



MASTERS SWIMMING NSW NEWSLETTER



458 Swimmers
527 Relay Teams
24 Clubs
25 National Records
41 State Records



MSNSW RELAY MEET

What a day at the 2026 MSNSW Relay Meet!

458 swimmers from 24 clubs came together to form **527 relay teams** for an incredible day of racing, teamwork and club spirit.

And it was certainly a fast one, with an amazing:

25 National Records

41 State Records

A huge congratulations to **Penrith**, who took out both the Interclub Pointscore and Average Points trophies!

We also want to say a very special thank you to **Craig Smith** and **Mark Hepple** for their enormous contribution to the event, as well as all of our officials who were on their feet constantly for around nine hours. It was a long, record-breaking day, and we are incredibly grateful to everyone who worked so hard to make it such a successful one.

Thank you also to **Wett Ones**, who supplied warm-up supervisors throughout the day.

And finally, thank you to every swimmer, club, supporter and volunteer who helped make the 2026 Relay Meet such a fantastic day!



STATE LD SC CHAMPS - AWARDS

Div 1 - Blacktown



Div 2 - Castle Hill



Div 3 - Wests Auburn



Div 4 - Harlee Elite + Sapphire Coast



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](#)

SWIMCON 2026



swimcon.org

TRAINING SESSIONS

masters swimming AUSTRALIA

SWIMCON26
Sunshine Coast

SAT. 19 SEPTEMBER
MON 21 SEPTEMBER

Swim COACHES & TEACHERS AUSTRALIA

events centre CALOUNDRA

[MORE INFO](#)



Train with some of Australia's most experienced Masters coaches at SWIMCON26! Want to fine-tune your technique, improve your kick, or gain confidence in open water? Join us for the Masters Swimming Australia Training Day on Friday 18 September at Caloundra Aquatic Centre.

Choose from:

- Individual Stroke Correction Sessions (limited to just 6 swimmers per session)
- Myth Busted: Masters Can Kick! – practical tips and drills to improve your kick
- Open Water Technique Clinic – build confidence and efficiency in the open water

Led by an outstanding coaching team:

Natasha Bletchly
Bruce Allender
Rob Wilson

Whether you're preparing for your next competition or simply looking to improve your swimming, these sessions are open to all Masters swimmers.

Places are strictly limited and will be allocated on a first come, first served basis.

Bookings close 5:00 pm Wednesday 16 September.

WHITSUNDAYS SAFARI



The Whitsundays Swim Safari was a wonderful escape; from the cold of winter to mild 24°C, sunny days. We enjoyed life out at sea over 4 nights on the Solway Lass, a tall ship with many tales to tell since its construction in 1902. We enjoyed plenty of swimming, 'schnorkelling', and sightings of turtles and whales around the beautiful Whitsunday islands.

Our group of Masters swimmers was supplemented with keen ocean swimmers, as far south as Melbourne. We also had a couple of ocean swimming newbies with us.

The Solway Lass crew looked after us well, keeping us well fed and hydrated. Our Captain, Arnico, impressed us with his ability to navigate shallow coral reefs in the tender. He was also a great story teller, explaining how wind makes a heavy sailing boat move through the water.

A few of us chose to sleep out under the stars, rocked to sleep with a magnificent view of the milky way.

Our Tour guide, Hunter, and Captain Arnico took us to sheltered, clear waters in the Whitsundays for swimming/snorkelling (now fondly remembered as schorkelling) including the iconic Whitehaven Beach off Whitsunday Island, and Luncheon Bay, Butterfly Bay and Stonehaven Bay off Hook Island. We anchored on the better side of Hayman Island, waking up to a glorious sunrise.

The tour also tested our land legs with a walk up Hill Inlet, overlooking Whitehaven Beach and a walk up South Molle Island.

In the evenings we amused ourselves, playing board games, watching movies about the Solway Lass and with music. The sing along was one of my highlights!

Thanks to Kerry and Oceanfit, for organising such a wonderful holiday. It was all it promised to be and more!

