



# Monthly News

Adults swimming for  
fitness, friendship and fun

June 2017

## Relay swim meet Sunday 9 July

Entries for the branch Relay meet close on Wednesday 5 July! Your club's Race Secretary will want your commitment confirmed this weekend so they can enter and pay by noon on Wednesday, your Team Captain will then enter the teams by Friday. There are NO changes accepted on the day.



## 2018 swim meet calendar

As the last flyers come in for 2017 it is time for host clubs to look ahead and discuss if and when they'd like to hold a swim meet next year. Clubs need to send in a choice of dates so the planning process can begin.

Branch meets dates are still being negotiated with venues so your flexibility is essential. Please email a CHOICE of dates as soon as possible.

## Coaching workshop FREE—Sunday 24 September

Butterfly workshop

24 September at Knox Grammar pool 10.45-11.45 am

CALLING ALL COACHES

Want to improve your knowledge of butterfly? Skills and techniques explained by Mark Morgan. 1 hour practical workshop held before the Seaside Pirates swim meet. Another great opportunity to combine a workshop with a swim meet. You will get wet!

Register your interest for this free workshop at [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

## Club Coach course—Sunday 27 August

Do you want to qualify as a coach? Email [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au) and get your name on the list for our next course being held at Sports House, Sydney Olympic Park, numbers are limited, already half full. 8am – 5pm, Sunday 27 August. Lunch provided.

## CPR course—Saturday 26 August

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

**Masters Swimming NSW** Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park 2127  
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will be limited so first in best seat. This qualification lasts for twelve months so check

your current certificate's expiry date. You could save a life (and it might be mine)!  
**\$15 per person COACHES need to be current**

### Learning Objectives

- ✓ Recognise an emergency situation
- ✓ Identifying, assessing and minimising immediate hazards
- ✓ Seeking 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 you ready to Sprint into Spring?



## Swim into Spring Campaign Toolkit

Any club wishing to grow and attract new members while retaining existing ones should be using this resource. Ideas abound and assistance is to be found within its pages.

The time is NOW to discuss and plan for the 16 month membership option, to entice new people and invite past members back into the fold.

## Dryland training session—free to members



This seminar will cover how to dry-land train for the masters swimmer. This will include practical not just theoretical exercises, considerations, how to train from home or the gym, myths around dryland training and any questions from the attendees to ensure they reach their potential. This seminar is presented by Nicolai Morris (pictured), a current masters swimmer who has worked as a strength and conditioning coach for ten years with elite and developing sports teams. To be held at Sydney University, parking available. Bookings are essential. **Sunday 23 July 1pm- 3pm**

## FREE Coach session for your club!

Don't forget that Coaches are available to visit and run a session for your squad. It is always good to have some variety and learn from other coaches. Paul Bailey has been running some very successful sessions with Singleton Masters. If you want a visiting coach please contact Anne Smyth or Jillian Pateman at [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)



## The Hunter Project

The word has got around that the Hunter region is the subject of a special project to assist clubs in raising their profile and adding extra activities for our members to enjoy. Details are going direct to the clubs

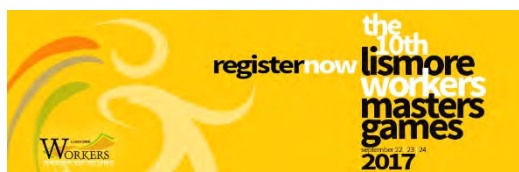
involved but watch this space for the flurry of activity that is hoped to re-energise and revitalise our clubs in the region. Perhaps mini-meets, coaching sessions, open days, inter-club activities...who knows what else?

## Lismore Workers Masters Games—September

Book the dates—pool events Friday and Saturday 22/ 23 September and an open water swim on Sunday 24. This will be a co-sanctioned meet with Masters Swimming Queensland.

<http://www.visitlismore.com.au/lismore-events-unit/lismore-masters-games/p/349>

Entries are now OPEN from swimming there is baseball to name a few.



for fourteen sports. Apart Dressage, Golf, Oztag and

## Free entry into SOPAC for seniors

### New program for older Australians at Sydney Olympic Park Aquatic Centre - Press Release

Sydney Olympic Park has launched a program to help the older members of our community to stay fit and healthy longer.

