



SPLASH



PHONE: 8116 9716 / FAX: 8732 1606

EMAIL: admin@mastersswimmingnsw.org.au
WEBSITE: www.mastersswimmingnsw.org.au

Ground Floor
Sports House, 6A Figtree Drive
SYDNEY OLYMPIC PARK 2127
POSTAL ADDRESS: PO BOX 6941, SILVERWATER 2128

September 2011

Gary Stutsel—International Masters Swimming Hall of Fame

Gary Stutsel (NSW Branch Technical Director and currently a member of both Molonglo [Canberra] and Manly Masters) is this year to be inducted to the International Masters Swimming Hall of Fame for his contributions to Masters swimming, both in Australia and internationally. He is only the fifth person and the second non-American to achieve this honour.

Gary has been at the heart of Masters swimming in Australia since the start. He drafted the constitutions for both Masters Swimming Australia and the NSW branch in 1975 and led the development of the sport for many years from then on. It was Gary who conceived the organisational structure of Masters swimming in Australia, with a national governing body and state branches to coordinate the activities of local swimmers. There is not enough room here to list the positions he has held at branch, national and international level. Suffice to say not a year has gone by when he hasn't been hard at work as president, commissioner, editor, chair, secretary, director, treasurer—you name it, Gary has served in that capacity.

He organised and directed the first Pan Pacific Masters Swim, in Sydney in 1981, and co-founded Masters Swimming International in 1983. As president of Masters Swimming International (1983–1994) he helped draft the 1985 Pasadena Agreement that marked the start of FINA Masters Swimming. Importantly, it also endorsed the start of world masters swimming championships. The first world masters championships were held in Tokyo in 1986 and the second in 1988 in Brisbane. These championships were run according to newly minted masters swimming rules and Gary had been involved in drafting those rules. He was also involved in drafting the rules of masters water polo and FINA diving.

Having got it started, Gary continued to work developing masters swimming rules and other technical matters involving officials and accreditation, an area in which he continues to serve the NSW branch and the national masters swimming body. In 2009, for example, he was the technical director for the Sydney World Masters Games.

Gary was made a life member of Masters Swimming Australia in 1985, he received the Medal of the Order of Australia in 1987 for his services to swimming, and in 2000 he was awarded the Australian Sports Medal. In all his work, Gary never fails to acknowledge the unswerving support of his wife, Audrey.

In addition to coordinating and promoting masters swimming in Australia and around the world, Gary has always swum at a highly competitive level. He trialled for the 1956 and 1960 Olympics and was a keen water polo player in his twenties. A road accident and a smashed knee cap put him back quite a bit but he got back to swimming as an age champion and a key relay team member. Despite recurring knee problems (and heart surgery) Gary continues to compete. He currently holds 10 national records and 6 relay records and had 34 listings in the 2010 national top 10.

Justifiably proud of his achievement, Gary's only regret is that his health will prevent him from attending the induction ceremony at the International Masters Swimming Hall of Fame in Florida in September this year.



Ryde Masters Celebrates 30 Years

In June the club celebrated its 30th anniversary at the North Ryde Golf Club. The club was inaugurated on the 7th November 1981. The first carnival was held in 1986. In 1998 the club relocated to SOPAC and Dence Park Epping during the reconstruction of the Ryde Aquatic Centre for the 2000 Olympic Games. Peter Gilmour set the first world record for the club in the 200m Butterfly at the State Championships at Blacktown in 1993.

The Club has had many good swimmers but special mention must be made of Peter Gilmour and Jenny Whiteley who have both broken many World Records. Their successes in the pool have been recognized with both swimmers being awarded local, state and national awards. Peter received the first Australian Masters Athlete of the Year Award in 1997 after achieving five world butterfly records. Peter sadly passed away while teaching in Hong Kong in August 2000. In 2004 Jenny was awarded the Australian Masters Athlete of the Year Award for eleven World Records. She continues to break world records and set twenty world records in 2008. Four of these records were achieved at the XII FINA World Championships in Perth where she won four gold and one silver medal.

A special award was presented to Helen Rubin who has been an active member of the club for 30 years. Helen was one of the early members of the club and has been the backbone of the club with her enthusiastic commitment in all aspects of Masters Swimming. She has volunteered an immense number of hours to Masters Swimming at local, state and national levels. She is a life member of both Ryde Masters and Masters Swimming NSW. She was awarded the Gary Stutsel Award in 1998 and 2000 and the Ian McPhail Award in 2004. Masters Swimming Australia awarded Helen a



five year Merit Award for Membership Services to the National Committee Board in 2010.

In recent years the club has had other award winners. Jamie Turner won the Betty Grant Award in 2010 and the NSW Club Administration Award in 2011. Vicky Watson was NSW and National Coach of the Year in 2009.

