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March 2012

Vale Peg Wilson—74 years young

Peg had a swimming career spanning 70 years and won her first swimming race at age 8 years. In 1954, Peg was 16 and living at West Wyalong where she won every distance and stroke in her age division. She was noticed and went off to train with the Frank Guthrie Team at North Sydney Pool, meeting her hardest rival – Dawn Fraser.

“She was always better than me, but I could hold her for 30 metres in a 50 metre sprint, but I still hold the record for the most rides on the Big Dipper at Luna Park”.

In 1956 a return to West Wyalong and teaching swimming here and Cootamundra.

Family and travel were a focus but in 1973 a move to Tamworth brought Peg back to competitive swimming with the formation of the Tamworth AUSSI club.

As an AUSSI Masters swimmer, in one year she held the fastest time record in her age group in every event. Peg was President of Tamworth AUSSI for 14 years, as well as State President.

Highlights:

- Peg won the Australian Marathon Championship
- Narrabeen Lake Swim – 3 times
- Lake Macquarie and Port Stephens swims
- World Masters
- First official crossing of Lake Keepit, January 1977 – a distance of 9.6 km in around 3 hours
- Peg wanted to be the first grandmother to swim the English Channel but other events halted it
- Peg’s relentless drive to improve infrastructure at Tamworth Pools, including access ramps, steps because “Wee Waa had it. Why don’t we in Tamworth?”

- Charity swimming carnivals for cancer and WESTPAC Rescue Helicopter
- Set 5 national records for her age in her 50s and 60s and about a dozen state records.

Special requests and quotes from the great lady herself:

- “I sure taught a lot of people to swim”.
- “Breathe / Blow. Breathe / Blow”.
- She was so proud of all her grandchildren, especially in the pool and recently Emily Grellman being selected in the Australian Under 16 Water Polo squad to tour New Zealand in June.
- Peg loved swimming at Scully Park Tamworth. She would always ask to be taken to the pool and once said she hoped her days on earth ended in the pool at Scully, much to the horror of Cameron, as he would have a mountain of paperwork and many “please explains”!

Personal note: Trent Owen

- “Peg taught me to swim at the famous backyard pool in Upper Street, Tamworth
- I was constantly getting in trouble for being on the bottom of the pool with Peg always saying “Don’t worry, he’s got to come up for air sometime!”
- Peg said – “I got a lot of pleasure knowing they could save themselves in the water”
- I made a career of it!
WESTPAC Rescue Helicopter Crewman.

Peg made swimming a joy for everyone.



NSW Relay Team for the 14th FINA World Masters Championships

FINA World Masters Championships 2012 are taking place this June in beautiful Riccione, Italy. While not everyone will be able to attend this meet, for those who can it would be great to combine forces in NSW and attend the competition as a united team. It has been proposed that all people planning on attending the World's, join the NSW Bushrangers in addition to their own club. This will allow us to enter more relays as one team and for NSW swimmers a chance to get to know each other.

How it works:

1. Become a Second claim member of NSW Bushrangers by contacting Jillian at Masters Swimming NSW.
2. Enter online for FINA World Masters Championships with your NSW Bushrangers information for 'club'. (<http://www.finamasters2012.org/entries.asp>)
3. Notify Christina Echols: (christina.echols@gmail.com) if you have entered as a NSW Bushranger, relays you are willing to swim, age as of Dec 31 and estimated times. You will be

added to a "World's NSW Bushranger Mailing list" and kept up-to-date on the status of the relays entered. (Please enter and notify Christina by March 31 to allow time to enter the relays).

4. Volunteer on 2 potential ideas...

Social: Organise a NSW Bushrangers team dinner during World's.

Equipment: Design, take orders, and distribute team equipment (e.g. caps, t-shirts, water bottles, etc).

5. Stay tuned on further updates.

***Note: If you prefer to create relays only from your own club and want to be recorded as your local club, then do not join Bushrangers. However, on the international scene, it makes a far better impression to attend as one State club.*

With this approach, we hope to represent as one at World's and show the strength of the NSW swimming community on the international stage!

