**

For Club Captains

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

**All MSNSW Results will be made available in the week following the event on the MSNSW website, MSA portal & Swim Central**

## UPCOMING NSW EVENTS

# 2026 UPCOMING EVENTS

**19 JULY** State LD Championships

**9 AUGUST** Relay Meet\*

**29 AUGUST** Ryde

**13 SEPTEMBER** Batemans Bay

**20 SEPTEMBER** Wett Ones

**10/11 OCTOBER** State SC Championships

**\*CLUB CAPTAINS TO ENTER TEAMS IN RELAY APP FROM AUGUST 3  
ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL**

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

You can provide your own lapcounters for the LD Meet



# Weekend

— Getaway to —

# BATEMANS BAY

SWIM. COMPETE. EXPLORE.

Two days.  
One great weekend.



**SWIMMING CLINIC**



**SEPTEMBER 12**

*All Strokes Workshop*



**IPS MEET**



**SEPTEMBER 13**



**BAY PAVILLIONS**

12 Vesper Street, Batemans Bay



Book now at

[www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)

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# COACHING - GREG LEWIN

## COACHING NEWS

The overcoming anxiety when competing workshop is almost upon us (see date and registration details below). This workshop is a bit of a departure from the usual stroke type workshops that we often carry out. It is open to both swimmers and coaches. Anxiety with racing inhibits both performance and enjoyment. Besides yourself as a coach, encourage any of your swimmers to consider attending the workshop.

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## COACH AND SWIMMER WORKSHOPS

### July 4 - Denistone East

Overcoming Anxiety Workshop

[BOOK NOW](#)

### July 18 - Woy Woy

Stroke Workshop

[BOOK NOW](#)

### September 12 - Batemans Bay

All strokes Workshop

[BOOK NOW](#)

## COACHING - GREG LEWIN

### NEXT MAJOR SWIM MEET

Next state event is the Long Distance Short Course Meet at Woy Woy on 19 July. With about 3 weeks to go, if you have been building lots of endurance work you will be thinking now about dialling that load down as the day gets closer. Perhaps, sharpening speed with some broken distance sets (eg. 4x200 for 800m) testing out the race pace. Maybe some negative split sets to maintain finishing speed. Don't forget this is a short course meet. So maintaining practice for turns and streamlining is all the more important.

[Enter Here](#)

### REACCREDITATION & FURTHER EDUCATION

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

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

## Upcoming Courses

**BOOK NOW**



JoS - Saturday 4<sup>th</sup> July 9:00am (Must be an IoT)

CS/CoC - Wednesday 9<sup>th</sup> September 7:30pm

CTK - Thursday 22<sup>nd</sup> October 7:30pm

IoT - Saturday 31<sup>st</sup> October 9:00am

**Please book into courses at least 2 days ahead**

## WHY COMPLETING THE TOP HALF OF YOUR LOG SHEET MATTERS

Filling in the top half of your log sheet accurately and completely is more important than it may appear. This section provides essential information used to process and verify your qualifications efficiently.

When this information is incomplete or unclear:

- Processing of qualifications may be delayed
- Additional follow-up may be required
- Records may become inconsistent or inaccurate

By taking a few extra moments to ensure everything is filled out correctly, you help:

- Speed up qualification processing
- Maintain accurate official records
- Reduce administrative workload

In short, careful completion of your log sheet benefits not only yourself, but the entire officiating administration system.

# 2026 TO TRAINING CALENDAR

## THE ROLE OF ROSTERS AT SWIM MEETS

Technical officials and trainee technical officials are assigned positions through structured rosters at swim meets. These rosters are designed with a clear purpose:

- Ensure the event runs smoothly, efficiently, and with minimal issues.
- Place experienced officials in key roles
- Provide trainee officials with opportunities to gain practical experience
- Ensure all areas of the meet are properly supervised

Importantly, trainees are positioned alongside experienced qualified technical officials, allowing them to learn while contributing effectively to the meet.

## WORKING TOGETHER FOR SUCCESS

Successful swim meets rely on more than just individual performance—they depend on collective responsibility and professionalism. By completing log sheets accurately and respecting and following roster, you contribute to a well-organised, efficient, and supportive officiating environment.

Thank you for your cooperation  
**DiP/Technical Training Co-ordinator**  
**[diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com)**

# SWIMMING NSW SHOP

Thank you to Swimming NSW who have provided MSNSW a special discount code for any purchase made at their online store.



swimming new south wales

**10% OFF MASTERS NSW MEMBER DISCOUNT**  
ALL YEAR ROUND!

**ONLINE ONLY! SHOP HERE**

USE CODE 10%OFFVOUCHER AT CHECKOUT

# MSNSW MERCHANDISE



**ORDER NOW** 

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

# MILLION METRES APP



Log your laps straight out of the pool

Scan the QR code and join MSA Million Metres to log your kms

<https://mastersswimming.org.au/programs/million-metres-program>

