



Monthly News

Adults swimming for
fitness, friendship and fun

August/September 2017

Budapest—FINA World Masters Championships

Over 100 members from Australia went to Hungary and competed in the FINA World Masters Championships and more than 40 of those were from MSNSW. Of those that went not everyone swam, here are some statistics thanks to Coach Mark Morgan:

- 37 swimmers from NSW Masters clubs swam
- These 37 swimmers participated in 136 individual events (including open water events), an average of 3.68 events per swimmer.
- These 37 swimmers represented 15 clubs. The clubs, with the number of swimmers shown in brackets are as follows: Seaside Pirates (7), Tattersalls (7), Warringah Masters (5), Manly Masters (3), North Shore (3), Ryde AUSSI (2), Tuggeranong Vikings (2), Campbelltown Collegians (1), Coogee-Randwick (1), Merrylands (1), North Sydney (1), Novocastrian (1), Sutherland Sandbern (1), Terrey Hills Terriers (1), Wollongong (1).
- Tattersalls competed in three men's relay events
And while it is not all about medals we take a moment to recognise those that did achieve great things on the world stage:
- 8 NSW swimmers won 11 gold, 9 silver and 2 bronze medals as follows: Georgene McKenzie-Hicks (Sutherland Sandbern) 5 gold; Stuart Ellicott (North Shore) 2 gold and 1 silver; Alan Brown (Tattersalls) 2 gold; Tony Goodwin (Manly) 1 gold, 3 silver and 1 bronze; Paul Wyatt (Coogee-Randwick) 1 gold and 2 silver; Michael Bradford (Ryde AUSSI) 1 silver and 1 bronze; John de Mestre (Tattersalls) 1 silver; and Bill Walker (Novocastrian) 1 silver. **WOW!**

2018 swim meet calendar

The first three months are locked in and what a jam packed few months it is! We hope to start off mid-January with a mini-meet at Raymond Terrace as part of the Hunter Project then slip in an open water swim after which the pool events will begin with 3 Feb Campbelltown, 10 Feb Merrylands, 17 Feb Myall, 4 March Blacktown and 17/18 March Long Course State Championships

CPR course — Congratulations

Thank you to Kerryn Blanch for newly accrediting and reaccrediting a dozen of our willing members in Cardio Pulmonary Resuscitation. This is an incredibly worthwhile course providing education and confidence in applying appropriate aid as a first responder. Congratulations to all attendees! But wait! Kerryn didn't stop there, she made her way to Maitland as part of the Hunter Project and trained another twenty members there. Thank you to one and all for your enthusiasm.

2018 National Championships—Perth 18-21 April

There were some issues with the main page of the 2018 Nationals page on MSA website and a new page was created. <http://www.mastersswimming.org.au/About-2018-National-Championships1>
A wealth of merchandise is available online here:
<http://www.mastersswimming.org.au/Events/About-2018-National-Championships/Nationals-Merchandise>

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EARLY-BIRD SPECIAL OFFER

The first 200 entries will receive a FREE limited edition black N18 cap. Don't miss out as there are only 200 available. You will receive your cap when you collect your accreditation card and Welcome Pack at the Competition Venue.



Pittwater Ocean Swim Series is on again

The Pittwater Ocean Swim Series is on again this summer with the Bilgola ocean swim kicking off the series on Sunday 10 December at the picturesque beach with 1500m and 800m swims.

The Newport Pool to Peak swims are on Sunday 7 January and this time swimmers have a choice of a 400m, 800m and 2000m swims. Avalon is the following Sunday 14 January with 1500m & 1000m swims, Mona Vale 21 January with a 2200m swim & an 800m swim then the BIG Swim—Palm Beach to Whale Beach on Sunday 28 January with the 2800m swim and a 1000m course.

By competing in any three swims swimmers will go in the draw for a trip for two to Byron Bay staying at Bay Royal Luxury Apartments. The trip includes return air flights sponsored by Travel View.

All funds raised by the surf clubs involved goes towards essential surf rescue equipment and upkeep.

Entries are available on oceanswims.com



PITTWATER SURF LIFE SAVING CLUBS
OCEAN SWIM SERIES
BILGOLA Dec 10th
NEWPORT Jan 7th
AVALON BEACH Jan 14th
MONA VALE Jan 21st
Palm Beach to Whale Beach Jan 28th
www.oceanswims.com

Swim into Spring Campaign Toolkit

Can you feel it?
Spring is just around the corner

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. Spring is in the air, and across the country MSA clubs are ready for the start of the new season. Many clubs are hosting specific events under the “Swim into Spring” banner, so now

is a good time to check out what your club might be planning, to see how you can help and/or participate.

