

Splash-e

July 2013

2012 Heroes

- **Jenny Whiteley** – broke 7 world records 2013
- **Liz Wallis** - female swimmer of the year
- **Tony Goodwin** - Male swimmer of the year
- **Roger Dietrich** - Gary Stutsel Award for most advancement of NSW AUSSI
- **Wendy Seale** - Coach of the Year
- **Diane Partridge** - Official of the year
- **Tuggeranong Vikings** - Club of the Year

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Phoenix champion arises again

Liz Wallis was unable to attend the NSW branch AGM last May so she didn't know until later in the day that she was the recipient of the MSNSW 2012 Female Swimmer of the Year. Two of her fellow swimmers received the award on Liz's behalf and arranged to hand it over to her. Fortunately for the swimmers, who live in the Blue Mountains, this involved taking a trip to Manly, so there were smiles all round.

When Blue Mountains Phoenix president Sue Wiles officially presented the trophy to her, Liz mentioned that this was the second time she had received the award of female swimmer of the year. The first time was in 1983, but because the list of female recipients on the MSNSW website only goes down to 1986 no-one else

was aware of that. The other Phoenix swimmer on that list is Kathy Dobson, who received it in 2007.

The award of female swimmer of the year is for the swimmer whose performances are judged the best for the previous season. In summary, this was Liz's performance during 2012:

* Masters Swimming top 10 rankings: 10 firsts and 4 seconds (freestyle and backstroke, short course and long course)

*Masters Swimming records: 4 branch and 4 national individual plus 2 branch and one national relay long-course records, and 6 branch and 2 national short-course records (freestyle and backstroke).

Another exciting revelation Liz made on the day of the presentation was that in 2012 the 280+ Blue Mountains Phoenix women's 4 x 100 freestyle relay team achieved a ranking of third in the FINA Masters world top ten. This surprised the other three swimmers in that relay team—Kay Burton, Nerida Murray and Sue Wiles. While Kay and Nerida have at various times placed in the world top ten this was a world first for Sue, the fourth and newest swimmer.

Further research showed that: in 2012 Liz Wallis had 6 individual placings in the FINA world top ten, 5 individual long-course placings in the short-course world top ten and 3 relay placings in the long-course world top ten

So congratulations, Liz, both on the achievement of receiving your second female swimmer of the year award and on notching up 14 world top ten placings last year alone.

Sue Wiles



Liz Wallis and Sue Wiles

Training with Olympians

On Saturday and Sunday the 15 and 16th of June eight intrepid Wett Ones braved the Melbourne winter and travelled south of the border to



attend The Glamourhead Sharks swim camp. The weekend consisted of four 1.5 hour pool based master classes on

each competitive stroke, focusing on starts/turns, drills and individual stroke correction. Our coaches for the weekend were Olympians and World Champion swimmers Matthew Targett, Ashley Delaney and Sarah Katszoulis. There was a stretching session which can only be described as 'yogalates' and it really identified the 'Gumbies' amongst us! Hamstrings barely intact after being stretched to the limit saw us attend a session on nutrition which proved that food is a passionate topic for all! The weekend was fuelled by dumplings, Lindt hot chocolates, cake, coffee and some nocturnal escapades made for interesting breakfast fodder. Saturday

night saw us all going Greek and enjoying a lovely dinner with our Melbourne based brothers and sisters. Thanks to VGS for their invitation and the coaches for being genuinely interested and taking the time out of their busy preparations for the upcoming world championships in Barcelona. More information about the Glams is on their web page <http://www.glamourheads.org/>

Nominations for
the Betty Grant
award close 12
July—nominate a
60+ star from
your club!

Betty Grant memorial Award 2012 nominations

Nominations are called for any NSW who is 60 or older.

The criteria for selection are:

- Participation in carnivals
- Performance, improvement in times or records or placings in championships
- Participation in NSW endurance 1000 swim program
- Any factors limiting competitiveness such as

medical disability, new to swimming

- Accreditation as technical official
- Other contribution to club and branch activities
- Any other factors that may be relevant

Award: Perpetual trophy and memento

Presentation: Presented at State Relay Meet

Nominations should be submitted with a case outlining why the person merits the award.

