



ABN: 42 468 116 472

Masters Swimming NSW

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

Monthly News – March 2015



We have moved We have moved We have moved We have moved We have moved

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. This will be the venue for the AGM in May.

Volunteer of the Month was Judith Glover from Myall Masters Swim Club. Congratulations Judith.

This is an exciting nomination as Judith is a non-swimming member but financial under the Volunteer



membership subs type. *“Judith is solely responsible for the organisation of the club's Handicap nights and records the places, point scores and improvements. Trophies are prepared and presented by Judith at Presentation Night. At our past swim meets Judith has sold raffle tickets and manned the tea/coffee stand making sure the swim meets attendees were being catered for.”*

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 17 April.

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

Club's 2014 Annual Reports have not yet been received from **Armidale, Blacktown, Campbelltown, Castle Hill, Cessnock, Coffs Harbour, Coogee-Randwick, Cook & Philip, Cronulla Sutherland, Dubbo, Ettalong, Ginninderra, Gosford City Seagulls, Hornsby, Jets, Liverpool Leatherjackets, Maitland, Merrylands, Nelson Bay Dolphins, Picton, Port Macquarie, Singleton, SLC Aquadot, Sutherland Sandbern, St George, Tamworth, Terry Hills, Tuggeranong and Warringah**. If your report has been submitted please contact the office this week as it may have been misfiled or misplaced in the move, for the rest please write a few words to update the wider membership on your activities. For inspiration read last year's Annual Report on the website.

National Championships- Hobart, Tasmania April 8 - 11 2015

- Clubs will be required to submit names and age groups of all relay team members on Day One of the meet, Wednesday 8 April, 2015
- MSA is looking for 'secret photographers' to take happy snaps & send in to the office. Are you keen? Email your interest & details will be forwarded.

Grape escape swim weekend in Griffith The flyer is on our website! Details, details, details: Meet entries close 17 April. Bookings are now open for the Coaching clinic and a list is being compiled of those interested in the Winery Tour at high noon on Saturday 2 May so email the branch office with your names. Stroke correction clinic from 3pm then a very casual dinner from 6pm. Have you booked your accommodation? If not go to <http://www.visitnsw.com/visitor-information-centres/griffith-visitor-information-centre>

Castle Hill RSL Masters Swim club invites you to Help celebrate the Centenary of ANZAC in the indoor pool with four **FREE** themed short course events on Thursday evening 23rd April at 6.30pm, a twilight swim. *“It is not widely known that the diggers swam and bathed most mornings in ANZAC Cove. Our events are designed to celebrate the ANZAC spirit and simulate challenges that may have been experienced in the water.”* Email Bob Rslswmpresident@outlook.com or phone Robina 0412 595 789. This sounds like a lot of fun!

Time to Party.... We turn 40 this year! It's our ruby anniversary and a State dinner-smart casual (with party) is on Saturday 12 September 2015 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?

Photos from your club's history are sought At the 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 club is asked to provide up to ten favourite photographs that highlight your years. Technical requirements: at least 2mb but less than 4mb at 320 dpi each. Please choose wisely and submit to the branch office by **23 April**.

Medical Disability form for swimsuits It was brought to the Boards attention that the rules of masters swimming does not make allowances for those among us that, for medical reasons, have specific swimwear requirements. Eg non-compliant fabric, extra strapping or padding. For this reason the **NSW** Board has created an exemption form to be signed by a medical practitioner advising referees about the individuals' needs.

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PO Box 6941, SILVERWATER NSW 2128 Phone 02-8736 1232

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

Please note: This is NOT a Masters Swimming Australia exemption and would not be accepted at interstate or National competition.

Gary Stutsel Award and Administration Award nominations are open: Please see attachments, nominations are due by 17 April. Many, many members are deserving of nominations, is one in your club?

Rainbow Club mini meet MSNSW has been approached by the Rainbow Club to provide volunteers to help run their first ever carnival at Ryde Aquatic Centre on Saturday 11 April. The Rainbow Club provides swim lessons for children with a disability. As many members will be in Hobart the call goes out to all, if you have time free on that day please email your details to the branch office. They will need Officials and timekeepers, Ryde AUSSI Masters will assist where they can but the more the merrier.

Are you a Chief Timekeeper? Do you want to get accredited? Remember we need to re-accredit every four years, last time was in 2011. Reaccreditation allows all of us to update our skills and offer a professional uniform image to our swimmers and also allows the swimmer to be comfortable with the one system of CTK at NSW swim meets. All you are required to do is read the latest CTK notes and complete the activities then bring them to the course you choose to attend. DiP will be conducting these courses.

These workshops are also open to anyone who is a qualified Timekeeper and wishes to officiate as a CTK.

