



# Monthly News

## Adults swimming for fitness, friendship and fun

November 2016

### Timekeeping duties at Long Distance Championships

How did we go with this requirement? The LD Championships finished EARLY in part due to the amazing efforts of the majority to assist with timekeeping. In fact it was so successful that people complained they couldn't get a chair! First time ever! Yes there were a few that missed the message. And the emails, and the notifications in the 12 Monthly

There were 81 registered competitors, including 16 swimming officials.

There were 7 "no-shows" - registered competitors who did not swim.

This left 58 competitors available for timekeeping.

**Four non-swimming volunteers amassed approximately 22½ hrs timekeeping.** (Our heartfelt thanks)

The fact that there was only a single announcement throughout the day for timekeepers to come forward is proof that the initiative of "requiring" a minimum commitment to timekeeping by each competitor was remarkably successful.

**However, it is regrettable that 9 competitors recorded no time for timekeeping duties, which would have increased the necessary timekeeping commitment by each of the remaining competitors by 18%.**

Going well over the advertised minimum requirement for timekeeping was only averted by the earlier than estimated finish time of the meet, so that in the end, a pool of 49 competitors recorded a total of approximately 56½ hrs of timekeeping, an average of 69 minutes each.

Lessons have been learnt from this first trial, including:

- the usual practice of nominating clubs to be responsible for certain lanes becomes redundant, and may have been counterproductive for this meet
- there needs to be a more robust method of reporting in to login & logoff for timekeeping

We'll improve next year and it will become standard for everyone to do their bit.

### Do you know?

Are you aware of the alternating programs for the Long Distance Championships? Check out the history and see the pattern. If your goal is a particular swim in an age-group be mindful that the swim may not be available when you're aiming for it.

2017 **short course** Now you can work it out.

2013 **short course** 1500m free/**800m form**

2016 **long course** **1500m form**/800m free

2012 **long course** **1500m form**/800m free

2015 **short course** **1500m form**/800m free

2011 **short course** **1500m form**/800m free

2014 **long course** 1500m free/**800m form**

2010 **long course** 1500m free/**800m form**

## Coach of the Year nominations are open

<http://www.mastersswimmingnsw.org.au/Downloads/Forms>. Please consider honouring your tireless coach by putting their name forward. Recognition is all that many of our

volunteer coaches get so put your thinking caps on. Clubs can consider paying \$10 for a 'non-swimming Coach membership'. There is new criteria so please read the nomination form as your coach may now be eligible.

## Official of the Year nominations are open

To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, be a current member from 1 January and have made an outstanding contribution in officiating and/or towards the

development of officiating at Club, Branch and/or National level. For example: They attended courses to enhance knowledge and interpretation of rules; or delivered courses to prospective officials; or taken the position of mentor to trainee officials.

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

Coaches, Technical Officials and Volunteers can join Masters Swimming Australia for **\$10 per year**. In the Membership portal on the home page choose **Non Swimmer** in the State drop down box then NSW in the Club drop down box and follow the prompts. **Congratulations to our clubs that pay this on behalf of their workers, all clubs are encouraged to reward their non-swimming Coaches, Officials and Volunteers** with their own membership.

## Cardiopulmonary resuscitation course

A cardiopulmonary resuscitation (CPR) course will be held at Sports House, Sydney Olympic Park next February. Send in an expression of interest if you would like to attend. This is a really



important life-saving skill that all members are encouraged to get. Numbers are limited due to room size so first in best seated.

## 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 all being offered the option to have online only or a mix of 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 No Late Entries will be accepted from the start of 2017 this will prove to be an important task.



## e1000 photo competition closing



Endurance 1000 photo competition. Send in your efforts for the e1000 photo competition **before 30 November** for final judging. Prizes will be presented at the Wests Auburn Twilight swim meet at Birrong pool on

Saturday 10 December. This is your chance to

get artistic and show what the e1000 program means to you and your club. Is it more than an embroidered towel at the end of the year OR is it the getting together and sharing many long happy hours poolside throughout the year timing each other? WHO ever forgets that 800m butterfly FIVE times! Or one hour of backstroke!



## 2017 membership fees

All memberships are now in PENDING mode until 2017 opens up for everyone next Thursday 1<sup>st</sup> December. All potential new members must wait before joining your

fabulous club. Has your club decided on its fees for next year? The instructions on how to open them up have been forwarded to all club Registrars.