The club has awarded five life memberships. Keith Thompson (founding member of the club), Renata Phegan (President for ten years), Jenny Whiteley, Greg Lewin (current club coach) and Helen Rubin.

We are very lucky to have many enthusiastic members. Vicky Watson has organized a training camp over the June long weekend on the Gold Coast each year since 2009. Susan Leech has for many years organized a training camp over the October long weekend at Thredbo Village.

Each year the club has a swimathon to raise money for the club as well as a charity. In recent years the club has supported charities such as the Black Dog Institute, Riding for the Disabled and this year the Special Olympics. Our best effort was in 2010 when the club raised \$6620 with Sally Bradey, Dave Grauaugh and Emily Hamilton raising just over \$3000.

Like most clubs we have members who just like to train and others who like to compete in club carnivals and ocean swims. In recent years there have been increasing numbers entering the popular ocean swims. However, we have a dedicated group who enter the carnivals enabling the club to be competitive in Division One. The following are the members who have placed in the branch pointscore in recent years – Yvette Cotton, Catherine Todd, Natalie Clarence, Helen Rubin, Vicky Watson, Jenny Whiteley, Susan Leech, Jamie Turner, Greg and Jack Lewin.

Two big highlights in recent years were the World Championships in Perth in 2008 and the World Masters Games in Sydney in 2009. In Perth the club was represented by 21 swimmers who finished with four gold and one silver medal, three 4th placings and twelve placings 5th – 10th. In Sydney 23 swimmers competed with the club winning twelve gold, six silver and fifteen bronze medals. Jamie Turner, Helen Rubin, Diana Hill, Greg Lewin and Bruce Hartwell also worked as volunteers.

(Continued on page 3)

(Continued from page 2)

The club has three annual awards which are presented at the Christmas party. The awards are – Keith Thompson Club Services Award, Ian McPhail Participation Award and the Peter Gilmour Encouragement Award. Respective winners in 2010 were Wendy Seale, Susan Leech and Daniel Pringle. In 2010 we introduced Awards in Recognition for Long Service to the club. Our first awards went to Mike

Ayres, Natalie Clarence and Diana Hill.

We are very lucky to have three enthusiastic and dedicated coaches – Greg Lewin, Wendy Seale and Vicky Watson. Our training nights are Monday and Wednesday, 7.30 – 8.30 pm. So, if you're in the area come along and join us for a swim.

John Amery (Club President)



Well-deserved Honour for Masters Swimming Stalwart

Article from Northern and District Times, Wednesday July 6th 2011

Helen Rubin's lifetime of service to Masters swimming has been recognised with the presentation of a Ryde Masters 30 year award.

Rubin is an active official with accreditation as a chief timekeeper, marshal, check starter, inspector of turns and judge of strokes.

Apart from helping with the administration at the most recent national championships in Perth, she won gold, silver and bronze medals swimming in her age group.

Some of the achievements and significant awards: She joined Ryde AUSSI Masters in 1982 and is now a life member of that organisation and Masters Swimming NSW, for which she was a committee member from 1993-04 and secretary from 2002-04.

Ryde AUSSI Masters president John Amery and life member and the club's most successful swimmer Jenny Whiteley presented Rubin with her 30-year service award.

She competes at most Masters meets as well as at the Monday and Wednesday training sessions at Ryde Aquatic and Leisure Centre. She is also a keen bush walker and has trekked many parts of Australia and overseas.

For more information about masters swimming in Ryde, call Wendy Seale on 0438 783 859 or go to: www.rydeaussimasters.org.au



Ryde AUSSI Masters president John Amery, Helen Rubin and life member Jenny Whiteley

Meet Reports

Clarence River: 11-12 June 2011

Much has happened since the last Edition of Clarence Ripples, our Carnival is over for another year and we are all going to have a much needed break.



Our group photo on the Saturday. Looks more like a skiing group than a swimmers meet!

The carnival was one of the most challenging we have had, wind, rain, cold but we soldiered on regardless. With the weather against us the carnival still was a great success with many positive comments from other clubs. The State of Origin was a bit of a wash out as the weather turned blustery for this, the last event of the carnival. Tim Cashman and Judy King were nominated from our club to swim in this prestigious event. Queensland won after having a 10 second lead. Next year, when the sun starts to shine on our carnival, we look to a more positive outcome. We did win the entertainment gong for our rendition of The Chimney Sweep song, much to our amazement.

The last word on our carnival is to thank David Abrahams for his successful managing of this meet. David has decided to call it a day in this very demanding position he has undertaken for many years. A BIG THANK YOU DAVE. David would be only too happy to teach anyone interested in learning how to be a Meet Director.

Congratulations to David who has been awarded the Betty Grant Award for 2010 by the NSW Branch, a great honour for David and the club.



