

AGM REMINDER!

Masters Swimming NSW Annual General Meeting is on Saturday, May 12 at 10am to 12pm immediately followed by a presentation lunch, the agenda is on the website.

Please advise the Branch office of the delegate attending on behalf of your club.

<http://www.mastersswimmingnsw.org.au/About-Us/Governance/Annual-General-Meeting>

BATHURST GRAPE ESCAPE – MAY 19-20, 2018 BOOK NOW! Don't delay!

The Grape Escape is a two-day event jam packed full of social events and of course, swimming! Please consider travelling to Bathurst on Friday before the event so you can enjoy the itinerary below.

- Friday Night - Arrive in Bathurst. Accommodation options available on our website.
- Saturday Morning - A short walk at Abercrombie Caves, followed by a private wine tasting at Vale Creek Winery and a quick bite to eat.
- Saturday Afternoon - Technique Session at the Aquatic Centre. Book your place at anneswims2@gmail.com non-members welcome
- Dinner 6pm at The Brewery. Bookings at kdblanch@hotmail.com
- Sunday Morning - Mini Meet at the Aquatic Centre, non-members welcome. Enter online
- Sunday Afternoon - Return home. If you are returning to Sydney, there will be a small group travelling through Oberon and - walking around Mayfield Gardens.

All information on the Grape Escape can be found online via the MSNSW website.

<http://mastersswimmingnsw.org.au/Competition/Events/Events/bathurst-grape-escape>

2018 NATIONAL LONG COURSE CHAMPIONSHIPS



**NATIONAL
CHAMPIONSHIPS**
2018
P E R T H



Well over 600 members are attending the National Championships in Perth with 111 from 29 MSNSW clubs. Our biggest contingent is from Blacktown City Masters who sent 23 swimmers. What a grand time they are all having, enjoying the friendship & fun that is Masters Swimming!

DRY-LAND BREASTSTROKE CLINICS WITH TONY GOODWIN

Tony Goodwin will present a dry-land breaststroke clinic at the Ettalong BPS meet on May 26 and at Tuggeranong later in the year. These clinics are for those members with an interest in hearing from a multiple World Record holder in Breaststroke.

CLARENCE RIVER / YAMBA MEET – COURTESY BUS

Masters swimming NSW can help get you from the Gold Coast airport and team you up with others for cheaper accommodation options for NCM's swim meet. A bus will again be hired in Yamba over the long weekend to get members around town, to and from airport and to the pool and accommodation. Please see attached flyer. Closing date for courtesy bus bookings is 31 May, 2018. The bus needs to be pre-booked via kdblanch@hotmail.com

CPR COURSE

Book now for the next Cardiopulmonary Resuscitation course to gain the skills and knowledge required to perform the essential lifesaving technique of CPR, again numbers will be limited so first in best seat. This qualification lasts for twelve months so check your certificate's expiry date. You could save a life (and it might be mine)!



Learning Objectives

- ✓ Recognise an emergency situation
- ✓ Identify, assess and minimise immediate hazards
- ✓ Seek assistance from emergency response services
- ✓ DRSABCD action plan
- ✓ Respond to signs of an unconscious casualty
- ✓ Perform CPR
- ✓ Infection control
- ✓ Demonstrate the use of AED
- ✓ Provide an accurate verbal report of the incident

Are your club members interested in doing a CPR course at Sports House, Sydney Olympic Park? If so, please contact Jillian via admin@mastersswimmingnsw.org.au to find out more details and register your interest. These courses are only \$15 per person and for MSNSW members only.

SENIORS EXPO



MSNSW volunteers staffed a booth at the 2018 Seniors Expo at the Sydney Convention Centre on April 5 and 6.

Sincere thanks to Ron Given, Dassana Raffel, Violet Wilkinson all from Warringah Masters, Marie Taylor, Manly Masters, Roger Montgomery, Wollongong Masters, Kevin Willoughby, North Shore Masters, Di & Colvin Coxon-Ellis from Hills AUSSI

Masters all on Thursday then Manly Masters Ruth Fitzpatrick, Dawn Gledhill, Pam Rawlings, Sue Sacker, Sue Johns and Sue Millar covered all of Friday. Names of interested swimmers were taken and clubs are following up by offering a \$10 Expo discount on a 2018 membership.

2018 BRAINSWIM

MSNSW is proud to again partner with the 2018 Brain Swim event held at Lane Cove Aquatic Centre in November. We would love as many of our members to participate as possible. More details will be released soon.



MSNSW WILL HOST THE 2020 NATIONAL CHAMPIONSHIPS

This is a four-day event and one of the biggest events on the calendar in 2020. It is time to set up our National Championship committee to start the organisation. If you would like to be part of this exciting event please register your interest by emailing Jillian at MSNSW admin@mastersswimmingnsw.org.au. We need people interested in seeking sponsorship, marketing the event, social media, finance, safety to name but a few. Lodge your interest NOW!

