



Monthly News

Adults swimming for
fitness, friendship and fun

March 2017

Volunteer of the Month

Congratulations to Wests Auburn Masters member **Michael Parkinson**, our volunteer of the Month. These few words shared from his nomination:

He is always on deck to time keep and assist with other club duties.

He has been in charge of our Endurance program for the last three years, making sure we keep up with our program, entering our monthly times and giving us a monthly report.... and his annual report contains totals, averages and individual histories.

Michael suggested and co-ordinated our Hawaii Ocean Swim last year ... A worthy nomination!!



Traffic management at the Championships

We share the Olympic Park precinct this weekend with the Royal Easter Show. The best recommendation is for all attendees to take public transport to the venue as parking cannot be guaranteed. Please plan ahead and make sure you give yourself ample time for diversions and delays. Parking at the pool is a flat rate of \$15 IF you validate your ticket at the front desk.

A **Massage Therapist** is available on both days of the Championships to keep you limber and chilled out.

Seeking Award nominations—act now!

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>

Annual General Meeting 27 May 2017

The AGM is Saturday 27 May 2017. **Annual Reports and Safety Officer reports FINAL CALL!**
Club Presidents- please submit your clubs report by 14 April.

CLUB ANNUAL
When you have your clubs AGM
can now be completed online.



DUE NOW
please send in your committee form—this

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

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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.

2017 World Masters Games -Auckland

- We wish good luck to all our swimmers as they make their way across the pond.

Kia ora (hi)



- **Registrations are closed**
- Check out the venue here: <http://www.autmillennium.org.nz/>
- Details are available from the WMG website. <http://www.worldmastersgames2017.co.nz/>

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 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?

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

better excuse do you need? The program for the games is out and entries have opened. It is part of our National Swim Series too!

[Masters-Games/Great-](#)



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

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Masters Swimming Australia National Swim Series



MASTERS SWIM SERIES 2017

MASTERS SWIMMING AUSTRALIA

and our event is this weekend's Championships. Click [HERE](#) for the Swim Series Flyer

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

Clarence River Masters - our northern most club

Looking to get away for the June long weekend?

Why go to Budapest to swim when you can experience the beauty of Yamba and not worry about a passport?

Masters swimming NSW can help get you from the Gold Coast airport and team you up with others for cheaper accommodation options for NCM's swim meet on 10-11 June. Contact Kerry (kdblanch@hotmail.com) for more details.

Clarence River Masters Swim club will not be put off doing their Turtle postal swim and Endurance 1000 swims. Here's a glimpse of them still ploughing through the laps while the intrepid timekeeper tries to take shelter. Great effort NCM!

We'll miss them at our Championships as they are heading for the Copeton Dam swim this Saturday.



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 2016 four Million Metres award was included and in 2016 four added.

The next round closes 1 May 2017.



May 2007, the two Million Metres was

For more info click [HERE](#)

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 with 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+)

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and book a session that can include specific 'swimmers shoulder' exercises. christina@brand-echs.com.au

This Yoga offer has been taken up by Blacktown City Masters and they love the sessions so asked Christina back for more and you're invited! Weekly on Friday evenings from 6.30pm, only \$12. Contact the Branch office for details.

Thailand in June?



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

COUSINS AUSTRALIA
masters swimming AUSTRALIA



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

17th FINA World Masters Championships – August

Entries are 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 **Entries closes 29 June 2017**

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



Fina
WORLD
CHAMPIONSHIPS



Here's the venue as seen by one of our members as they cruised past on the River Danube last September.

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!

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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 from 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 distances 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.

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 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!

What's on a little closer to home?



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



NSW State Championships

<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.



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The next Board meeting is scheduled for Monday 15 May 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.