Closing date : 12 July, 2013
Betty Grant Memorial Award Nominations, PO Box 6941, Silverwater NSW 2128

Email: admin@mastersswimmingnsw.org.au

ARENA Powerskin recall

The following Arena Powerskin Carbon-Pro racing suits have had the FINA approval withdrawn. If you purchased one of these suits Arena will replace it with a Mark II but it may take six weeks to get your replacement.

AR220993 woman full body open back

AR220994 woman full body closed back

AR141364 man jammer

'The company has expressed profound apologies to all consumers from the inconveniences caused by Arena's decision'



Manly Masters Meet

The Manly meet at Abbotsleigh College pool in Wahroonga on 23 June was a great success. An indoor pool is a good place to be when it's cold and rainy. As usual the standard was high with 31 clubs competing. Manly came out tops with 790 points followed by Warringah on 655 and the Novocastrians on 509. A great show by the out-of-towners.

The star of the meet was Jenny Whitely from Ryde. She broke the world record for the 100 IM in the 55—59 age group with a time of 1:10.6. The previous record holder was Laura Val of the United States who swam 1:12.90 in November 2009. Val, as you may know, is a bit of a legend

in masters' swimming. In a single freestyle race in 2011 she broke every 60-64 age record between 50m and 1,500m.

This is Jenny's seventh world record this year. She has conquered the long and short course breaststroke events. Now she's moving on to the other strokes. So watch out for Jenny this year she's on fire!



July 2013

Carnivals coming up

21 July - NSW relay meet

[2013 NSW Relay Meet](#)

Sydney Olympic Park, Short Course 25m

4 August - Seaside Pirates

[BPS Meet 2013 Seaside Pirates](#)

[BPS Meet 2013](#)

Course 25m

31 August Ryde BPS

[Ryde BPS meet](#)

Course 25 m

8 September NSW Long Distance Championships 2013 [NSW Long Distance Championships 2013](#)

Knox Grammar Short Course 25m

19-20 October—NSW Short course Championship 2013 [NSW Short Course Championships 2013](#)

Canberra International Sports and Aquatic centre



Open water

On 23 June the Winter Solstice Swim at Mona Vale was held despite the rain and the cold. The surf was up so the event was held in the relative calm of Bongin Bongin Bay. The field was reduced to a small group of hardy souls, many of whom took the wussie option of wearing a wet suit. The 1.2 kilometre swim had just four categories, male and female wettie and newd (no wetsuit, not really nude!). Swimmers were rewarded with a cup of homemade minestrone on completion of the swim. This is the first swim in

the ocean swimming season of 2013-14. The next NSW event will be towards the end of October at Narrabeen



Braving the waves at the Winter Solstice Swim, Mona Vale

Splash-e

Exotic swims coming up

Samoa swim series

Three swims over three days
July 31-Aug 2, 2013. Distances
2 km, 3.8km and 4 km

[http://
www.samoaswimseries.com/](http://www.samoaswimseries.com/)

The great Barrier Reef Swim

Heron Island

October 10 - 14, 2013

[http://www.oceanswims.com/
Events.asp?EventID=247](http://www.oceanswims.com/Events.asp?EventID=247)

Fiji Mana Island Swim Fest

October 23-28, 2013

Distances 1km, 3km and
10km solo and relay events

[http://www.oceanswims.com/
Events.asp?EventID=478](http://www.oceanswims.com/Events.asp?EventID=478)



Wonderful

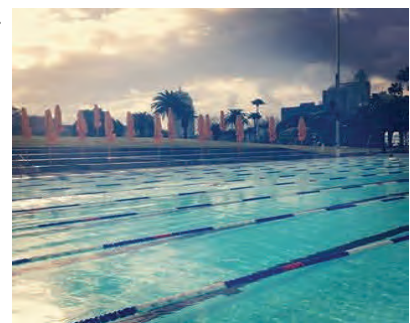
swimming spots

New pool for city of Sydney

The renovated Prince Alfred Pool (PAP) in Sydney finally reopened in May 2013 three years behind schedule. The PAP is a 50-metre heated outdoor pool near Central Station so it is ideally located for people using public transport. The pool is new, the water is warm and there's a great vista of the city skyline

for swimmers and other visitors. There is plenty shade with lots of yellow sun shades. The changing rooms are spacious and have free hot showers. The pool has a café attached serving café-style rather than kiosk-style food and excellent coffee. Perhaps the best thing is that the pool has free entry until November. It is certainly worth a visit before then.