REWARDING TIMES IN RICCIONE



We invite you to travel with us to the 14th FINA World Masters Championships, 6 – 18 June, 2012

“Let us take care of all your travel needs, while you concentrate on your swim preparation!”

Tour Packages now available!



Download our Tour Packages at www.sportstours.com.au/tours-packages/swimming or Phone: (02) 9922 6166 / Toll Free: 1800 242 987 / Email: info@sportstours.com.au

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

President	Jane Noake
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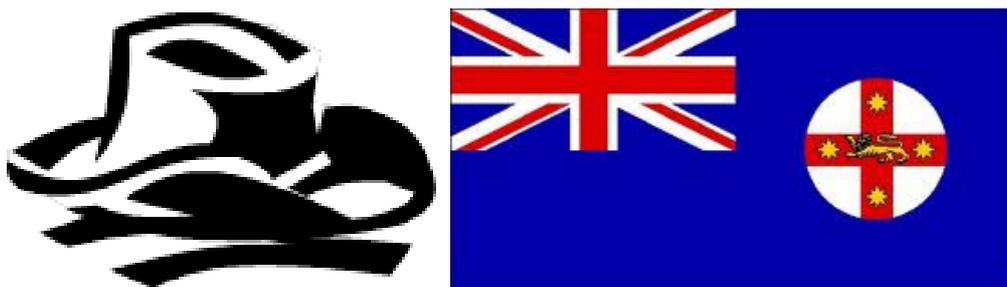
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Are you going to Italy????



Then help make a splash, enjoy being part of Team NSW, and get yourself on some relays... become a second claim member of NSW BUSHRANGERS today!



Entries close at FINA 23 April 2012

*** **STOP PRESS** ***

Send us your ideas for a campaign to attract members to your club and to develop interest in Masters Swimming.

Funding is available to help develop your plan.

This is an opportunity to be creative!



Email your ideas to admin@mastersswimmingnsw.org.au



Noel Partridge was awarded Cessnock City Council Sports Administrator's Award for 2011

Meet Reports

Novocastrian Masters: 19 November 2011

A beautiful day greeted us in God's country and a team of Novocastrian members gathered early to prepare for our day in the sun.

This year entries topped 170 and we were caught with our pants down as previous years the numbers were in the low 100s. Meet Referee Phil Murray decided that because it looked like being a long day we should get swimmers in the water as soon as possible. A number of the 400m swimmers were able to get their swim over with and by the time of the 11am scheduled start we were well on the way. Phil was able to keep to the programmed timetable comfortably in check for the rest of the day.



It was wonderful to welcome a team of 10 swimmers for the first time from the Sandbern Aquadots club and we hope to see them again next year.

We congratulate record breakers Pam Nix, Ian Jeffery and multiple record breaker Paul Wyatt. Our own 120+ mens 4 x 100m relay team of Ian Jeffery, Adam Beisler, Paul Murray and Sam Wallace set a new National time for this event.

Visiting club trophy went to Warringah with Sandbern runner up and the average points trophy to Cessnock with Ryde runner up.

Many thanks to the officials for their wonderful work in particular our Cessnock friends Di Partridge (Meet Referee) and Phil Murray (Meet Director). Our club is fortunate to have a willing band of members and their families who never hesitate to step up to the plate and do whatever is necessary to ensure the day runs smoothly. We are also fortunate to have a strong support from Lake Macquarie Council and in particular the pool staff at the Charlestown pool who do

everything possible to help make our day a success.

We apologise for the delay at the end of the day to post the final results and we are working to ensure these problems will not be duplicated again.



As usual our friends from Warringah club came in force and many stayed over in Newcastle to attend our annual dinner/get together where numerous stories, lies and jokes are told. This year two of the Novo non swimming wives were able to show their swimming knowledge and take the 'Quiz of the Year' from two experienced visiting Warringah members and received a substantial trophy and gold medals. Our visitors retaliated and presented T shirts incorporating the logo of both clubs.

Gerald the 'Golden Turkey' headed back down the freeway to spend Christmas and the new year on the Northern Beaches.



Wests Long Distance Carnival: 3 December 2011

The weather was cool and overcast. We had 83 swimmers from 21 clubs entered to swim.

