



# Monthly News

## Adults swimming for fitness, friendship and fun

August 2016

### 16 month membership

16 month membership option opens on 1st September. Club fees need to be decided on and the offer is there from the Branch office to open up on your behalf. STG will archive every Club's 12 month subscriptions on August 29th. If Clubs don't open their 4 & 16 month subscription types – they will not be able to receive new members and

there will be people hovering on the keyboard to log in on Sept 1!

16 month Branch and National combined fee = \$93 + club fee

Club Registrars have already received the help sheet to assist in this process.

### Swim into Spring campaign launched

Many NSW clubs have requested a copy of the new campaign toolkit to grow membership numbers at club level. This is a wonderful asset to guide and support your club in promoting any activities it has coming up at the time when we can best support new members with the 16 month membership opportunity.



How will your club look after any new members? What advice can you give them about competing, perhaps for the first time or returning to the pool after many years? Check out our frequently asked questions [here](#)

This is a good time for all members to read through the rules which are presented [here](#)



### Record attempt

Warringah Men's 360+ medley relay team attempt National record at their meet on 24 September. You still have time to enter this meet and be there on the day to watch this feat and be part of the excitement. Did you see the ABC [730 Report](#)?

How about [Channel 9](#)'s story?



## MSNSW honoured with Sports Award



*Picture - Board member Kari Baynes receiving the Sport Volunteer Management trophy awarded to MSNSW in the State Sporting Organisation category*

Sport NSW held the annual NSW Community Sports Volunteer Awards at NSW Parliament House on Friday 19th August, in an event which celebrated the amazing contribution which volunteers make to community sport.

The event was hosted by the Minister for Sport, the Hon. Stuart Ayres MP, who congratulated the finalists and addressed the audience about the value of volunteers, drawing a comparison to the ongoing Olympics in Rio de Janeiro.

“... it is a fantastic time to celebrate all that sport has to offer to both participants and volunteers at both the community and elite levels,” Minister Ayres

said. This year, six individuals and three sporting organisations have been named as winners in the NSW Community Sports Volunteer Awards for their dedication to improving the lives of millions of people from NSW through sport.

The winners, came from a diverse range of sports that included Wheelchair Basketball, Ultimate Frisbee and Masters Swimming.



## Coaching circuit

A coach will visit your club! Ask your coach if they would like a visit from a fellow coach on pool deck. If your club members would like to see a MSNSW coach for a training session or if your club is hosting an open day to boost membership numbers then book in on the coach's circuit.

Dubbo, Tamworth, Singleton, Maitland, Raymond Terrace...who are the members that will benefit next?

Coach's page updated on website

<http://www.mastersswimmingnsw.org.au/Programs/Coaching>

## Brainswim charity event



Cake baking competition too! Best presented cake/scones/trifle—not best tasting as all will be sold untouched!

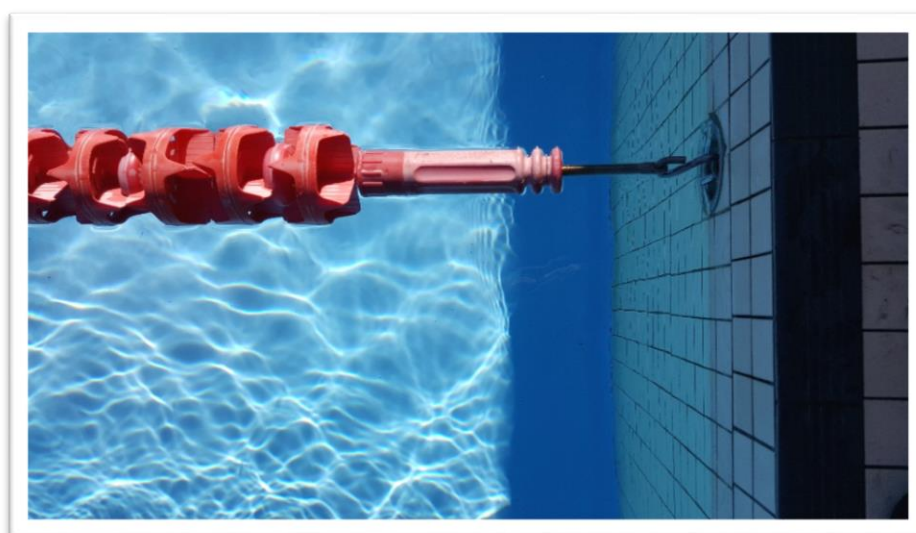
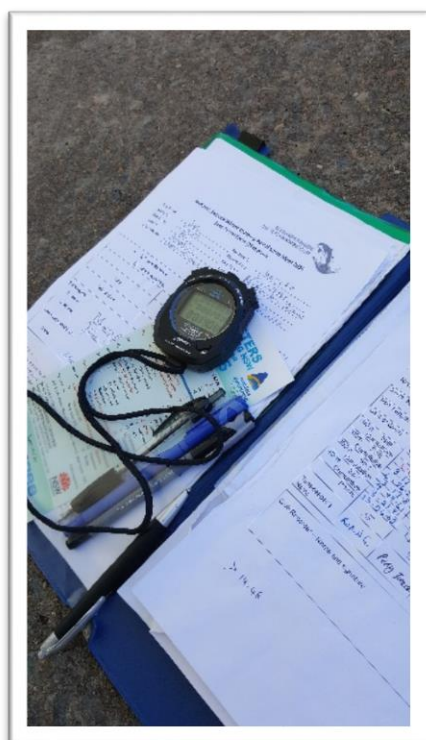
Your support would be greatly appreciated for this charity event raising money for Brain Cancer research at Lane Cove pool on 20 November 8am til noon. Your club could get a team together & swim 500m, 1 km or 10 km or any distance in-between.

