



Caption: Ettalong BPS Warm Up / C: Masters Swimming NSW

NEW LOOK MASTERS SWIMMING NSW BOARD

President



Kerry Blanch

Treasurer



Paul Bailey

Board Member



Diana Watts

The 2017 AGM was the final engagement for our outgoing president, Jane Noake and treasurer, Stuart Meares. Stepping up to the plate as our new Masters Swimming NSW president is Kerry Blanch, along with Paul Bailey as the Masters Swimming NSW Treasurer. Another addition to the board is Diana Watts. Diana has more recently worked within the Masters Swimming NSW Communications Committee. Diana is a gun swimmer and Manly Masters Swimming Club member. Please join us in thanking our out-going board members for all their hard work over the years and in welcoming our new board. Exciting times ahead!

ATTENTION RACE SECRETARIES

While the workload for club Race Secretaries has diminished with the advent of individual online entries, there is still a role to play - this can include:

- Promotion of swim meets to members, whether by email, social media, or putting flyers on the club noticeboard.
- Rallying of members to enter meets, particularly if any meets are to be “targeted” by the club
- Assisting any “digitally challenged” members with submitting their online entries
- Compiling and/or submitting club relay team entries online for National Championships, Branch Championships, and Branch Relay meets. All these meets now require relay team details to be submitted online by the club – a video on this process is now available at <https://youtu.be/afLhLQfT98k>

CPR COURSE ON JUNE 17

Are your club members interested in doing a CPR course at Sports House, Sydney Olympic Park? If so, please contact Jillian via admin@mastersswimmingnsw.org.au to find out more details and register your interest. These courses are only \$15 per person and are for MSNSW members only.

The next Cardiopulmonary Resuscitation course to gain the skills and knowledge required to perform the essential lifesaving technique of CPR, again numbers will be limited so first in best seat. This qualification lasts for twelve months so check your certificate’s expiry date. You could save a life (and it might be mine)!

Learning Objectives

- ✓ Recognise an emergency situation. ✓ Identify, assess and minimise immediate hazards.
- ✓ Seek assistance from emergency response services. ✓ DRSABCD action plan.
- ✓ Respond to signs of an unconscious casualty. ✓ Perform CPR . ✓ Infection control.
- ✓ Demonstrate the use of AED. ✓ Provide an accurate verbal report of the incident.

TIMEKEEPER COURSES

All clubs are asked to conduct timekeeper courses. It is strongly encouraged that every member gets this minimum qualification to assist not only at carnivals but also to correctly & competently time club swims like Endurance 1000 and postal swims. This is a simple course but incredibly important, contact Di Partridge for assistance in running it and organising paperwork. Any qualified timekeeper can run a TK course.

UPCOMING OFFICIAL AND COACHING COURSES

Please note the attached Training Course Calendar for Officials. There are a number of upcoming courses. Places are limited and an expression of interest will confirm the course can go ahead. Please register your interest by emailing diane.partridge@bigpond.com and make your request of which official course you would like to attend and she 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

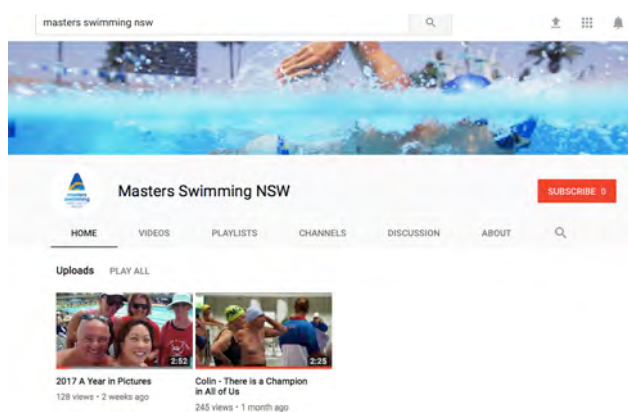
WATCH THE WATCHES!

Masters Swimming Australia has received reports of incidents and accidents that involved Smart watches on swimmers arms during training. An accidental clash of arms has in one reported case resulted in the watch being destroyed and a shard of glass cutting a swimmers finger. Clubs & coaches need to be aware of the danger of Smart watches. There are many other brands of watches worn, but there haven't been any complaints about them to date. It just seems to be Smart watches. Swimmers use their watches for many reasons during training and have been doing so for many years without incident. While banning watches at training maybe the first thing that comes to mind to deal with the problem, it may cause a lot of people to be inconvenienced and unhappy. We therefore request clubs monitor the situation and report on any other accidents due to watches (any watches) that occur during training.