There may be opportunities for you to bring a friend to a special event or to a regular training session or social function. You can also promote the Swim into Spring messaging by using #swimintospring in your social media when posting about swimming related activities.

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Let's get more people into Masters Swimming in NSW/ACT this spring!

The 16 month membership is live, and is already enticing new people and getting past members back into the fold.

News just in that Hills AUSSI Masters will be promoting Swim into Spring with an open day at Galston Aquatic Centre on 29 October.

[#swimintospring](#)

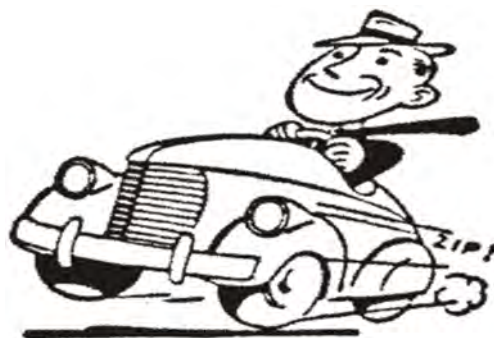
FREE Coach session for your club!

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.

If you want a visiting coach please contact Anne Smyth or Jillian Pateman at admin@mastersswimmingnsw.org.au

Time is running out for this limited offer as funding is nearly spent so your club needs to book now or miss out.

Next stop is Wollongong Masters.



Club Coach course — more congratulations

Eight inspiring candidates recently went through their paces to start the process in becoming our latest accredited recruits. After an intense day of study, discussion and water work they now have supervised pool deck hours to get under their belts, submit work books and coaching plans then emerge as qualified Coaches! Hearty thanks to the training/assessing team of Branch Coaching Director Di Coxon-Ellis with John Kulhan and Paul Bailey.

The Hunter Project

Hunter clubs are raising their profile by adding extra activities for our members to enjoy and attracting potential new members. The last day out was hosted by Maitland Merlots on 16 September with a Stroke correction/technique clinic with Mark Morgan. Kerry Blanch conducted a CPR course & Nicolai Morris held a Dryland Training session. This was such an amazing day of activities that proved so popular we had to split into two teams, well worth the trip along the highway!

Next stop—Myall Masters open water swim at Jimmy's Beach on 29 October-book through their website

<https://myallmastersswimming.tidyhq.com/>



Masters Swimming Australia National Swim Series

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 is still ONE to go in 2017.

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



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2018 club affiliation fee soon due

The call will soon go out for the Early Bird affiliation payment. Affiliation to MSNSW is a three tier scale which means clubs with <24 members pay \$50 pa, medium clubs (25-49 members) \$70 and clubs with >50 members \$90 OR early bird discount of \$40, \$60, \$80 if paid by 31 December 2017.

Upcoming Board vacancy—Treasurer sought

Stuart Meares will not be standing again for the position of Treasurer on the MSNSW Board at the next Annual General Meeting. Any financial MSNW member can nominate for this role and Stuart is happy to discuss duties, advise and mentor the new position holder.

Millions of Metres — lap it up

A new online calculator is available, also a new manual form. 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 November, for more information go to:



<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

Australian Masters Games — 21/22 October

Launceston Aquatic Centre, Tasmania is hosting the swimming events for the AMG over the weekend of 21/22 October 2017, good luck to all our swimmers. Follow them here:

<http://www.australianmastersgames.com/>

What's on a little closer to home?

Flyers are on the website for Lake Macquarie, Port Macquarie, Novocastrians, Wests Auburn and both the Short Course and Long Distance Branch Championships.

ENTRIES CLOSE FOR SC CHAMPIONSHIPS AT NOON ON FRIDAY 6 OCTOBER. ENTER ONLINE NOW!



The last POSTAL SWIM for 2017

Swimming Up Hills

1 September – 30 November 4,900m in total including 2 x 400m, 2 x 800m, 1 x 1000m & 1 x 1500m

FUNDRAISING OPPORTUNITY!

Conduct the Raffle at the SC Champs and keep the proceeds!

The first club to put their hand up gets the gig or buddy up with another club to share the fun & proceeds. This is a great way to raise funds for your club, very different to hosting a Bunnings BBQ, and our swimmers love a raffle!



The next Board meeting is scheduled for Monday 16 October 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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