



ABN: 42 468 116 472

Masters Swimming NSW

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

Monthly News – July 2015



Please note our new street address at the bottom of this page and NEW PHONE NUMBER. The fax line has been discontinued but Post Box, email and website remain unchanged.

Volunteer of the Month was Jenny Shay from Liverpool Leatherjackets. Jenny played a major role in getting the Coaches Development Day underway and was instrumental in its success by liaising between the branch office and the Whitlam Leisure Centre. Jenny volunteered unhesitatingly after the AGM as she saw the great benefit to both coaches and swimmers. Congratulations and thank you Jenny!

(To nominate a MSNSW member simply write a paragraph describing their impact on 14 August.)

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

Hearty congratulations also go to Sue Wiles from Blue Mountains Phoenix, respected Inspector of Turns and long serving Board member on being announced as a finalist in the Sport NSW Community Volunteer Awards. Sue will attend a function for the announcement of the winner at Parliament House next month.

Coaching Development session Following on from the successful time had by both coaches and swimmers at the Whitlam Centre another coach's development session is being planned for later this year. 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 will be limited, date, time & venue still to be confirmed.

40th RUBY ANNIVERSARY DINNER Saturday 12 September 2015 7pm at **Ryde-Eastwood Leagues Club** Members will enjoy a subsidised price of \$40 per head and non-members \$50 per head, **bookings are now being finalised and names with payment is requested by 12 August please. *****PAYMENT DUE.*******

At this 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 so you really want to be there!

***NEW* ONLINE COACH COURSE** is now available. Full details can be found on Masters Swimming Australia's website. In brief, it costs \$95 and is the first step to being qualified as a Masters Coach. Once you have purchased the course you can do it over a number of days or weeks to suit your schedule and you can revisit it after completion. The online course is an adaption on the Bronze online course, candidates are advised that it may take 6 hours to complete but most people do it faster than that. If you have completed the old Intro Coach course then you have 12 months to complete your qualification with the Club Coach course.

MSNSW Swimsuit It is hoped that the next order can be lodged so delivery is before the summer season begins. Order NOW!

Nova has notified us of a price rise, all names listed for the next order will be advised of the new cost.

FINA Masters World Championships in Kazan, Russia Good luck to all our swimmers jetting off to Russia for the Masters World Championships. As we now know Alexander Popov is competing too so the company will be awesome! FINA has now aligned the Masters Championships to follow the junior World Championships so the atmosphere is expected to be electric.



Attention Treasurers and Race Secretaries You must coordinate payment with entries for ALL meets! Host clubs are finding it too difficult to try and balance their books when you do not follow instructions clearly stipulated on the flyers. ie Eft payments must have a club code reference and be lodged on the day of entries so they can be married up! The following quote is a shocking example of the lackadaisical approach clubs are taking: *"Of the 27 clubs that entered our carnival- I did not hear anything from 11 of those clubs at all"* So, coordinate payment with entries and don't forget to send the printout of the Team Manager report to the club contact. Thank you in anticipation of a more streamlined & less stressful process.

Manly Masters Swim Club says goodbye to Harbord Diggers pool It's the last hoorah for Manly members and their long time association with Harbord Diggers. How long? As long as MSNSW has been around and then some. The FIRST EVER Australian Masters Championships were held here in 1975. Manly are hosting a morning tea on 29 August, for details email swim@manly-masters-swimming.org.au.

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

Social Media If you don't have access to facebook you can look on the front page of our website www.facebook.com/mastersswimmingnsw and keep up to date with the happenings of Masters Swimming NSW clubs and members. **Tell us what your club is doing so we can share! Send photos!**

Medical Disability form for swimsuits For those among us that, for medical reasons, have specific swimwear requirements eg non-compliant fabric, extra strapping or padding, the MSNSW 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.

2015 National Swim Series Next up is the MSTas Winter Championships in Launceston on 22-23 August then MSSA & MSNT. If you competed in Hobart you're already participating so please consider going further afield with your swims. The MSNSW Short Course Championships in Canberra is our leg of the National series.

National Championships- Melbourne 2016-9 months to go The program for next year's National Championships, hosted by Masters Swimming Victoria, has been announced. Four days of tough competition at MSAC from 21 April, bookings open on 10 December 2015. **Eat, Play, Love!** Accommodation options are available & volunteers and Technical Officials are required, please contact the branch office for details.

Call for National Committee nominations Do you feel that you have something to offer Masters Swimming Australia and its membership as a whole? Would you consider standing for a position on a National committee? Please see attached nomination form, closing date is 24 August.

Safety in Activity Please remember this statement that you agree to when you rejoin each year: *MSA is concerned for your health and well-being. It is strongly recommended that you have a medical examination and discuss with your doctor your intention of undertaking an activity program. As a condition of acceptance of my membership application, I declare that I am aware of the risks associated in undertaking an activity program. I undertake to advise the Club Coach and Club Safety Officer (or other assigned officer) of any disability, lack of fitness, illness, or other medical condition, prior to participation in Masters Swimming activities.* Clubs who renew on others behalf should ensure the member is reminded of this.

Coaching vacancy A pool in the CBD is seeking a professional swim coach to join a great team. If you are qualified, have some time, are flexible and interested please contact the branch office for more details.

Calling all quilters A large quantity of t-shirt squares have been found in Life Member Peg Wilson's effects and it would seem that Peg had planned to sew them into a quilt. They represent swims both here and overseas that Peg attended and we have been asked if there is a quilter among the membership who would like to look at them with a view to taking on a project? Contact the branch office for details.

Calling all men 1000 Norms project This project is nearly finished but they have a gap in representation, specifically needing 162 Men aged 30-59 to measure the physical capabilities across the lifespan. The aim is to improve understanding of health and what is 'normal' at each stage of life. Participation involves a single 2-hour assessment at the university campus in Lidcombe measuring strength, balance, walking and more. They reimburse participants for their time. Please consider participating yourself and share the link with others. Go to the website for more info: <http://sydney.edu.au/health-sciences/research/1000-norms.shtml>

Thinking of going to Canberra? If you are planning your trip to Canberra for the short course championships in October you could look at accommodation options onsite provided by the AIS.

Coming up in NSW & beyond:

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| Mildura Murray Masters | 15-16 August | Details available |
| National Swim series #5 | 22-23 August | MSTas |
| Long Distance Championships | 23 August | Entries close 12 August |
| Hills | 30 August | Entries close 14 August |
| National Swim series #6 | 30 August | MSSA |
| Ryde | 05 September | Entries close 21 August |
| 40th RUBY ANNIVERSARY DINNER | Saturday 12 September | Ryde-Eastwood Leagues Club |
| Tuggeranong | 19 September | Entries close 04 September |

Attached: 40th anniversary invitation, nomination for National Committees, At Risk notification form.

Jillian Pateman Administrator



Supported by the



The next Board meeting is scheduled for Monday 17 August 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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