



Monthly News

Adults swimming for
fitness, friendship and fun

July 2017

Good luck to everyone going to Budapest

117 members from Australia are heading off to Hungary to compete in the FINA World Masters Championships from 14 August and we wish them well.

44 of those are from MSNSW so we'll be keeping a keen eye on events. Please send updates and stories with photos on how you're enjoying a holiday of a lifetime!

2018 swim meet calendar

It is time for host clubs to look ahead and discuss if and when they'd like to hold a swim meet next year. Clubs need to send in a choice of dates as the planning process has begun. Branch meets dates are still being negotiated with venues so your flexibility is essential. Please email a CHOICE of dates NOW. The first six months are being locked in this week.

The Hunter Project—Singleton this Sunday #swimintospring

Hunter clubs are raising their profile by adding extra activities for our members & friends to enjoy. This Sunday, 30 July, Singleton Masters is hosting a Stroke correction and technique clinic at 10am with Masters Coach of the Year Paul Bailey. All are welcome although numbers are limited due to availability of lane space so book

with Peter 0409 095 466. It's worth the drive to this beautiful part of our state.



*Next up Kurri Kurri 27 August e1000 swims

CPR course — Saturday 26 August

Book in for the next Cardiopulmonary Resuscitation course to gain the skills and knowledge required to perform the essential lifesaving technique of CPR, again numbers will be limited so first in best seat. This qualification



lasts for twelve months so check your current certificate's expiry date. \$15 per person

PS COACHES need to hold a current CPR certificate.

Learning Objectives

- ✓ Recognise an emergency situation
- ✓ Identifying, assessing and minimising immediate hazards
- ✓ Seeking assistance from emergency response services
- ✓ DRSABCD action plan
- ✓ Respond to signs of an unconscious casualty
- ✓ Perform CPR
- ✓ Infection control
- ✓ Demonstrate the use of AED
- ✓ Provide an accurate verbal report of the incident

Club Coach course — Sunday 27 August

Do you want to qualify as a coach? Email admin@mastersswimmingnsw.org.au and get your name on the list for our next course being held at Sports House, Sydney Olympic Park, numbers are limited, already half full. 8am – 5pm, Sunday 27 August. Lunch provided.

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

Coaching workshop — Sunday 24 September



Butterfly workshop

24 September at Knox Grammar pool 10.45-11.45 am

CALLING ALL COACHES

Want to improve your knowledge of butterfly? Skills and techniques explained by Mark Morgan.

1 hour practical workshop held before the Seaside Pirates swim meet. Another great opportunity to combine a workshop with a swim meet. You will get wet!

Register your interest for this **free** workshop at admin@mastersswimmingnsw.org.au



Are you ready to Sprint into Spring?



Swim into Spring Campaign Toolkit

Any club wishing to grow and attract new members while retaining existing ones should be using this resource. Ideas abound and assistance is to be found within its pages.

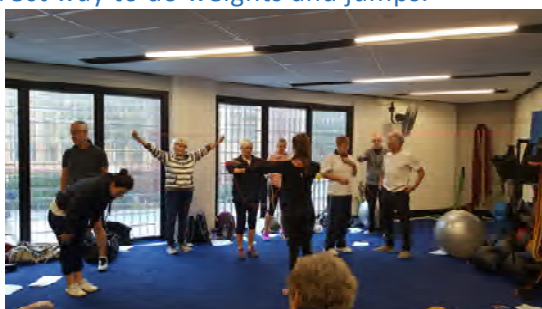
The time is NOW to discuss and plan for the 16 month membership option, to entice new

people and invite past members back into the fold. I thank the clubs that have already requested the document, please let us know how you make use of it.

[#swimintospring](https://www.instagram.com/hashtag/#swimintospring)

Dryland training session—thank you Nicolai

Last Sunday saw nearly 30 MSNSW members attend a dryland training session run by Nicolai Morris at Sydney University. Nearly every age-group was represented from 25-90 (where were the 45-49 year olds?) with even numbers of men/women which, in any sport, is impressive. Nicolai focussed on swimmers with what they need and how they can best achieve that through simple stretches and the correct way to do weights and jumps.



Upcoming Board vacancy—Treasurer sought

Stuart Meares will not be standing again for the position of Treasurer on the MSNSW Board at the next Annual General Meeting. Any financial MSNSW member can nominate for this role and Stuart is happy to discuss duties, advise and mentor the new position holder.

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FREE Coach session for your club!

Coaches are available to visit and run a session for your squad. It is always good to have some variety and learn from other coaches.

Singleton Masters benefitted and we now hear from Wollongong & Campbelltown, any more for anymore? If you want a visiting coach please contact Anne Smyth or Jillian at admin@mastersswimmingnsw.org.au

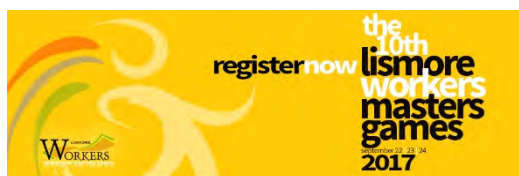


Lismore Workers Masters Games—September

Book the dates—pool events Friday and Saturday 22/ 23 September and an open water swim on Sunday 24. This will be a co-sanctioned meet with Masters Swimming Queensland.

<http://www.visitlismore.com.au/lismore-events-unit/lismore-masters-games/p/349>

Entries are now OPEN from swimming there is baseball to name a few.



for fourteen sports. Apart Dressage, Golf, Oztag and

Free entry into SOPAC for seniors

New program for older Australians at Sydney Olympic Park Aquatic Centre - Press Release

Sydney Olympic Park has launched a program to help the older members of our community to stay fit and healthy longer.