Casey, centre, with Helmut and Jim

In March, it was Casey's 40th birthday. She celebrated with the MacLean squad with a cake and a delicious dinner after the swimming session was completed. Casey has left the club. She and her family have relocated to Canberra. We wish Casey all the best for the future.

Our club has decided to sponsor a talented young girl with her swimming endeavours. We are providing finance for training and travelling to meets. She is progressing well. Pam Smith, with Richard Beresford, her coach from Yamba Pool continues to liaise about future sporting goals.

A small team from the club competed at the Qld State Titles in April. What a great meet they had, all coming home with medals draped around their necks. Tony Hayman, Jane and Dubbo, Jan and Helmut, Barry S, along with Lynne and Bruce.



A further note from the referee:

Once again Clarence River Masters organised a weekend of hospitality plus for officials. They made sure all officials were well fed, gifted and had plenty of shelters. All they could improve on is weather conditions (unfortunately this is out of their hands). Saturday's officials worked without complaint through the rain and cold wind, hoping that Sunday would be better. It wasn't to be. At one stage on Sunday a group decision was made to postpone the swim meet for 30 minutes hoping that the rain would ease. It did and we continued on. Thank you to all those officials who worked in such wet and cold conditions. I'm sure if the parents of the swimmers were in attendance they would have withdrawn their children from the swim meet.

Clarence River: 24 July 2011

As there were small numbers there was never any pressure to rush things along. There was a very relaxed atmosphere all day.

The referees and IOTs were always in position on

(Continued on page 5)

(Continued from page 4)

time and were more than willing to fill in any gaps. The officials worked well together, it was a happy, co-operative team effort and a great day was enjoyed by all.

When you have a small numbers at a meet there is often a problem with timekeepers but, when extra timekeepers were called for, people came forward.

A nice touch was the prizes for the closest to nominated times, thanks to the template developed by Mark Hepple!

Campbelltown: 7 August 2011

Campbelltown was well organised to conduct this swim meet. The meet started on time. They made sure all officials had plenty to eat and drink and gave thank you gifts to all. The home made soups were an absolute treat and the grand raffle prize was very generous!

There were delays throughout the meet as one of the starting blocks needed to be attended to frequently. Lucky there were engineers acting as timekeepers.

The swim meet had to be delayed 20mins because of the electrical storm. The building the pool is in doesn't have a Certificate of Earthing. Have other pools found

this a problem with their indoor facilities?

Manly: 21 August 2011

Manly's carnival was well organised and run with friendly efficiency. There was a smaller entry than usual and there were several dropouts on the day.

The carnival started on time with a full complement of officials and ran smoothly all the way through. All the officials communicated with each other and worked well together. No races were held up, timekeepers arrived when called for. Throughout the carnival the officials were kept well sustained with a constant supply of food and drink.

The carnival finished 15 minutes ahead of time and this was followed by the renowned Manly refreshments and presentation.

Perhaps new clubs could be given some guidance on Masters competition procedures at their first few carnivals. A mentor (old hand) keeping an eye out for them maybe? This will allow and encourage new swimmers to get into the swim of things gently without cause for DQ's.

Health Warning

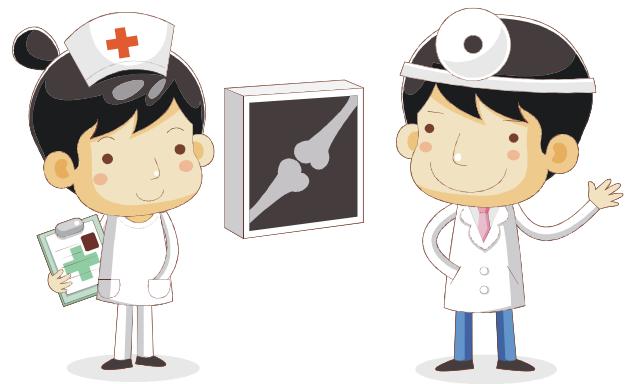
You may be aware that Gary Stutsel had two major abdominal operations on 24 June.

The first of these was to remove a growth from his intestine that proved to be pre-cancerous and contained within the bowel. The only follow up required is an annual colonoscopy so that is a great relief.

This growth was detected because each year for about the past 10 years both Gary and his wife Audrey have had an InSure screening test for bowel cancer. They get theirs direct through the mail although they are available from some pharmacies. Current cost is \$35-95 per year. InSure is recommended for those 50 or older and is very simple to use.

There are other screening tests so if you are over 50. You are urged to talk to your doctor about what is best for you.

The other operation was to remove a cancer from the right kidney. This cancer was detected by chance following a CT scan that was done to see if the colon growth had spread. Unfortunately we are not aware of any routine tests that will detect such growths especially when there are no symptoms.



