



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 – February 2015



Volunteer of the Month last month was Melanie Holdsworth from Blue Mountains Phoenix and for February its Ted Samojlowicz from Manly Masters Swim Club. Congratulations Ted.

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 13 March.

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

Medical Disability form for swimsuits It was brought to the Boards attention that the rules of masters swimming does not make allowances for those among us that, 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. **Please note:** This is NOT a Masters Swimming Australia exemption and would not be accepted at interstate or National competition.

Club's 2014 Annual Reports Please send in your club reports NOW for inclusion in the branch Annual Report. The Annual General Meeting is scheduled for 16 May but will move from the advertised location of Sports House. Stay tuned for the new meeting space.

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

Relay information: Arrangements for relay team entries and payments will be announced very soon.

Clubs will be able to see a listing of entrants available for the various relays once individual entries close on 2 March.

Club names, relay types, age group information and payment only will be required by the relay close date.

Relay Entries:

- Clubs must nominate and pay for the number of relay teams that they are entering;
- A summary sheet of relays will be required by 5pm on Monday 9 March, 2015;
- Cost per relay \$20.00; and
- Clubs will be required to submit names and age groups of all relay team members on Day One of the meet, Wednesday 8 April, 2015

MSNSW Swimsuit We are placing another order this coming Friday 27 February to give us a chance of getting them back in time for the National Championships in April. Price is \$55 for women's and \$35 for men's.

CLIENT: NSW MASTERS SWIMMING
PROPOSAL 1
6 NOVEMBER 2014
COLOURS: TONES OF BLUE, ORANGE, WHITE
COLOURS INSPIRED BY NSW MASTERS SWIMMING LOGO



Men's Boys Racing Brief, Front, Back and Side Views



Women's Girls RaceTrack, Front, Back and Side Views

Grape escape swim weekend in Griffith The flyer is on our website! Now that you have booked your accommodation in Griffith it is time to get your entries in. <http://www.visitnsw.com/visitor-information-centres/griffith-visitor-information-centre> Offers of assistance are welcomed by the branch office.

Your advice is sought MSNSW is looking to expand its list of swimming pools that may be suitable to host State Championships, either in NSW or the ACT. Do you know of any 50m indoor pools with spectator seating and a separate warm-up pool? Send the information to the branch office.

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

Race Secretaries Lodging entries to club meets needs to be improved as host clubs are working overtime to balance books and organise programmes. To this end the Board supports clubs wishing to charge a late fee, if they care to accept late entries at all. Race Secretaries must co-ordinate with their Treasurer the lodging of entries and payment (which must have a reference if done electronically). At no time will payments be accepted on the day of a meet. This process needs to be streamlined to ease the workload on our tireless volunteers-or they will get tired.

The online entry system for the National Championships in Hobart is a test case for our future.

Funding available for Shade Structures Is your club part of the decision making process at your pool? Is your club incorporated? You may be eligible for a government grant, up to \$25,000, specifically for shade structures. For further details contact the branch office.

Time to Party... We turn 40 this year! It's our ruby anniversary and a State dinner (with party) is 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.

Photos from your club's history are sought At the State dinner there will be a video collage of where we've come from, who we are and what we've been up to in the last 40 years. To support this project each club is asked to provide up to ten favourite photographs that highlight your years. Technical requirements: at least 2mb but less than 4mb at 320 dpi each. Please choose wisely and submit to the branch office by 23 April.

Transport costs are being reinstated Clubs hosting swim meets need to have certain equipment for the smooth running of the event and this MUST be picked up from the previous meet.. The transport cost (\$25) is now being reinstated as too many clubs have not organised collection and the delivery has been imposed upon others. Equipment remains free if collected.

Rainbow Club mini meet MSNSW has been approached by the Rainbow Club to provide volunteers to help run their first ever carnival at Ryde Aquatic Centre on Saturday 11 April. The Rainbow Club provides swim lessons for children with a disability. As many members will be in Hobart the call goes out to all, if you have time free on that day can you please email your details to the branch office? They will need Officials and timekeepers. Ryde AUSSI Masters will assist where they can but the more the merrier.

