



ABN: 42 468 116 472

Masters Swimming NSW

MSNSW Board Members – Jane Noake, Tony Tooher, Sue Wiles, Stuart Meares,
Jon Hawton, Neil Keele and Owen Sinden. **Administrator** – Jillian Pateman

Monthly News – April 2014



Volunteer of the Month for March is Judy King from Clarence River Masters club. Congratulations Judy and thank you for all you do for your club. Quotes from the nomination: *Judy King is a person that does everything that is asked of a secretary and much more.... As our secretary, she is very organised and gets any information we need. She also swims and helps out at the pool regularly.*

Please nominate a member that you appreciate! Simply write a paragraph describing a member's impact on you or your club and they may win the \$30 Coles Myer gift card. Email your nomination to the Branch office BEFORE the Board meeting on 12th May. Small print- Be aware that the information may be used for publicity purposes.

Master Class Coaching Forum This two day course will see **Alex Hirschauer** (National Open Sprint Coach, Strength and Conditioning Coach Vicentre Swimming Club) and **Brian Ford** (Senior Head Coach, Traralgon Swimming Club) present over two days. **Saturday 3 May – Sunday 4 May, 2014 at Richmond Recreation Centre, Melbourne**

This course is for coaches who are accredited and experienced in coaching adult swimmers, preferably in Masters Clubs. There are 20 places available - so register your interest at

<http://www.mastersswimming.org.au/News/ArtMID/5982/ArticleID/5925/MSA-Master-Coaching-Class>

Ⓜ A **Coaches Masters Class is planned for NSW**, tentatively looking at Sunday 17 August- to be confirmed. Coaches are asked to express their interest in attending & then it will be open to swimmers to complete numbers. Ⓜ


~Both an Intro Coach course and a Club Coach course will be conducted at Olympic Park on July 19. Book your place NOW!~

Sport Development Officer Please take some time to think about how Simon may assist your club to expand its activities, reaching out to new people, being more prominent in your community or growing your club numbers. What help does your club need? You can contact Simon directly on sportsdevelopment@mastersswimmingnsw.org.au Simon has had three clubs put their hands up so far. He will now work out with them what they want and how their immediate community can be encouraged to take a fresh look at their masters club.

Technical Courses **Competition!** **TWO MONTHS TO GO**

MSNSW has launched a competition for clubs to get more technical officials trained up and accredited in the first half of 2014. Your club could win a Vorgee gift voucher for \$200 or \$100!! So don't hold back-organise ALL your members NOW to get, at minimum, a timekeeper accreditation in 2014 then push to get CTK, CS or Marshall etc. The game is on and time is running out. Contact DiP on officialtraining@mastersswimmingnsw.org.au See attached flyer for competition details.

Membership for Coaches, Technical Officials and Volunteers Masters Swimming Australia has introduced a \$10 membership for one of the three categories above to be known as Co, To & Vo. This is available online through the membership portal. It would be expected that the club could pay this nominal fee for their non-swimming coach, officials and volunteers but be aware-this membership is a national one, they are not classified as members of your club nor of MSNSW but rather Masters Swimming Australia. The benefits: Officials, volunteers and Coaches can be recognised for awards as they are members of MSA.

Social Media  We now have 940 likes, more than double that of every other state and only 100 behind our National site! (Not that it's a competition) This is largely due to our enthusiastic team of FB administrators. Thanks team! If you are on Facebook, participation is the key to you seeing more of our posts on your newsfeed. Facebook limit the number of people that see our posts and it is up to you to participate in our posts (i.e. 'Liking' and commenting on our posts) so that you see more of us. Visiting our page directly at www.facebook.com/mastersswimmingnsw is a good way to keep up to date with the happenings of Masters Swimming NSW and you seeing our news.

We would also like all clubs to put our content email address content@msnswfacebook.info on your club mailing list so that we are up to date with what is happening at your club. This is the only way for you to get your club 'up in lights' on our Facebook feed. If we don't know about an event we cannot promote it for you.

