



Just stay low and go, go, go!

2019 CLUB MEETS

NOW is the time for clubs to discuss *if* and *when* they would like to host a swim meet in 2019. Swim meets will be spaced fortnightly to rest the limited pool of officials. We will be aiming to space out the meets and avoid any congestion in 2019 so clubs need to send in a choice of dates for the planning process to begin. Branch meet dates are still being negotiated with venues so your flexibility is essential. Please email at least two date options as soon as possible and note we cannot please everyone during this process and some clubs may be disappointed.

SEEKING BETTY GRANT AWARD NOMINATIONS

Nominations are sought for members 60+ who fill the criteria outlined in the attached flyer. This recognises a member who swims/competes/officiates in the spirit of fun & friendship. Thinking caps on please and submit by 30 June.

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.

2018 BRANCH RELAY MEET ENTRIES

Relay meet entries are different this year. Swimmers should contact their club **Race Secretary** to indicate their willingness to compete. Team entries are to be submitted by your club Race Secretary. **All team entries are now to be submitted online only.** Closing date Friday 13 July at noon.

Video instructions can be viewed here:

<http://www.mastersswimmingnsw.org.au/Competition/Events/Events/MNSW-Relay-meet>

Race Secretaries should take the opportunity to watch this ahead of time. You will need access to your club's Sports TG console.

Marshals/CS/CoC Course and REACCREDITATION



Are you a Marshal/Check Starter/Clerk of Course? Would you like to be? Di Partridge will be running courses this year for those who need to reaccredit or those who'd like to become accredited as a Marshal/Check Starter/Clerk of Course. New officials need to be qualified timekeepers before doing the course, then, 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.

Time to get reaccredited? Simple! You need to read the latest notes, complete the activities and bring them to the course. Remember we need to reaccredit every four years.

UPCOMING OFFICIAL AND COACHING COURSES

Note the attached Training Course Calendar for Officials. There are several upcoming courses but places are limited so an expression of interest will confirm the course can go ahead.

Please register your interest by emailing diane.partridge@bigpond.com and note which course you would like to attend and DiP will do her best to accommodate the request.

If you are interested in attending a **Coaching Course** in the Sydney Metro Region please email Jillian at admin@mastersswimmingnsw.org.au

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 in Sydney



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!
The dates are set for 15-18 April 2020

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 - 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.

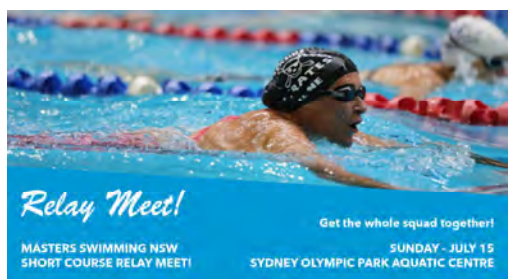
<http://www.mastersswimming.org.au/Coaching/2018-YEAR-OF-THE-COACH>

Upcoming Events



FREE BREASTSTROKE CLINIC

Join Masters Champion Tony Goodwin for a FREE dry-land breaststroke session ahead of the Manly Masters Swimming Club BPS Meet on 1 July. This is suitable for all ages and abilities. As this is a dry-land session, you don't need to worry about tiring yourself out before you race on the day. This is a free clinic and you just need to show up on the day!



BRANCH RELAY MEET

Entries for the Branch Relay meet are now online, to be entered by your Race Secretary. There is a Youtube training video now available at <https://www.youtube.com/watch?v=afLhLQft98k> Closing date Friday 13th July at noon.



SEASIDE PIRATES BPS MEET

The Seaside Pirates BPS Meet is on Sunday, 12th August at Knox Grammar School. This is a short course - 25m indoor pool with 8 lanes and anti-wave lane ropes. There is a separate area for warm up/swim down. This pool has a current survey, records can be set. Closing date: Friday 3rd August at noon.

ALICE SPRINGS MASTERS GAMES



Alice AUSSI Masters will again host the comprehensive Swimming programme at the Alice Springs Aquatic and Leisure Centre in the outdoor heated 50m pool. Registrations are now open

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 Web: www.mastersswimmingnsw.org.au

at <https://alicespringsmastersgames.com.au> Please note the minimum age for this event is 30 y/old, there is also specific MSA member pricing. Alongside competition against peers, all competitors and accredited visitors have free entry to the Opening Ceremony, Mid-Week Party and Closing Ceremony. Accreditation passes also give access to the free transport service that is available throughout the week of the Games.

Please note this event is on the same date as the MSNSW Branch Short Course Championships!

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 information can be found here: <http://www.mastersswimming.org.au/Events/2019-MSA-National-Championships>

POSTAL SWIMS

Postal swims can be great club activities! 2018 Postal Swims are listed on our NSW website. <http://www.mastersswimming.org.au/Events/Postal-Swim-Calendar>

Baddaginnie Animal and Bunbury Winter close on Saturday!



BADDAGINNIE—Unleash the animal within by swimming the following **5 events in one day**: 200m Fly, 200m Back, 200m Breast, 400m IM and 800m Free. CLOSING 30 JUNE



BUNBURY — Swim 400m in 3 different strokes - Freestyle, Backstroke and Breaststroke (or Butterfly) in a 25m or 50m pool. CLOSING 30 JUNE

(Opening on 1st July-both the Tuggeranong Trifecta and Toowoomba Tadpoles 1500m.)

BRAINSWIM



MSNSW is proud to again partner with the 2018 Brain Swim event held at Lane Cove Aquatic Centre in November. We would love as many of our members to participate as possible. More details will be released soon.

SWIMMING QUOTE OF THE MONTH

'If you have a lane, you have a chance.'