EOI FORMS FOR 2020 NATIONALS

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!

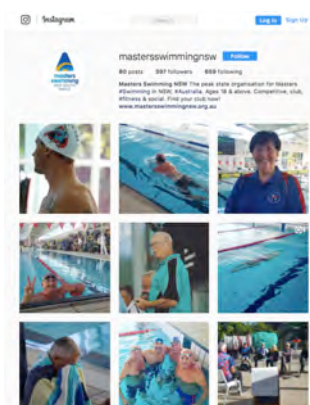
YOUTUBE CHANNEL



Keep an eye on our Masters Swimming NSW Youtube Channel! We are currently in the process of building new video content that will be easily accessible to members. You can subscribe to the Youtube channel and comment/like videos on the channel. These videos can also be shared onto your own, or your clubs Facebook page and website.

The link to the channel is [HERE](#)

INSTAGRAM PAGE



Have you had a look at our Instagram page? An Instagram App can be downloaded to your smart phone, or you can simply look online at <https://www.instagram.com/mastersswimmingnsw>

Instagram is a social platform that is owned by Facebook. Club accounts can be created or you can create a personal account. Instagram is free to use and is another way of advertising your club, sharing photos and engaging with your audience.

MASTERS SWIMMING AUSTRALIA - 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. The finer details of this program are currently being finalised and you will be able to apply soon - 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>

FIRST GRIFFITH, NOW BATHURST

MSNSW's second Grape Escape weekend on 19 & 20 May 2018 was a great success. First in everyone's mind was the opportunity to get coached by our crack roving coaching team of Anne Smyth, Caroline Makin, Paul Bailey and Di Coxon-Ellis. With over 30 eager swimmers in the water, including some very welcome local non-masters swimmers, the coaches managed to cover all four strokes, with drills and instruction on technique.

The mini-meet on Sunday morning was fast, efficient and lots of fun, with a full complement of volunteer officials on deck as well. For some the highlight was the 10-person relay, with Manly suiting up gamely against all comers. Valiant, yes.

This was a get-away weekend. Lunch, wine tastings and dinner were important to many swimmers while others just enjoyed being in the country with all the fresh appeal that late autumn offers.

Thanks everyone for coming along and making it fun. Keep your eyes peeled for the next MSNSW grape escape weekend to . . . who knows where?

Sue Wiles



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.

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 at <https://alicespringsmastersgames.com.au> Please note the minimum age for this event is 30 y/old, there is also specific MSA member pricing. The Alice Springs Masters Games is the longest running Masters Games in Australia and the biggest sporting party of the year. 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 MNSW 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.

Five events still to go:

Stadium Masters LiveLighter Carnival (LC)	MSWA	20 May	HBF Stadium Perth
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 info on the National Championships can be found here: <http://www.mastersswimming.org.au/Events/2019-MSA-National-Championships>



POSTAL SWIMS

Of the six Australian postal swims listed three are hosted by MSNSW clubs. Plan ahead as they can be great club activities! 2018 Postal Swims are listed on the Masters Swimming NSW website. Please visit the Masters Swimming NSW website for more event details.

<http://www.mastersswimming.org.au/Events/Postal-Swim-Calendar>



Baddaginnie Animal and Bunbury Winter are both open!

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.



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



CLARENCE RIVER BPS MEET

Entries for the Clarence River / Yamba meet close **THIS FRIDAY June 1**. Please note the courtesy bus has been cancelled due to lack of bookings. There is an event page for this meet on the Masters Swimming NSW Facebook event listing. You can share this event with our friends, club mates and on your club pages.



MANLY BPS MEET

The Manly BPS Meet on **JULY 1, 2018** is open for entries! Entries close on **Friday 22 June at 12 noon**. There is an event page for this meet on the Masters Swimming NSW Facebook event listing. You can share this event with our friends, club mates and on your club pages

BRANCH RELAY MEET

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

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.



PAN PACIFIC MASTERS GAMES

THE 2018 Pan Pacific Masters Games will be held on the Gold Coast on November 2 – 11, 2018. You can find further information including the calendar of events at

<http://mastersswimmingqld.org.au/Competition/Pan-Pacific-Masters-Games>



2018 PENANG ASIA PACIFIC MASTERS GAMES

The Penang Asia Pacific Masters Games (APMG) is the first-ever multi-sport Masters Games in Asia. To be held on 7-15 September 2018 in Penang, Malaysia. Further details can be found here:

<http://mastersswimming.org.au/News/penang-asia-pacific-masters-games-2018>



SWIMMING QUOTE OF THE MONTH

Good things come to those who swim.