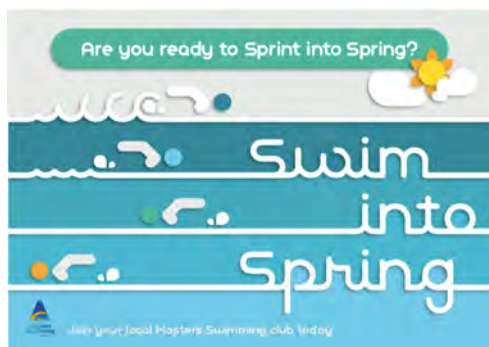




Team work makes the dream work.

SWIM INTO SPRING



Spring is nearly here, and it is the time of year you are getting ready for the new season with 4 and 16 month memberships now open. All the info is in the attached Swim into Spring Campaign Toolkit which will help you with activities and promotion of your club. We would love you to start using the artwork for Swim into Spring on your social media accounts. You can find the artworks here: <http://bit.ly/2sG9v18>

MASTERS SWIMMING NSW WEBSITE INFORMATION CHECK.

All clubs are requested to check their club profile on the website BEFORE we go live with a new site as the current information will be transferred across. Please make sure your contact name, contact phone number, club email, pool and training times are correct. Now is the time to add a website address and/or facebook if there is one.

Check here: <http://www.mastersswimmingnsw.org.au/Clubs/Clubs-List>

COACHING COURSE



A coach course is being held at Olympic Park on Sunday 28 October, 8am -5pm. All interested members should have booked their place by now! Click here to register: <https://bit.ly/2ohwUyK>

MSA would encourage clubs to sponsor/subsidise their members to take on the coaching education and increase their bank of club coaches.

Requirements of the course

1. Complete Masters Club Coach Pre-Registration Form
2. Complete Masters Club Coach Online Course (<https://learning.swimming.org.au>) **\$95**
3. Complete Masters Club Coach Workshop – **\$75**
4. Pool-deck practical assessment - at the workshop
5. Complete & submit Workshop Workbook
6. Log 30hrs coaching on pool deck
7. Sign Coaches Code of Behaviour Agreement
8. Provide evidence of a current CPR accreditation

INSPECTOR OF TURNS ACCREDITATION OPPORTUNITY

New candidates are most welcome to join this session:

Port Macquarie 3 November 2018 One hour before warm-up (look for Noel)

All you are required to do is to read the latest IOT notes and complete the activities and bring them to the course. You will find these notes here:

<http://www.mastersswimming.org.au/Technical/Technical-Courses/Inspector-of-Turns>

Any questions regarding any training courses can be directed to Diane Partridge diane.partridge@bigpond.com or 0428 779 985.

UPCOMING EVENTS



PORT MACQUARIE MASTERS SWIMMING CLUB BPS MEET

is on 3 NOVEMBER. Get your entries in NOW! Port Macquarie is a great part of the world. Make a weekend out of this one!



JIMMYS BEACH OCEAN SWIM

Myall Masters is hosting an open water event at the beautiful Jimmys Beach on the NSW Coast. The event is on 11 November and features a 600m and 1.5km swim. All information and entries are on the Myall Masters Swimming Club website [HERE](#).



NOVOCASTRIAN MASTERS SWIMMING CLUB BPS AND OPEN MEET is on NOV 17. Get your entries in NOW! Bring some mates to this one. It's a members / OPEN meet!



MASTERS SWIMMING NSW LONG DISTANCE CHAMPIONSHIPS are on NOV 25. Entries are open. Test yourself!



WESTS AUBURN MASTERS SWIMMING CLUB BPS MEET is on Dec 8. Get your entries in soon!

POSTAL SWIMS

Swimming Up Hills 2018 September 1 - November 30, 2018 – Final Postal Swim for 2018

6,300m total distance, swimming up hills over three months. What better way to tune up your fitness, add to your endurance swims, prepare for the summer open water swimming season or just get together with your club mates & crank out some extra laps...Of course there is also the t-shirt and the certificate!

Further details are posted on the Masters Swimming NSW website:

<http://www.mastersswimming.org.au/Events/Postal-Swim-Calendar>

2019 NATIONAL CHAMPIONSHIPS



The 2019 National Championships will be held in Adelaide on 19-23 March. Further info on the National Championships can be found here:

<http://www.mastersswimmingsa.org.au/Events/2019-MSA-National-Championships>



PAN PACS MASTERS GAMES

This year the Pan Pacific Masters Games will be hosted by Masters Swimming Queensland. The swimming events will take place from the 7th of November through to the 10th November. The event is open to swimmers from the ages 18 - 90+. All the info on the Pan Pacs Masters Games can be found at www.mastersgames.com.au

NEED ACCOMMODATION FOR PAN PACS?

A MSNSW member has entered the PAN PAC Masters Games on the Gold Coast from Wed 7th and has a 2 bedroom unit booked for one only. If anyone is looking for accommodation, male or female they are happy to share. Please contact the Branch office.

BRAINSWIM



Please note that due to unforeseen circumstances the Brain Swim has been postponed until further notice. We will have further updates as they come through from the BrainStorm team. Apologies for any inconvenience caused.

NARRABEEN CHALLENGE

Please find attached a copy of the flyer for the Ocean Swim on Sat 3 Nov.

PITTWATER OCEAN SWIM SERIES

The Pittwater Ocean Swim Series is on again in 2019 with ocean swims at Newport 6 Jan., Bilgola 13 Jan., Mona Vale 20 Jan., and Palm Beach to Whale Beach (The Big Swim) 27 Jan. Avalon will be 14 April.

[ACT Interclub Time Trials on 4 November. All members welcome.](#)

2019 MEMBERSHIPS WILL OPEN ON 1 DECEMBER 2018

Now is also the time to try to entice back to the pool those members who have fallen away. 2019 memberships will open on 1st December.

TECHNICAL TIPS AND RULES

Brush up on the rules every now and then for your chosen stroke/s.

Unfortunately for those returning to competitive swimming after a break of some years, the backstroke turn rule has been changed several times in recent years. Note that once the swimmer has “turned over the vertical to the breast” they may take a continuous single or double arm pull to start their turn. However the arm pull must be immediate.

They CAN

- Tumble without an arm pull
- Grab or touch the end wall and turn
- Kick during the turning action while on the breast

They CANNOT

- Glide on the breast and then take an arm pull.

This last is what happens when they turn onto the breast too early (too far out from the end wall).

Not touching on back at end of backstroke leg in Individual Medley

Each complete stroke-leg of the medley (not the midway turns where there are two or more pool lengths of each stroke) must be finished to the same rules as if it was an individual race. The backstroke leg must be finished with a touch on the wall while on the back (see SW 6.5).

They CAN

- Touch above or below the water
- Touch with the head (it does not say the touch must be with the hand)

HOWEVER, some part of the body must be above the surface of the water, at least a leg or a foot.

SW 2.1.5M very specifically states that swimmers should take their starting position on the platform, pool deck, or in the water when the Referee indicates with a long whistle. Recently it was noted that swimmers jumped up onto their blocks as soon as the Starter announced their heat.

A NOTE FROM THE STATE SHORT COURSE CHAMPIONSHIPS

Swimmers entry times much slower than what they then swam on the day. Do not guess what a swimmer who has not recently competed in an event will swim.

If they don't have a recent time please arrange a time-trial before putting in their entry. If they subsequently improve on that time, then congratulations are due!

QUOTE OF THE MONTH

Team work makes the dream work.