



MASTERS SWIMMING WEBSITE UPGRADE

Masters Swimming Australia along with each state/ branch are currently building the framework for new and improved websites. We are currently in the development phase and will have further updates in the coming weeks as to the launch date. We expect no interruptions to the current website and are very excited for the upcoming changes. Watch this space!

MANLY SPLASH AND DASH ON SATURDAY 7TH APRIL



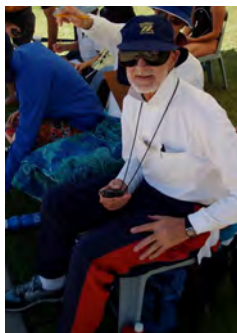
All Masters Swimming NSW members are subject to a \$5.00 discount off entries in the Manly Splash and Dash on Saturday April 7. Team registrations are also open with the winners of the club challenge receiving a \$200 bar tab at Manly Surf Life Saving Club and their names engraved on the perpetual trophy.

The MSNSW discount code is: **5OFFMANLYSPLASH**
Entries Via: www.splashseries.events/manlysplash

AGM REMINDER

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

VALE KEITH WAKE



It is with great sadness we report the passing of Warringah Life Member, Keith Wake. He passed away on February 9 at age 90. Keith was a stalwart of the Warringah Masters Swimming Club and a strong advocate of Masters Swimming in general. Graham Campbell from Warringah Masters Swimming Club had the pleasure of working closely with Keith on the change of Masters Swimming New South Wales constitution, changing it from an individual swimmer membership to one in which the clubs themselves became the members.

Keith was instrumental in shaping his clubs approach to coaching and was also heavily involved in the club's administration activities. Please visit the Warringah Masters Swimming Club Facebook page to read Graham Campbell's respects on behalf of the club.

MASTERS SWIMMING NSW BRANCH LONG COURSE CHAMPIONSHIPS



Entries are open for the Branch Long Course Championships at Sydney Olympic Park Aquatic Centre. We encourage swimmers to bring their family and friends along to enjoy 2 great days of swimming at a world class venue. The closing date for entries is Friday March 9 at 12pm.

If any clubs wish to host a raffle at the State Long Course Championships please contact Jillian via email admin@mastersswimmingnsw.org.au before March 9. This is a great fund raising opportunity for your club

COACHING CORNER – FROM THE MASTERS SWIMMING NSW COACHING TEAM

How to Sprint Faster.

Sprint season is here! What do you have to do to go faster in your 50m? Here are a few simple tips:

- *Attack the water and increase your stroke rate.* Keep the momentum going and throw yourself forward
- *Kick harder* – especially on the way home.
- *Breathe less* –each breath you take will slow you down so practise breathing less. But be careful here – if you start off doing say, 10 strokes with head in, you run the risk of becoming lactic. It's good for 50m but be careful over 100 as you need to have energy for the second 50.
- *Work your start, turns and finish* -Streamline off the wall on start and turns and drive your stroke home for a strong finish on the wall.

Train as you plan to race.

Your training should include:

- Sets with high intensity and increased recovery.

- Speed kick sets to improve your strength and speed in your kick.
- Speed sets with fins to develop feel of swimming at high speed.
- Dive starts sets.
- Develop power in your pull by incorporating cross training at the gym.

Make sure you rest up and taper -5 -10 days prior and be ready to race for your big event.

GO FOR IT!

Anne Smyth (on behalf of the MNSW Coaching team)
NSW and National Masters Coach of the Year 2014

UPCOMING EVENTS



UPCOMING MSNSW EVENTS

March 02, 2018	Wett Ones Sprint Meet
March 03, 2018	Blacktown BPS Meet
March 17 – 18, 2018	Branch Long Course Championships
April 18 – 21, 2018	National Championships
May 19 – 20, 2018	Bathurst Grape Escape
May 26, 2018	Ettalong Pelicans BPS Meet

AUSTRALIAN POSTAL SWIMS



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

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 have been listed on the Masters Swimming NSW website.

Please visit the Masters Swimming NSW website for more event details. 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.

2018 NATIONAL LONG COURSE CHAMPIONSHIPS



Entries are now open for the 2018 National Championships in Western Australia. The National Championships is the premier event on the Masters Swimming Australia calendar. The 2018 MSA National Championships (N18) will be held in Perth from 18-21 April at HBF Stadium, Western Australia's leading aquatic facility. The focus of N18 is on participation and creating a supportive environment for swimmers to achieve their personal goals. All information can be found online via: <http://www.mastersswimming.org.au/About-2018-National-Championships1>

DRY-LAND BREASTSTROKE CLINICS WITH TONY GOODWIN



Tony Goodwin will present a dry-land breaststroke clinic at Blacktown City Masters swim meet on 3 March. This session will be conducted poolside at 12.25pm prior to the event warm-up session.

This clinic is for those members with an interest in hearing from a multiple World Record holder in Breaststroke. Tony will also run this clinic at the Ettalong meet on May 26 and at Tuggeranong later in the year.

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

REVISED RULES FOR BPS COMPETITION ARE ON THE WEBSITE.

Please note a revision to the Masters Swimming Australia 'Swimming Rules' dated January 2018. The updated rules document can be found at www.mastersswimmingnsw.org.au under 'Competitions'.

CPR COURSE

Are your club members interested in doing a CPR course? If so, please contact Jillian via admin@mastersswimmingnsw.org.au to find out more details and register your interest.

GARY STUTSEL AND ADMINISTRATION AWARD NOMINATIONS

Please consider nominating a member of your club for the Administration Award or the Gary Stutsel Award which will be presented at the AGM. Nomination forms can be found on the website at <http://www.mastersswimmingnsw.org.au/Downloads/Forms>

SWIMMING QUOTE OF THE MONTH

Home is where the pool is.

MARCH 2018 BOARD MEETING

The next Board meeting is scheduled for Monday 19th March. 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.

Happy swimming!