Fitness Fanatic, 69, in Surf Rescue

By Bryn Kay

John Pagden is living proof that age is merely a number after he made a dramatic surf rescue on Sunday morning.

The 69-year-old, from Frenchs Forest, was bodysurfing at South Curl Curl when he saw a teenager caught in a rip between South Curl Curl and Freshwater.

Mr Pagden swam about 300m through the rip to rescue the boy, believed to be about 16, who was on a boogie board.

Even a recent shoulder reconstruction couldn't stop Mr Pagden. He swam out to the boy and was helped by another swimmer before lifesavers from South Curl Curl SLSC collected the three in inflatable rescue boats.

"I like to keep reasonably fit and wouldn't have been able to go out there if I didn't train as much as I do," Mr Pagden said.

"I swim three days per week but what I really think helped me on the day is the four other days of bodysurfing I do every week."

The fitness fanatic believes there's no excuse for anybody his age to not stay fit.

"I'm a swimmer, water polo player, surfer and skier... you've just got to be careful not to get bored and keep cross-training," he said.

He also competes for the Warringah Masters Swimming Club and the Harbord Frigid Frogs Winter Swimming Club.



John Pagden helped save a teenager caught in a rip at South Curl Curl. Photo: Dave Swift

The NSW Association of AUSSI Masters Swimming Clubs Inc. NSW Board 2010–2011

President

Jane Noake

Vice President

Tony Tooher

Vice President Country

Neil Keele

Treasurer

Stuart Meares

Ordinary Members

Stuart Ellicott, Jon Hawton, Sue Wiles

*Supported by Sport and Recreation,
a division of Communities NSW*



Official's Courses in NSW / ACT

Masters Swimming Australia has its own accredited official's courses

Both members and non-members can become MSA accredited officials.

Courses may be conducted by individual clubs, groups of clubs, or by the NSW Branch.

What are the pathways to become an Official?

The table below outlines each of the positions of accredited officials and the courses candidates are required to do to become an accredited MSA official. SAL and overseas officials can fast track the process. Refer to Cross Accreditation and Re-accreditation document at beginning of TECHNICAL section on the National website.

Official Position (with pre-requisites in blue)	Supervisors must have following current accreditation to supervise trainees	Number of assessments to be done per activity
Timekeeper <i>To be done in with General Principles of Officiating (GPoO) Modules 1 and 2</i>	Timekeeper	2 (at club or meet)
GPoO Module 1. Self Management	No assessment for this position. Course Presenter must be approved by Branch officer	
GPoO Module 2. Roles and Responsibilities for Masters Swimming Officials	No assessment for this position. Course Presenter must be approved by Branch officer	
<i>The above must be completed before proceeding to any one of the following. Note that GPoO Module 2 may be done at the same time as any of the 3 following courses.</i>		
Chief Timekeeper	Chief Timekeeper	2 at meets
Check Starter/Clerk of Course	Check Starter	2 at meets
Marshal	Marshal	2 at meets
<i>Candidates must complete all of the above before starting the following</i>		
Starter	Starter/Referee	3 at meets
Inspector of Turns	Referee	3 at meets
Judge of Stroke	Referee	3 at meets
GPoO Module 3. Managing Competition Environment	No assessment for this position. Course Presenter must be approved by Branch officer	
GPoO Module 4. People Management	No assessment for this position. Course Presenter must be approved by Branch officer	
<i>Candidates must complete all of the above before starting the following</i>		
<i>Referee Note there are two parts to this position. Both must be completed before applying for accreditation.</i>		
Event Referee	Referee	3 at meets
Meet Referee	Referee	3 at meets

For information on conducting courses see <http://bit.ly/oeFndU>

For information re officials positions see <http://bit.ly/pGa5eB>

Questions?

If you have any questions regarding any of the information above, contact

- The NSW Training Coordinator (Di Partridge), the Branch Technical Director (Gary Stutsel) or
- Masters Swimming Australia National Office (03 9682 5444)

Training Coordinator's Report

OFFICIALS TRAINING COURSE

A lot of time has gone into the re-accreditation of Officials lately.

The re-accreditation workshops are low key with minimum work to the candidates.

It is a great goal for every club to have at least three members trained to be officials within the next six months. Thereafter three more every six months. This would open up a pathway for accreditation in time for the 2013 National Championships being hosted by NSW.

It is hoped that all new members are alerted to this opportunity to become involved in the technical side of our sport.

It is suggested that clubs look at replacing whistles with Squistles (see below from Hart Sports) or something similar based on OHS issues by passing whistles from one person to another. If they were to be purchased in the next few months we will all have time to become proficient in the use of them for 2012 National titles in Adelaide.



38TH MASTERS SWIMMING CHAMPIONSHIPS—2013

Sydney will be hosting the 38th Masters Swimming Championships in 2013. It is important that all New South Wales swimming officials have attended re-accreditation workshops and are up to date. If you would like the opportunity to be an official at these championships now is the time to start the official

training path.

