



Monthly News

Adults swimming for
fitness, friendship and fun

December 2016

All 2016 12 month memberships expire on 31 December

On 31st December 2016 all 12 month memberships expire so club Registrars need to spread the word that their 2017 membership are available and all members will need to re-join before December ends.



Please note: If swimming while unfinancial there is **NO** insurance cover.



Updating your emergency contacts information

EMERGENCY



INFORMATION

When you re-join online 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. 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.

HORNSBY Pool Saturday 14 January 5pm

A short sharp 'pop-up' endurance event is booked for 14 January and it would be nice to know if you plan to come along. Email your intention to attend admin@mastersswimmingnsw.org.au. 400m timed swims are on offer for those that like to get a jump-start on the Endurance 1000 program for 2017. Please come along for a social afternoon with no pressure to do anything more than have fun and share the friendship of being a masters member. Pool entry is the only cost.



Coach of the Year nominations close soon

Please consider honouring your tireless coach by putting their name forward for this award. There is new criteria so please read the nomination form as your coach may now be eligible. Recognition is all that many of our volunteer coaches get so put pen to paper.

Clubs may consider paying \$10 for a 'non-swimming Coach membership'.

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

Club affiliation fee early bird fee due by 31st December

As mentioned in the last few newsletters the CLUB affiliation fee has been changed for 2017. The fee the club pays is now determined by club membership numbers and the early bird rate is available until 31st December 2016. A three tier scale will have clubs with <24 members pay \$50 pa, clubs with 25-49 members \$70 and clubs with >50 members \$90 OR early bird discount of \$40, \$60, \$80 if paid by 31 December 2016. **YOU CAN DO THIS ONLINE.**



Official of the Year nominations are open

To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, have been a current member from 1 January and have made an outstanding contribution in officiating and/or towards the development of officiating at

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

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.

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 clubs are encouraged to reward their non-swimming Coaches, Officials and Volunteers** with their own membership.

Cardiopulmonary resuscitation course

A cardiopulmonary resuscitation (CPR) course will be held at Sports House, Sydney Olympic Park on Sunday 19 February at 2pm, \$15 per person. Book now! Why not book the whole club in? This is a really important life-saving skill that all members are encouraged to get and it should be updated annually so here's your chance. Numbers are limited due to room size so first in best seated.



Online entries for all swim meets

Our members have successfully taken up using the online entry system for swim meets and it has proved a bonus for host club treasurers. The clubs hosting a meet in 2017 are being offered the option to have online only or both online and Team Manager. (Manual entries have long gone.) We now look ahead to 2018 when ALL meets will be 'online entries only' so members are encouraged to take the opportunity to trial the system and see just how easy and one-stop it is. Race Secretaries still have a job to do and that is to send around the flyer then remind members of closing dates. As No Late Entries will be accepted from the start of 2017 this will prove to be an important task.



6 January is the closing date for Campbelltown's swim meet on 21 January -why not go online right now? Please remember to reregister as a member first.

e1000 photo competition winner



Congratulations to Clarence River Masters Swim club for this winning entry in the Endurance 1000 photo competition. A Coles Gift Voucher is in the post to you and it's hoped that all members get a share of the spoils. What a great effort to complete their e1000 swims in the conditions above.

A big thank you to all the clubs that sent in photos.

Pittwater Ocean Swim series

Go in three of the five swims to be in the draw to **WIN** a trip to Byron Bay, 3 days luxury

accommodation & entry into the BB Classic Swim in May.

BILGOLA Dec 11

MONA VALE Jan 22

NEWPORT Jan 8

BIG SWIM (pictured) Jan 29

AVALON BEACH Jan 15

www.oceanswims.com.au



Annual General Meeting 27 May 2017

For those that transferred information from the event calendar into your personal diaries please be aware that the date for the AGM is Saturday 27 May 2017. **Annual Reports and Safety Officer reports** are now coming in, a BIG thank you to those clubs.



If you are having your clubs AGM please send in your committee form-this can now be completed online. <http://www.mastersswimmingnsw.org.au/Downloads/Forms>

NO LATE ENTRIES

Warning! Late entries will not be accepted for swim meets in 2017. Closing dates will be enforced as the workload placed on volunteers to include “just one more swimmer” is onerous and takes place often during the early hours or over a weekend. Entries are open as early as possible, often months ahead so there is plenty of time to get in there and choose your swims and times. Please don't leave it until the last minute, you may just miss out.



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

2017 Masters National Championships –Queensland in March

Are you getting ready for the National Championships in March? ENTRIES ARE OPEN. The flyer is out and events are listed. Cost will be \$70 per individual entry plus \$9 per event. Maximum 12 events, 3 per day. There is great merchandise already available.

Thank you Masters Swimming Queensland!

2017 World Masters Games –Auckland in April

- Or perhaps you're planning to compete at the World Masters Games in Auckland in April, here's some important information
- The world's largest multi-sport event
- Join 25,000 participants from 100 countries
- Choose from 28 sports and 45 disciplines

Details are available from the WMG website.

<http://www.worldmastersgames2017.co.nz/>

Check out the venue here:

<http://www.autmillennium.org.nz/>



Great Barrier Reef Masters Games 25-28 May 2017

MSQ have notified us of this sanctioned meet— the swimming events are on Friday 26 & Saturday 27 May 2017. If you would like to travel north during our next winter season what better excuse do you need? The

<http://mastersswimmingqld.org.au/Competition/Pan-Pacific-Masters-Games/Great-Barrier-Reef-Masters-Games>

program for this sanctioned event is out and entries have opened.



Thailand in June

http://www.cousinstt.com/cousins_tour.php?tour_id=203

A flyer for the MSA Thailand Training Camp. It features a white background with a blue and orange border. The text reads: "MSA THAILAND TRAINING CAMP", "11-18th June 2017", "Thanyapura Sports Complex", "Phuket". On the left, there are logos for "COUSINS" and "masters swimming AUSTRALIA". On the right, there is a red sun icon. At the bottom, it says "Pool & Open Water training by award winning coach Alan Godfrey".

MSA THAILAND TRAINING CAMP
11-18th June 2017
Thanyapura Sports Complex
Phuket
Pool & Open Water training by award winning coach Alan Godfrey

FINA World Masters Championships –August 2017

Are you going to Budapest, Hungary for the FINA World Masters Championships next year? Did you want to swim for your club or had you considered second claiming to swim with others? The recommendation is NOT to second claim but rather transfer to the club and be a full financial member rather than an affiliate. FINA does not look kindly on what may be seen as cherry-picking team members or creating 'super-teams'. In the age of social media they easily check and confirm who belongs where should there be any protests lodged so think carefully and swim for your home club.



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2017 Australian Masters Games October

The AMG dates and venues have been announced. Launceston is hosting the swimming events over the weekend of 21/22 October 2017.

Tasmania should be very nice at that time of year!



Finish this year off with distance!

We're all invited to Seaside Pirates 100 x 100's at Knox Grammar pool on Saturday 31st December



10am-1pm. Can you think of a better way to shrug off the effects of Christmas pudding and all the trappings?

So come along and push the boat out for the New Year.



This is also a good way to begin your training for Wests Auburn Turtle postal swim that opens on 1st January 2017, a mere 5km that can be swum as a Relay with club mates.

And from the MSNSW desk I wish all our members, their families and friends the very best of Christmas cheer and safe travels throughout the holidays. I look forward to seeing you all on pool deck or on a beach in the very near future. *Jillian*



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