We swam most events with staggered starts, allowing us to finish by 5pm.

During the day 15 State records 7 National and records were broken.

Congratulations to Paul Wyatt (3), Stephen Lamy, Jacqueline Robinson, Clary Munns and Bill Walker for breaking National marks.

Congratulations to Jacqueline Robinson (3), Pamela Nix (2), Pam Munday (2), Naomi Watson, Michael Parkinson, Lann Dawes, Michael Gordon, Dennis

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Moore, Peter Kaupert, Paul Wyatt and Owen Sinden for eclipsing State times.

A reminder for swimmers who may wish to make an attempt at breaking a record, that they need to let the chief timekeeper know well in advance. Two timekeepers are sufficient for a state or national record, but THREE are needed to have a world record recognised.

Well done to all our swimmers - to the winners and everyone who entered and swam their events.

Thank you immensely to our visiting officials on the day: Jane Noake, Sue Johnstone, Daphne and John Kulhan, Jodie Burke, Marilyn Earp, Peter Hurdis, Dennis Moore and Jamie Turner. Also thanks to all the timekeepers and helpers behind the scenes.

Thanks to all the Wests members who put in a really big effort all day. Everything seemed to run smoothly, with many positive comments received.

Our raffle was very well supported - thanks to our sponsors, Dooleys Lidcombe Catholic Club and Big Island Sports, as well as everyone who bought a ticket!

Next year we will hold a BPS carnival, whilst the Hills club runs a short course, long distance carnival (State runs a long course carnival in 2012).

Terry Gainey
Carnival Co-ordinator

Raymond Terrace Masters: 10 December 2011

Once more our carnival proved to be both popular and successful. Being so close to Xmas and New Year festivities is difficult to attract many clubs and entrants as most have many other activities to attend. However, the weather was kind as we had had a great deal of wet, cool weather.

As usual, our club needs to accept a great deal of assistance from our Hunter neighbours, namely, Cessnock, Maitland and Novocastrian for which we are most grateful. Without their support the club would be unable to hold the event.

We had 23 clubs attend and welcome those from far afield, namely Dubbo, Port Macquarie, Campbelltown and Wollongong.

Being the final event of 2011 clubs were anxious to gain as many points as possible to improve their final point scores.

The raffles always prove popular winning hams and Xmas hampers, etc.

Clubs seem to enjoy our big event of the year at the Terrace, so we look forward to welcoming you all same place next December 2012 and wish all AUSSI Masters the very best for the coming year 2012.

Yours in Fitness, Friendship and Fun,
Jan Finn

Gosford City Seagulls: 21 January 2012

Saturday January 21 2012 saw Gosford City Seagulls hosting the first Central Coast BPS – at Gosford Olympic Pool. The weather was not particularly kind but that did not deter many of the entrants for the meet and those in attendance enjoyed themselves.

This year we had our first Victorian swimmer – Welcome John.

We have also opened up our meet to other interested older swimmers as invitees, but we had no entries this year.

During the meet, Tony Goodwin from Manly successfully beat the World Record for 200 M Breaststroke 75–79 Men age group. FINA has recognised the time as a World Record. Congratulations Tony!

Other Branch or National records which were achieved

85–89 Women: Liz Wallis - 200 M Freestyle;
280–319 Women: Liz Wallis, Kay Burton, Sue Wiles and Nerida Murray - 4 x 100 M Freestyle Relay;
60–64 Men: Stuart Ellicott - 100 M Breaststroke and 50 M Breaststroke;
75–79 Men: Tony Goodwin - 100 M Breaststroke and 50 M Breaststroke;
Wett Ones won the Overall Point Trophy.

Thanks to the professional officials who assisted with the smooth running of the meet. We had a mix of Masters and SAL officials. There was also a list of volunteers and most officials and volunteers were acknowledged in the program. Our young runner, Patrick, did a great job with other tasks as well. Our acknowledgement of Ettalong Pelicans who assisted in keeping the warm up / warm down lane supervised, in particular David. Thank you.

