



ABN: 42 468 116 472

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

Monthly News – February 2016

**The NSW Branch office will be closed from 22 February to 20 March inclusive!
Emails will be read periodically but the phone is off.**

Volunteer of the Month (VoM) is Jane Lindsay from Tuggeranong. Congratulations Jane!
Tuggeranong Masters Swimming are proud to have Jane Lindsay as a member... Jane has always been an ardent supporter of the Endurance program... Jane continues to be a great support to the club... We greatly appreciate all the time and attention to detail that Jane brings

To nominate a MSNSW member simply write a paragraph describing their efforts & energy and email the branch office before 18 March. Small print- Be aware that the information may be used for publicity purposes.

Club's 2015 Annual Reports Your club reports should now be lodged for inclusion in the branch Annual Report. The Annual General Meeting is scheduled for 14 May 2016 at Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park. Please discuss within your club who will attend as your club's delegate.

State Championships 2016 Online entries are open SOPAC is booked for Sat/Sun 9-10 April for our long course State Championships, the perfect lead-up to the National Championships in Melbourne on 21-24 April. Book it in and start discussing training and strategy with your coach and club members.

Would your club be interested in conducting the raffle? This can be a great fund-raiser for your club

National Championships- Melbourne 21-24 April 2016 – 2 months to go

The program is available and **Entries are open. Eat, Play, Love!**

In 2016, the National Championships' Volunteer Managers are taking advantage of a cloud based software facility called **Your Volunteers**. This program allows those interested in participating as volunteers or technical officials at the 2016 MSA National Championships to register their interest; together with areas of expertise and availability. This Volunteer Portal is now open for the 2016 MSA National Championships via -

<http://www.mastersswimming.org.au/News/Noticeboard/volunteer-at-the-2016-msa-national-championships>

Coaching Development session Following the successful session at the Whitlam Centre in Liverpool another coach's development session is booked for **19 March** from 1.30pm-3.30pm at Ryde-Eastwood Leagues club. If you would like to attend as a coach to be mentored by our best, or if you'd like to come along as a swimmer and assist by putting their ideas into practice please email the branch office to get your name on the list.

Numbers are limited! SWIMMERS NEEDED! \$20 each

Are you a Starter or Inspector of Turns? Time to get re-accredited? Remember we need to re-accredit every four years, last time was in 2012. Reaccreditation allows all of us to update our skills and offer a professional uniform image to our swimmers and also allows the swimmer to be comfortable with a consistent system of starting at swim meets across NSW. All you are required to do is to read the latest notes, complete the activities and bring them to the course you choose to attend. DiP will be conducting these courses. **The workshops are also open to anyone who is a qualified Timekeeper and wishes to officiate as a Starter/IOt.**

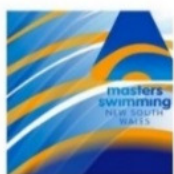
Training Calendar A 2016 training calendar is on our website. This allows you and trainers to plan ahead. In the future this will go back to back with our swim meet calendar and also include extra learning opportunities such as seminars with health professionals eg sports physios, sports nutritionists/dietitians/ stroke specific coaching clinics etc.

2016 MSNSW swim meet calendar is out now

Social Media If you don't have access to facebook you can take a peek on the home page of our website.

MSNSW Swimsuit Order through the branch office.

QUEST YOUR MASTERS SWIMMING
PROFESSIONAL 1
#MEMBERS 2016
COLOURS: TOPS OF BLUE, ORANGE, WHITE
COLOURS INSPIRED BY NEW MASTERS SWIMMING LOGO



Master's Swimwear: Tops, Suits and Swim Gear

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. Website: www.mastersswimmingnsw.org.au

Online entries We are using an **individual online entry system** for the State Championships in April. Give it a go! Those that have tried it like it!

Club Development tour by MSNSW Board members Your Board consists of seven volunteers and they are currently visiting clubs to get face to face discussions going on what we do and what members would like to do. What's working and what's not? The Annual General meeting is booked for 14 May so book a visit now to get your voices heard. **Would your club be interested in having a Board member visit?**



OCEANSWIMS.COM

The ocean swim season is in full swing and MSNSW is, again, a sponsor of the Fine Ocean Swim Series and we already have two new members! Malabar this coming Sunday is the next swim in the series. Go to www.oceanswims.com

Coming up in NSW:



Wests Auburn 5000m Turtle swim

Solo or Relay

Postal swim closes 30 April



Cessnock BPS

Saturday 27 February

Entries closed



Blacktown City Masters BPS

Sunday 12 March

Entries close 26 February



NSW State Championships

Saturday and Sunday 9/10 April

Entries close 30 March

And this just in from triple English Channel crosser Chloe McCardel: I am running a specialist English Channel Cold Water Camp on Anzac Weekend in late April and I would love to share with your Masters swimmers this amazing opportunity to get several quality cold water swims in within a coached, supportive and friendly environment - not to mention the gorgeous backdrop of Wineglass Bay in Tasmania.

Swimmers attempting cold water marathons in 2016 & 2017 would benefit most e.g. English Channel, Manhattan Island, Catalina Channel, Alcatraz etc...

Timekeeping at State Long Distance Championships At this year's Long Distance Championships times will only be recorded for those that log the stipulated time as a timekeeper. (Officials exempted)

Advance notice: 2017 (start saving)

MSNSW State Championships SOPAC, Sydney March or April 2017

MSA National Championships Southport, Gold Coast March 2017

World Masters Games Auckland, New Zealand 21-30 April 2017

World OutGames Miami, Florida, USA 26 May-4 June 2017

FINA World Masters Championships Budapest, Hungary July 2017

Australian Masters Games North-West Tasmania Dates-TBC (Oct?)

Jillian Pateman Administrator

The NSW Branch office is now closed until 20 March for annual holidays

Supported by the



The next Board meeting is scheduled for Monday 21 March 2016. 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.

Masters Swimming NSW

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