Sports Minister Stuart Ayres today welcomed a new initiative allowing pensioners and seniors free entry to Sydney Olympic Park Aquatic Centre **every Tuesday**.

“We are proud to be supporting this initiative. Swimming is the perfect low impact exercise for older Australians and this is about promoting healthier lifestyles - to help the mind and body,” Mr Ayres said.

The program provides for free entry into Sydney Olympic Park Aquatic Centre every Tuesday pensioners and seniors from 8am – 3pm, allowing them the opportunity to take advantage of one of Australia’s finest aquatic centres at no cost.

This initiative is particularly welcome as it coincides with the closure of Parramatta Pool, which is to be demolished as part of the redevelopment of Parramatta Stadium and a new centre to be built in Parramatta Park over the next few years.

“Many seniors and pensioners used the older Parramatta Pool facility; this is an opportunity for those pool users, together with other pensioners and seniors, to get free entry into our state-of-the-art centre” said Aquatic Centre Marketing Manager Josie Casal.

“It’s particularly good as winter hits, it may be cold outside but the pool temperature is set to a balmy 26 degrees, perfect for a long, relaxing and healthy swim” Josie said.

“Swimming is great low impact exercise, all of which help maintain muscle tone, aerobic fitness and promote a longer, healthier lifestyle for our older community members” Josie said, adding. “We look forward to seeing as many seniors and pensioners as possible down here every Tuesday”.

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Online entries for all swim meets 2018

Our members have successfully taken up using the online entry system for swim meets and it has proved a bonus for host club treasurers! The clubs hosting a meet in 2017 have been offered the option to have 'online only' or both online and Team Manager. (Manual entries have long gone.) One benefit of online entries is that the closing date will move to only one week out from the meet. But this is for meets where there are ONLINE entries only, (there are still a few meets in 2017 where both options will be offered). We now look ahead to 2018 when ALL meets will be 'online entries only' so members are encouraged to take the opportunity to trial

the system and see just how easy and one-stop it is. Entries are open as early as possible, often months ahead, there is plenty of time to log on to the portal and choose your swims and times.

Race Secretaries still have a job to do and that is to send around the flyer then remind members of closing dates. As Late Entries are no longer being accepted (from the start of 2017) this will prove to be an important task. Race Secretaries, your vigilance with closing dates and gentle reminders to your members becomes even more important now, please make note of closing dates and send those prompter emails as you have done in the past.

If any member has difficulty or concerns with online entries nothing need change for you, speak with your Race Secretary, just as you always have done, and they can submit your entry online on your behalf. These questions can be easily answered:

WHAT IF I DON'T HAVE A CREDIT CARD?

WHAT IF I DON'T HAVE A COMPUTER OR INTERNET ACCESS?

WHAT IF MY CLUB PAYS FOR MY ENTRIES?

No Late Entries

Late entries are no longer accepted for swim meets. Having listened to the membership the Board agreed that a standard time of day was appropriate so midday (high noon) is the point where entries shut down in the portal. Please don't leave it until the last minute, you may just miss out.

Your conduct at swim meets and Protest procedure

If you have a pre-existing medical condition, and choose to swim knowing the risks, please inform the Referee. Officials are required to step in if something untoward happens (duty of care). Carnival officials need to be prepared to wear the psychological and emotional consequences while continuing to encourage swimmers to participate and enjoy their swimming. There is an At Risk form you can lodge—found here:

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

PROTESTS: The time for protests of the conduct of an event or the result of a race needs to be addressed on the day either immediately a problem is noticed or within 30 minutes of results being posted so all parties can be consulted. This time is printed on each result sheet.



Masters Swimming Australia 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 and there are still TWO to go. <http://www.mastersswimming.org.au/Events/2017-Masters-Swim-Series-updated>

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Millions of Metres — lap it up

New online calculator is available, also a new manual form. The Vorgee Million Metre Awards acknowledge progress from the “learn to swim” beginner to the distance swimmer. These awards are intended to stimulate members to strive for greater fitness and are open to all registered members of Masters Swimming Australia. The Million Metre Awards were established in 2001 for one, three, and ten Million Metres. In 2004, they were expanded to include five and seven

Million Metres. In 2007, the two Million Metres award was included and in 2016 four Million Metres was added. The next round closes 1 August, for more information go to <http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>



Australian Masters Games — October

Launceston Aquatic Centre, Tasmania is hosting the swimming events for the AMG over the weekend of 21/22 October 2017 and entries are now open. <http://www.australianmastersgames.com/> 200m, 100m and 50m events are available.



What's on a little closer to home?

Flyers are on the website for Ryde, Seaside Pirates, Warringah and both the Short Course and Long Distance Branch Championships.

Novocastrian swim meet date change to 18 November—due to a double booking at the pool Novos has been forced to change their date, please note this in your diary.

POSTAL SWIMS



Sanction No. PS04/17
July 1 - August 31, 2017

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. Results/entries are due to Tuggeranong Masters by September 17, 2017.

The Tuggeranong Challenge is on Saturday 16 September too!

They'll be holding the special **25m Butterfly** event “**The Flockart Flyer**” in memory of Richard Flockart. Please **wear something purple or pink** in honour of Richard.





Leon 'Poppins' Bobako from Myall Masters rescues a broolly at Clarence River's meet; broolly disqualified for interfering with the race!



It's not often we get to see our Officials sitting down all in one place! A quick pre-meet chat at Manly's meet.

Want to look part of the team? Contact **Vorgee** for all your customised swim cap needs vorgee@vorgee.com

MSNSW is proud to be
Supported by the



The next Board meeting is scheduled for Monday 17 September 2017. This meeting is open to any member of Masters Swimming NSW.
Please notify the branch office at least two days before the meeting of your intention to join us.

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