A reminder to all trainee officials who wish to complete competencies at swim meets. You need to contact the Meet Director of the swim meet and ask their permission. On arrival at the swim meet make contact with the Meet Referee informing them that you have the Meet Directors permission and what competencies you would like to complete. Just turning up and standing in the general area of the position will not get your competencies signed. Trainees must also be supervised by an experienced official in the area of competencies required.

There are two remaining Chief Timekeeper's re-accreditation workshops to be held one before Warringah swim meet 08.10.11 the other before Port Macquarie swim meet 05.11.11. Any time keepers who wish to become Chief Timekeepers are also welcome at these workshops.

Master Swimming New South Wales officials list are starting to thin and we need to re-stock these official positions (if only it was as easy as making a coffee/tea purchase, but it is not) we need people to take up the challenging rewarding career of an official. Officials are people who are part of a team who are fit, focused, friendly and able to make a decision. I urge all swimmers or partners to become an official starting with timekeeping. Remember the more officials available to officiate the lighter the work load.

Just as a side note. After being a witness to an incident in a warm up/cool down lane. Please all swimmers remember when there is only one warm up/cool down lane available that it is a shared zone by many different levels of swimmers. The lane is for warm up/cool down only, not to stand and chat, no sprint or training drills, no diving. Just simply to warm up/cool down before or after your swim. Please take care and consider others in this lane.

Diane Partridge, Branch Training Coordinator
diane.partridge@bigpond.com



Branch, Australian and World Records

(Some of these records may still be provisional at the time of going to press.)

BRANCH RELAY MEET: 3 JULY 2011 (LONG COURSE)

Men

25 Free

Allan Brown (NTS) 65-69 12.48 N

4x25 Free

200-239 Tattersalls 46.56 N

A. Brown, M. Gillis, G. Farrow, C. Fydder

320-249 Warringah

O. Doherty, G. Hannon, T. Ryan, A. Lith

50 Free

John Bates (NSP) 40-44 24.85 B

Allan Brown (NTS) 65-69 28.01 B

4x50 Free

200-239 Tattersalls 1.41.63 N

A. Brown, M. Gillis, G. Farrow, C. Fydder

100 Free

Allan Brown (NTS) 65-69 1.04.37 N

4x100 Free

200-239 Tattersalls 3.48.95 W

A. Brown, M. Gillis, G. Farrow, C. Fydder

320-359 Warringah

R. Muir, T. Ryan, G. Hannon, O. Doherty

4x100m Medley

100-119 Seaside Pirates 4.41.06 N

R. Burchfield, D. Patterson, G. Hill, A. Almenara

Women

4x25 Medley

160-199 Ryde 1.02.09 B

J. Whiteley, N. Clarence, V. Watson, K. Andrews

4x100 Free

200-239 Sandber 5.07.80 N

Y. Janic, T. Fuad, C. Macauley, G. Carollan

4x100 Medley

200-239 Picton 6.09.91 B

M. Wilby, E. Ramon, A. Barnes, P. Reason

200-239 Seaside Pirates 6.48.57 B

S. Rogers, S. Batchelor, J. Noake, L. Buckley

HUNTER FESTIVAL OF SPORT: 9 JULY 2011

(SHORT COURSE)

Men

400 Breast

Mark McDonald (NBT) 18-24 6.40.47 B

800 Free

Val Lincoln (NGS) 85-89 22.01.67 N

800 Breast

Bill Walker (NNC) 80-84 21.03.51 N

800 IM

Clary Munns (NBT) 65-69 14.10.04 N

Women

25 Back

Opal Eddy (NET) 85-89 36.78 B

25 Free

Shirley Claydon (NPM) 75-79 19.66 B

HILLS BPS MEET: 24 JULY 2011 (SHORT COURSE)

Men

25 Free

Ossie Doherty (NWG) 85-89 19.52 B

400 Fly

Clary Munns (NBT) 65-69 7.20.51 N

Women

25 Free

Lynette Stevenson (NBT) 65-69 14.52 N

25 Fly

Lynette Stevenson (NBT) 65-69 16.38 N

CAMPBELLTOWN BPS MEET: 7 AUGUST 2011

(SHORT COURSE)

Men

25 Back

Adam Beisler (NNC) 25-29 13.00 N

100 Fly

Paul Wyatt (NCR) 65-69 1.17.63 N

400 Back

Steve Lamy (NML) 60-64 5.52.95 N

400 Fly

Paul Wyatt (NCR) 65-69 6.28.94 N

Women

25 Free

Sarah Jackson (NCL) 30-34 14.86 B

25 Free

Lynette Stevenson (NBT) 65-69 14.52 N

100 Fly

Helga Duncan (NCT) 70-74 2.02.26 B

200 IM

Helga Duncan (NCT) 70-74 4.00.07 B

400 Free

Pamela Nix (NNB) 40-44 4.47.40 B

400 Breast

Kate Lewis (NCT) 18-24 5.58.18 N

Robin Henze (NWL) 70-74 9.04.82 B

MANLY BPS MEET: 21 AUGUST 2011 (SHORT COURSE)

