



# Monthly News

## Adults swimming for fitness, friendship and fun

February 2017

**\*\*\*STOP PRESS**-just in--An order for Officials white polo shirts will be placed this week. ALL Officials have been sent an order form\*\*\*

### Volunteer of the Month

Congratulations to Manly Masters member **Helen Ludgate** who has made a tremendous impact on her club in only two years of membership. These few words cut from her nomination:

*Helen helps out with coaching and finds ways to assist the club; last year organizing raffle prizes from businesses for our club carnival; finding time to submit a grant application to Holden on behalf of Manly Masters. Anyone who has been through this process will know the time and effort this entails.*

*Helen encourages new swimmers to compete in carnivals. Even with a young family and work she finds time to train twice a week and compete in carnivals herself.*

### News just in-stop the presses!!!

Clary Munns has again been awarded the prestigious Master Athlete of the Year award by Sport NSW at a glittering ceremony held at Curzon House. Our heartfelt congratulations to Clary, an inspiring sportsperson and an athlete who epitomises everything we strive for.

### 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 Late Entries are no longer being accepted (from the start of 2017) this will prove to be an important task.

If any member has difficulty or concerns with online entries nothing need change for you, speak with your Race Secretary, just as you always have done, and they can submit your entry online for you.

These questions can be easily answered:

- WHAT IF I DON'T HAVE A CREDIT CARD?
- WHAT IF I DON'T HAVE A COMPUTER OR INTERNET ACCESS?
- WHAT IF MY CLUB PAYS FOR MY ENTRIES?



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## No Late Entries



Late entries are no longer accepted for swim meets. Having listened to the membership the Board agreed that a standard time of day was appropriate so midday (high noon) is the point where entries shut down in the portal. One benefit of online entries is that the closing date will move to only one week out from the meet. But this is for meets where there are ONLINE entries only, (there are still a few meets in 2017 where both options will be offered).

Entries are open as early as possible, often months ahead, there is plenty of time to log on to the portal and choose your swims and times. Please don't leave it until the last minute, you may just miss out.

Race Secretaries, your vigilance with closing dates and gentle reminders to your members becomes even more important now, please make note of closing dates and send those prompter emails as you have done in the past.

## Annual General Meeting 27 May 2017

The AGM is Saturday 27 May 2017. **Annual Reports and Safety Officer reports** are now coming in, a BIG thank you to those clubs that have already submitted reports.

Can all Presidents please submit their clubs report as soon as possible please?

**CLUB ANNUAL**



**DUE NOW**

If you are having your clubs AGM this can now be completed online.

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

please send in your committee form—

## 2017 Masters National Championships -Queensland

The Day 1 - 4 programs are now available on the MSQ National Champs event's page. Click on the link at the top or scroll to REGISTRATION & FUNCTIONS.

<http://mastersswimmingqld.org.au/Competition/National-Championships-2017>

There is great merchandise available, just go to the MSQ website.

Hello  
Sunshine



## Wett Ones swim meet in May---CANCELLED



The committee for Wett Ones have made the tough decision to cancel their planned swim meet this year and will have further meetings to discuss their options for 2018. Stay tuned for updates.

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## 2017 World Masters Games –Auckland in April

- Are you planning to compete at the World Masters Games in Auckland in April?  
*Kia ora (hi)*
- **Registrations close on 3<sup>rd</sup> March!**
- Some sports are already at capacity as are many swimming events.
- Join 25,000 participants from 100 countries
- 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

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

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

better excuse do you need? The program for the games is out and entries have opened.



## Masters Swimming Australia National Swim Series



### MASTERS SWIM SERIES 2017

MASTERS SWIMMING AUSTRALIA

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.

The first one for 2017 was held in Melbourne on the 19 February at MSAC with the highlight being the 2017 NATIONAL CHAMPIONSHIPS, to be held on the Gold Coast, and one nominated meet from each of the Masters Swimming Branches.

Click [HERE](#) for the Swim Series Flyer

## News in from Clarence River Masters

The Cancer Council's annual Relay for Life Yamba, ran a swim-a-thon in the area recently and 16 Clarence River Masters Swimmers participated! What a fantastic effort.

"Altogether we swam over 30 kilometres and raised a massive **\$3205.00!**"

"I'm very proud of the club for the fantastic response and efforts members have gone to" says club president Jane Lawrence.