[http://www.cityofsydney.nsw.gov.au/explore/
facilities/swimming-pools/prince-alfred-park-pool](http://www.cityofsydney.nsw.gov.au/explore/facilities/swimming-pools/prince-alfred-park-pool)



Wylies baths, Coogee

Wylies Baths is a 50-yard (45-metre) pool built into the rocks at the southern end of Coogee Beach. Built in 1907 by Henry Alexander Wylie, a champion distance and underwater swimmer, it was renovated 20 years ago. Wylies kept its traditional character after the refurbishment, but gained hot showers, spacious decks and a café.

The pool is alternately drained and topped up by the tides, ensuring clean, clear water. There are fish too. Sadly, a short time ago the long-term resident octopus died.

The waves break over the pool at high tide. And when the surf is up, swimming can be very challenging. It's best to check the website, which is updated every morning, about the temperature and condition of the water. You may get a warning about sting-ers. There are lifeguards on duty.

The café serves excellent coffee and the view of Coogee Bay from the deck is gorgeous. The pool is open 365 days a year although on weekends it sometimes closes early because of wedding parties. During the summer the pool is open 7am to 7pm and in the winter 7am to 5pm. Entry is

\$4.50 for adults and \$2.00 for children and pensioners. Remember a 20 cent coin for a hot shower. Parking is available and the bus routes 313, 314, 353, 370, 372, 373 and 374 will take you to Coogee.

<http://www.wylies.com.au/>



Nationals 2014 to include open water event

The Masters Swimming Australia National Championships will be hosted by Masters Swimming Queensland in 2014. The Nationals will be held in Rockhampton this year 23-26 April. This year there will be an open water event on 27 October at Yeppoon. There are three distances on offer in the ocean swim, 1.25 km, 2.5 km and 5 km. Entries for the Nationals open 2 December and close 14 March.

https://assets.imgstg.com/assets/console/document/documents/2014_Nationals_Flyer_Final.pdf



Something to aim for ...

The 15th FINA World Masters Championships will be held in Montreal, Canada, in 2014. The competition is held from 25 July - 10 August. The swimming events are held between August 2-9. The qualifying times for this event are on pages 6-7

<http://www.finamasters2014.org/discipline.aspx?id=1753>



Fancy a big trip? Fina 15th World Masters Montreal July 27-August 10, 2014

QUALIFICATION STANDARD TIMES - 15th FINA WORLD MA

WOMEN		A						
Discipline		25	30	35	40	45	50	
50 Freestyle	Montreal	32.50	33.50	34.00	36.00	38.00	40.50	
100 Freestyle	Montreal	1:12.00	1:15.00	1:17.00	1:20.00	1:26.00	1:32.00	
200 Freestyle	Montreal	2:40.00	2:45.00	2:53.00	3:00.00	3:15.00	3:30.00	
400 Freestyle	Montreal	5:45.00	5:47.00	6:00.00	6:15.00	6:40.00	7:15.00	
800 Freestyle	Montreal	12:00.00	12:20.00	12:40.00	13:20.00	14:30.00	15:30.00	1
50 Backstroke	Montreal	38.50	40.00	42.00	44.00	46.50	49.50	
100 Backstroke	Montreal	1:25.00	1:27.00	1:32.00	1:37.00	1:43.00	1:48.00	
200 Backstroke	Montreal	3:06.00	3:08.00	3:22.00	3:35.00	3:45.00	4:00.00	
50 Breaststroke	Montreal	42.50	44.00	45.50	47.50	49.50	52.50	
100 Breaststroke	Montreal	1:35.00	1:37.00	1:39.00	1:46.00	1:50.00	1:56.00	
200 Breaststroke	Montreal	3:27.00	3:31.00	3:40.00	3:50.00	4:00.00	4:10.00	
50 Butterfly	Montreal	36.00	36.50	38.50	41.00	43.00	45.00	
100 Butterfly	Montreal	1:21.00	1:24.00	1:28.00	1:33.00	1:42.00	1:53.00	
200 Butterfly	Montreal	3:08.00	3:16.00	3:28.00	3:38.00	3:57.00	4:26.00	
200 Individual Medley	Montreal	3:04.00	3:09.00	3:21.00	3:29.00	3:37.00	3:58.00	
400 Individual Medley	Montreal	6:40.00	6:50.00	7:05.00	7:20.00	7:50.00	8:35.00	



