



Great things never came from comfort zones.

2019 MEMBERSHIPS ARE NOW OPEN!

Now is the time to complete your 2019 membership via the mastersswimmingnsw.org.au website. All 12 month memberships will expire on 31 December 2019. Please spread the word that membership is now available and all members will need to re-join before December ends! **If swimming while un-financial there is NO insurance cover.**

EARLY BIRD FEE FOR CLUB AFFILIATION

The CLUB affiliation payment is due. Early Bird Discounts apply if paid **by 31 December 2018**. Those members who pay their membership to your club before the club affiliation is paid are technically not your members until the club is a MSNSW member so pay NOW without delay!

CLUB ANNUAL REPORTS ARE DUE

The date for the MSNSW AGM is May 18, 2019 at the Sydney Olympic Park Sports House. **Annual Reports and Safety Officer reports are required.** If you are having your club AGM please send in your committee form. This can now be completed online via <http://www.mastersswimmingnsw.org.au/Downloads/Forms>

COACH OF THE YEAR NOMINATIONS ARE OPEN

Please consider honouring your tireless coach by putting their name forward for the Coach of the Year award. The award is for achievements during the period of 01 January, 2018 to 31 December, 2018. Closing date for nominations is 31 December, 2018. Further information on the award and how to nominate can be found here:

<http://www.mastersswimmingnsw.org.au/Downloads/Forms>

OFFICIAL OF THE YEAR NOMINATIONS ARE OPEN

To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, have been a current member from 1 January and have made an outstanding contribution in officiating and/or towards the development of officiating at Club, Branch and/or National level. For example: They attended courses to enhance knowledge and interpretation of rules; or delivered courses to prospective officials; or taken the position of mentor to trainee officials.

<http://www.mastersswimmingnsw.org.au/Downloads/Forms>

MASTERS SWIMMING AUSTRALIA RULES, POLICIES & PROCEDURE UPDATES

Masters Swimming Australia have released updates to the Competition Rules. You can find the updated document via the MSA website. <http://mastersswimming.org.au/Rules/MSA-Competition-Rules>

The Safety Officers Report and the Safety Policy and Procedures have also been updated. Please refer to MSA website for information on Diving/pool depth/Hypothermia.

COACHING UPDATE BY ANNE SMYTH

The end of the year is fast approaching. It is a great time to focus on fitness and technique in your training sessions. The new look MSNSW website should be live in the coming weeks with lots of resources available including new training programs. Until this time current training programs can be accessed here:

<http://mastersswimmingnsw.org.au/coaches-and-officials/coaching/>

Look out for some exciting events planned for **MSNSW Coaching in 2019** including workshops focusing on shoulder injuries and other issues facing older swimmers. To start with there will be a workshop on **Swimmers Shoulder For Coaches** on the 13th of January, 2019 at the Sports House, Sydney Olympic Park. Bookings will be essential. Stay tuned for further information.

PITTWATER OCEAN SWIM SERIES STARTS WITH NEWPORT ON 6 JANUARY

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. All bookings are via www.oceanswims.com

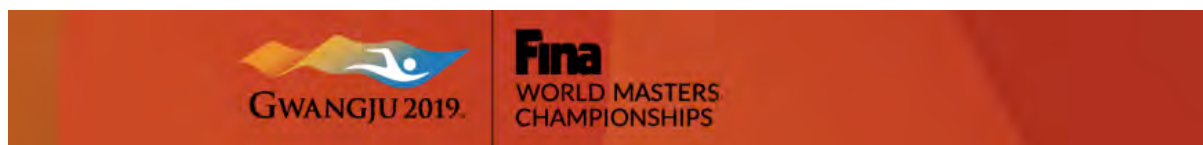
2019 NATIONALS SWIM SERIES



Save the dates for the 2019 National Swim Series with 8 events around the country. Further details on each event to be released shortly.

26 JAN	MSNT LC Australia Day Carnival
3 MAR	MSV LC Championships
19-23 MAR	MSSA LC National Championships
11-13 APRIL	MSQ LC Championships
25-26 MAY	MSWA State LC Championships
24-25 AUG	MST Winter SC Championships
12-13 OCT	MSNSW SC Championships
20 OCT	MSSA SC Championships

SOUTH KOREA 2019 FINA WORLD MASTERS CHAMPIONSHIPS TRAVEL INFO UPDATE



FINA are considering extending the checkout date for the Ramada Plaza in Gwangju to 19 August ... the day after the last event and Closing Ceremony. Consequently the 7 Day Post Tour would then commence 19 August and conclude in Seoul 25 August. FINA are expecting feedback on the above before making a final decision. Further information can be found at <http://www.fina.org/event/18th-fina-world-masters-championships-0>

CALL FOR NOMINATIONS FOR NATIONAL BOARD OF MANAGEMENT (PRESIDENT AND FINANCE DIRECTOR)

Masters Swimming Australia is currently on the lookout for suitable candidates for roles on the National Board of Management. Interested parties can enquire at admin@mastersswimming.org.au

QUOTE OF THE MONTH

Great things never came from comfort zones.