



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 – June 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 Sue Curry from Ryde AUSSI Masters Swim Club. *'She volunteers for the jobs no one else wants to do, OH! how reliable. Sue co-ordinates the refreshments at our Carnival & also bakes a Real Cake of extremely healthy ingredients ...when we have a "Birthmonth" evening'*. Congratulations Sue! (To nominate a MSNSW member simply write a paragraph describing their impact on you or your club and they may win the \$30 Coles Myer gift card. Email your nomination to the Branch office by 15 June.)  
Small print- Be aware that the information may be used for publicity purposes.

**Coaching Development session ONE SPACE LEFT!** Coaches are invited to attend a mentoring session at the Whitlam Centre, Liverpool on Saturday 4 July from 1pm-3pm. This will be an occasion to hear from some of our top coaches and get to ask the questions that you are often left wondering about. Swimmers will be in the water for you to instruct and afternoon tea is provided. This is an opportunity to get together as it is recognised that many of our coaches work alone with little feedback.

**Swimmers needed for Coaching Development session on 4 July at Liverpool** An amazing opportunity here for swimmers that would like two hours of intense coaching for only \$20 (plus pool entry) Put your name down this week if you'd like to have your strokes analysed while supporting our coaches who are having a professional development day. Spaces are limited so phone/email today!

**\*NEW\* ONLINE COACH COURSE** The candidate must **register** if they don't already have an ASC Learning portal address. Once registered, the candidate can come and go into the portal at any time. The Masters Swimming Australia Club Coach course is under **"Browse Learning"** <https://learning.swimming.org.au>

**Coach appreciation month** To coincide with the release of the new MSA Coaching Course, we are looking to celebrate our existing coaches. The call is out to all members to send a few words and a photo of their club coach in action & see their favourite coaches celebrated next month. To assist in this endeavour, and to recognise as many coaches, from as many different clubs as possible I ask that you all please encourage your members to nominate coaches via the email ([admin@mastersswimming.org.au](mailto:admin@mastersswimming.org.au)), by the end of June.

**Time to Party.... 40<sup>th</sup> RUBY ANNIVERSARY DINNER** We turn 40 this year! It's our ruby anniversary and a State dinner—smart casual (with party) is on Saturday 12 September 2015 7pm at **Ryde-Eastwood Leagues Club** to which everyone is invited. Members will enjoy a subsidised price of \$40 per head and non-members \$50 per head, **bookings are open** through the branch office, why not book a table for your club? **LIMITED NUMBERS.**

**Photos from your club's history are sought** 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. To support this project **each & every club** is asked to provide up to ten favourite photographs that highlight your years. Last call! Please choose wisely and submit to the branch office IMMEDIATELY so your club is included.

CLUBS USE MASTERS SWIMMING:  
PROFICIAL 1  
MEMBERSHIP 2/3/4  
COLOURS TONES OF BLUE, ORANGE, WHITE  
COLOURS SHOWN BY NEW MASTERS SWIMMING LOGO



**MSNSW Swimsuit** Ongoing orders will be placed each time we get the minimum fifteen required by Nova so feel free to leave your name at the branch office.

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

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Email: [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au). Website: [www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)

**FINA Masters World Championships in Kazan, Russia** Merchandise for Kazan is available through the National office as well as MSA hoodies and swimming caps, you don't have to be going to Russia to buy one! Next order goes in on 3 August.



**Wett Ones ask for your opinion** What events and length of program is desirable for those that consider attending the annual Wett Ones swim meet? The club is needing to book the venue for 2016 and wonder is May the best date for you? Is the opportunity to swim 400m what the membership look forward to? You can have your voice heard so please email [secretary@wettones.org](mailto:secretary@wettones.org) with your opinions, wants and wishes.

**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>

**Social Media We now have 1520 likes!** Look on the front page of our website or visit our fb page directly at [www.facebook.com/mastersswimmingnsw](http://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!**

**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** 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!

### **Coming up in NSW & beyond:**

Bunbury Postal swim	3 x 400m swims	from now to 30 June
Coaching Development session	4 July	Whitlam pool, Liverpool
State Relay Championships	19 July	Entries close 15 July
Mildura Murray Masters	15-16 August	Details available
Long Distance Championships	23 August	Entries close 12 August
Hills	30 August	Entries close 14 August

**40<sup>th</sup> RUBY ANNIVERSARY DINNER**

**Saturday 12 September**

**Ryde-Eastwood Leagues Club**

Attached: 40<sup>th</sup> anniversary invitation, State Relay Championship flyer, Betty Grant Award nomination flyer

*Jillian Pateman Administrator*



Supported by the



The next Board meeting is scheduled for Monday 20 July 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.

### **Masters Swimming NSW**

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