



ABN: 42 468 116 472

Masters Swimming NSW

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

Monthly News – December 2014



Volunteer of the Month for December is Doreen Walton from Wollongong Masters Swim Club.

Her nominator writes: *Doreen is always kept busy as our club treasurer, balancing the books throughout the year, with all our "entries" for carnivals & our annual fee subscriptions for the New Year.*

Doreen is also responsible for setting up Wollongong Masters Swimming Club Facebook.

To nominate a MSNSW member simply write a paragraph describing their impact on you or your club and they may win the \$30 Coles Myer gift card. Email your nomination to the Branch office by 16 January.

Small print- Be aware that the information may be used for publicity purposes.

2015 membership fees now due In 2015 the 12 month membership is \$70 (MSA & MSNSW inclusive).

All 2014 memberships expire on 31st December For those members who want to enter the Campbelltown meet on January 17 you will need to be paid up by today!

Note: If swimming or training while unfinancial there is NO insurance cover.

Medical Disability form for swimsuits It has been brought to the Boards attention that the rules of masters swimming do not make allowances for those who may for medical reasons, have specific swimwear requirements. Eg non-compliant fabric, extra strapping or padding. For this reason the **NSW** Board has created an exemption form to be signed by a medical practitioner advising referees about the individuals' needs. Form attached. Please note: This is NOT a Masters Swimming Australia exemption and would not be accepted at interstate or National competition.

Top Ten times now due <http://www.mastersswimmingnsw.org.au/Downloads/Forms>

Sheets should be sent by one of the following means: **email** to recorder@mastersswimmingnsw.org.au or post to Mark Hepple P.O. Box 745 Forster NSW 2428 to be received no later than **January 1:**

Endurance 1000 swims to be finalised NOW Has your club recorder entered all your swims in the End1000 program? You need to check your own results by going to <http://e1000.mastersswimming.org.au/> /History and enter your name.

Club affiliation (early bird) fee now due Only \$40 if received at the branch office by 31st December, \$50 from 1st January. Both the Affiliation form and Club Committee form have been sent direct to the listed club contact. Can clubs please assist by returning these as soon as possible. Nearly half of our clubs have not paid the affiliation fee as of 20 December! This means that YOU may not be eligible to swim at Campbelltown or have times recognised for postal swims, endurance swims etc. So support your club executive and ask if they need a hand right now to get on top of the end of year paperwork.

Coach of the Year Nominations are due by 24 January. Please consider honouring your tireless coach by putting their name forward. Recognition is all that many of our time-giving coaches get. Also, clubs can consider paying \$10 for a 'non-swimming Coach membership'.

<http://www.mastersswimmingnsw.org.au/Downloads/Forms>

Official of the Year To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, be a current member from 1 January and must have made an outstanding contribution in officiating and/or towards the development of officiating at Club, Branch and/or National level. For example: attended courses to enhance knowledge and interpretation of rules; delivered courses to prospective officials; or taken the position of mentor to trainee officials. Nominations are due by 24 January.

Club's 2014 Annual Reports Please send in your club reports as soon as possible to assist in the compilation of the branch Annual Report. The Annual General Meeting is scheduled for 16 May but will move from the advertised location of Sports House. Keep tuned for the new meeting space.

National Championships- Hobart, Tasmania April 8 - 11 2015 Members will be able to enter online for the National Championships in Hobart. You **MUST** be a financial member to lodge your entries!

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PO Box 6941, SILVERWATER NSW 2128 Phone 02-8116 9716 Fax 02 8732 1606

Email: admin@mastersswimmingnsw.org.au. Website: www.mastersswimmingnsw.org.au

Updating your emergency contacts information When you re-join online you will be prompted to review your emergency contacts information. Most members do not update any details in the data base EVER and some leave it to their clubs to organise so please take a moment to check your important contact details. We have now included “medical conditions your coach needs to know”, this is a voluntary field to be filled in if you wish to do so.

MSNSW Swimsuit Orders are in and delivery is expected within the next 6 weeks so look out for us on pool deck—we'll look a little bit fancy.



