



Sore today, strong tomorrow.

The NSW Branch office will be closed from 16 March to 18 April, 2019 inclusive!

Please send your clubs Annual Reports and Committee Forms within the next three weeks!

Please send in your club reports NOW for inclusion in the branch Annual Report. The Annual General Meeting is scheduled for 18 May 2019 at Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park. Please discuss within your club who will attend as your club's delegate. Please also send in your 2019 Committee forms. This is how we update our contact lists.

2019 MEMBERSHIPS REMINDER

Now is the time to complete your 2019 membership via the Masters Swimming NSW website. **If swimming while un-financial there is NO insurance cover!**

MEMBERSHIP PAYMENT CHECKS!

Please ask members to check their statements to confirm only one payment has gone through for membership when they re-joined for 2019. Contact Jillian at the Branch office if you see any discrepancies.

POSTAL SWIMS ARE GO - FULL 2019 LIST

1 JAN - 30 APRIL	WEST AUBURNS MASTERS 5000M TURTLE SWIM
1 JAN - 31 DEC	SINGLETON SUNDIAL SWIM
1 APRIL - 30 JUNE	SURREY PARK SEAHORSES - BADDAGINNIE ANIMAL SWIM
1 MAY - 30 JUNE	BUNBURY MASTERS 2018 WINTER 3X400M POSTAL SWIM
1 JULY - 31 JULY	TOOWOOMBA TADPOLES 1500M SWIM IN JULY 2019
1 JULY - 31 AUGUST	TUGGERANONG TRIFECTA
1 SEPT - 30 NOVEMBER	HILLS AUSSI - SWIMMING UP HILLS

AUSTRALIA SWIMS CAMPAIGN

Australia Swims is a movement to get Australia swimming. It's free to participate and anyone can pledge to swim distances from 50m to 100kms over the 10-days. This year it's a team challenge with an associated cause and Masters Swimming are rapt to be teaming up with Beyond Blue. Our Team Captains are World Record Holder, 100-year-old, George Coronas and Dawn Fraser AC, MBE.

What do you need to do to be part of this:

- Visit [Australia Swims](#)
- Check out the [Masters Swimming/Beyond Blue Team](#) page
- Pledge your swimming distances during 19 - 28 January 2019 **SO HURRY**
- Checkout the attached [Team Toolkit](#) for ideas/social media tags so that you can share with others.
- Most importantly get involved, lets show everyone how the Masters Team will win!

LOCAL SPORT DEFIBRILLATOR GRANT PROGRAM IS NOW ACCEPTING APPLICATIONS



This grant program allocates \$4 million over four years to assist sporting clubs across NSW in the purchase and maintenance of Automated External Defibrillators (AEDs).

Applications close 6 May 2019. For more information, including guidelines and how to apply, visit the Office of Sport website.

MASTERS SWIMMING NSW
2018-2019
MEMBERSHIP LIST
CONTACT: JILLIAN @ 02 8736 1232
WWW.MASTERSWIMMINGNSW.ORG.AU



MASTERS SWIMMING NSW SWIMSUITS

Please contact Jillian at the MSNSW office ASAP if you are interested in ordering a **female** Masters Swimming NSW branded swimsuit. We are required to meet minimum order of 15 before any can be ordered.

Jillian can be contacted at
admin@mastersswimmingnsw.org.au

COACHING UPDATE BY ANNE SMYTH

Coaching Focus. As many of your swimmers are returning to squad after holidays it is now coming time to rev things up a bit! Move out of endurance phase of the cycle and start to introduce *sprint work* into your sets. For those in your squad attending Nationals, it is less than 8 weeks away! For swimmers attending local meets or planning to enter state it is time to get those fast muscle fibres twitching! So make sure you have a sprint part to your program. A small set of full pace 25s or 50s followed by a main set of solid work. Not too much rest at the moment but about 5 seconds extra than was set in the endurance phase. Check out the Sprint Programs on MSNSW Coaching Page of website.

Shoulder Workshop Wrap Up. On Sunday 13th January many were fortunate to attend a workshop on shoulder injuries by Jerome Murphy from Sydney Physiotherapy. **Check out the wrap up information at www.mastersswimmingnsw.org.au**

Upcoming Workshop Alert! Peter Reaburn Workshop: The Ageing Swimmer. This is a wonderful opportunity to hear a world-leading expert on older athletes. It is being held on Saturday 13th July 1-4 pm. This is the day before Relay meet so is a great chance to attend both. Look out for details of this via Masters Swimming NSW communications. It will be a popular workshop.