Men

200 Fly

Paul Wyatt (NCR) 65-69 2.53.94 N

100 Back

Ian Jeffery (NNC) 35-39 1.00.87 N

100 IM

Paul Wyatt (NCR) 65-69 1.17.38 N

Women

50 Free

Lynette Stevenson (NBT) 65-69 32.30 N

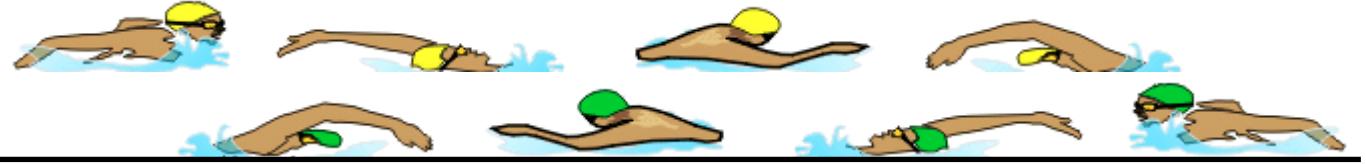
50 Fly

Lynette Stevenson (NBT) 65-69 37.39 N

50 Breast

Barbara Vickers-Baker (NML) 85-89 1.14.59 B

B = Branch record; N = National record; W = World record



Division and Progressive Club Points for 2011

(up to and including the NSW BPS Manly on 21 August 2011)

The progressive tally of club points is updated regularly on the Masters Swimming NSW web site

<i>Place</i>	<i>Club</i>	<i>Points</i>	<i>Place</i>	<i>Club</i>	<i>Points</i>				
Division 1									
1	NWG	Warringah Masters	4663	1	NHL	Hills Masters	556		
2	NNC	Novocastrian Masters	4453	2	NWL	Wollongong Masters	466		
3	NML	Manly Masters	3063	3	NCS	Cronulla Sutherland AUSSI	375		
4	NBT	Blacktown City Masters	2874	4	NTH	Terrey Hills Terriers	358		
5	NRY	Ryde AUSSI Masters	2361	5	NRT	Raymond Terrace AUSSI	337		
6	NCL	Castle Hill RSL Masters	1898	6	NMR	Merrylands	316		
7	NCK	Cessnock Masters	1759	7	NLC	Lane Cove Masters	209		
8	NSP	Seaside Pirates	1503	8	NCB	Caringbah AUSSI	127		
9	NWO	Wett Ones	1498	9	NMM	Myall Masters	83		
10	NPN	Penrith AUSSI Masters	1320	10	NSH	Shoalhaven Seahawks AUSSI	50		
11	NWY	Wyong Wobbygongs	1227	11	NIT	ITAC Warriors	27		
12	NPM	Port Macquarie Masters	1146	12	NMB	Bidgee Masters	0		
13	NNS	North Sydney AUSSI	827	12	NTR	Trinity AUSSI Masters	0		
14	NET	Ettalong Pelicans	651	Division 3					
Division 2									
1	NSA	Sandber	1504	1	NCP	Cook & Phillip Masters	256		
2	NCT	Campbelltown Collegians	1482	2	NLP	Liverpool Leatherjackets	183		
3	NCM	Clarence River Masters	1448	3	NCH	Coffs Harbour Masters	89		
4	NGS	Gosford City Seagulls	976	4	NAM	Armidale AUSSI Masters	43		
5	NMT	Maitland AUSSI Masters	797	5	NTS	Tattersalls Club	20		
6	NTN	Tuggeranong Vikings AUSSI	723	6	NBR	Bush Rangers	16		
7	NBM	Blue Mountains Phoenix	621	7	NCN	Molonglo Water Dragons	0		
7	NPT	Picton Masters	621	7	NGB	Georges River Bullsharks	0		
8	NHS	Hornsby Masters	613	7	NHN	Hunter Masters	0		
9	NCR	Coogee Randwick Masters	566	7	NOP	SOPAC Masters	0		
10	NWS	Wests Auburn Masters	557	7	NPW	Prairiewood AUSSI	0		
11	NSG	St George Masters	523	7	NTM	Tamworth	0		
12	NOF	Oak Flats AUSSI Masters	481						
13	NNB	Nelson Bay Dolphins	376						
14	NMS	Lake Macquarie Crocs	238						

Clarence River Masters

Team “Splash” Fundraiser for Relay for Life

Prior to the Relay for Life, Jane Lawrence formed a team to raise money for the Cancer Council. The team named “SPLASH” set a goal to raise at least \$1500.00. We had two very successful fundraisers with quite a lot of support from our members.

