



2018 Branch Relay Meet at Sydney Olympic Park Aquatic Centre.

FUNDRAISING OPPORTUNITY - RETURN AND EARN

Sporting groups can collect donated eligible containers from the community which they can return at an approved return point (reverse vending machines, over-the-counters and automated depots). Clubs receive a 10-cent refund on each eligible container returned. To fundraise with Return and Earn we invite sporting clubs and organisations across NSW to:

- Encourage members to share their refunds with the club.
- Collect eligible containers at matches, practice sessions and events. Return and Earn can help with container collection.
- Register to be listed as a donation partner on a local reverse vending machine. Email at enquiries@tcnsw.com.au to find out more.

MARSHALS/CHECK STARTERS /CLERK OF COURSE (RE)ACCREDITATION OPPORTUNITIES

New candidates are most welcome to join these sessions!

Warringah	6 October 2018	One hour before warm-up (look for Noel)
Port Macquarie	3 November 2018	One hour before warm-up (look for Noel)

All you are required to do is to read the latest M/CS/CoC notes and complete the activities (attached) and bring them to the course you chose to attend. You will find these notes here:

<https://bit.ly/2O5Q1r9>

LOCAL SPORT GRANT PROGRAM

Grants are now available to incorporated clubs! View all information here: <https://bit.ly/2xMNvB8>
Applications close 24 August, 2018. Clubs can apply for committee members to attend a governance course for improved club practices. The following information is from Paul Tubridy, a consultant from the training platform [etrainu](http://etrainu.com).

'etrainu, in providing the Governance Institute Australia course, can assist your clubs in applying for the grant, and we would like to work with you on facilitating this. As the Governance in Sport program is acknowledged as a solution in the Sports Governance Framework and toolkit, recently produced by the Office of Sport (NSW), we are confident that some funding would be considered.' You can view the etrainu website here: <https://etrainu.com>

COACHING TIPS

Please find the attached information on Swim Set Planning - Considerations / Tips for Coaches. Some great info provided by our Coaching Project Team Leader Anne Smyth.

MANLY BPS MEET REPORT

Please find the attached Manly BPS Meet Report compiled by Steve Lamy, Meet Director.

ALICE SPRINGS MASTERS GAMES



This year's Alice Springs Masters Games is shaping up to be one not to be missed! Registrations are looking really good this year with a number of new participants and teams already registered. The Games Office have just announced the new Beat the Rush competition. Anyone who registers for the Alice Springs Masters Games before midnight 31st July will go in the running to win one of two amazing prizes including an Outback Quad Adventures tour for two people and an Alice Springs Reptile Centre entry for two people. Please follow the link for the [Friendly Games Bulletin](#) for more information.

MSNSW TECHNICAL DIRECTOR INFORMATION - WHISTLES AT EVENTS



Please see the attached important Information from Gary Stutsel, MSNSW Technical Director regarding the referee's whistles at MSNSW events.

You will hear a variety of whistle sounds at events that are used as signals for different things. This document explains what each whistle means and save you the confusion at your next event!

2019 CLUB MEET NOMINATIONS CLOSE FRIDAY JULY 27, 2018

Swim meet host clubs need to have decided *if* and *when* they are going to host a swim meet in 2019. Swim meets will be spaced fortnightly to rest our limited pool of officials. We will be aiming to space out the meets and avoid any congestion in 2019. Clubs need to send in a choice of dates so the planning process can be finalised. Branch meets dates are still being negotiated with venues so your flexibility is essential. **Please email at least two date options by THIS FRIDAY 27th July.** Please note we cannot please everyone during this process and some clubs may be disappointed.

SUBSIDY FOR AUTOMATED OFFICIATING EQUIPMENT

To be able to comply with FINA rules for World Records, a subsidy of \$100 will be paid to host clubs that provide Automated Officiating Equipment at sanctioned swim meets. This will be reimbursed on production of a receipt for the AOE hire and paid into the club's account.

16 MONTH MEMBERSHIP OPTION

Club Committees - Now is the time is to discuss and plan for the 16-month membership option to entice new people and invite past members back into the fold. This membership option opens on 1st September so decide on your 2019 fees now!

EOI FORMS FOR 2020 NATIONALS



A page has been set up on the website with EOI forms for 2020 Nationals at:
<http://www.mastersswimmingnsw.org.au/National-Championships/2020/EOI>

Volunteer NOW to be on the organising committee!

