



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 – September 2014



Volunteer of the Month for July was Aileen Williams and for August it is Lynette Falconer from Caringbah club.

Congratulations to both ladies 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 17 October.

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

2015 Membership fee increase From 1st December our 12 month membership will be \$70 and for new members taking advantage of a 16 month membership from 1st September the price is \$86 (MSA & MSNSW inclusive). Clubs need to add their fee. Has your club opened the 16 month option?

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 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 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.

Intro Coach Course-expressions of interest

For all members interested in training up to be a coach please contact the branch office so plans can be made for 2015.

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 1165 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. We ask that clubs with fb pages use this hashtag when posting about upcoming events and Worlds. eg does your club have members swimming at Montreal? (Hashtags are a unique link on social media which points users to a common page that highlights posts that are of a common subject.)

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

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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.

Member Protection Information Officer Are you interested in being a MPIO for your club? The Member Protection Information Officer (MPIO) is trained to be the first point of contact for a person reporting a complaint under, or a breach of, the Member Protection Policy. The MPIO provides impartial and confidential support to the person making a complaint. If you are interested in finding out more please go to <http://www.playbytherules.net.au/mpio>

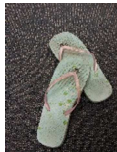
Looking for accommodation and your club needs funds?



http://www.quickbeds.com/grassroots?utm_source=grassroots&utm_medium=5qbggrassroots&utm_campaign=launchedm

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!

Lost property found at the State Relay meet are still looking for their home. A pair of thongs (aka flip flops/jandals) and a pair of prescription reading glasses – please contact the Branch office.



Coming up in NSW and beyond:



11 October

Warringah

Entries closed



11-18 October

Alice Springs Masters Games

Entries closed



18-19 October

Short Course Championships

Entries closed



25 October

Lake Macquarie

Entries close 10 October



6-8 November

Pan Pacific Masters Games, QLD

MSQ



8 November

Novocastrian swim meet

CANCELLED

Or you may be interested in a [charity swim?](#) How about <http://www.brainswim.org.au/> at Lane Cove pool on 23 November, a swim-a-thon to help beat brain cancer.

Sport NSW (previously NSW Sports Federation) would like to [re-establish the NSW Masters Games](#) and have asked for your views through this survey www.sportnsw.com.au/News/NSW-Masters-Games-Survey

Oceanswims are about to start again so please visit www.oceanswims.com.au

Brenton Ford has two more [coach clinics](#) in Sydney, both on 12 October and 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/>

Jillian Pateman Administrator



The next Board meeting is scheduled for Monday 17 November 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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