Elissa - Gosford Seagulls

What can I say? Watching sun kissed water gently rippling with the sunrise, interactive with Mother Nature's display of various coral, colourful fish in ambient temperature. Freshly prepared food to regain energy before reading and napping in the warm sun on historic boat. Sitting up on the roof of the boat with a glass of wine watching the sun sink over the horizon before lying down and counting stars twinkly brilliantly in the black night sky.

See you next year.

Caroline - Mingara

16 MONTH MEMBERSHIP



Attention Club Registrars

Our 2027 16 month membership is now available for club registrars to create in Swim Central.

A reminder to all our active 2026 members to not purchase this membership, this is for new or returning members only.

The 2027 renewal membership will be available December 1

PAN PACIFIC MASTERS GAMES



2026 Pan Pacific Masters Games Swimming

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



UPCOMING NSW EVENTS

2026 UPCOMING EVENTS

13 SEPTEMBER Batemans Bay

20 SEPTEMBER Wett Ones

10/11 OCTOBER State SC Championships

1 NOVEMBER Manly

22 NOVEMBER State LD LC Championships

ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL

CLICK HERE TO ENTER



Don't forget to timekeep.

Be the reason someone know's
how fast they swam!

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

COACHING - GREG LEWIN

COACH AND SWIMMER WORKSHOPS

September 12 - Batemans Bay

All strokes Workshop - almost full!

BOOK NOW

NEWS

Just in case you have not heard. The masters advanced coaching program is now live. The program has been developed to support committed coaches – who are passionate about giving back to our swim community. This program is designed to deepen and broaden coaching knowledge while offering the flexibility to suit individual interests and availability.

To gain qualification as an Advanced Coach, you must hold a current MSA Club Coach Accreditation and be

actively coaching adults or mentoring coaches. Completion of the Advanced Coach Course requires a minimum of 9 units of study comprising 3 Mandatory + 3 Core + 3 Elective units.

More details can be found on the Masters Australia website:
<https://mastersswimming.org.au/advanced-coach-program/>



ADVANCED COACH PROGRAM

masters swimming AUSTRALIA

Looking to expand your coaching toolkit, challenge your current thinking and stay up-to-date with current coaching practice?

The Advanced Coach Program has been developed to support committed Club coaches who are passionate about giving back to the swim community.

It's your choice.
 Full Advanced Coach Qualification or simply PD to build up your coaching skills.

- ✓ FLEXIBLE PICK AND MIX FORMAT - CHOOSE WHAT YOU STUDY
- ✓ AFFORDABLE AND ACCESSIBLE ANYTIME, ANYWHERE
- ✓ ONLINE LEARNING EXPLORE NEW AREAS OF INTEREST
- ✓ SUPPORTS YOUR UNIQUE ROLE WITH YOUR CLUB AND SWIM COMMUNITY

OUR SWIMMERS LOVE OUR COACHES SO... BE CURIOUS... FIND SOMETHING NEW TO LEARN

THIS IS JUST THE BEGINNING... MORE UNITS ARE BEING DEVELOPED AND ADDED

THE ADVANCED COACH PROGRAM HAS SOMETHING FOR EVERYONE

<https://mastersswimming.org.au/advanced-coach-program/>

Email us at coach.education@mastersswimming.org.au if you need any help to get started.

Photo Courtesy: Wade Brennan Photography

COACHING - GREG LEWIN

NEXT MAJOR SWIM MEET

State Short Course Championships on 10 & 11 October at the AIS in Canberra.

You could say this year has been challenging when trying to coach our swimmers. Long course championships first up focussing more on sprint distances, then a flip to long distance short course, then back to sprint focus for relay carnival and the upcoming short course championships and flip again to long distance only a month or so after.

Not too bad when you have swimmer(s) who like to stick to either long or short distance. But quite often they will do all the events and then start asking why it was they didn't quite go as well in one or the other or both!

So, in those keen swimmers it maybe necessary to tease out of them what is important for them. It maybe they are more willing to sacrifice a sprint to achieve a goal distance target understanding it might not be possible to be a 'jack of all trades' all the time. Or maybe to split a calendar year into 2 seasons for them with sprint target in one and a distance in other allowing for a reasonable training time to peak for 2 championships rather than the 4 this year has presented us.

<https://mastersswimmingnsw.org.au/event/msnsw-short-course-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



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

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



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MILLION METRES APP