YEAR OF THE COACH

Coaches are a very important part of the Masters Swimming family: they help competitive swimmers to reach their goals and set new records (in the pool and on the open water) and they help 'recreational' swimmers keep fit and healthy. Throughout the year MSA will be:



- **Promoting our coaches** – giving you insight into what drew them into coaching and what some of their 'special moments' have been.
- **Providing you** - with some great coaching ideas.
- **Offering a coach course subsidy** - to assist individuals to attend a MSA Club Coach Course. The finer details of this program are currently being finalised and you will be able to apply soon - see information below.
- **Encouraging clubs** - to profile and support their coaches.

A subsidy is on offer to assist course participants to attend---limited offer, details at this link.
<http://www.mastersswimming.org.au/Coaching/2018-YEAR-OF-THE-COACH>

Upcoming Events



Ryde AUSSI Masters NSW BPS Meet

Sanction number: N2018/08R
 Date: Saturday, 1st September 2018
 Location: Ryde Aquatic Leisure Centre
 Entries Close Friday 24 August at noon
 This event is also listed on the Masters Swimming NSW Facebook page. You can RSVP to this event on Facebook, invite your friends and share it on your own club wall.



Tuggeranong Vikings BPS Meet

Start booking in your swims and accommodation for the Tuggeranong Vikings BPS Meet on September 15! This will be an awesome swim meet that coincides with Canberra's iconic [Floriade](#) event! This event is also listed on the Masters Swimming NSW Facebook page. You can RSVP to this event on Facebook, invite your friends and share it on your own club wall.

NATIONAL SWIM SERIES

MSA National Swim Series boasts a mix of long and short course meets across Australia. It rewards members' participation and performance in any of the meets, with members only needing to swim two meets to be eligible for prizes. The more meets you enter, the better the multiplier for your points. Eight meets make up the Series including the Alice Springs Masters Games. Click [HERE](#) for the Swim Series Flyer. Events still to go:

MS Tasmania Winter Championships (SC)	MST	18 - 19 August	Launceston
MSSA SC State Championships	MSSA	23 September	Adelaide
MSNSW SC Championships	MSNSW	13 - 14 October	Woy Woy
Alice Springs Masters Games (LC) and Branch LC Championships	MSNT	13 - 16 October	Alice Springs

2019 NATIONAL CHAMPIONSHIPS



The 2019 National Championships will be held in Adelaide on 19-23 March. Further info on the National Championships can be found here:
<http://www.mastersswimmingsa.org.au/Events/2019-MSA-National-Championships>

POSTAL SWIMS

Of the six Australian postal swims listed three are hosted by MSNSW clubs. Plan ahead as they can be great club activities! 2018 Postal Swims are listed on the Masters Swimming NSW website.

<http://www.mastersswimming.org.au/Events/Postal-Swim-Calendar>

Tuggeranong Trifecta 2018

July 1 - August 31

This one will warm you up on those wintery days and double dip - a postal swim and Endurance 1000 points! Swim three swims, each in a different stroke - 400m, 800m and 1500m in a 25m or 50m pool.

Toowoomba Tadpoles Swim 1500 in July

July 1 - July 31

The Pan Pacific Masters Games 2018 has introduced a 1500m freestyle into the program. Here is a chance for swimmers to have a practice and train for this event or swim form. It is simple to enter, you just need to pace yourself to complete a 1500m swim in either a 25m or 50m pool. You can choose one of three strokes- freestyle/ breaststroke/backstroke.

BRAINSWIM



MSNSW is proud to again partner with the 2018 Brain Swim event held at Lane Cove Aquatic Centre on November 18. This is an excellent event that raises much needed funds for Brain Cancer. We would love as many of our members to participate as possible. Please add yourself to the Brain Swim event page on the Masters Swimming NSW Facebook page. The event is on Sunday, November 18. Further details will be released soon.

COMMUNITY VOLUNTEER AWARD



Congratulations to Blue Mountains Phoenix member Nerida Murray (pictured here her with daughter & granddaughter). Nerida recently received an award from Rotary for her work as a Community Volunteer. We love hearing news like this! If you have any amazing stories from your club, please be sure to let Jillian know at admin@mastersswimmingnsw.org.au

SWIMMING QUOTE OF THE MONTH

May your strokes be long and your times be short.