



SENIORS EXPO – VOLUNTEERS WANTED!



MSNSW will be running a stall at the 2018 Seniors Expo at the Sydney Convention Centre on April 5 and 6, 2018.

This event is expecting to host over 14,000 people across the two-day event. Our stall will require volunteers on THURSDAY afternoon to help man the stall and engage with visitors.

The NSW Seniors Festival is an annual fun, free event featuring over 50 exhibitors and plenty of giveaways. Please contact Jillian at the MSNSW office to register your interest.
admin@mastersswimmingnsw.org.au

GARY STUTSEL AWARD AND ADMINISTRATION AWARD NOMINATIONS

Nominations for the Gary Stutsel Award and the Administration Award close April 6, 2018! Please nominate via: <http://www.mastersswimmingnsw.org.au/Downloads/Forms>

MSNSW WILL HOST THE 2020 NATIONAL CHAMPIONSHIPS

This is a four-day event and one of the biggest events on the calendar In 2020. It is time to set up our National Championship committee to start the organisation. If you would like to be part of this exciting event please register your interest by emailing Jillian at MSNSW admin@mastersswimmingnsw.org.au. We need people interested in seeking sponsorship, marketing the event, social media, finance, safety to name a few.

AGM REMINDER

Masters Swimming NSW Annual General Meeting is on Saturday, May 12 at 10am to 12pm immediately followed by a presentation lunch. AGM Convening notice is on the website as are nomination forms for positions on the Board. Presentation lunch after AGM, Saturday 12 May. <http://www.mastersswimmingnsw.org.au/About-Us/Governance/Annual-General-Meeting>

UPCOMING EVENTS

April 18 - 21, 2018	MSA National Championships
May 6, 2018	Hills Long Distance
May 12, 2018	MSNSW AGM
May 19-20, 2018	Bathurst Grape Escape
May 26, 2018	Ettalong BPS

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.

BATHURST GRAPE ESCAPE – MAY 19-20, 2018

The Grape Escape is two-day event jam packed full of social events and of course, swimming! Please consider travelling to Bathurst on the Friday before the event so you can enjoy the below itinerary.

- Friday Night - Arrive in Bathurst. Please find attached accommodation options.
- Saturday Morning - A short walk at Abercrombie Caves, followed by a private wine tasting at Vale Creek Winery and a quick bite to eat.
- Saturday Afternoon - Technique Session at the Aquatic Centre followed by dinner at The Brewery.
- Sunday Morning - Mini Meet at the Aquatic Centre.
- Sunday Afternoon - Return home. If you are returning to Sydney, there will be a small group travelling through Oberon and - walking around Mayfield Gardens.

All information on the Grape Escape can be found via the attached flyers, or online via the MSNSW website. <http://mastersswimmingnsw.org.au/Competition/Events/Events/bathurst-grape-escape>

AUSTRALIAN POSTAL SWIMS



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

The Baddaginnie Animal begins as of April 1, 2018.

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.

<http://www.mastersswimming.org.au/Events/Postal-Swim-Calendar>

2018 NATIONAL LONG COURSE CHAMPIONSHIPS



Entries are still 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>

Individual Meet Entries close on Wednesday, 4 April 2018.

Relay Entries (for Club Captains) open on Friday, 6 April 2018.

Relay Entries close on Wednesday, 11 April 2018.

DRY-LAND BREASTSTROKE CLINICS WITH TONY GOODWIN

Tony Goodwin will present a dry-land breaststroke clinic at the Ettalong BPS meet on May 26 and at Tuggeranong later in the year. These clinics are for those members with an interest in hearing from a multiple World Record holder in Breaststroke.

ALICE SPRINGS MASTERS GAMES – 13-20 OCTOBER 2018



Alice AUSSI Masters will again host the comprehensive Swimming programme at the Alice Springs Aquatic and Leisure Centre in the outdoor heated 50m pool. Registrations are now open via <https://alicespringmastersgames.com.au> Please note the minimum age for this event is 30 y/old. There is also specific MSA member pricing. The Alice Springs Masters Games is the longest running Masters Games in Australia and the biggest sporting party of the year. Alongside competition against peers, all competitors and accredited visitors have free entry to the Opening Ceremony, Mid-Week Party and Closing Ceremony. Accreditation passes also give access to the free transport service that is available throughout the week of the Games. **Please note this event is on the same date as the NSW Branch Short Course Championships.**

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

COACHING CORNER

Monthly Coaching Corner updates will be posted on the new website which is set to launch in late April, 2018.

CPR COURSE

Are your club members interested in doing a CPR course at the Sports House at Sydney Olympic Park? If so, please contact Jillian via admin@mastersswimmingnsw.org.au to find out more details and register your interest. These courses are \$15 per person and are for MSNSW members only.

2018 BRAINSWIM

MSNSW is proud to partner with the 2018 Brain Swim event held at Lane Cove Aquatic Centre in November. We would love as many of our members to participate as possible. More details will be released soon.



CHANGES TO MSNSW CONSOLIDATED RULES OF COMPETITION

There have been changes made in the MSNSW Consolidated Rules of Competition and importantly host clubs need to know that swim meets will be conducted fortnightly next year to prevent the bottle neck we suffered in February/March.

<http://www.mastersswimmingnsw.org.au/Competition/Events/Rules-of-Competition>

The MSNSW board will invite clubs to apply by the end of June each year for provisional dates for BPS or sanctioned meets in the following calendar year on the following basis:

(a) It is anticipated that any date clashes will be cleared by discussions between the board and the clubs involved. Otherwise, the board will decide which of the two (or more) competing applications it will sanction (subject to the host club otherwise complying with these Rules).

(b) The board will ensure that meets are spaced at least two weeks apart by not sanctioning more than two meets in any four-week month or three meets in any five-week month.

Please note: A subsidy of \$100 will be paid to swim meet hosts that provide Automated Officiating Equipment, this will be reimbursed on production of a receipt from the venue and paid into the club's account.

CLARENCE RIVER / YAMBA MEET – COURTESY BUS

Please note a bus will again be hired in Yamba over the long weekend to get members around town, to and from airport and to the pool/accommodation. This needs to be pre-booked via admin@mastersswimmingnsw.org.au. Closing date for courtesy bus bookings is 31 May, 2018.

SWIMMING QUOTE OF THE MONTH

The only time you should ever look back is to see how far you've come.

APRIL 2018 BOARD MEETING

The next Board meeting is scheduled for Thursday, April 12. 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!