



ABN: 42 468 116 472

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

Monthly News – June 2016

Volunteer of the Month is **Robin Griffiths** from Blue Mountains Phoenix... volunteered to research designs, colours, fabrics and suppliers and has already spent considerable effort negotiating with club members on (a club uniform shirt).... has also been invaluable by researching the requirements and process of incorporating... the Club. Robin has been active this year in motivating Phoenix members to get together for regular endurance swims. She's set down dates and venues and keeps members informed by email of imminent swims. Robin is a relatively new masters swimmer but she has pulled more than her weight from the start and well deserves recognition for her efforts. Congratulations Robin & thank you!

DRYLAND training session Saturday 13 August at Netball Central, Sydney Olympic Park, 10am -12noon. The Clinical Director from the Centre for Sports Medicine will talk to us about exercises/stretches, swimmers shoulder and a Sports Dietitian will advise on nutrition for swimmers. Numbers are strictly limited, \$25 members, \$35 non-members

BOOKINGS are OPEN NOW.

CPR COURSE will be held at 1pm on this same day at Sports House, please register NOW



CLUB COACH COURSE Sunday 14 August in Sydney BOOK NOW, limited spaces.

****Date change for the NSW Relay meet~ now Sunday 10 July ****

Due to this forced change **Hills** has taken the opportunity to change their date to give space between activities.

Betty Grant award-nominations are due in by 1st July! This award recognises members aged 60+ who have made a notable contribution by either participating at carnivals, accreditation as Officials, improvement in performance, times etc.

See attached nomination form for criteria.

2017 Swim Meet calendar The MSNSW Board invites clubs to apply for provisional dates to hold a swim meet in 2017. If your club wishes to host a meet next year please send in at least two, preferably three choices avoiding the dates of national and international competitions as laid out below.

Annual club affiliation fee change- It has been decided that a fairer and more equitable charge for club affiliation to MSNSW should be introduced when due for the 2017 year. A three tier scale will have clubs with <24 members pay \$50 pa, medium clubs (25-49 members) \$70 and clubs with >50 members \$90 OR early bird discount of \$40, \$60, \$80 if paid by 31 December 2016.

Online entries We are now using an **individual online entry system** for all State Championships (not the Relay meet) and some individual host clubs are trialling the easy-to-use system. Give it a go!

Timekeeping at the Long Distance Championships At this year's Long Distance Championships **TIMES WILL ONLY BE RECORDED** for those that log the stipulated time as a timekeeper. (Officials exempted)

BRAINSWIM CHARITY EVENT-swimathon Your support would be greatly appreciated for this charity, raising money for Brain Cancer research at **Lane Cove pool** on 20 November 8am til noon. Your club could get a team together & swim 500m, 1 Km or 10 Km. Every dollar raised will be used for the purpose of advancing brain tumour research and treatment. There will be prizes & very friendly rivalry. MSNSW is organising prizes for "most money raised by a club", most swimmers competing", "best dressed team" and "most kms swum". Details to follow soon but your club needs to be in it to win it! Pre-registration is essential.

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

Is your club aware of and managing risks at training? A recent injury to a guest swimmer at a Masters Club training session is a timely warning to all Masters Clubs to make sure that they are safety conscious when it comes to training and Club activities. Masters Swimming Australia encourages its Branches and Clubs to adhere to good risk management procedures such as:

- providing safe working/training environments;
- due diligence processes which are fundamental to duty of care;
- require training of people to implement the systems and the allocation of appropriate resources;

Website contact details for YOUR club Are they up to date? Have you checked them recently? Swimming Australia is offering to load our clubs into their website SWIM FINDER so it is vital that your club details are correct and current. Check at www.mastersswimmingnsw.org.au/Clubs/Clubs-List And talking about our website we now have a FAQ page under the Competition tab. Your club will soon have the ability to edit its own information, club Presidents will receive a club password to access the edit function. Stay tuned! While on the club page scroll down to see our WordCloud of club names-it's a great graphic.

VALE Barry Jarvis, a founding member of Campbelltown Collegians. Here's the story of their humble beginnings: "In typically Australian fashion, it started with a beer... or two... and a bet. In January 1980, Barry Jarvis sat in the grandstand of Bradbury Pool, Campbelltown, beer in hand, watching his son's squad training with the Campbelltown Amateur Swimming Club. Pool attendant John Hunter noticed Barry's relaxed figure and bet him a bottle of beer that he couldn't swim 25m. Of course Barry took up the challenge, promptly diving in and completing 12 metres before sinking and losing the bet. Determination is a wonderful thing - Barry started swimming with John of a Sunday morning and a few weeks later he completed 50m of freestyle."



IMGSTG name change Sports Technology Group Pty Ltd (IMGSTG or STG, & once Clubs Online) is re-branding and will be known as SportsTG. There will be no change to administrator logins.

Business directory for members A business directory will be introduced on our website noting businesses owned or operated by registered MSNSW members. An application form will be issued on request.

Are you a Starter or Inspector of Turns? Time to get re-accredited Remember we need to re-accredit every four years, last time was in 2012. Reaccreditation allows us to update our skills and offer a professional uniform image to our swimmers and also allows the swimmer to be comfortable with a consistent system of starting at swim meets across NSW. 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. DiP will be conducting these courses. **The workshops are also open to anyone who is a qualified Timekeeper and wishes to officiate as a Starter/IOT.**

Training Calendar The 2016 Technical Officials training calendar is on our website. This allows you and the trainers to plan ahead. This goes hand in hand with our swim meet calendar and also includes extra learning and reaccreditation opportunities. C'mon get qualified!

Coming up in NSW and beyond:

	NSW Relay meet at SOPAC	Sunday 10 July	Entries close 6 July
	Hills long distance meet	Sunday 24 July	Entries close 8 July
	Baddaginnie Animal postal swim	5 events in one day	Post in by 14 July
	Bunbury 20 th Anniversary	3 x 400m postal swim	Post your entries by 1 st August
	If you are not a regular endurance swimmer, this Postal Swim may be the motivation you need to improve your fitness and/or swimming skills – with a little more to aim for than just doing laps! It is an easy swim to undertake, all you need to do is swim 400m in 3 different styles, namely free, back, breast or fly by 30 June.		
	Seaside Pirates BPS meet	Sunday 7 August	Online entries now open
	The Tasmanian short course Championships in August is the next event in the series followed by South Australia short course State Cup in September.		
			
	Masters Swimming Queensland now has a dedicated Facebook page for the Pan Pacs The link is: https://www.facebook.com/ppmgswimming/ (Please like it and spread the word) http://www.mastersswimmingqld.org.au/Competition/Pan-Pacific-Masters-Games		

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Advance notice: 2017 (start saving)**MSA National Championships Southport, Gold Coast 8-11 March '17**<http://www.mastersswimmingqld.org.au/Competition/National-Championships-2017>**MSNSW State Championships SOPAC_(TBC), Sydney March/April 2017****World Masters Games Auckland, New Zealand 21-30 April 2017****World OutGames Miami, Florida, USA 26 May-4 June 2017****FINA World Masters Championships Budapest, Hungary 1 Aug 2017****Australian Masters Games North-West Tasmania Dates-TBC (Oct?)***Jillian Pateman Administrator*

Supported by the



The next Board meeting is scheduled for Monday 18 July 2016. This meeting is open to any member of Masters Swimming. Please notify the branch office by Wednesday 15 May of your intention to join us.

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