CHANGES TO MSNSW CONSOLIDATED RULES OF COMPETITION

There have been changes made in the MSNSW Consolidated Rules of Competition and importantly host clubs need to know that swim meets will be conducted fortnightly next year to prevent the bottle neck we suffered in February/March.

<http://www.mastersswimmingnsw.org.au/Competition/Events/Rules-of-Competition>

The MSNSW board will invite clubs to apply by the end of June each year for provisional dates for BPS or sanctioned meets in the following calendar year on the following basis:

- (a) It is anticipated that any date clashes will be cleared by discussions between the board and the clubs involved. Otherwise, the board will decide which of the two (or more) competing applications it will sanction (subject to the host club otherwise complying with these Rules)
- (b) The board will ensure that meets are spaced at least two weeks apart by not sanctioning more than two meets in any four-week month or three meets in any five-week month.

Please note: To be able to comply with FINA rules for World Records a subsidy of \$100 will be paid to swim meet hosts that provide Automated Officiating Equipment, this will be reimbursed on production of a receipt from the venue and paid into the club's account.

SEEKING BETTY GRANT AWARD NOMINATIONS

Nominations are sought for members 60+ who fill the criteria outlined in the attached flyer. This recognises a member who swims/competes/officiates in the spirit of fun & friendship. Thinking caps on please and submit by 30 June.

UPCOMING EVENTS

May 6, 2018	Hills Long Distance
May 12, 2018	MSNSW AGM
May 19-20, 2018	Bathurst Grape Escape
May 26, 2018	Ettalong BPS



HILLS MASTERS



You can also view these events on the Masters Swimming NSW **Facebook** Event Calendar. Individual event pages can be shared with your club on Facebook and you can also invite members to join the event and receive alerts.

ALICE SPRINGS MASTERS GAMES – 13-20 OCTOBER 2018



Alice AUSSI Masters will again host the comprehensive Swimming programme at the Alice Springs Aquatic and Leisure Centre in the outdoor heated 50m pool. Registrations are now open at <https://alicespringsmastersgames.com.au> Please note the minimum age for this event is 30 y/old, there is also specific MSA member pricing.

The Alice Springs Masters Games is the longest running Masters Games in Australia and the biggest sporting party of the year. Alongside competition against peers, all competitors and accredited visitors have free entry to the Opening Ceremony, Mid-Week Party and Closing Ceremony. Accreditation passes also give access to the free transport service that is available throughout the week of the Games.

Please note this event is on the same date as the MNSW Branch Short Course Championships.

MASTERS SWIMMING AUSTRALIA NATIONAL SWIM SERIES



MSA National Swim Series boasts a mix of long and short course meets across Australia. It rewards members' participation and performance in any of the meets, with members only needing to swim two meets to be eligible for prizes. The more meets you enter, the better the multiplier for your points. Eight meets make up the Series including the Alice Springs Masters Games. Click [HERE](#) for the Swim Series Flyer

STATE CHAMPIONSHIP AWARDS

Official of the Year, Coach of the Year & the Ian Davis awards were announced at the recent branch Championships. Official of the Year was Julia Atkins, Warringah Masters, Coach of the Year Peter Johnston, Merrylands Masters and Megan Blamires, Blacktown City Masters was awarded the Ian Davis award. Hearty congratulations to all, very well deserved.

MASTERS SWIMMING AUSTRALIA - THAILAND CAMP 10 – 17 JUNE 2018



MSA is holding a swim training camp in tropical Phuket with award winning coach Alan Godfrey. This is open to all levels of swimmers. The venue is the world class Thanyapura sports complex in Phuket. Alan will coach 2 training sessions daily in the state of the art 50m pool. During the day you will have time to explore the area, sit by the pool

or head to the beach with Alan for Open Water skills and training. All information is at www.mastersswimming.org.au

AUSTRALIAN POSTAL SWIMS

Are you currently swimming in the Wests Auburn Turtle Swim? You have until April 30 to complete your swims! Five kilometres anyway you like it!

The Baddaginnie Animal begins on 1 May, 2018 as does the 3x400m Bunbury Stingers.

Of the six Australian postal swims listed three are hosted by MSNSW clubs. Plan ahead as they can be great club activities! 2018 Postal Swims are listed on the Masters Swimming NSW website. Please visit the Masters Swimming NSW website for more event details.

<http://www.mastersswimming.org.au/Events/Postal-Swim-Calendar>

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SWIMMING QUOTE OF THE MONTH

We swim not to escape life, but so that life doesn't escape us.