



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 – September 2015



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.

Volunteer of the Month is Lindsay Brice from Manly Masters. Quite a bit was written highlighting Lindsay's contribution but it was all summed up in this: he compiled the hundreds of photos that were on the screen; creating new business cards and flyers to help promote the move to our new home at Manly Andrew "Boy" Charlton Swimming Centre; maintaining and updating our website and lastly compiling, editing and publishing the latest edition of our club newsletter, ...Not everyone realises the time and effort that goes into maintaining a Masters club and Lindsay is certainly one of our quiet achievers.

To nominate a MSNSW member simply write a paragraph describing their efforts & energy and email the branch office before 9 October. Small print- Be aware that the information may be used for publicity purposes.

40th RUBY ANNIVERSARY DINNER 150 members and partners celebrated the 40th year of Masters Swimming in NSW at a colourful function on 12 September. 21 clubs were represented and everyone must have had a good time as there were no complaints. Photos are available and for all those that entered the photo booth copies are available from the branch office. In case you haven't caught up with our facebook posts here's what was on offer:



Thank you to Terry Gainey from Wests Auburn for the photos. So many contributed to making the night a success including Ruth Fitzpatrick, Dawn Gledhill & Steve Lamy- Manly, Jodie Burke- Seaside Pirates, all of our Life Members attended and also Carol Dawson-Cronulla Sutherland and Paul Wyatt, Coogee-Randwick for taking the stand for a few words. Gary Stutsel enthralled us with the beginnings of our sport and thanks to Noeleen Dix General Manager of MSA for coming up from Melbourne to share the night. Ryde-Eastwood Leagues club proved a great venue and we enjoyed fabulous service from Sydney Photo Booth, Castle Trophies for the engraved glasses, Carries Cakes and Minimusic DJ's.

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. Who wants to sell the raffle?

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Coaching Development session Following our successful session at the Whitlam Centre in Liverpool another coach's development session is booked for **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, or if you'd like to come along as a swimmer and assist by putting their ideas into practice please email the branch office to get your name on the list. **Numbers are limited!**

UPDATE TO Timekeeping at State Long Distance Championships Thank you to the many swimmers who timekept during the very long day at Knox on 23 August. It was clearly stated in the program that due to the number of swimmers, each person who swam would need to timekeep for at least 1 hour so the day would run smoothly and everyone would get their time recorded. While most people did timekeep (and most for more than one hour) there were still a few swimmers who turned up for their event, swam and then went home, leaving the others to do their work. The Board has resisted making timekeeping compulsory at long distance events but has now come to the conclusion that this is the only fair way. 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)

ATTENTION CLUB REGISTRARS 16 month Subscriptions are open!

Time to check your console is now! If your club wishes to offer a 4 month only 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 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.



2016 MSNSW swim meet calendar is being finalised and will soon be sent to the printers.

Attention Treasurers and Race Secretaries You must coordinate payment with entries for ALL meets! Host clubs are finding it too difficult to try and balance their books when you do not follow instructions clearly stipulated on the flyers. ie Eft payments must have a club code reference and be lodged on the day of entries so they can be married up! The following quote is a shocking example of the lackadaisical approach clubs are taking: *"Of the 27 clubs that entered our carnival- I did not hear anything from 11 of those clubs at all"* This makes an individual online entry system almost inevitable.

So, coordinate payment with entries and don't forget to send the printout of the Team Manager report to the club contact. Thank you in anticipation of a more streamlined & less stressful process at all levels.

***NEW* ONLINE COACH COURSE** is now available. Full details can be found on Masters Swimming Australia's website. In brief, it costs \$95 and is the first step to being qualified as a Masters Coach. Once you have purchased the course you can do it over a number of days or weeks to suit your schedule and you can revisit it after completion. The online course is an adaption of the Bronze online course, candidates are advised that it may take 6 hours to complete but most people do it faster than that. If you have completed the old Intro Coach course then you have 12 months to complete your qualification with the Club Coach course.

Webmaster- MSNSW is looking for a member who would like to take on webmaster duties, and join our current webmasters in looking after our website. If you are interested contact Jillian at the branch office. We would love to have one or two new members to share the workload.

Social Media If you don't have access to facebook you can look on the front page of our website www.facebook.com/mastersswimmingnsw and keep up to date with the happenings of Masters Swimming NSW clubs and members. **Tell us what your club is doing so we can share! Send photos!**

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.

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2015 National Swim Series Next up is MSNT on October 3-4. If you competed in Hobart you're already participating so please consider going further afield with your swims.
The MSNSW Short Course Championships in Canberra is our leg of the National series on 17-18 October.

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

National Championships- Melbourne 2016 — 7 months to go The program for next year's National Championships, hosted by Masters Swimming Victoria, is available. Four days of tough competition at MSAC from 21 April, bookings open on 10 December 2015. **Eat, Play, Love!** Accommodation options are available & volunteers and Technical Officials are required, please contact the branch office for details.

Thinking of going to Canberra? If you are planning your trip to Canberra for the short course championships in October you could look at accommodation options onsite provided by the AIS.

Coming up in NSW/ACT & beyond:

National Swim series-Darwin	3-4 October	Entries closed 27 September
NSW State Championships	17-18 October	Entries close 30 September
Lake Macquarie	24 October	Entries close 9 October
Port Macquarie	7 November	Entries close 23 October

Jillian Pateman Administrator




Supported by the



The next Board meeting is scheduled for Monday 12 October 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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