STERS CHAMPIONSHIPS - MONTREAL 2014

Age Groups

55	60	65	70	75	80	85	90
42:50	44:50	48:00	52:00	56:50	1:05:00	1:25:00	1:43:00
1:37:00	1:42:00	1:52:00	1:58:00	2:12:00	2:35:00	3:00:00	3:35:00
3:40:00	3:55:00	4:14:00	4:26:00	4:57:00	6:00:00	6:45:00	8:00:00
7:45:00	8:10:00	8:55:00	9:40:00	10:45:00	12:20:00	13:50:00	15:50:00
6:20:00	17:25:00	18:40:00	20:10:00	23:10:00	25:00:00	28:10:00	33:20:00
52:00	54:50	59:00	1:04:00	1:10:00	1:24:00	2:10:00	2:40:00
1:57:00	2:05:00	2:17:00	2:24:00	2:39:00	3:10:00	3:45:00	4:40:00
4:15:00	4:23:00	4:51:00	5:08:00	5:40:00	6:55:00	8:30:00	9:30:00
54:50	57:00	1:04:00	1:08:00	1:19:50	1:36:00	2:08:00	2:50:00
2:03:00	2:11:00	2:23:00	2:34:00	3:01:00	3:50:00	4:45:00	5:50:00
4:25:00	4:40:00	5:05:00	5:30:00	6:10:00	7:25:00	9:15:00	11:00:00
48:50	54:00	1:00:50	1:11:00	1:25:00	2:20:00	3:10:00	4:00:00
2:01:00	2:14:00	2:32:00	2:55:00	3:30:00	4:10:00	5:00:00	7:15:00
4:40:00	5:10:00	5:35:00	6:35:00	7:50:00	9:00:00	10:45:00	14:00:00
4:06:00	4:20:00	4:52:00	5:15:00	6:00:00	6:45:00	8:00:00	9:30:00
9:15:00	9:40:00	10:45:00	12:40:00	15:00:00	16:20:00	17:30:00	21:30:00

MEN							
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100 Freestyle	Montreal	1:03.80	1:05.00	1:06.00	1:08.50	1:11.50	1:15.30
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50 Butterfly	Montreal	30.90	31.30	32.00	33.50	34.50	36.00
100 Butterfly	Montreal	1:09.00	1:10.00	1:12.00	1:16.00	1:19.00	1:22.00
200 Butterfly	Montreal	2:48.00	2:50.00	2:53.00	3:02.00	3:10.00	3:26.00
200 Individual Medley	Montreal	2:40.00	2:45.00	2:50.00	2:58.00	3:06.00	3:11.00
400 Individual Medley	Montreal	6:10.00	6:12.00	6:13.00	6:20.00	6:30.00	6:50.00

Age Groups

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	1:18.00	1:23.00	1:29.00	1:38.00	1:50.00	2:02.00	2:35.00	3:00.00
	3:02.00	3:11.00	3:26.00	3:45.00	4:10.00	4:28.00	5:10.00	6:20.00
	6:10.00	6:33.00	7:15.00	8:00.00	8:40.00	9:50.00	11:00.00	12:00.00
	13:10.00	14:10.00	15:10.00	16:40.00	18:10.00	19:50.00	22:30.00	26:00.00
	42.50	45.50	47.50	52.00	59.50	1:03.50	1:21.00	1:40.00
	1:35.00	1:44.00	1:52.00	2:00.00	2:15.00	2:25.00	3:10.00	3:50.00
	3:30.00	3:50.00	4:05.00	4:25.00	5:00.00	5:50.00	7:30.00	9:00.00
	45.00	47.00	50.00	53.50	58.00	1:08.00	1:35.00	2:00.00
	1:44.00	1:46.00	1:53.00	2:06.00	2:21.00	2:43.00	3:45.00	4:37.00
	3:45.00	3:56.00	4:18.00	4:40.00	5:15.00	6:00.00	7:30.00	9:00.00
	37.00	40.50	44.00	49.00	58.00	1:21.00	1:56.00	2:30.00
	1:31.00	1:41.00	1:53.00	2:00.00	2:37.00	3:10.00	4:00.00	4:50.00
	3:45.00	3:58.00	4:30.00	5:00.00	5:45.00	6:40.00	8:30.00	10:30.00
	3:20.00	3:37.00	3:58.00	4:15.00	4:58.00	5:25.00	7:00.00	8:40.00
	7:18.00	7:55.00	8:55.00	9:55.00	12:00.00	13:05.00	14:00.00	17:00.00