Phil Murray was Meet Director on the day and ensured we kept to the program times. An excess of time was included so that there was plenty of time allowed for the 4 X 100 M relays as there was no idea

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how many teams and thus heats would be run. It also meant that we were able to catch up time and finish earlier than the suggested finish time. **Hint:** please consider this point if you decide not to be at a meet at the starting time because ALL times for starting events are only suggested and as in this case you may have missed your swim.

Thank you to the Gosford Seagulls Team which set up and ran the event, including Gosford Stingrays members / parents who are part of our team.

Our team of recorders also need to be recognised

and thanked.

2012 was the 29th year of Gosford City Seagulls and hopefully we will have a BPS Meet on January 19 2013, just before the 30th anniversary on February 02 2013. We are considering something special for that event and other celebrations for 2013 and hope we will have a larger roll up for such a meet.

Hopefully we will still have a pool as well!!

President
Gosford City Seagulls



Masters Swimming NSW Calendar 2012

BPS - Branch Point Score Meets
SC - Short Course; LC - Long Course

Meet date 2012		Host club / type of meet / course	Venue
APRIL	14-17	37th National Masters Swimming Championships LC	Adelaide SA
MAY	05	Ettalong Pelicans BPS SC	Woy Woy
	19	MSNSW AGM, Sports House	Sydney Olympic Park
	26	Wett Ones BPS LC	Sydney University
JUNE	10-17	14th FINA World Masters Swimming Championships LC	Riccione, Italy
	09-10	Clarence River Masters BPS SC	Yamba
	23	Trinity AUSSI BPS SC	Trinity Grammar School
JULY	14	Hunter Festival of Sport SC	Toronto
	22 (Sun)	NSW Relay Meet SC	SOPAC—Diving Pool
AUGUST	05 (Sun)	Seaside Pirates BPS SC	Knox Grammar School
	19 (Sun)	Manly BPS SC	Abbotsleigh School
SEPTEMBER	01	Ryde BPS SC	Ryde
	29	Lake Macquarie Crocs BPS SC	Toronto
OCTOBER	06	Warringah Masters BPS SC	Warringah
	20-21	NSW Short Course Championships	Woy Woy
	27	Port Macquarie BPS LC	Port Macquarie
NOVEMBER	04 (Sun)	Hills Long Distance SC	Galston
	10	Novocastrian BPS LC	Charlestown
	25 (Sun)	NSW Long Distance LC Championships	Blacktown
DECEMBER	01	Raymond Terrace Masters BPS LC	Raymond Terrace
	08	West's Auburn BPS LC	Lidcombe

Training Coordinator's Report

In 2012 MSNSW will conduct 20 Branch Point Score swim meets plus championships. On the average each swim meet needs 16 officials to conduct a successful professional swim meet. Branch, National and World records can be broken at any of these swim meets. Not only does the pool have to be surveyed for the correct size you also need to have the correct quantity of accredited officials. This means in 2012 MSNSW will need the assistance of 320 officials. Based on last year's figures only 77 officials were utilised. There are another 123 officials on the MSNSW Officials List that is sent to clubs for selecting officials for their swim meet. My question is where and why are the other 46 qualified officials not being utilised. Please, if you are an official and not receiving any offers to officiate and wish to officiate at MSNSW swim meets talk to the clubs who have swim meets coming up and offer your services. This needs to be done 12 – 14 weeks before the swim meet date. It may take a few offers before you hit the jackpot. Organisers of swim meets please give these officials a go. Unfortunately the 77 hard working officials are all getting older and there are few younger ones coming along to replace us.

So that MSNSW can remain a strong swimming movement we need younger members to take on the enjoyable challenge of officiating.

Courses Available

Date	Swim Meets	Courses
17 March	NSW Long Course Championship	Starter and Starters re-accreditation workshop
5 May	Ettalong Pelicans	Chief Timekeeper and Marshal/Check Starter/ Clerk of Course
9 or 10 June	Clarence River	Starter and Starters re-accreditation workshop
14 July	Hunter Festival of Sport	Timekeeper and GPoO 1 and Marshal/Check Starter/ Clerk of Course
1 September	Ryde	Chief Timekeeper

All courses are conducted before BPS swim meets starting one hour before warm-up at the pool. If you are going to attend a course please download the

candidate notes and activity sheet from the National website of your chosen course. If you have any problems with this please email DiP:

diane.partridge@bigpond.com or phone 0428779985.

