



# Monthly News

## Adults swimming for fitness, friendship and fun

October 2016

### Timekeeping duties at Long Distance Championships.

ALL swimmers are required to log time with the stop watch!

Allowing for an average number of no-shows, and excluding the listed technical officials, the average time that each competitor should timekeep is 1 hr 53 minutes.

We all need our events timed, so no competitor will have their swim time recorded unless they, or their proxy, has volunteered to timekeep for others for the stipulated minimum time. The minimum time that each competitor must timekeep for this meet is set at:

**1 hr 5 minutes each**



**To facilitate this, competitors will be required to sign on and sign off, with a nominated official, for each period of timekeeping undertaken.**

*Any competitor that cannot fulfil their obligations may ask their club members, friends or family to do so on their behalf, or in the case of extenuating circumstances appeal to the Meet Director.*

### BRAINSWIM

Entries for the Brainswim charity event are starting to come in but we need so many more members to come along with family and friends who would like to swim for a good cause. Please ask everyone you know who gets in the pool for a few laps. Every lap counts. Have you completed your endurance 1000 swims for the year? This is another opportunity to get a timekeeper to log your laps. A quick 400m? Perhaps a leisurely 800m? What about one of those elusive HOUR swims?

**Extra! Extra! Wests Auburn Masters Club** are leading the way by digging deep and donating \$500 to the cause! Thank you so very much NWS. A challenge is laid down to all clubs— are you able to match or beat this? Have you been following the Brainswim event on facebook? Here's detail from a recent post: Our dear Masters Swimming NSW member and friend, Vicki Watson, has shared her experience of battling cancer with us. We hope you can join her, and support her, when she embarks on her Brain Swim on November 20.



*“Almost 10 years on from my breast cancer diagnosis I will be doing a 10km swim on the 20th November for brain cancer. Sadly my cancer returned in my lung in 2014 but here we are. To help me celebrate my anniversary please support this cause, it doesn't get as much publicity as breast cancer and will help the kids. Thank you to my family, friends, the swimming community everywhere and of course James Hubbard without his support I would not have achieved so much. Xxx”*

Time and place —8am-12 noon on 20 November at Lane Cove pool. There will also be a cake contest. 'Best-looking-most attractive-presentation-is-everything' competition. \$5 each entry, all proceeds to

Brainswim.

This will be a massive day for the **whole family** with jumping castle & face painting, cheer squad competition, fortune teller, bands and arts & crafts stalls.

## If your club is incorporated (and it SHOULD be) you can apply for a grant.

Local Sport Grant program is open until **11 November** if your club has a project that they need to fund. Your club must be incorporated to be eligible to apply for this State Government funding opportunity. <https://sportandrecreation.nsw.gov.au/clubs/grants/localsport>

The program aims to increase regular and on-going participation opportunities in sport. There are four project types within the program, these being:

1. Sport Development
2. Community Sport Events
3. Sport Access
4. Facility Development

Supported by the



Eligible applicants are: **Incorporated, not-for-profit grassroots sport clubs.**

## 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**

## 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.



## Volunteering opportunity

Your branch is looking for volunteers to start up a communications/marketing team. We have already received four expressions of

interest from members looking to assist. Do you have skills and a few hours each month to help guide MSNSW into the future? Read on...

Dear Members,

The MSNSW board is looking to establish a communications/marketing committee to develop and implement MSNSW's marketing and communications plans. This is a great opportunity to assist the organisation in raising its profile and growing its membership.

The committee would:

- oversee all media liaison across all platforms
- ensure adherence to the MSNSW social media policy
- develop and implement marketing campaigns and promotions
- identify key audiences and develop strategies to retain and grow MSNSW membership
- monitor and manage the use of the MSNSW brand
- manage advertising inventory on website and social media platforms

We're seeking individuals that have experience in marketing and communications. This is a volunteer position and the committee will report to a board member. We expect that the role will take about 4-8 hours/ month to fulfil.

Please forward your interest to Jillian Pateman, Administrator, Masters Swimming NSW at [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

## Free coaching workshop for COACHES

at Knox Grammar on Sunday 27 November with Mark Morgan. There are four places left on this course. Book in today and secure your place. Mark is an Australian and Commonwealth champion, World Masters champion, Masters world record holder, former Australian, NSW coach and Carlisle head coach. You'll get to enjoy over two hours of technique and drills in both freestyle and

breaststroke while both in the water and out. Book now for this professional development opportunity proudly supported by MSNSW!



