



COACH AND OFFICIAL OF THE YEAR

Thank you for your nominations for Coach of the Year and Official of the Year. All nominations are currently being reviewed. Announcements will be made at the Branch Long Course Championships in March.

DATE CHANGE - OCEAN SWIM SERIES



STOP PRESS: The Avalon Ocean Swims event has been postponed to Sunday, April 8, 2018. All entries carry over. Online entries have been closed but will re-open for the new date in due course. Please check the oceanswims.com website for further updates.

BOARD VACANCIES

Stuart Meares will not be standing again for the position of Treasurer on the MSNSW Board at the Annual General Meeting next May. Any financial MSNW member can nominate for this role. President Jane Noake has also flagged her intention to stand down from the Board this year. Email your interest to admin@mastersswimmingnsw.org.au

AGM REPORT REMINDER

If you haven't sent your clubs Annual Reports for the AGM please do so right away! Reports can be emailed to Jillian Pateman at Masters Swimming NSW via admin@mastersswimmingnsw.org.au

NEW FINA RULING FOR WORLD RECORDS



For all swimmers intending on breaking a Masters Swimming world record, please note there is a new FINA ruling in place. The ruling states that world records will only be recognised where Automated Officiating Equipment (AOE) is in place. AOE is expensive and out-of-reach at most events, however the upcoming Blacktown event will have the required equipment. More information will be provided as to the specific effects of the ruling.

VALE BRIAN TRAVERS



Last week we shared the sad news that long time North Sydney Masters member Brian "Buddy" Travers had died. His funeral is at noon on Monday 5 February at St Peters Church, Cremorne with a wake at nearby Cammeray Golf Course from 1.30. Photos and anecdotes are requested for a booklet to be compiled for the service, if you have any please send on to the Branch office by Friday. Since 1984 and before retiring in 2012 Brian organised our members on sports tours around the world with IST Travel. Our condolences go to his partner Kaye Beer, son Dean & family.

VALE BOB HAYTER

It is with great sadness that I wish to advise members of the passing of Bob Hayter at 79 years of age. Bob swam at the Northbridge baths on the day of his passing. He returned to his favourite bench near lane 1 and passed away peacefully. Bob has swum with our club for a long time as well as being a regular at the Manly Bold and Beautiful swim. He swam up to 5 times per week. A couple of years ago he said that "I swim to stay alive." Bob loved the water and loved the baths. I would like to thank all those involved this morning for being so calm and controlled during such a traumatic event. This afternoon I became aware that Bob very recently signed an order that he not be resuscitated in the event of an adverse occurrence. Club members have visited Bob's wife Judith and daughter Elizabeth today. They are grateful that Bob did not suffer and passed surrounded by so many swimming mates.

Chris Cahill- President - Northbridge Swimming Club.

COACHING CORNER – FROM THE MASTERS SWIMMING NSW COACHING TEAM



At the moment you should be focusing on technique, building fitness and endurance with big work load sets with short rest intervals. As we move into February, the sets build in intensity, focusing on quality sprinting with increased rest interval.

Into March the sprint work continues with tapering the week leading into State. For those squad members going to Nationals, the swimmers ease off slightly before State and then regroup following a mini cycle to Nationals in April.

Upcoming coaching events: We are aiming to run a **coaching forum at State** in October and also some more **coaching workshops** before swim meets. **Tony Goodwin** is running some breaststroke sessions at some BPS meets so look out for these.

Visiting Coach Sessions. Don't forget that if you would like a session from a visiting coach please let us know. Anne Smyth and Paul Bailey ran a number of visiting coach session for clubs last year and are very keen to do more.

Club Coach Course: talk to interested people in your club and encourage them to do the course. Details about dates will follow. These will likely be held on South Coast. Congratulation to Joan Bratton from Ginninderra/Tuggeranong who recently completed the course.

Don't forget to keep checking coaching page on MSNSW website. More information and articles will be added this year.

