



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 – January 2016

The NSW Branch office will be closed from 23 February to 20 March inclusive!

Volunteer of the Month (VoM) no nominations received.

To nominate a MSNSW member simply write a paragraph describing their efforts & energy and email the branch office before 12 February. Small print- Be aware that the information may be used for publicity purposes.

CO, TO, VO MEMBERSHIPS Do you have non-swimming volunteers or a non-member coach? Your club can purchase them a **\$10 annual non-swimming membership** and they are then eligible for VoM or Coach of the Year awards. Surprise your volunteers and supporters by presenting them with this gift.

All 2015 memberships expired on 31st December 2015 Members please note: if swimming while unfinancial there is NO insurance cover. Have you paid your club dues?

Club's 2015 Annual Reports Please send in your club reports NOW 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.

National Championships- Melbourne 21-24 April 2016 — 3 months to go

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

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**

Coach of the Year Nominations close on 24 January. Please consider honouring your tireless coach by putting their name forward. Recognition is all that many of our volunteer coaches get so put your thinking caps on. Clubs can pay **\$10 for a Coach membership**. <http://www.mastersswimmingnsw.org.au/Downloads/Forms>

Official of the Year Nominations close on 24 January To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, be a current member from 1 January 2015 and have made an outstanding contribution in officiating and/or towards the development of officiating at Club, Branch and/or National level. For example: They attended courses to enhance knowledge and interpretation of rules; or delivered courses to prospective officials; or taken the position of mentor to trainee officials.

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

Clubs can pay **\$10 for a Technical Official (non-swimming) membership**

Coaches, Technical Officials and Volunteers can join Masters Swimming Australia for \$10 per year. In the Membership portal on the home page choose Non Swimmer in the State drop down box then NSW in the Club drop down box and follow the prompts. **Congratulations to our clubs that pay this on behalf of their workers, all clubs are encouraged to reward their non-swimming Coaches, Officials and Volunteers with their own membership.**

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/IO.T.**

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

Training Calendar A 2016 training calendar is about to go up on our website. This allows you and trainers to plan ahead. It is hoped in the future that 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.

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 and some leave it to their clubs to organise so please take a moment to check your important contact details.

Registrars take note: every Masters Swimming Australia member agrees to a Safety in Activity statement when they re-join each year, providing they **ACTUALLY** register themselves! Please don't take on this responsibility yourself but rather encourage and assist members to re-join themselves.

CLIENT: NEW MASTERS SWIMMING
PROGRAM: 1
MEMBERS: 2014
COLORS: TONES OF BLUE, ORANGE, WHITE
STYLING: INSPIRED BY NEW MASTERS SWIMMING LOGO



2016 MSNSW swim meet calendar is ready for posting

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 NOW by phone or email.

Online entries

We trialled an **individual online entry system** for the twilight meet at Hornsby last Saturday and it **WORKED!** We'll use it again for the State Championships in April.

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, book a visit now to get your voices heard. **Would your club be interested in having a Board member visit? Please let us know.**



Take your team to the rooftop of Australia with Thredbo strength and conditioning swim camps. Thredbo has the facilities to cater for all teams at any level, including special equipment and training facilities to promote further development of skills and fitness knowledge. Sports Package: Includes accommodation at the Thredbo Alpine Hotel, Rise buffet breakfast in Cascades Restaurant, morning & afternoon snacks, lunch & dinner choice from our Sports Menu served in the Hotel Bistro. Unlimited use of AIS pool, gymnasium, indoor stadium (including climbing wall) and the Village Green playing field. https://www.thredbo.com.au/accommodation-packages/for-groups/sporting/?utm_source=swimmingnsw&utm_medium=online&utm_campaign=mastersnsw



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! The Big Swim at Palm to Whale Beach on 31 January is the next swim in the series. Go to www.oceanswims.com

Coming up in NSW:



West's Auburn 5000m Turtle swim

Solo or Relay

Postal swim closes 30 April



Myall Masters swim meet

Saturday 06 February

Entries close 22 January



Cessnock BPS

Saturday 27 February

Entries close 12 February



Blacktown City Masters BPS

Sunday 8 March

Entries close 26 February

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National Championships- Melbourne 21-24 April 2016 — 3 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>

State Championships 2016 Diarise NOW SOPAC is booked for Sat/Sun 9-10 April for our long course State Championships, a 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

Timekeeping at State Long Distance Championships The decision for next year's LD Champs is that a time will only be recorded for those that log the stipulated time as a timekeeper. (Officials exempted)

Advance notice: (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

FINA World Masters Championships Budapest, Hungary July 2017



VALE News just in tells us that we have lost some very dear friends and members.

MARY GARTON Blacktown City Masters. Mary was just a few months short of her 98th birthday. Although she took up swimming fairly late in life she excelled and achieved a few NSW records. Some of her long distance records were set in 1998 and are still standing today. Her last record was for the 50m backstroke and was set by her in 2008 at the age of 90 and this remains the official NSW record to date.

Mary participated in many carnivals including the World Masters Championship in Christchurch, NZ in 2002. In her final year of club swimming she was part of the Blacktown City Masters team winning the Visitors trophy at the National Championship in Melbourne in 2008.

BARBARA ROSE Cronulla Sutherland Masters. Some of our older members will remember Barbara Rose from Cronulla Sutherland. She was a member of our 1995 world record breaking 280+ relay teams.

SALLIE SCULLY Port Macquarie Masters, a beautiful lady who was easy to work with and always a pleasure to be in contact with. Sallie could brighten up your whole day with one phone call.

Jillian Pateman Administrator

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Supported by the



The next Board meeting is scheduled for Monday 15 February 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.

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