



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 – February 2014



#### Volunteer of the Month

Volunteer of the Month for January is Myall Masters Club! Yes, the whole club!

Myall Masters Swim Club received a group nomination for their outstanding organisation regarding their inaugural carnival- a comprehensive success.

Well done Myall, it is known & appreciated just how much work was put into this day by all concerned. Thank you.

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 17<sup>th</sup> March.

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

#### Sports Development Officer

It is with pleasure that we welcome Simon Watkins as our new Sports Development Officer. Simon is a Coach at Hurstville pool and was the instigator of our newest Masters club, Hurstville Aquatic Swim Club Inc. Simon comes to us from a similar role in the UK where he looked after many 'one-clubs' that is, junior clubs that include adult membership. As a Trainer/Assessor with Swimming New South Wales Simon meets many coaches of junior clubs and can see a gap where swimmers leave the sport at 18 & don't return as masters members for too many years. He may start to look at how this gap can be closed!

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 him directly on [sportsdevelopment@mastersswimmingnsw.org.au](mailto:sportsdevelopment@mastersswimmingnsw.org.au)

#### We now have a membership for Coaches, Technical Officials and Volunteers

For a very long time we have been asked for a non-swimmer membership category. MSA has introduced a \$10 membership for one of the three categories above to be known as Co, To & Vo. This is in the early stages but is already available online through the National website. It would be expected that the club would 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 MSA. The benefits: Officials and Coaches can be recognised for awards as they are members of MSA.

#### 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>

#### Technical Courses

#### Competition!

**News!** 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. Contact DiP on [officialtraining@mastersswimmingnsw.org.au](mailto:officialtraining@mastersswimmingnsw.org.au)  
Book in now for TK & CTK training prior to the Blacktown meet on 23<sup>rd</sup> March at 0930. **See attached flyer for competition details.**

#### **Masters Swimming NSW**

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

### New Rules

The new rules came into force on 1<sup>st</sup> 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.

Another rule to be aware of is that World records will not be recognised at a meet where non-MSA members are swimming. This will not have a large impact on MSNSW as most of our meets are 'members only' but will affect Pan Pacs, World Masters Games, Alice Springs Masters Games, Gay Games etc.

World record contenders need to be aware of this rule though & check swim meet programs for 'guests'.

### 2013 Club Annual Reports

32 clubs are yet to send in their Annual Report for inclusion in the Branch Annual Report. Over 50% of our clubs! Even discounting the 22 clubs that did not submit a report last year this still leave 10 clubs that have forgotten to email this in. If you need some ideas or inspiration take a look at last years' Branch Annual Report on the website & see how brief and fun these reports can be. Your club is seen in a fresh light and is always best described by its own members so please put fingers to keyboard this weekend.

Remember-this document gets a place in the State Library so is a memorable reference document. Make your mark in history!

### Workplace Health and Safety

Injury or Incident. 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.

Annual Safety reports are overdue so please give some thought to what your club has been able to implement in 2013 and how many members have achieved or maintained their First Aid or CPR certificates. Safety Officers are to return these now please. A sincere thank you to the 30 clubs that have already submitted.

### Is your pool 'meet' ready?

There has been some concern raised at the condition, safety and readiness of pools for competition.

MEET DIRECTORS have the responsibility to check and approve the age, condition and quality of equipment being used at venues prior to all meets. This means the check list provided in the sanction process needs to be checked and marked off to the meet director's satisfaction. Poor quality and foreseeable incidents cannot be acceptable for our members.

### Facebook



Up to date information flows fast and furious on our facebook page. You do not need to have your own fb account to view this, scroll down the Home page of our website and keep up to date!

You'll find links there to sites like <http://www.playbytherules.net.au/>

You may need to enter the web address in your browser as we recently changed from the aussie address [www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)

### 39<sup>th</sup> National Championships 23-27 April 2014-Rockhampton, Queensland

Entries close 14 March! Have you booked your accommodation yet? Speak with Ray Humphries for group discounts [www.rockygardensmotorinn.com.au](http://www.rockygardensmotorinn.com.au) "Our Motel is a 4 star Motel located on the south side of Rockhampton with 42 rooms of various shapes, sizes, and configurations and a 60 seat restaurant which is open for both breakfast and dinner. It is possible with prior arrangement to have our chefs prepare a special diet to suit the requirements of your athletes. We are approximately 5 minutes away from the competition venue by bus. I would imagine that many of your people are flying from interstate so will have no personal transport, so we would like to offer our complimentary courtesy bus to drop off and pick from the pool."

Further details at <http://www.mastersswimmingqld.org.au/>

#### March in NSW:



1<sup>st</sup> January - 30 April

Westes Auburn Postal swim

5km pool swim, solo or relay



1<sup>st</sup> March

Cessnock Masters

Entries closed



23rd March (Sunday)

Blacktown City Masters

Entries close 7<sup>th</sup> March

Jillian Pateman Administrator



Office of Communities  
Sport & Recreation



The next Board meeting is scheduled for Monday 17 March 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, flyers for Gary Stutsel Award, Administration Award and the Technical Accreditation competition.