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

UPCOMING EVENTS

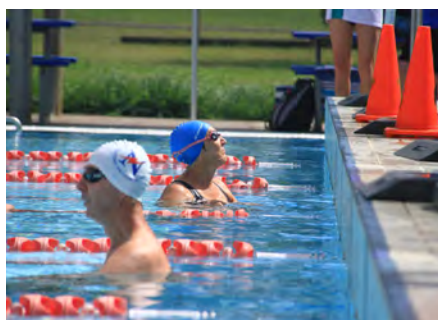


UPCOMING MSNSW EVENTS

February 10, 2018	Merrylands BPS
February 17, 2018	Myall BPS
March 03, 2018	Blacktown BPS
March 17 – 18, 2018	Branch Long Course Championships

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.

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.

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.

DOWN WITH SINGLE USE PLASTIC!



Masters Swimming NSW has made a commitment to minimise its use of single use plastics which includes promoting and/or gifting single use plastic water bottles. From now on at all branch run swim meets we will not be providing single use plastic bottles to officials or volunteers. We urge you to bring your own bottle. Water coolers will be provided.

DON'T FORGET YOUR ONLINE MEET ENTRIES!



Now that meet entries are completed online, all event entries have a strict closing date. There will be no late entries! All events have a standard closing date which is the Friday of week before the event at 12 noon. Events already open on the website include Blacktown, Long Course, Nationals. Always stay tuned via the Masters Swimming NSW website for updates.

WESTS AUBURN LONG DISTANCE CARNIVAL REPORT

2 December 2017 at Ruth Everuss Aquatic Centre.

Wests try to hold a long distance carnival ever second year and a BPS carnival every other year, for a number of years alternating with Hills Masters. Our home pool for 30 years (Auburn Ruth Everuss Aquatic Centre) was reopened earlier in the year so it was wonderful to be back again. We had 65 entries registered from 20 clubs this year. The weather was fine, the sun was out, so shade was important. Thank you to our amateur club for the loan of their shade covers, and to Dooleys sponsorship for providing our own club shade cover.

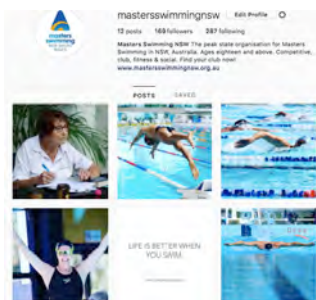
Swimming was keen, in the usual friendly Auburn atmosphere. Tony Goodwin (Manly) broke the national records in both the 1500m and 400m Breaststroke. John Cocks (Malvern Marlins) also broke the existing 1500m Breaststroke national record, coming in second to Tony Goodwin.

Kerryn Blanch (Wests) and Michael Parkinson (Wests) both broke the state records in their respective 1500m butterfly events. Congratulations on these fine achievements, as well as to all the swimmers attaining PB's, and those who just enjoyed the competition.

Overall point score winners on the day were Wests Auburn (146 points), with Manly coming second (117) and Campbelltown third (87). Thank you to all our officials (referees, judges, starters, marshals, check starters, and timekeepers), who continue to give their time so freely to allow carnivals to run. Thank you to the swimmers who helped out with timekeeping when they were not in an event. Payment for entries was much more streamlined with the online meet entry system. We look forward to our BPS carnival in December 2018!

Terry Gainey

MASTERS SWIMMING NSW IS NOW ON INSTAGRAM!



You can follow the official Masters Swimming NSW Instagram account with the handle @mastersswimmingnsw. The Instagram platform is used mostly via the Instagram smart phone app, however it can also be viewed on a desktop at www.instagram.com/mastersswimmingnsw

The Instagram account will feature a lot of aspirational and visual content, all promoting the sport of swimming via Masters Swimming NSW.

SWIMMING QUOTE OF THE MONTH

Life is better when you swim.

FEBRUARY 2018 BOARD MEETING

The next Board meeting is scheduled for Monday 19th February. 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!