The coaching team have lots of exciting events planned for you in 2019. Keep a look out!

ACT INTERCLUB MEET – SUNDAY FEBRUARY 17, 2019

The first local ACT Interclub Meet for 2019 will be held on Sun 17 Feb 2019. This is a Non-BPS (unsanctioned) meet open to all Masters Swimming members and other ACT or NSW swimmers aged 18 or over.

UPCOMING BPS MEETS

Did you know our upcoming meets are also listed on the Masters Swimming NSW Facebook page? If you are a personal Facebook user, or if you run your club page, you can add your RSVP to the Facebook event, invite your friends and share it around. The more, the merrier! You can find the Facebook event list here. www.facebook.com/pg/mastersswimmingnsw/events



MYALL MASTERS SWIMMING CLUB BPS MEET

FEBRUARY 9, 2018 at Tea Gardens Swimming Pool.

Entries close on Friday 1 Feb at 12 noon.



MERRYLANDS MASTERS BPS AND OPEN MEET

FEBRUARY 23, 2019 at Merrylands Swimming Pool

Entries close on Friday, Feb 15 at 12 noon.

SOUTH KOREA 2019 FINA WORLD MASTERS CHAMPIONSHIPS ARE OPEN



ENTRIES ARE OPEN! CLICK HERE: <https://bit.ly/2RNkM9L>

Please find the attachments relating to the Fina World Masters Swimming Championships. There have been a number of updates in the past weeks. Amended Tour Package includes accommodation details for the **Athletes Village**. The Ramada Plaza Hotel is now booked by FINA Officials. Other updates include:

- Gwangju hotel checkout is now 19 August, 2019.
- We have incorporated a **Pre-Tour** for the **Open Water Swimming** in Yeosu
- The **Post Tour** will now commence 19 August.



SPONSORSHIP REQUEST

We are currently seeking suitable sponsors to help fund the 2020 Masters Swimming National Championships in Sydney. If you know of a brand or organisation that may be interested in hearing about our sponsorship packages, please contact Kimberly Back from the Masters Swimming NSW Marketing and Communications team via admin@mastersswimmingnsw.org.au

2019 NATIONAL SWIM SERIES

JOIN THE 2019 MSA SWIM SERIES.

8 MEETS AUSTRALIA WIDE.

SAVE THE DATES:

- 26 January MSNT - Australia Day Carnival (LC)
- 3 March MSV Championships (LC)
- 19 - 23 March MSSA National Championships (LC)
- 11 - 13 April MSQ Championships (LC)
- 25 - 26 May MSWA State Championships (LC)
- 24 - 25 Aug MST Winter Championships (SC)
- 12-13 October MSNSW Championships (SC)
- 20 October MSSA Championships (SC)

MASTERS SWIM SERIES 2019

Save the dates for the 2019 National Swim Series with 8 events around the country. Please see attached artworks for this series.

8 Meets. Australia Wide. Join the Swim Series.

MASTERS SWIM SERIES 2019

AUSTRALIAN PREMIERE OF 'LIGHT THE WATER'

Wett Ones SYDNEY

PROUD PRESENTING PARTNER - QUEER SCREEN MARDI GRAS FILM FESTIVAL 2019

LIGHT IN THE WATER

EVENT CINEMA | WED 27 FEB 2019 | 6:45PM

Wett Ones invites you to the Australian premiere of 'Light in the Water', a documentary about the foundation of America's first gay and lesbian masters swimming club. Wett Ones is proud to partner with Queer Screen to bring this important story to life as part of the Mardi Gras Film Festival 2019. The movie is showing at Event Cinemas, George Street Sydney at 6:45pm on Wednesday 27 February 2019. Tickets are available from: bit.ly/LightCP. Following the movie, Wett Ones invites you to join us for a light dinner at the Edinburgh Castle Hotel, cnr Pitt and Bathurst Sts. More information will be posted here: <https://www.facebook.com/events/2042130109212845/>

QUOTE OF THE MONTH

Sore today. Strong tomorrow.