## All 12 month memberships expire on 31<sup>st</sup> December 2016

On 31<sup>st</sup> December 2016 all 12 month memberships expire so club Registrars need to spread the word that once they open their 2017 membership next week all members will

want to re-join before December ends. Please note: If swimming while unfinancial there is NO insurance cover.

## Updating your emergency contacts information

When you re-join online in December you will be prompted to review your emergency contacts information. Most members do not update any details in the data base and some leave it to their clubs to organise so please take a moment to check your important contact details. Included is "medical conditions your coach needs to know", this is

a voluntary field to be filled in if you wish to do so. **Registrars take note:** every Masters Swimming Australia member agrees to a Safety in Activity statement when they re-join each year, providing they ACTUALLY register themselves! Please don't take on this responsibility yourself but rather encourage and assist members to re-join themselves.

## Club affiliation fee early bird fee due by 31<sup>st</sup> December

As mentioned in the last few newsletters the CLUB affiliation fee has been changed for 2017. The fee the club pays is now determined by club membership numbers and the early bird rate is available until 31<sup>st</sup> December 2016. A three tier scale will

have clubs with <24 members pay \$50 pa, clubs with 25-49 members \$70 and clubs with >50 members \$90 OR early bird discount of \$40, \$60, \$80 if paid by 31 December 2016. **YOU CAN DO THIS ONLINE.**

Thank you to the clubs that have got in very early and already paid their 2017 club fee.

**Masters Swimming NSW** Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park 2127  
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<http://www.mastersswimmingnsw.org.au/Downloads/Forms/Club-Affiliation>

## Swimming Up Hills Postal swim closes 30 November



You still have a couple of days left to enter Hills AUSSI Masters Club postal swim and support the club that is celebrating its 40<sup>th</sup>

anniversary this month! Swim up hills over 400m, 800m, 1000m and 1500m distances. Club Registrars—please advertise this concept to your new members as they may not ‘get’ what a postal swim is.

<http://www.mastersswimmingnsw.org.au/Portals/41/Documents/Flyers/2016/SwimmingUpHills-PostalSwimFLYER2016.pdf>

## Pittwater Ocean Swim series

Go in three of the five swims to be in the draw to **WIN** a trip to Byron Bay, 3 days luxury

accommodation & entry into the BB Classic Swim in May.

**BILGOLA Dec 11**

**NEWPORT Jan 8**

**AVALON BEACH Jan 15**

**MONA VALE Jan 22**

**BIG SWIM (pictured) Jan 29** [www.oceanswims.com.au](http://www.oceanswims.com.au)



## Annual General Meeting date change

For those that transferred information from the event calendar into your personal diaries please be aware that the date for the AGM

has been changed to Saturday 27 May 2017.

**Annual Reports and Safety**

**Officer reports** are now coming in, thank you to the clubs working ahead of time.



If you are having your clubs AGM please send in your committee form- this can now be completed online.



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

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## National Swim Series 2016

The results are out for the series of eight swims around the country. Our congratulations go to the NSW/ACT winners of their age-groups Emma Bartley NNC, Amanda U NRY/NCL, Katrina Burgess NTN, Vicky Watson



MASTERS SWIMMING AUSTRALIA

MASTERS  
SWIM SERIES  
2016

NRY, Val Lincoln NGS, Richard Goddard NCH, Rod Clarke NWG, Gary Nicholls NCR and Bill Walker from NNC.

Vouchers to the value of \$100 will be sent out from MSA to these winners before the end of the year.

## NO LATE ENTRIES

Warning! Late entries will not be accepted for swim meets starting in 2017. Closing dates will be enforced as the workload placed on volunteers to include “just one more swimmer” is onerous and takes place often during the wee hours or over a weekend.

Entries are open as early as possible, often months ahead so there is



plenty of time to get in there and choose your swims and times. Please don't leave it until the last minute, you may just miss out.

## 2017 Masters National Championships -Queensland

Are you getting ready for the National Championships in March? The flyer is out and events are listed. Cost will be \$70 per

individual entry plus \$9 per event. Maximum 12 events, 3 per day.

Thank you Masters Swimming Queensland!