Sports Minister Stuart Ayres today welcomed a new initiative allowing pensioners and seniors free entry to Sydney Olympic Park Aquatic Centre **every Tuesday**.

“We are proud to be supporting this initiative. Swimming is the perfect low impact exercise for older Australians and this is about promoting healthier lifestyles - to help the mind and body,” Mr Ayres said.

“Our seniors have worked hard all their lives, it is only fitting that we provide access to facilities to improve their health and well-being where we can.”

The program provides for free entry into Sydney Olympic Park Aquatic Centre every Tuesday pensioners and seniors from 8am – 3pm, allowing them the opportunity to take advantage of one of Australia's finest aquatic centres at no cost.

This initiative is particularly welcome as it coincides with the closure of Parramatta Pool, which is to be demolished as part of the redevelopment of Parramatta Stadium and a new centre to be built in Parramatta Park over the next few years.

“Many seniors and pensioners used the older Parramatta Pool facility; this is an opportunity for those pool users, together with other pensioners and seniors, to get free entry into our state-of-the-art centre” said Aquatic Centre Marketing Manager Josie Casal.

“It's particularly good as winter hits, it may be cold outside but the pool temperature is set to a balmy 26 degrees, perfect for a long, relaxing and healthy swim” Josie said.

Some 15,000 seniors and pensioners visit the Aquatic Centre every year and it's expected many more will be enticed into the water to stay active and healthy.

“Swimming is great low impact exercise, all of which help maintain muscle tone, aerobic fitness and promote a longer, healthier lifestyle for our older community members” Josie said, adding. “We look forward to seeing as many seniors and pensioners as possible down here every Tuesday”.

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## Online entries for all swim meets 2018

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 on your behalf.

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?

## Masters Swimming Australia National Swim Series



**MASTERS  
SWIM SERIES  
2017**

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 and there are still two to go.

<http://www.mastersswimming.org.au/Events/2017-Masters-Swim-Series-updated>

## Millions of Metres –lap it up

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 2007, the two Million Metres award was included and in 2016 four Million Metres was added. The next round closes 1 August, for more information go to <http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>



## Your conduct at swim meets and Protest procedure

If you have a pre-existing medical condition and choose to swim knowing the risks please inform the Referee. Officials are required to step in if something untoward happens (duty of care). Carnival officials need to be prepared to wear the psychological and emotional consequences while continuing to encourage swimmers to participate and enjoy their swimming. There is an At Risk form you can lodge—found here <http://www.mastersswimmingnsw.org.au/Downloads/Forms>  
**PROTESTS:** The time for protests of the conduct of an event or the result of a race needs to be addressed on the day either immediately a problem is noticed or within 30 minutes of results being posted so all parties can be consulted. This time is printed on each result sheet.

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## Lost property

A long sleeved white AUSSI Masters polo shirt was left behind at the Manly swim meet, please contact Ruth [president@manly-masters-swimming.org.au](mailto:president@manly-masters-swimming.org.au)  
House room is still being provided to a full length black swim coat with red lining from last year's Relay meet. Rent will soon be charged or donated to a worthy swimmer!

## 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.

## Australian Masters Games — October

Launceston Aquatic Centre, Tasmania is hosting the swimming events for the AMG over the weekend of 21/22 October 2017 and entries are now open.  
<http://www.australianmastersgames.com/>  
200m, 100m and 50m events are available.



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

Flyers are on the website for the Relay meet, Ryde, Seaside Pirates, Warringah and both the Short Course and Long Distance Branch Championships.

**Novocastrian** swim meet date change to 18 November—due to a double booking at the pool Novos has been forced to change their date, please note this in your diary.

### POSTAL SWIMS



Sanction No. PS04/17  
July 1 - August 31, 2017

This one will warm you up on those wintery days and double dip - a postal swim and Endurance 1000 points! Swim three swims, each in a different stroke - 400m, 800m and 1500m in a 25m or 50m pool.  
Results/entries are due to Tuggeranong Masters by September 17, 2017.

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The next Board meeting is scheduled for Monday 17 July 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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