Castle Hill RSL Masters Swim club invites you to Help celebrate the Centenary of ANZAC in the indoor pool with four **FREE** themed short course events on Thursday evening 23rd April at 6.30pm, a twilight swim. *"It is not widely known that the diggers swam and bathed most mornings in ANZAC Cove. Our events are designed to celebrate the ANZAC spirit and simulate challenges that may have been experienced in the water."* Email Bob Rslswimpresident@outlook.com or phone Robina 0412 595 789

Are you a Chief Timekeeper? Do you want to get accredited? Remember we need to re-accredit every four years, last time was in 2011. 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 the one system of CTK at swim meets NSW. All you are required to do is to read the latest CTK notes and complete the activities and bring them to the course you choose to attend. DiP will be conducting these courses.

These workshops are also open to anyone who is a qualified Timekeeper and wishes to officiate as a CTK

FINA Masters World Championships in Kazan, Russia 9-16 August 2015. If you are planning to go to Russia then **entries have now opened** and you will need a certificate of membership available through the Branch office. IST sports tours are offering travel packages info@sportstours.com.au

Call for Technical Officials The application form for Technical Officials for the 16th FINA World Masters Championships is available from the Branch office. Masters Swimming Australia have been advised by FINA that the flight travel expenses (economy fare) as well as accommodation (full board) and local transportation expenses for nominated Officials will be covered by the OC Kazan 2015.

Breaking news has Mexico cancelling their hosting of the 2017 World Championships.

Social Media **We now have 1435 likes!** Either looking on the front page of the website or 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 seeing our news. **Tell us what your club is doing!**

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.

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1000 Norms project a team of researchers from the University of Sydney is conducting the 1000 Norms Project, a landmark study investigating healthy ageing and they have contacted us for help.

"We're collecting physical and health-related information from 1000 healthy individuals across the lifespan. Participation involves a once-only 2-hour assessment comprising basic physical tests and questionnaires at our University campus in Lidcombe. We measure strength, reaction time, balance and much more, and participants gain insight into their own physical ability.

We currently need another 350 volunteers! In particular we are looking for adults aged 30-59 years." *J Baldwin*
The flyer is available from the branch office.

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 Freshwater on March 1 and Stanwell Park on March 22. More details can be found at www.oceanswims.com.au

Clarence River Masters have hit the headlines in their local press with a fantastic good luck story.

A CLOSE call prompted Clarence River Masters Swimming Club to campaign for new lifesaving equipment, and now thanks to community support, both Yamba and Maclean pools have defibrillators on site. Last May club member Matthew Eke suffered a cardiac arrest at the Yamba pool during training. He defeated the odds and survived, thanks to fellow club members who continued CPR for 30 minutes while waiting for an ambulance to arrive with defibrillators. But that time can be the difference between life and death, which is why Clarence River Masters Swimming Club pushed for the new equipment. "We wanted to get defibrillators on site for faster response when there are incidents," Clarence River Masters Swimming Club president Jane Lawrence said. "They're for the general public and anyone can use them. Besides our club, there are a lot of other groups who use the pools such as the triathlon club, learn-to-swim groups, schools and community groups." Lawrence was very grateful for the support shown by the wider community in raising money for the important equipment. "I would like to thank the community in the Lower Clarence for helping our club raise the funds to have defibrillators placed in both Yamba and Maclean pools," she said. "This is a great achievement considering the costs involved." (Reprinted from the Daily Examiner 29 January 2015)

Coming up in NSW:



Cessnock BPS

Saturday 28 February

Entries closed



Blacktown City Masters BPS

Sunday 8 March

Entries closed

All relay team details for Event 1 should be submitted by the evening of Thursday, 5th March

email reinker@tic.toshiba.com.au or by call Remy on 0408 375 578.



State Championships

Friday/Saturday 20-21 March

Entries close 4 March



8-11 April

Entries close 2 March



West Auburn 5000m Turtle swim Solo or Relay

Postal swim closes 30 April

Jillian Pateman Administrator



The next Board meeting is scheduled for Monday 16 March 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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