We are also going to start using hashtags, so we ask you to use our hashtag, #msnsw when posting about your swimming or achievements in swimming. We ask that clubs with fb pages use this hashtag when posting about the upcoming state and national championships. Hashtags are a unique link on social media which points users to a common page that highlights posts that are of a common subject.

Masters Swimming NSW

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Incidents and injuries. Should you or a fellow club member receive an injury whilst training, competing or involved in club activities you MUST complete an injury or incident form and send it to the Branch/National office. It needs to be reported as soon as practicable for insurance purposes so please do not leave it longer than 48 hours before letting us know. Forms are on our website under Downloads/Forms.

New Rules and old New rules came into force on 1st January 2014. A summary is inserted into swim meet programmes and clubs are asked to discuss these with all swimmers whether they compete or not. It's a good idea to occasionally revisit the rule book to ensure all members have an awareness of the technically right way to conduct themselves in & around the pool.

Has your club discussed swimwear rules? Do you know about getting on the blocks already prepared to race & not adjusting your goggles? What jewellery, if any, can be worn and what about strapping?

👋 A brief mention (pun not intended) about appropriate swimwear-are yours suitable and reliable? Please check for wear & tear before we have a modesty malfunction. Chlorine is harsh on fabric & some are becoming see-through!

Sydney Olympic Park Athletic Centre is celebrating 20 years and MSNSW members will have memories!

Help celebrate by sharing your story or photo for the chance to WIN the Ultimate Sydney Experience

Two major prize packages worth \$1,712 are on offer. Prize packages include:

- One night's accommodation in a Superior King Balcony Room & Buffett Breakfast in Boulevard Brasserie for two from Novotel Sydney Olympic Park
- 50 visit swim pass at Sydney Olympic Park Aquatic Centre
- Admission for 4 adults to Aim For Fun at Sydney Olympic Park Archery Centre
- Gold Class Movie Tickets for 4 people at Event Cinemas
- \$100 voucher at Sails on Lavender Bay at McMahons Point
- Admission for 4 adults to the Sydney Tower Eye Observation Deck
- Admission for 4 adults to a Skywalk experience at the Sydney Tower
- Speedo Pack swim pack includes – back pack, mesh bag, towel, waterbottle, goggles, kickboard, swim cap, chamios





Prizes will be awarded for **best story** and **best photo and story combined**. **Weekly prizes** are also up for grabs for the best moment of the week. To enter the competition visit [Sydney Olympic Park Facebook Page](#) and click on the [Share Your Moments to Win](#) app to upload your story or photo/story from 14 March – 27 April 2014. [Terms and conditions apply](#).

39th National Championships 23-27 April 2014-Rockhampton, Queensland Entries are closed and the program is up on the MSQ website. Further details at <http://www.mastersswimmingqld.org.au/>

Having trouble finding our website? You may need to enter our web address in your browser as we recently changed from the aussie address to www.mastersswimmingnsw.org.au

LOST PROPERTY-found-a pair of earrings at the State Championships and, from earlier in the year at a local swim meet, a pair of prescription sunglasses. Contact the branch office for details on either.

April/May in NSW:

	1 st January - 30 April	West's Auburn <u>Postal</u> swim	5km pool swim, solo or relay
	Until 1 st August	Bunbury Postal swim 3x400m	Details on MSA website
	4 May	Manly Masters	Closing date 18 April
	17 May	Annual General Meeting	All clubs should send a delegate
	24 May	Ettalong Pelicans	Closing date 9 May
	11-18 October	Alice Springs Masters Games	

Jillian Pateman Administrator



The next Board meeting is scheduled for Monday 12 May 2014. These meetings are open to any member of Masters Swimming NSW. Please notify the branch office by the Friday before the meeting of your intention to join us or of any agenda items you wish to add.

Attached: Notice of 2014 AGM and the flyer for the Technical Accreditation competition.