Every dollar raised will be used for the purpose of advancing brain tumour research and treatment. There will be prizes & very friendly rivalry. MSNSW is organising prizes for most money raised by a club, most swimmers competing, best dressed team and most kms swum. Your club needs to be in it to win it! Pre-registration is essential so go to our website and book online. Entries now open \$27pp.

## Endurance 1000 photo competition

Send in your photos depicting trials and tribulations of your e1000 participation efforts. Anything goes, get creative and send your shots to [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au).

Here's two entries from Blue Mountains Phoenix:



*Don't forget to post them on your club's facebook page.*



## Dryland Training session and nutrition



Members have received an offer from The Centre for Sports Medicine based at Netball Central of 15% discount on initial Physiotherapy consultations and 15% discount on Dietitian consultations. Valid to 31 December 2016. Phone 9096 8840

CPR course-many thanks to Marilyn Earp and Kerry Blanch for putting eight members from four masters clubs through the CPR course on 13 August. Congratulations to all.

## 2017 Swim meet calendar

...is attached. Start your 2017 diary by entering our swim meets and planning your training accordingly. Campbelltown Collegians opens the

year on 21 January and there is a new 'kid on the block' with Merrylands Masters hosting their first ever BPS meet on 4 February.

## Co-sanctioning MSQ events in 2017

We have an opportunity of co-sanctioned swim meets with Masters Swimming Queensland next year. This gives our swimmers another opportunity to gain points but, more importantly, adds a great deal to clubs like Clarence River Masters and makes it a very attractive proposition to MSQ members to cross the border & compete

as they will achieve points in their own state. Equally it provides members of Clarence River Masters to be more involved in the NSW Branch Pointscore competition. As it stands, all too few of their members can travel the great distances to enter our BPS meets. The clubs that will benefit the most will be Clarence River and Twin Towns.

## Annual club affiliation fee

A fairer and more equitable charge for club affiliation to MSNSW will be introduced when due for the 2017 year. A three tier scale will have clubs with <24 members pay \$50 pa, medium clubs (25-

49 members) \$70 and clubs with >50 members \$90 OR **early bird discount** of \$40, \$60, \$80 if paid by 31 December 2016.

## Advertising policy

Our advertising policy is now on the website. This coincides with the opportunity for members to list their own businesses in a directory. We already have Bench Wine Bar (see picture at right) in King St, Newtown offering 10% discount to MSA members.

<http://www.mastersswimmingnsw.org.au/About-Us/Governance/Rules-and-Policies>



## Timekeeping



Timekeeping at the LD Champs at Blacktown. At this year's Long Distance Championships TIMES WILL ONLY BE RECORDED for those that log the stipulated time as a timekeeper at the event. (Officials exempted)

## Swim meets coming up

Click on club name for flyer



[Campbelltown](#)

10 September



[Tuggeranong](#)

17 September



[Warringah](#)

24 September

## Postal swims!

Don't forget these little gems for all members to participate in. Get together with your team mates to time-keep each other and support the host clubs. Swimming up Hills is the first

club to go online with its postal swim entries.

<http://www.mastersswimming.org.au/Events/Postal-Swim-Calendar>

## 2017 Thailand Swimming Camp

—not going to The National Championships in Southport, Queensland? Not going to Auckland for the World Masters Games? Not even to Budapest, Hungary for the FINA World Masters Championships? Well, how about this little gem...11-18 June Thanyapura Sports Complex in Phuket, Thailand.

[http://www.cousinstt.com/cousins\\_tour.php?tour\\_id=203](http://www.cousinstt.com/cousins_tour.php?tour_id=203)

This is a swim camp for members of Masters Swimming Australia with Coach Robert Butcher



### Contact details

Masters Swimming NSW Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park 2127

PO Box 6941, SILVERWATER NSW 2128 Phone 02-8736 1232

Email: [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au). Website: [www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)