

FUNDRAISING OPPORTUNITY!



Conduct the Raffle at the SC Champs and keep the proceeds!

First club to put their hand up gets the gig. This is a great way to raise funds for your club and different to hosting a Bunnings B-B-Que, and swimmers love a raffle!

Short Course Championships

This meet is being held at the Peninsula Leisure Centre in Woy Woy over the weekend of 15-16 October- just over four weeks away!
Accommodation options are limited and getting difficult to find so organise your club members and

remind everyone that they may enter themselves online.

Start packing your club banner and organising Relay teams, closing date for individual entries is Wednesday 28 September.

Coaching Forum 15 October

On Saturday 15 October after competition has finished at the Short Course Championships at Woy Woy there will be a Coaches Forum held in the Party Room at Peninsula Leisure Centre.
Your intention to join the forum would be appreciated, simply email admin@mastersswimmingnsw.org.au

All are welcome, you do not have to be a qualified coach to attend. It is hoped that Club Coaches or a representative can get there for an hour of information on latest rules from Gary Stutsel, meet the Coach Project Team to hear their aims and objectives, share some swim sets, explore the focus and effectiveness and use the networking opportunity to ask questions of fellow coaches.

Club Coach course Saturday 29 October at Yamba

Our mighty team of Trainers and Assessors are heading north prior to the Pan Pacs to deliver a Club Coach course at Yamba. At only \$55 this is a bargain priced, subsidised qualification.

Book now to ensure a place then go to <https://learning.swimming.org.au> and complete the online component. Every club needs good coaches!

Coach circuit

ALL clubs, but particularly our regional clubs, are offered an opportunity to have one of the Coach Team personally visit their swimming pool for a training session. The team is available to go around

NSW and the ACT to assist coaches and/or clubs with plans, sets, drills and squad sessions. Get in touch and book a date.

16 month membership

Most MSNSW clubs have now opened their 16 month membership option, some with instant success by having new members at their door and signing up immediately. Now is the time to put the Swim Into Spring marketing program into place and the kit is still available from the branch office. This toolkit is a wonderful asset to guide and support your club in promoting any activities it has coming up at the time when we can best support new members with the 16 month membership opportunity.



Great images for you to put on your clubs website and facebook page in two separate campaigns, 18-24 age group and the over 50's. Try this out if you want to grow your club's membership. There is a lot on offer over the next year.



How will your club look after any new members? What reaction do they get when they first contact you? The first impression is so important and needs careful consideration lest you put off a prospective new member. If your club does not offer what they are looking for please direct them to the branch office for further information. What advice do you give someone about competing, perhaps for the first time or returning to the pool after many years? Check out our frequently asked questions [here](#)

Activities around our clubs

Coffs Harbour recently ran a successful Open Day that scored them four new members simply by taking away the mystique of what "masters" really means ie 'adults'. Coach Daniel and eleven club members ran an hour long stroke clinic and then timed some swimmers and later emailed their results in relation to national rankings. One swimmer joined up on the day! The club found this experience to be more productive and personal rather than hosting a mini-meet and suggest other regional clubs give it a go.

Another **ACT Interclub 2016 Swim Meet** will be held at Gungahlin Leisure Centre on **SATURDAY, 29 October**. Warm up is 3.00pm with a **3.30pm start** and racing will be in **50m long course** format. You may **enter 3 individual swims**. Entry fee \$5 payable on the day in cash. This event offers great race practice and an opportunity to log some time if you are wanting to get qualified in any Official position. The flyer is on the Meet calendar page of our website.

So what is your club up to? Send in your stories and experiences to share with us.



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

Endurance 1000 photo competition

Send in your photos depicting trials and tribulations of your e1000 participation efforts. Anything goes, get creative and send your shots to admin@mastersswimmingnsw.org.au There are prizes to be won! Well, one, there's one prize to be won....



Annual club affiliation fee change

It has been decided that a fairer and more equitable charge for club affiliation to MSNSW should be introduced when due for the 2017 year. A three tier scale will have clubs with <24

members pay \$50 pa, medium clubs (25-49 members) \$70 and clubs with >50 members \$90 OR early bird discount of \$40, \$60, \$80 if paid by 31 December 2016.

Business directory for members

A business directory will be introduced on our website noting businesses owned or operated by

registered MSNSW members. An application form will be issued on request. Ph 8736 1232

Brainswim charity event

8am-12 noon on 20 November at Lane Cove pool will also boast a cake



contest. 'Best-looking-most attractive-presentation-is-everything' competition. Judges will not get to taste the efforts as all will be sold (read into that what you will). After the wonderful cupcakes we have enjoyed at recent swim meets it may be tough to win. Swimmers on the day may get to sample the winning entry. \$5 each entry, all proceeds to Brainswim.

This will be a massive day for the **whole family** with jumping castle & face painting, cheer squad competition, fortune teller, bands and arts & crafts

stalls. **Heaps of prizes for MSNSW clubs and members. Entry is online through our website**



Coach clinic-calling all coaches

Sixteen lucky coaches will get to experience a session with Mark Morgan at Knox Grammar pool on Sunday 27 November from 2pm. As numbers are limited you MUST book and be prepared to get in the water. You'll enjoy over two hours of

technique, drills and fixing common faults in both freestyle and breaststroke. Email admin@mastersswimmingnsw.org.au to secure a place. Come along and upskill your coaching skills with fellow Masters coaches.

The last Australian Postal Swim for 2016 is now open



It is time to shake off the winter blues and stretch out in some long distance swims with the **Swimming**

Up Hills postal swim that is currently underway until 30 November. A couple of 400ms, a couple of 800m's then a quick 1000m and finish off with a smooth 1500m. C'mon!

2016 National Swim Series

There are still three more events around the country for you to compete in and be part of the series. Alice Springs Masters Games 8-11 October then dash over to the LiveLighter All Club Challenge in Perth 15-16 October (although you

may prefer to go to the MSNSW SC Champs in Woy Woy) and finishing off the series is the Pan Pacific Masters Games in Southport Queensland 4-6 November.



The 42nd Masters Swimming National Championships

The program of events is out now. They take place at the Gold Coast Aquatic Centre, Southport from March 8-11, 2017. Closing date for entries is




Monday 6 February. All information can be found on the [MSQ website](#)

17th FINA World Masters Championships

The itinerary to attend the World Masters Championships in Budapest, Hungary from 7 -13 August 2017 is now available from International

Sports Tours ph. 02 9922 6166
www.sportstours.com.au
A great tour is planned for after the event.

Coming Up:

	<p>Short Course Championships 15-16 October</p>	<p>Entries close 28 September</p>
	<p>Lake Macquarie Crocs 22 October</p>	<p>Entries close 7 October</p>
	<p>Port Macquarie 5 November</p>	<p>Entries close 21 October</p>

The next Board meeting is scheduled for Monday 17 October 2016. This meeting is open to any member of Masters Swimming NSW. Please notify the branch office at least two days before the meeting of your intention to join us.

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