The first fundraiser, a games night, was a huge success with over 50 people having a great night of fun. Over \$1000.00 was raised, a big thank you to those members who attended, and brought friends along.

Our second fundraiser was a Swimathon. Swimmers were sponsored per lap with a time limit of 30 minutes. Laps swum varied between 37 and 20 with some

swimmers getting numerous sponsors. The swimmers were, Ray, Judy, Helen, Dubbo, Jane, Casey, Linda, Lynne, and Jim. This simple event by 10 swimmers raised an amazing \$2284.00 considering our target was \$1500.00, and then to raise in excess of \$3700.00 was way above our expectations.

Jane hopes that our “SPLASH” team can only get bigger and better, thank you to everybody who helped, supported and joined in.

In two years time we do it all again, with Jane behind the organisation, we know it will be another success.

NSW Long Distance Championships—28/8/2011

<i>Place</i>	<i>Club</i>	<i>Points</i>	<i>Place</i>	<i>Club</i>	<i>Points</i>
Combined Team Scores—Division 1					
1	Blacktown City	140	5	Blue Mountains Phoenix	39
2	Novocastrian	137	6	Hornsby	30
3	Cessnock	105	7	St George	20
4	Ryde	97	7	Coogee Randwick Masters	20
5	Warringah	94	9	Oak Flats	19
6	Castle Hill	66	10	Dubbo Redfin	18
7	Manly Masters	57	11	Wests Auburn	10
8	Penrith	56			
9	Seaside Pirates	48			
10	Ettalong	39			
11	Port Macquarie	20			
12	Wyong Wobbygongs	18			
Combined Team Scores—Division 2					
1	Tuggeranong	99	1	Cronulla Sutherland	57
2	Campbelltown Collegians	90	1	Merrylands	57
3	Nelson Bay	75	3	Myall	33
4	Gosford	58	4	Shoalhaven	10
Combined Team Scores—Division 3					
Combined Team Scores—Division 4					
1 Tamworth 19					
<i>Trophies will be awarded at the Short Course championships in October.</i>					

Accreditation Update

Congratulations to the following new officials, who gained accreditation between June and August 2011:

COACHES

Lloyd Mills	Coogee Randwick Master Swimmers	Level 1M course 2010	June 2011
Jennie Morgan	Manly	Timekeeper	June 2011
Ann Reid	Tuggeranong	Inspector of Turns	August 2011
Suzanne Millar	Manly	Timekeeper	August 2011

MILLION METRE AWARD WINNERS

Applications have been submitted for these swimmers clocking up the metres!

Ten Million	Colin Cliff	Wests Auburn Masters
Three Million	Barbara Briggs	Campbelltown Collegians

Vale

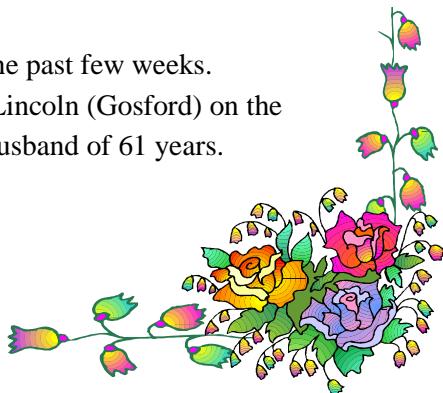
Our thoughts are with the families of Bill Cambridge (Swansea) and Barry McGregor (Clarence River Masters) on their recent passing.

Bill was a frequent carnival attendee up until the last year of his illness, and Barry was a beloved coach of the Clarence River Masters Club.

Our thoughts are with the husband and young family of Vanessa Webber (Blacktown), Who lost her battle

with cancer in the past few weeks.

Also to Val Lincoln (Gosford) on the passing of her husband of 61 years.



Timekeepers

One of the most important positions at all of our meets is the timekeeper. The timekeeper has to remain alert at all times so they provide each swimmer with an accurate time for their swim. When we have a long distance event it is even more important because we have split times recorded by the timekeepers for the swimmer. We all expect that the timekeepers will give us an accurate time for every swim. Yet we have difficulty in getting timekeepers often, and at other times they are distracted.

What happens if they are distracted? They miss the swimmer finishing and so there is no time, or only one time and in some cases that means the swimmer cannot claim the record they are entitled to claim. Another possibility, with long distance, is that the swimmer does not have an accurate split sheet, and they end up swimming an additional 50 or 100 M. If it is a 1500 M event that makes it 1600 M.

Unfortunately these events occurred at a recent Championship Meet.