Please email or phone DiP of your intention to attend a course. Once you have completed your competencies you need to officiate in those positions a few times as a qualified official to gain experience before continuing on to the next official course. Remember one course at a time. Please refer to the table below for your eligibility to attend your chosen course.

Official Position (with pre-requisites)
Timekeeper
<i>To be done in with General Principles of Officiating (GPoO) Module 1</i>
GPoO Module 1. Self Management
GPoO Module 2. Roles and Responsibilities for Masters Swimming Officials
<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
Marshal/Check Starter/Clerk of Course
<i>Candidates must complete all of the above before starting the following</i>
Starter
Inspector of Turns
Judge of Stroke
GPoO Module 3. Managing Competition Environment
GPoO Module 4. People Management
<i>Candidates must complete all of the above before starting the following</i>
Referee
Note there are two parts to this position, Event Referee and Meet Referee. Both must be completed before applying for accreditation.

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



Technical Matters

COMPETITIONS

Recent competitions and the January Officials Workshop, have highlighted several matters needing attention by clubs, officials, coaches and swimmers. The most pressing is relay-teams, and this is addressed in a separate article in this issue titled "Relay Teams". The other matters are:

- Warm-up/swim down during competition
- Checking swimmers' names
- Chief Timekeepers
- Double-Arm Backstroke flip-turn
- Breaststroke and Butterfly touches.

Warm-up/swim down during competition

Please be aware that if only one lane is available during competition, that you must not do a dive entry to the pool. To avoid accidents and undue disturbance to swimmers who are racing, you may only swim freestyle or breaststroke. Drills, backstroke and butterfly are not allowed.

Checking swimmers, names

Timekeepers or other officials may ask you your name either before the start of an event or when you have finished swimming. Please be civil to them as they are doing this to ensure your correct time is recorded to you, not to someone who has slipped into your dedicated lane by mistake.

Chief Timekeepers

Please be aware that it is often difficult for the referee to identify you especially in the 50m events (in 50m pools). You can help by wearing a fluoro vest or bringing your own clipboard with a fluoro back for better visibility.

Double-Arm Backstroke flip-turn

The rule governing backstroke turns is SW 6.4 and of particular importance are the MSA clarifications to the rule. This rule has changed several times in the past 10 years but the current rule does not require the swimmer:

1. to do a somersault after turning over the vertical to the breast;
2. to do a continuous single arm pull or a continuous double arm pull.

It is MSA's view that these changes were made to allow for the swimmer who turns over too close to the wall and is forced to grab or touch the wall.

The second clarification states that kicking of the

legs on the breast is allowed if it is part of the turning action. This means that double-arm backstrokers who wish to turn onto the breast and grab or touch the wall must time their turn onto the breast so they do not kick before they commence to move their arms. Naturally they must touch the wall with some part of their body (e.g. the hands) before pushing off on their back.

Breaststroke touches

Breaststroke rule SW 7.2 specifies a cycle of one arm stroke followed by one leg kick from the start and throughout the race. SW 7.3 states that the "hands shall be pushed forward together from the breast on, under, or over the water".

This means that swimmers cannot follow their last arm pull with a second little arm pull or if almost at the end wall when they complete a kick with a second kick. On their last stroke they can lunge at the wall so their elbows may break the surface in order to make the touch, which can be made with the finger tips.

Butterfly touches

Rule SW 8.2M specifies that "both arms must be brought forward over the water... throughout the race." This means that if the arms fall just short of the end wall the swimmer cannot do a little scull stroke to touch. They can either kick in, glide in, or do an extra complete stroke, depending on how far they are from the end wall.

If you have any questions about these rules please speak to a friendly referee or email:

technical@mastersswimmingnsw.org.au

Relays are not only fun to swim in, they are very important to clubs because double points are awarded for each place in each age group.

At recent meets a few relay teams have had to be disqualified because they did not follow the rules. The National rules for relays can be found at **SW 10 The Race** in the MSA Swimming Rules (see www.mastersswimming.org.au/Rules).

