



ABN: 42 468 116 472

Masters Swimming NSW

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

Monthly News – October 2015



Volunteer of the Month is Stephanie and Gary Fletcher from Penrith Masters. *“It is a bit hard to separate them as they work as a partnership.... played a large part in securing our new training facilities... negotiated discounted gym membership for AUSSI Masters swimmers which most of the members have taken up. What a great pair, the club would be in a sorry state without them. They are always encouraging us.”*

To nominate a MSNSW member simply write a paragraph describing their efforts & energy and email the branch office before 13 November. Small print- Be aware that the information may be used for publicity purposes.

Coaching Development session Following our successful session at the Whitlam Centre in Liverpool another coach development session is booked for **Saturday 14 November** from 1pm-3pm at Ryde-Eastwood Leagues club. If you would like to attend as a coach, to be mentored by our best, please email or phone the branch office to get your name on the list. **Numbers are limited!**

Swimmers needed An amazing opportunity here for swimmers who would like two hours of intense coaching for only \$20. Put your name down this week if you'd like to have your strokes analysed while supporting our coaches who are having a professional development day. So if you'd like to come along as a swimmer and assist by putting their ideas into practice phone/email today. It's a small boutique pool so spaces are limited!

State Championships 2016 Diarise NOW SOPAC is booked for Sat/Sun 9-10 April for our long course State Championships, a perfect lead-up to the National Championships in Melbourne on 21-24 April. Book it in and start discussing training and strategy with your coach and club members. Would your club be interested in conducting the raffle? Let us know now!

National Board of Management Masters Swimming Australia is calling for expressions of interest from members of Masters Swimming Clubs to fill an ordinary Director casual vacancy on the National Board of Management. The appointment will go thru to the next Annual General Meeting (April 2016) when the incumbent would be eligible to stand for election to the Board. Please note that the expressions of interest close on 6 November 2015.

Learn CPR and Make History!



TAKE HEART AUSTRALIA DAY 2015

Learn how to **save a life**

DATE: Monday 30th November 2015

LOCATION: Allianz Stadium, Moore Park, Sydney

TIME: One hour training sessions will run throughout the day
Participants can nominate a suitable time slot

On **Monday, 30 November 2015**, Take Heart Australia will host a **free**, high-quality CPR training session at Allianz Stadium, in order to raise public knowledge and awareness of sudden cardiac arrest.

There will also be simultaneous training events held across NSW – in an attempt to break the Guinness World Record in CPR taught across multiple venues.

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

ATTENTION CLUB REGISTRARS 16 month Subscriptions are open!

If your club wishes to offer a 4 month 2015 membership to 31st December contact the branch office and it will be sent to your console.

MSNSW Swimsuit It is hoped that the next order can be lodged soon so delivery is before the summer season begins. Order NOW!

Nova has notified us of a price rise, all names listed for the next order will be advised of the new cost.



Attention Treasurers and Race Secretaries You must coordinate **payment with entries** for ALL meets!

Timekeeping at State Long Distance Championships The decision for next year's LD Champs is that a **time will only be recorded** for those that log the stipulated time as a timekeeper. (Officials exempted)

***NEW* ONLINE COACH COURSE** is now available.

Full details can be found on Masters Swimming Australia's website and we will be organising the follow on course early next year.

Webmaster- MSNSW is looking for a member/s who would like to take on webmaster duties and join our current team in looking after our website.

Social Media If you don't have access to facebook you can take a peek on the home page of our website.

Medical Disability form for swimsuits For those among us that, for medical reasons, have specific swimwear requirements eg non-compliant fabric, extra strapping or padding, the MSNSW Board has created an exemption form to be signed by a medical practitioner advising referees about the individuals' needs.

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

2016 MSNSW swim meet calendar is attached. Hard copies will be printed and distributed to your club before Christmas.

National Championships- Melbourne 2016 — 6 months to go The program for next year's National Championships, hosted by Masters Swimming Victoria, is available. Entries open on 10 December 2015. Accommodation options are available & volunteers and Technical Officials are required. **Eat, Play, Love!**

Lost property found at the Long Distance Championships a wonderful jacket from the National Championships in Hobart remains unclaimed, please contact the branch office.

Coach of the Year Nominations will soon be requested.

<http://www.mastersswimmingnsw.org.au/Downloads/Forms>. Please consider honouring your tireless coach by putting their name forward. Recognition is all that many of our volunteer coaches get so put your thinking caps on. Clubs can consider paying \$10 for a 'non-swimming Coach membership'.

Official of the Year To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, be a current member from 1 January and have made an outstanding contribution in officiating and/or towards the development of officiating at Club, Branch and/or National level. For example: They attended courses to enhance knowledge and interpretation of rules; or delivered courses to prospective officials; or taken the position of mentor to trainee officials. Nominations will be requested soon.

<http://www.mastersswimmingnsw.org.au/Downloads/Forms>

Coaches, Technical Officials and Volunteers can join Masters Swimming Australia for \$10 per year. In the Membership portal on the home page choose Non Swimmer in the State drop down box then NSW in the Club drop down box and follow the prompts. Congratulations to our clubs that pay this on behalf of their workers.

All 12 month memberships expire on 31st December 2015

On 31st December 2015 **all 12 month memberships expire** so Club Registrars need to spread the word that once they open their 2016 membership on 1 December **all members will want to re-join before December ends.**

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

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

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 and some leave it to their clubs to organise so please take a moment to check your important contact details. Now included is “medical conditions your coach needs to know”, this is a voluntary field to be filled in if you wish to do so. **Registrars take note:** every Masters Swimming Australia member agrees to a Safety in Activity statement when they re-join each year, providing they **ACTUALLY** register themselves! Please don't take on this responsibility yourself but rather encourage and assist members to re-join themselves.

Interested in swimming the English Channel with Chloe McCardel? Solo or Relay—contact the office NOW!

Did you make the FINA Top Ten in 2014? The patches are now available for ordering on the FINA website. <http://archives.fina.org/shop/>

Coming up in NSW:

The ocean swim season is starting up again with one of the first being the **Narrabeen Challenge** swim on Saturday 31 October, wet suits are allowed. www.oceanswims.com
There are two distances, 800m and 1.8km, which means it offers a good entry distance for less experienced swimmers who want to build their experience in the sea.

Port Macquarie BPS
Novocastrian BPS
West's Auburn twilight meet

7 November
21 November
5 December

Entries closed
Entries close 6 November
Entries close 20 November

Jillian Pateman Administrator



Supported by the



The next Board meeting is scheduled for Monday 16 November 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.

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