We need our timekeepers to be efficient and remember when they are swimming they expect accuracy. In 2013 we will have the National Championship in Sydney. We will need to have our officials for that event and we need to have the timekeepers knowing exactly what they are doing

and being committed to supporting each other as timekeepers and swimmers. We are there for each other.

We need the younger members to start the officials pathway so we have officials moving up the ranks, continually. We need the new officials so we have officials in the future. As Gary Stutsel points out elsewhere there needs to be a succession “plan” for the officials.

Please consider the picture if the younger members do not become officials as the older ones – “move out” due to a variety of circumstances. WE NEED YOUNGER MEMBERS to step up and start their training as officials and understand the Rules of Swimming and their interpretation.



Being an official is rewarding in that you can assist other members to ensure they are following the rules of swimming, and when officials are consistent and fair then all swimmers appreciate comments and decisions because they have been given by professionals who are really trying to assist their fellow swimmers.

Technical Matters

Officials Moving On—Or Is It OUT?

Two of our referees are moving on. Di Coxon-Ellis and husband Colvin (one of our starters) are setting out on their great round Australia venture after retiring.



Gillian Laughton and husband Bruce are moving to Victoria to be closer to family.

This with the near loss of Gary Stutsel means that some of our younger officials need to get cracking and complete the courses and practical exercises that will qualify them as referees.

For information on what courses are required speak to Di Partridge or Gary Stutsel or look at OFFICIALS COURSES on the NSW website:
www.mastersswimmingnsw.org.au.

Gary Stutsel, Branch Technical Director





Masters Swimming NSW Calendar 2011

BPS - Branch Point Score Meets

SC - Short Course; LC - Long Course

Meet date 2011		Host club / type of meet / course	Closing date at host club
SEPTEMBER	18 (Sun)	Seaside Pirates BPS SC	Closed
OCTOBER	8	Warringah Masters BPS SC	23/09/2011
	22-23	NSW SC Championships CISAC, ACT	Wed 05/10/2011
NOVEMBER	5	Port Macquarie BPS LC	21/10/2011
	19	Novocastrian BPS LC	04/11/2011
	26	Tuggeranong Challenge	11/11/2011
DECEMBER	3	Wests Auburn Long Distance LC	18/11/2011
	10	Raymond Terrace BPS LC	25/11/2011

Branch Banter

Hello Masters Swimmers,

It is still with awe that I take the reins from Di Coxon-Ellis.

I see from my first few weeks at this desk that I am going to be busy and wading through much unfamiliar territory. I crave your indulgence as I attain my water wings and hope to graduate to fins soon. Please bear with me as we all find out exactly how much Di did for us all and how much I have to learn.

It is difficult doing justice in saying farewell to Di. She held the reins firmly for many years and was a font of all knowledge. Although Di has not gone far away yet, she and Col are taking off 'on the wallaby' soon



and plan to visit many clubs both inter and intrastate. Wait for a knock on your door!

There was a wonderful, warm farewell dinner and it was clear just how many hearts held her dear. I know she will keep in touch but already says how busy she is in retirement and asks how she ever found time to work.

For me, having a good time is high on my list of priorities and that's where swimming comes into my life. Not only do I like to swim competitively with Masters, I also race with Lawson Amateur Swim Club and throughout the summer I hoof off to any beach that holds an ocean swim race. My downtime sees me as a Learn to Swim Instructor at Katoomba Pool.

I hope to see you all on pool deck, please come and say hello. Putting names to faces will ensure, for me, our Fun, fitness & friendship brag.

Cheers, Jillian
Branch Administrator



Next SPLASH Deadline



The deadline for copy for the December 2011 issue of *SPLASH* is:

Friday, 18 November 2011.

Copy received after this date will not be included.

Please email your interesting articles, reports and photos to:
splasheditor@mastersswimmingnsw.org.au, or post, fax or email them to
the branch office by this date.



SPLASH

Newsletter of the NSW Branch Masters Swimming Australia Inc.

The views expressed in *SPLASH* are not necessarily those of the editor or the Board of Masters Swimming NSW. We try to give all members a fair say in this, their own magazine, and welcome the views and correspondence of ALL members.

Advertising Rates

Full page	\$180
Half page	\$100
Quarter page	\$80

The rate for club meet ads is \$45 (one-sixth of a page)

Clubs wishing to advertise their meets must have them sanctioned by the newsletter deadlines.



Websites

Masters Swimming Australia
NSW/ACT Branch
2012 National Championships, Adelaide
XIII Australian Masters Games
Ocean swims

www.mastersswimming.org.au
www.mastersswimmingnsw.org.au
www.aussisa.org.au
www.australianmastersgames.com
www.oceanswims.com



MASTERS SWIMMING NSW

PO Box 6941
Silverwater NSW 2128

**POSTAGE
PAID
AUSTRALIA**