## Swimming Up Hills Postal swim closes 30 November.

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



You still have time 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.

## Closing date of photo competition.

Endurance 1000 photo competition. Have your photos sent in 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. 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 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!

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## Time to consider your 2017 club membership fee.

The 16 month membership opportunity is winding down, please encourage new members to now wait until 1 December before joining your fabulous club.

Has your club decided on its fees for next year? The instructions will be forwarded to all club Registrars soon.

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

## 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**  
**MONA VALE Jan 22**

**NEWPORT Jan 8**  
**BIG SWIM Jan 29**

**AVALON BEACH Jan 15**  
[www.oceanswims.com.au](http://www.oceanswims.com.au)

## 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



## 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

**Masters Swimming NSW** Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park 2127  
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Are you getting ready for the National Championships in March? Here are a few tips for new members and refresher notes for experienced swimmers.

#### DO YOU KNOW WHAT TO DO WHEN THE REFEREE BLOWS THE WHISTLE?

Masters Swimmers' Referees would like to ensure all swimmers understand the whistle signals at the start and finish of every race. They only use two signals - a long whistle (lasting 2-3 secs) used at the start of the race and two quick whistles at the end of the race.

The long whistle is the signal for you to assume your starting position for the race. It is not the signal for you to put your cap on - adjust your goggles etc. Make sure you are ready before you come out for your swim. If you do not assume your starting position immediately, you can be disqualified for delaying the start of the race. (Rule 4.6M).

In backstroke there are two long whistles. The first is the signal for you to enter the water feet first. You must immediately face the starting platform in your lane. The second long whistle is your signal to assume the starting position for backstroke. The two quick whistles at the finish of the race are your signal to immediately exit the water. Do not exit until you hear the two

quick whistles. If you do so, you can be disqualified for leaving your lane before you are instructed to do so. (Rule 10.9.1M).

If you are waiting for your race to start and you hear two quick whistles, do not assume your starting position. Your signal is the long whistle. No other signals apply to you. In "over the top" starts, the swimmer in the water must move to the side of their lane and remain in the water until the swimmer in the next race has started. You must then exit the pool as there will be no signal given to exit the pool.

In all Relays, swimmers must exit the pool as soon as possible after they finish their leg of the relay. No whistles are sounded. Failure to exit the water could result in the team being disqualified. (Rule 10.14M). However, any swimmer obstructing another swimmer when exiting the pool will cause their team to be disqualified. (Rule 10.14M).

Referees ask all Club Coaches to please spend more time with your swimmers on starts, turns and finishes. This is where a majority of swimmers have problems. It is your responsibility to explain the rules of swimming to your team - not the Referees.

Following these simple rules will ensure a quick meet, happy swimmers with no disqualifications and happy Referees!

Thank you Masters Swimming Queensland!

## World Masters Games

Or perhaps you're planning to compete at the World Masters Games in Auckland in April, here's some important information sent in to us from Helen: To reach AUT Millennium (the swimming venue for the World Masters Games 2017) you will need to catch two buses. **The Northern Express (or NEX) leaves from Lower Albert Street every 5 - 15 mins depending on the time of day. It is an express service that uses dedicated bus lanes on the northern motorway so it is frequent and reliable.**

*The closest bus station to AUT Millennium is Constellation Bus Station where you will need to **change to a local bus**. Due to the number of athletes attending AUT Millennium (and the nearby hockey and softball venues), Auckland Transport will be upping the frequency of the local service to ensure all athletes get to their venue in a timely manner. All of the buses are public buses so will be used by both athletes and Aucklanders.*

More detail is available from the branch office or the WMG website.

## Great Barrier Reef Masters Games

MSQ have notified us of their sanctioned meet— the GBRMG is on 26 & 27 May 2017. If you would like to travel north during our next

winter season what better excuse do you need? The flyer is available from the branch office.



## 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



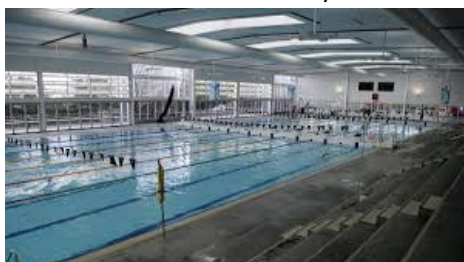

## FINA World Masters Championships

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.

## 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!



The next Board meeting is scheduled for Monday 21 November 2016. 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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