



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 – November 2014



Volunteer of the Month for October was Gordon Ferguson from Ettalong Pelicans and for November it is Terry Gainey from Wests Auburn.

Congratulations to both gentlemen and a huge thank you for all that you both contribute to your clubs and to Masters Swimming NSW.

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 12 December.

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

2015 membership fees due From 1st December our 12 month membership is \$70 (MSA & MSNSW inclusive). Clubs need to **add their fee**. If you want this opened on your club's behalf just email the branch office with your club fee (if you have one). Instructions will be sent to your club's Registrar—please assist them by re-joining as soon as possible after 1st December.

If you don't have a registrar to open the portal please let the Branch office know and it will be done for you on 1st December

2015 National Championships- Hobart, Tasmania April 8-11 Members will be able to enter themselves online for the National Champs in Hobart. You **MUST** be a financial member to lodge your entries!

All memberships will expire on 31st December 2014 * **This is new** *

In the past we have enjoyed a one month period of grace to renew our membership but on 31st December 2014 all memberships will expire so Club Registrars need to spread the word that once they open their 2015 membership on 1 December all members will need to re-join before December ends. For those members that plan to enter the Campbelltown meet on January 17 2015 you will need to be paid up by 24 December!

Note: If swimming/training while unfinancial there is NO insurance cover.

Updating your emergency contacts information When you re-join online in December you will be prompted to review your emergency contacts information. Most members do not update any details in the data base EVER and some leave it to their clubs to organise so please take a moment to check your important contact details. We have now included "medical conditions your coach needs to know", this is a voluntary field to be filled in if you wish to do so.

MSNSW Swimsuit

This idea came about originally for the ocean swimmers among us so that we show a visible presence on the beach and are able to recognise fellow masters members.

Now that the design is a reality this is also an opportunity for our members whose clubs don't have a logo swimsuit to make a statement while training, again we can show a united force in the pool & easy advertising for your club. First order will go in on **30th November** so NO TIME TO WASTE! Delivery in January...

\$55 for women, \$35 for men. Brand-NOVA, chloroban fabric, swimsuits are to the FINA standards, they just aren't FINA approved. (Don't wear them at Worlds) Please check out our website! The order form is attached so order today and direct deposit, no payment—no order. Please share immediately across your membership.

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



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



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

Masters Swimming NSW

Ground Floor, Sports House, 6A Figtree Drive, Sydney Olympic Park 2127

PO Box 6941, SILVERWATER NSW 2128 Phone 02-8116 9716 Fax 02 8732 1606

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

We sponsor the Fine Ocean Swim Series (FOS)

MSNSW is now a sponsor of the 2014-2015 FOS series. This is a series of 9 ocean swims in and around Sydney starting on November 30 at Balmain-the Dawny to Cockatoo followed by Bilgola on December 14! More details can be found at www.oceanswims.com.au See you on the beach!

Charity Swim

An opportunity you may be interested in: a **charity swim?** How about at Lane Cove pool this **Sunday 23 November**, a swim-a-thon to help beat brain cancer. Cheer fellow members on and do a swim for the Endurance 1000 program. Someone plans to do 10km—that's 200 laps! <http://www.brainswim.org.au/>

Does your club have a story to tell?

Masters Swimming Australia has asked for community stories from our clubs about what activities they are involved in and/or profiles on members. If you, your club or your team members are doing something that you would like to brag about please send in the story with a photo.

Petition for Albury/Wodonga

Please see the attached document from Don Taylor and Leigh Rodgers, FISH OUT OF WATER who are asking you to support their request to get a year-round 50m pool for the area.

Time to Party....

Did you know that we turn 40 next year? That's our ruby anniversary and we are organising a State dinner (with party) on Saturday 12 September 2015 to which everyone is invited. It is hoped that members will enjoy a subsidised price of \$40 per head and non-members \$50 per head. Please block out this date in your 2015 calendar to be sure you can attend.

Grape escape swim weekend in Griffith

Do you enjoy wine, swimming, shoe shopping? Keep tuned to this space as we organise a Grape Escape weekend in Griffith next May as part of our Ruby anniversary year. Starting on Saturday 2nd May with a winery convoy to enjoy a few liquid delights of the district before a coach clinic at Griffith pool followed by a casual dinner-perhaps poolside. Sunday morning will see us rise and shine to introduce the adult swimmers of the area to just how good a masters mini meet can be—open to all. It is a short course pool so there will be some serious 25m races as well as cross-border swim offs and business house relays. How about a State of origin swim-off between the ACT and Victoria and NSW? We might even get some members come across from MSSA! Feel up to the challenge? Masters Swimming Victoria is and they plan to meet us on pool deck. The Griffith Visitor Information Centre will be able to assist you by providing local details on accommodation and where to shop/drink/dine. <http://www.visitnsw.com/visitor-information-centres/griffith-visitor-information-centre> Set aside the dates now and offers of assistance are welcomed by the branch office.

Social Media We now have 1251 likes!

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 seeing our news. **Tell us what your club is doing!** We would like all clubs to put our facebook email address content@msnswfacebook.info on your club mailing list so that we are up to date with what is happening at your club. We have started using hashtags, so ask you to use our hashtag, **#msnsw** when posting about your swimming or achievements in swimming.

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.

Incidents and injuries.

Should you or a fellow club member receive an injury whilst training, competing or involved in club activities you or the club MUST complete an injury or incident form and send it to the Branch/National offices. It needs to be reported as soon as practicable for insurance purposes so please do not leave it longer than 48 hours before letting us know. We need to be aware and alert to problems as they occur so, if needs be, strategies can be considered for safety's sake.

Forms are on our website under Downloads/Forms.

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Are you Swimming Australia (SAL) accredited?

Officials who have a current accreditation with a swimming organisation other than MSA should refer to [Cross Accreditation and Re-accreditation](#) on the MSA website. [SAL accredited officials](#) may officiate at MSA sanctioned meets except in the role of the Meet Referee, who must be accredited with MSA. SAL referees should refer to the [Guide for SAL accredited referees](#). All members and their family & friends are encouraged to become accredited officials! A copy of their accreditation is requested for our files.

International Day of People with Disability-Liverpool Lives

Wednesday 3 December Liverpool Library is host to Champion Swimmer - Cindy-Lu Fitzpatrick, presenting a talk on her journey. Cindy-Lu claimed national titles in the 100 and 200 metres breaststroke in the 1980s and represented Australia at two Commonwealth Games and two Pan Pacific Games, despite profound deafness. Cindy was an AIS scholarship holder in Canberra well before the Elite Athletes with a Disability (EAD) program was established in 1989. If you can get along to hear her the talk will be from 1pm-3pm.

Coming up in NSW and beyond:



Raymond Terrace Swim Meet	29 November	Programme out now
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Wests Auburn Swim Meet	06 December	Closed 21 st November
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Port Macquarie Swim Meet	13 December	Closes 28 th November
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Did you know Brenton Ford has a [coach clinic](#) in Sydney, an ocean swim adventure weekend 12-15 February on our Northern Beaches? <http://effortlesswimming.com/4-day-sydney-northern-beaches-adventure-february-12-15-2015/>

Pittwater ocean swim series flyer is attached. 5 swims on the beautiful Northern Beaches from Dec 14 –Jan 25.

Jillian Pateman Administrator



The next Board meeting is scheduled for Monday 15 December 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.

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