We sponsor the Fine Ocean Swim Series (FOS) MSNSW is a sponsor of the 2014-2015 FOS series. This is a series of 9 ocean swims in and around Sydney. Swims coming up include Gerringong on 4 January and The Big Swim (Palm to Whale Beach) on 25 January. More details can be found at www.oceanswims.com.au

Does your club have a story to tell? Masters Swimming Australia has asked for community stories from our clubs about what activities they are involved in and/or profiles on members. If you, your club or your team members are doing something that you would like to brag about please send in the story with a photo.

Grape escape swim weekend in Griffith Do you enjoy wine, swimming, shoe shopping? Keep tuned to this space as we organise a Grape Escape weekend in Griffith next May as part of our Ruby anniversary year. Starting on Saturday 2nd May with a winery convoy to enjoy a few liquid delights of the district before a coach clinic at Griffith pool followed by a casual dinner-perhaps poolside. Sunday morning will see us rise and shine to introduce the adult swimmers of the area to just how good a masters mini meet can be-open to all. It is a short course pool so there will be some serious 25m races as well as cross-border swim offs and business house relays. How about a State of origin swim-off between the ACT and Victoria and NSW? We might even get some members come across from MSSA! Feel up to the challenge? Masters Swimming Victoria is and they plan to meet us on pool deck. The Griffith Visitor Information Centre will be able to assist you by providing local details on accommodation and where to shop/drink/dine. <http://www.visitnsw.com/visitor-information-centres/griffith-visitor-information-centre> Set aside the dates now and offers of assistance are welcomed by the branch office.

Time to Party.... Did you know that we turn 40 next year? That's our ruby anniversary and we are organising a State dinner (with party) on Saturday 12 September 2015 to which everyone is invited. It is hoped that members will enjoy a subsidised price of \$40 per head and non-members \$50 per head. Please block out this date in your 2015 calendar to be sure you can attend.

Social Media We now have 1288 likes! 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. **Tell us what your club is doing!** We have started using hashtags, so we ask you to use our hashtag, #msnsw when posting about your swimming or achievements in swimming.

Photographs on Social Media At swim meets and social activities images may be taken for promotional purposes within our sport. If you do not wish your photo to be displayed please contact the branch office and we will ensure our administrators do their best to take any image down as soon as possible. We are happy snappers and there are many cameras and smart phones now appearing on pool deck where reporting on facebook can happen instantly but we do not wish to offend.

Incidents and injuries. Should you or a fellow club member receive an injury whilst training, competing or at any club activity you or the club **MUST** complete an injury or incident form and send it to the Branch/National offices. 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. We need to be aware and alert to problems as they occur so, if needs be, strategies can be considered for safety's sake. Forms are on our website under Downloads/Forms.

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David Abrahams of Grafton was named the 2014 Volunteer of the Year for his lifetime commitment to his community through volunteering. “David’s volunteering is prolific and spans 67 years. Recently he has been the driving force behind his local Men’s Shed where he is involved in all aspects of its management and operation,” Ms Rygate said.

“At age 84, David is the computer controller for Grafton’s Ocean Swim and he also teaches others how to use computers including social media, especially Instagram, Facebook and Twitter.



David Abrahams (left), Gemma Rygate CEO (inside left), The Hon. Victor Dominello, MP (inside right) & Anne Fitzgerald, Clubs NSW (right)

(And what’s not mentioned in this announcement from The CFV is that David is an active member and volunteer with Clarence River Masters Swimming Club!)



Vale—Col Lynch It is with great sadness that St George Masters Swim club notified us of the passing of Col Lynch on Monday 22 December. Col was a founding member of NSG and will be missed by all. Our hearts and thoughts go out to his wife Val and family.

Funeral details are available from the branch office.

Coming up in NSW:



Wests Auburn 5000m Turtle swim Solo or Relay Postal swim 1 January-30 April



Campbelltown Collegians Closing date **TODAY** 24 December 2014



Myall Masters Closing date for entries 23 January 2015

Did you know Brenton Ford has a **coach clinic** in Sydney, an ocean swim adventure weekend 12-15 February on our Northern Beaches?
<http://effortlesswimming.com/4-day-sydney-northern-beaches-adventure-february-12-15-2015/>

Jillian Pateman Administrator



The next Board meeting is scheduled for Monday 19 January 2015. 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.

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