Also, a reminder that Copeton Dam at Inverell is hosting their annual open water swims on 8 April, if you're not competing at our State Championships you might like to consider a 1km, 2.5km or 5km swim all over the dam! Bookings are open now.



## Seeking Award nominations

Please consider nominating a member of your club for the Administration Award or the Gary Stutsel award. Nomination forms can be found on the website at

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

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## Did you know?

If you have a business or your company would like to offer special rates to our members we have a Members Directory. For instance- members can get a discount price at Bench Wine Bar in King St, Newtown, or great rates with swim coach Mark Morgan, a 20% discount for Mother of the Bride/Groom gowns and elegant evening wear. [www.tatianarozumiak.com](http://www.tatianarozumiak.com) and the latest offering is for a Swimmers Yoga class at your pool! Why not organise a group of your club mates (8+) and book a session that can include specific 'swimmers shoulder' exercises. [christina@brand-echs.com.au](mailto:christina@brand-echs.com.au)

## Thailand in June? Why not?



The banner features a yellow top border with a white dotted pattern, a white central area with a light blue dotted pattern at the bottom, and a blue bottom border with a white dotted pattern. On the left, there are logos for 'COUSINS' and 'masters swimming AUSTRALIA'. The main text in the center reads 'MSA THAILAND TRAINING CAMP', '11-18th June 2017', 'Thanyapura Sports Complex', and 'Phuket'. To the right is a red sun icon. Below the text, it says 'Pool & Open Water training by award winning coach Alan Godfrey'.

[http://www.cousinstt.com/cousins\\_tour.php?tour\\_id=203](http://www.cousinstt.com/cousins_tour.php?tour_id=203)

## 17<sup>th</sup> FINA World Masters Championships –August

Entries are now open for the FINA World Masters Championships in Budapest, Hungary. Don't delay in booking your entries as some events may fill. If you need a certificate of membership you can request one from MSA at: [admin@mastersswimming.org.au](mailto:admin@mastersswimming.org.au) **Entries closes 29 June 2017**



The entry booklet for the Championships is available [HERE](#)

Please let the branch office know if you're planning on going to Budapest, there is already a list of over 20 NSW members and it may be that a specific coach session or two can be planned prior to departure. What else can we do to make sure you get the most out of your World experience? Let us know TEAMNSW!

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## Wagga Wagga Masters Games-October 7-8

The inaugural Wagga Wagga Masters Games has had to change its dates and now clashes with Warringah Masters annual swim meet. MSNSW had planned to assist in the organising and management of the swimming event but this clash, as well as now being only a week off our Short Course Championships at the AIS in Canberra, takes our Officials and organising team out of the running. There is only so much that we can ask our volunteers to take on, especially when there is such a distance to travel. We will be promoting the event however and can be advisors to the local Swimming NSW representatives on all things 'masters' should they need our help.

## Australian Masters Games –October

Launceston is hosting the swimming events for the AMG over the weekend of 21/22 October 2017 and entries are now open with an **early bird price of \$99 until 1st May.**

21 other sports are also involved so include your active family and friends in the holiday planning. There should be something that suits everyone so get involved!



## Millions of Metres

The Vorgee Million Metre Awards acknowledge progress from the "learn to swim" beginner to the distance swimmer. These awards are intended to stimulate members to strive for greater fitness and are open to all registered members of Masters Swimming Australia. The Million Metre Awards were established in 2001 for one, three, and ten Million Metres. In 2004, they were expanded to include five and seven Million Metres. In May 2007, the two Million Metres award was added. In 2016 Four Million Metres was added.

The next closing round is 1 May 2017.

For more info click [HERE](#)



MASTERS SWIMMING AUSTRALIA

## What's on a little closer to home?



Wests Auburn Turtle postal swim is open, 5km that can be swum as a Relay or as an individual.

Raymond Terrace swim meet is happening next weekend!!!! Saturday 4 March.



NSW State Championships - entries are open for 8-9 April

<http://www.mastersswimmingnsw.org.au/Competition/Events/Events/msnsw-long-course-championships-7>

Ettalong Pelicans will host their meet on 20 May at Peninsula Leisure Centre, Woy Woy.  
Entries are OPEN.



The next Board meeting is scheduled for Monday 27 March 2017. 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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