Newsletter Title

Volunteer of the month

Volunteer of the Month for May is [Diana Hill](#) from Ryde for her outstanding efforts throughout the National Championships. Diana worked six full days and maintained an enviable sense of humour throughout. Please remember to nominate a member that you appreciate! Simply write a paragraph describing the members impact on you or

your club and they may win the \$30 Coles Myer gift card. Email your nomination to the Branch office BEFORE the Board meeting each month ie by noon on the Friday before the 3rd Monday (12 July).

*Have you read
any good
swimming books
recently? Let us
know*

Swimming reads

Julie Robinson, the announcer at the Nationals 2013, has just published a book about swimming entitled Mind Training for Swimming Fast. The book is \$20 including postage and there is a special deal for club orders of more than ten copies.

<http://julie-robinson.com.au/products.html>



Nutrition and swimming Almonds

The Sports Dieticians of Australia (SPA) recommend eating almonds after exercise to aid recovery of muscles. Swimming can cause breakdown of muscle protein but intake of protein within one hour can decrease this breakdown. They recommend eating 10-20 g (8-16 almonds) of high quality protein such as almonds within one hour after exercise. Almonds are an excellent source of protein and are an antioxidant. Almonds are rich in vitamin B and E, contain healthy monounsaturated fats and minerals such as potassium, magnesium and iron.

http://www.sportsdietitians.com.au/resources/upload/110412%20Almonds%20for%20Recovery%20_PV.pdf

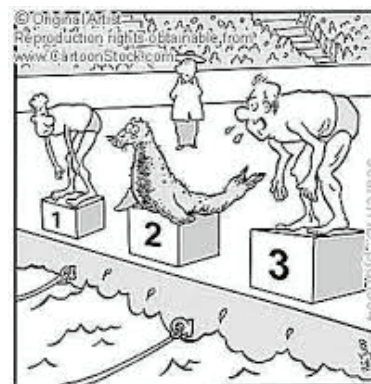


NSW Lifesaving targets older swimmers

NSW Lifesaving have introduced a the Grey Medallion, a new swimming program for swimmers aged 55 and over. The program comprises

- Water safety knowledge
- Resuscitation and emergency care
- Aquatic exercise
- Personal survival and lifesaving skills

<http://www.royallifesaving.com.au/programs/grey-medallion>



"Are you sure this guy from Alaska is in a speed suit?"



Ground Floor Sports House,
6 A Figtree Drive
Sydney Olympic Park
NSW 2127

Phone: 02 8116 9716

Fax: 02 8732 1606

E-mail:

admin@mastersswimming.nsw.org.au

Web page: <http://www.mastersswimmingnsw.org.au/>

Facebook:

<https://www.facebook.com/mastersswimmingnsw>

Facebook help wanted

MSNSW are currently looking for expressions of interest for someone to become a second Facebook Administrator. The job will entail helping me search out content and post information to the page and sometimes even giving me a **break from the job (ie lighten my workload)**.

You will in no way be left with the job in the future as I do not intend to give it up and will continue to do the job as long as I enjoy it. I am willing to give anyone step by step instructions on how to do things so you can be of good help.

Splash-e Contributions wanted

We'd like to have Splash-e as a monthly newsletter. We can only do this if we have contributions from you. It can be anything related to swimming such as:

- Carnival achievements
- Club news
- Upcoming swimming events
- Enhancing swimming performance
- Open water swims
- Favourite swimming spots
- Open water swimming groups or events
- News about members
- Great swimming products

Articles should be between 75-200 words and come with a photo.

Send submissions to:

lindy.woodrow@gmail.com