## 2017 World Masters Games -Auckland

- Or perhaps you're planning to compete at the World Masters Games in Auckland in April, here's some important information
- The world's largest multi-sport event
- Join 25,000 participants from 100 countries
- Choose from 28 sports and 45 disciplines
- Recognised by the International Olympic Committee

Details are available from the WMG website.

<http://www.worldmastersgames2017.co.nz/>

Check out the venue here:

<http://www.autmillennium.org.nz/>



## Great Barrier Reef Masters Games 25-28 May 2017

MSQ have notified us of this sanctioned meet— the swimming events are on Friday 26 & Saturday 27 May 2017. If you would like to travel north during our next winter season what better excuse do you need? The

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

program for this sanctioned event is out and entries have opened.



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Going to Victoria before Christmas? You may be interested in the WOW on 17 December.

[www.WOWCHALLENGE.COM.AU](http://www.WOWCHALLENGE.COM.AU)

Championship events 5k and 10k are open to members of Swimming Australia, Masters Swimming Australia and FINA affiliated swimming associations.

**The WOW challenge is the 2<sup>nd</sup> swim of the Great Victorian Swim Series.**

The Great Victorian Swim Series is a series of ten premium open water swims over the Victorian Summer. Swimmers pay \$45, cheerers \$35 for series entry and then pay for each swim entered. Series participants receive a GVSS hoodie, cap, lip balm, ranking across all series swims, free entry to GVSS presentation night and the opportunity to win a swim trip to Europe. WOW Challenge 1.2k and 2.5k are the 2<sup>nd</sup> swim of the Great Victorian Swim Series

## Or a trip to Thailand?

[http://www.cousinstt.com/cousins\\_tour.php?tour\\_id=203](http://www.cousinstt.com/cousins_tour.php?tour_id=203)




### MSA THAILAND TRAINING CAMP

11-18th June 2017  
Thanyapura Sports Complex  
Phuket

Pool & Open Water training by award winning coach Alan Godfrey



## FINA World Masters Championships -2017

Are you going to Budapest, Hungary for the FINA World Masters Championships next year? Did you want to swim for your club or had you considered second claiming to swim with others? The recommendation is NOT to second claim but rather transfer to the club and be a full financial member rather than an affiliate. FINA does not look kindly on what may be seen as cherry-picking team members

or creating 'super-teams'. In the age of social media they easily check and confirm who belongs where should there be any protests lodged so think carefully and swim for your home club.



FÉDÉRATION  
INTERNATIONALE  
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## 2017 Australian Masters Games

The AMG dates and venues have been announced. Launceston is hosting the swimming events over the weekend of 21/22 October 2017.

Tasmania should be very nice at that time of year!



## Ever wonder what Play by the Rules (PBTR) is all about?

They run courses that we should be attending and all clubs are encouraged to follow their link or subscribe to their magazine. Your club should have a Member Protection Information Officer.

### PLAY BY THE RULES STATS for NSW

#### September and October 2016 snapshot

Each year across Australia, over 180,000 people visit the Play by the Rules website and 20,000 people complete online training courses. Here are the online training completions for NSW in September and October 2016. If you're interested in more specific data for your sport, contact Shannon Dixon [shannon.dixon@sport.nsw.gov.au](mailto:shannon.dixon@sport.nsw.gov.au)



### MEMBER PROTECTION INFORMATION OFFICER (MPIO) TRAINING

MPIO training involves a few steps:

1. Complete the online MPIO online component at [Play by the Rules>>](#)
2. Attend a MPIO face-to-face workshop
3. Register for the MPIO national network

Office of Sport run face-to-face workshops. Upcoming: [6 Dec – Sydney](#)

[MPIO/Complaints Handling online course/Harassment and Discrimination online course](#)

[PLAY BY THE RULES MAGAZINE](#) Do you subscribe? Go to the [PBTR website and sign up>>](#)

Supported by the



## Finish the year off with distance!

We're all invited to Seaside Pirates 100 x 100's at Knox Grammar pool on Saturday 31<sup>st</sup> December 10am-1pm. Can you think of a better way to shrug off the effects of Christmas pudding and all the trappings?

So come along and push the boat out for the new year.



This is also a good way to begin your training for Wests Auburn Turtle postal swim that opens on 1st January 2017, a mere 5km that can be swum as a Relay with club mates.



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