



ABN: 42 468 116 472

Masters Swimming NSW

MSNSW Board Members – Jane Noake, Tony Tooher, Sue Wiles, Stuart Meares,
Jon Hawton, Neil Keele and Owen Sinden. Administrator – Jillian Pateman

Monthly News – March 2014



Volunteer of the Month

Volunteer of the Month for February is Marie Taylor from Manly club.

This month there were several nominations and the Board had a lengthy discussion to choose a winner.

Congratulations Marie and thank you for all you do for your club. Quotes from the nomination: *It is hard to convey in one paragraph the scope and time spent on this. Marie...was in charge of the swimming timetable, provision of timekeepers, watches, clipboards, split sheets and much more, in fact, it was a bit like being a Meet Director*

Please nominate a member that you appreciate! Simply write a paragraph describing a member's impact on you or your club and they may win the \$30 Coles Myer gift card. Email your nomination to the Branch office BEFORE the Board meeting on 14th April.

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

Master Class Coaching Forum

This two day course will see **Alex Hirschauer** (National Open Sprint Coach, Strength and Conditioning Coach Vicentre Swimming Club) and **Brian Ford** (Senior Head Coach, Traralgon Swimming Club) present over two days.

Saturday 3 May – Sunday 4 May, 2014 at Richmond Recreation Centre, Melbourne

This course is for coaches who are accredited and experienced in coaching adult swimmers, preferably in Masters Clubs. There are 20 places available - so register your interest at

<http://www.mastersswimming.org.au/News/ArtMID/5982/ArticleID/5925/MSA-Master-Coaching-Class>

☞ A Coaches Masters Class is planned for NSW, tentatively looking at Saturday 16 August. Coaches will be asked to express their interest in attending & then it will be open to swimmers to complete numbers. ☞

~Both an Intro Coach course and a Club Coach course will be conducted at Olympic Park on July 19. Book your place NOW!~

Sport Development Officer

Please take some time to think about how Simon may assist your club to expand its activities, reaching out to new people, being more prominent in your community or growing your club numbers. What help does your club need? You can contact Simon directly on sportsdevelopment@mastersswimmingnsw.org.au

Technical Courses

Competition! Win Vorgee gear for your club

MSNSW has launched a competition for clubs to get more technical officials trained up and accredited in the first half of 2014. Your club could win a Vorgee gift voucher for \$200 or \$100!! So don't hold back-organise ALL your members NOW to get, at minimum, a timekeeper accreditation in 2014 then push to get CTK, CS or Marshall etc. The game is on and time is running out. Contact DIP on officialtraining@mastersswimmingnsw.org.au **See attached flyer for competition details.**

2013 Club Annual Reports

21 clubs didn't send in their Annual Report for inclusion in the Branch Annual Report. These include Cessnock, Cook & Phillip, Dubbo, Ginninderra, Hornsby, Hurstville, Hunter, Jets, Lake Macquarie, Maitland, Merrylands, Nelson Bay, Port Macquarie, Raymond Terrace, Singleton, Shoalhaven, SLC Aquadot, St George, Tattersalls and Terrey Hills. If your club's name is here why not extend a helping hand to your club executive & offer to put a few words together. One week to go! Your club is always described best by its own members so please put fingers to keyboard this weekend. Remember-this document gets lodged in the State Library so is a memorable reference document. Make your mark in history!

Membership for Coaches, Technical Officials and Volunteers

Masters Swimming Australia has introduced a \$10 membership for one of the three categories above to be known as Co, To & Vo. This is in the early stages but is already available online through the National website. It would be expected that the club would pay this nominal fee for their non-swimming coach, officials and volunteers but be aware-this membership is a national one, they are not classified as members of your club nor of MSNSW but rather Masters Swimming Australia. The benefits: Officials and Coaches can be recognised for awards as they are members of MSA.

Masters Swimming NSW

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Email: admin@mastersswimmingnsw.org.au. Website: www.mastersswimmingnsw.org.au

Social Media



We now have 860 likes, more than double that of every other state and not far behind our National site. This is largely due to our enthusiastic team of FB administrators. Thanks team!