RELAY TEAMS

At most meets you must nominate the number of relay teams you want to enter along with your individual entries. You will not have to name the swimmers until the day of the meet (to allow for sickness and other absences).

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Swimmers must be registered and financial by the closing date for the swim meet for their team to be eligible to score BPS points.

It is essential that the person responsible for entering relays on the day of the swim arrives at the pool with a list of:

- all club members who have entered, including their names;
- age in whole years at 31/12/yyyy, (2012 this year);
- sex, and if possible;
- times for the strokes and distances to be swum.

Relay teams have 4 swimmers unless the program states otherwise. There are three categories of teams:

- Womens: four women
- Mens: four men; and
- Mixed: two women plus two men (in no set order of sex).

In BPS meets each swimmer may swim only once in

each relay event. For example, in a 4 x 50m freestyle relay, a swimmer may swim in a women's team (or a men's team as the case may be) or a mixed team, but NOT in BOTH a women's team (or men's team) and a mixed team.

The age group of a team is determined by adding their four ages in whole years as at 31/12/yyyy. Part years cannot be included in the total.

The relay entry form must be completed and checked to ensure all details are correct.

Swimmers must swim in the order that their name appears on their entry (see Rule SW 10.13M) and **swimmers cannot be substituted without permission** (see SW 10.12M). Failure to comply with the rules will result in disqualification of the team and no points being awarded.

Gary Stutsel
Branch Technical Director

Branch Banter

To quote Oscar Wilde: "I am not young enough to know everything".

Christmas came and went and so did the first 6 meets of the year. Just think, only 18 meets to go before Christmas! The office has been busy with re-registrations, payment of Club fees, wrestling Annual reports out of Clubs and gathering nominations for honoured positions. The new look website was launched thanks to the hard work of Helen, Peter, Lynette and Lindsay, also Sarah in the National Office. Our Officials enjoyed an intense training day in January thanks to Di Partridge and Gary Stutsel. Then the State Championships loomed large and are now disappearing behind us. Fast forward to the National Championships in Adelaide and you ask what's next? The AGM of course!

I had the pleasure of receiving the submissions for Coach of the Year nominees, namely Adam Beisler (NNC), Gordon Whyte (NWG) and the winner Danny Crowe (NWO). Congratulations to all three gentlemen. You do a fabulous and much appreciated job for your clubs.

Congratulations to Paul Bailey (NWG) on receiving the Ian Davis Award at the State Championships. Paul is a great personality who puts a smile on your face just by saying hello. I'm lucky enough to bump into him at Ocean swims as well as pool meets and I always look

forward to seeing him.

Sadly there were NO submissions for Official of the Year and I wonder what that says about the position our Officials have in our minds? Do we really take them for granted? To all the volunteers that I saw at the State Championships I say a big thank you, more than big - Huge! You appear tireless, good humoured and so very willing.

After the presentation of towels to our BPS winners it was asked of me could we present something other than towels? Could we? Does anyone have suggestions as to what you would like to receive?

Finally, before the next edition of Splash hits your inbox many members will be in Italy for the 14th FINA World Masters Championships. Christina from NNS is working hard at organising Branch relay teams and social activities to make the most of Riccione.

Good luck to you all, fly the flag high and swim strong. Perhaps you'll hear the yell "oi, oi, oi".



Paul Bailey receiving the Ian Davis Award at the State Championships

Jillian
Branch Administrator

SPLASH Deadlines for 2012

Submission deadlines for our Branch newsletter *SPLASH*.
Please submit copy strictly by the following dates or preferably beforehand:

Autumn Issue **Friday, 1 June 2012**
Winter Issue **Friday, 17 August 2012**
Spring Issue **Friday 16 November 2012**

Copy received after these dates 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 these dates.



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

www.mastersswimming.org.au

NSW/ACT Branch

www.mastersswimmingnsw.org.au

2012 National Championships, Adelaide

www.aussisa.org.au

14th FINA World Masters Championships, Italy

www.finamasters2012.org

Ocean swims

www.oceanswims.com

Records, Ranking and Results

www.portal.aussi.org.au



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