FINA Masters World Championships in Kazan, Russia 9-16 August 2015. If you are planning to go to Russia then **entries have now opened** and you need a certificate of membership available through the Branch office. IST sports tours are offering travel packages info@sportstours.com.au The entry booklet for the championships is available for download [here](#). The registration for the FINA World Masters Championships is **INDIVIDUAL**. Each participant must create their own account and register through the FINA General Management System (FINA GMS) Public Portal by going to <https://registration.fina.org> The registration user guide dedicated to Masters can be found [by clicking here](#) Please note the following important deadlines for registration: **FINAL registration and individual events deadline: 15 June 2015**

All persons willing to participate must be registered and have paid their registration fee to the event by 15 June. No registrations will be accepted after 15 June & all individual event entries must be paid by 15 June 2015.

FINAL Sport Entries (Correction for individual events and submission of team events entries) Deadline: 02 July 2015 For all information about the FINA World Masters Championships in Kazan please refer to the Official website of the Championships: <http://masters.kazan2015.com/en>

Frequently Asked Questions about the Championships are on the Championships website located here: <http://masters.kazan2015.com/en/faq>

Should you have any questions relating to the event, please send enquiries to: masters2015@kazan2015.com

Updated news: Mexico cancelled their hosting of the 2017 Masters World Championships and Budapest, Hungary has picked it up!

Social Media We now have 1471 likes! Look on the front page of our website or visit our fb page directly at www.facebook.com/mastersswimmingnsw It is a good way to keep up to date with the happenings of Masters Swimming NSW. **Tell us what your club is doing so we can share!**

Photographs on Social Media At swim meets and social activities images may be taken for promotional purposes within our sport. If you do not wish your photo to be displayed please contact the branch office and we will ensure our administrators do their best to take any image down as soon as possible. We are happy snappers and there are many cameras and smart phones now appearing on pool deck where reporting on facebook can happen instantly but we do not wish to offend.

MSNSW Swimsuit Ongoing orders will be placed each time we get the minimum fifteen so feel free to leave your name at the branch office. Price remains at \$55 for women's and \$35 for men's.

CLIENT: NSW MASTERS SWIMMING
PROPOSAL: 1
NOVEMBER 2014
COLOURS: TONES OF BLUE, ORANGE, WHITE
(COLOURS INSPIRED BY NSW MASTERS SWIMMING LOGO)



Men's Race Back, Front, Back and Side Views



Women's Race Back, Front, Back and Side Views

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1000 Norms project a team of researchers from the University of Sydney is conducting the 1000 Norms Project, a landmark study investigating healthy ageing and they have contacted us for help.

“We’re collecting physical and health-related information from 1000 healthy individuals across the lifespan. Participation involves a once-only 2-hour assessment comprising basic physical tests and questionnaires at our University campus in Lidcombe. We measure strength, reaction time, balance and much more, and participants gain insight into their own physical ability.

We currently need another 350 volunteers! In particular we are looking for MEN aged 30-59 years.” *J Baldwin*
The flyer is available from the branch office and the contact number is 9036 7435.

We sponsor the Fine Ocean Swim Series (FOS) MSNSW is a sponsor of the 2014-2015 FOS series. This is a series of 9 ocean swims in and around Sydney. The last swim of the series is coming up at Coogee on 11 April. More details can be found at www.oceanswims.com.au
Currently 4 of the top ten on the FOS pointscore table are MSNSW members!

Race Secretaries Lodging entries to club meets needs to be improved as host clubs are working overtime to balance books and organise programmes. To this end the Board supports clubs wishing to charge a late fee, if they care to accept late entries at all. Race Secretaries must co-ordinate with their Treasurer the lodging of entries and payment (which must have a reference if done electronically). At no time will payments be accepted on the day of a meet. This process needs to be streamlined to ease the workload on our tireless volunteers-or they will get tired.

The online entry system for the National Championships in Hobart is a test case for our future.

Transport costs are now reinstated Clubs hosting swim meets need to have certain equipment for the smooth running of the event and this MUST be picked up from the previous meet. The transport cost (\$25) is now reinstated as too many clubs have not organised collection and the delivery has been imposed upon others. Equipment remains free if collected.

Coming up in NSW & beyond:



8-11 April

Hobart, Tasmania

Entries closed

Grape Escape in Griffith

Mini meet & Coach clinic

Entries close 17 April



West's Auburn 5000m Turtle swim

Solo or Relay

Postal swim closes 30 April**ANNUAL GENERAL MEETING****16 MAY****Sydney Olympic Park****All welcome**

Ettalong Pelicans



Ettalong Pelicans swim meet

23 May

Entries close on 8 May



Wett Ones swim meet

30 May

Entries close on 15 May

Jillian Pateman Administrator

Attachments: Gary Stutsel Award notification and Administration Award notification forms, Griffith flyer.



Supported by the



The next Board meeting is scheduled for Monday 20 April 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.

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