If you are on Facebook, participation is the key to you seeing more of our posts on your newsfeed. Facebook limit the number of people that see our posts and it is up to you to participate in our posts (i.e. 'Liking' and commenting on our posts) so that you see more of us. Visiting our page directly at www.facebook.com/mastersswimmingnsw is a good way to keep up to date with the happenings of Masters Swimming NSW and you seeing all our posts.

We would also like all clubs to put our content email address content@msnswfacebook.info on your club mailing list so that we are up to date with what is happening at your club. This is the only way for you to get your club 'up in lights' on our Facebook feed. If we don't know about an event we cannot promote it for you.

We are also going to start using hashtags, so we ask you to use our hashtag, #msnsw when posting about your swimming or achievements in swimming. We ask that clubs with fb pages use this hashtag when posting about the upcoming state and national championships. Hashtags are a unique link on social media which points users to a common page that highlights posts that are of a common subject.

New Rules and old

Some new rules came into force on 1st January 2014. A summary is inserted into swim meet programmes and clubs are asked to discuss these with all swimmers whether they compete or not. It's a good idea to occasionally revisit the rule book to ensure all members have an awareness of the technically right way to conduct themselves in & around the pool. Has your club discussed swimwear rules? Do you know about getting on the blocks already prepared to race & not adjusting your goggles? What jewellery, if any, can be worn and what about strapping?

👉 A brief mention (pun not intended) about appropriate swimwear-are yours suitable and reliable? Please check for wear & tear before we have a modesty malfunction. Chlorine is harsh on fabric & some are becoming see-through!

Sydney Olympic Park Athletic Centre is celebrating 20 years and MSNSW members will have memories!

Help celebrate by sharing your story or photo for the chance to WIN the Ultimate Sydney Experience

Two major prize packages worth \$1,712 are on offer. Prize packages include:

- One night's accommodation in a Superior King Balcony Room & Buffett Breakfast in Boulevard Brasserie for two from Novotel Sydney Olympic Park
- 50 visit swim pass at Sydney Olympic Park Aquatic Centre
- Admission for 4 adults to Aim For Fun at Sydney Olympic Park Archery Centre
- Gold Class Movie Tickets for 4 people at Event Cinemas
- \$100 voucher at Sails on Lavender Bay at McMahons Point
- Admission for 4 adults to the Sydney Tower Eye Observation Deck
- Admission for 4 adults to a Skywalk experience at the Sydney Tower
- Speedo Pack swim pack includes – back pack, mesh bag, towel, waterbottle, goggles, kickboard, swim cap, chamios

Prizes will be awarded for **best story** and **best photo and story combined**. **Weekly prizes** are also up for grabs for the best moment of the week. To enter the competition visit [Sydney Olympic Park Facebook Page](#) and click on the [Share Your Moments to Win](#) app to upload your story or photo/story from 14 March – 27 April 2014. [Terms and conditions apply](#).

39th National Championships 23-27 April 2014-Rockhampton, Queensland

Entries are closed and the draft program is up on the MSQ website. Each entrant is asked to check their events and times.

Have you booked your accommodation yet? Speak with Ray Humphries for group discounts www.rockygardensmotorinn.com.au

"Our Motel is a 4 star Motel located on the south side of Rockhampton with 42 rooms of various shapes, sizes, and configurations and a 60 seat restaurant which is open for both breakfast and dinner. It is possible with prior arrangement to have our chefs prepare a special diet to suit the requirements of your athletes. We are approximately 5 minutes away from the competition venue by bus. I would imagine that many of your people are flying from interstate so will have no personal transport, so we would like to offer our complimentary courtesy bus to drop off and pick from the pool." Further details at <http://www.mastersswimmingqld.org.au/>

Having trouble finding our website? You may need to enter our web address in your browser as we recently changed from the aussie address to www.mastersswimmingnsw.org.au

April/May in NSW:



1st January - 30 April

Wests Auburn Postal swim

5km pool swim, solo or relay



Until 1st August

Bunbury Postal swim 3x400m

Details on MSA website



4-5 April

State Long Course Championships

Entries closed



12 April

Wett Ones

Closing date 29 March



4 May

Manly Masters

Closing date 18 April



Office of
Communities
Sport & Recreation



Jillian Pateman Administrator

The next Board meeting is scheduled for Monday 14 April 2014. 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.

Attached: Notice of 2014 AGM, flyers for Gary Stutsel Award, Administration Award and the Technical Accreditation competition.