

Monthly News

Adults swimming for fitness, friendship and fun.

February 2019



GET YOUR ENTRIES IN FOR THE 2019 MSA NATIONALS! ENTRIES CLOSE FRIDAY FEB 22 AT MIDNIGHT! [ENTER ONLINE NOW!](#)

THE NSW BRANCH OFFICE WILL BE CLOSED FROM 16 MARCH TO 18 APRIL, 2019 INCLUSIVE!

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, 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.

NSW BRANCH RELAY MEET DATE AND VENUE CHANGE!

It has been confirmed that not only has the date for the Branch Relay meet had to change but also the venue! So, the **Relay meet is now at WOY WOY on Sunday 21 July**. Still short course and still with AOE so world, national & branch records can be set. The date was never confirmed by SOPAC and they are accommodating a very large multi-day event with Water Polo, & disappointingly, we simply can't fit. Our hopes are that this doesn't impact too poorly on attendance figures, many of us enjoy going to The Peninsula Leisure Centre.

REVISION OF PROCESSES FOR SECOND CLAIM ACCEPTANCES

CLUB REGISTRARS As part of MSA's ongoing revision of processes we have slightly changed the process of second claim acceptances. Your club contact in SportsTG will only receive an email informing you of a second claim request if the member is a NEW second claim request or if they are a LAPSED second claim member of your club (i.e was not active with your club in 2018). As per last year the email you will receive with either a NEW or LAPSED request will ask you to complete a jotform.

If the member was an EXISTING second claim member last year with your club we will process them without an email requesting you to fill in the jotform. You will be cc'd in the email when we notify the existing member that their second claim request has been processed. We hope this streamlines the process for all. Please note the process for the member will still be the same - all NEW, LAPSED and EXISTING will need to apply for a second claim via the jotform on the website.

POSTAL SWIMS ARE GO

1 JAN - 30 APRIL [WEST AUBURNS MASTERS 5000M TURTLE SWIM](#)

1 JAN - 31 DEC [SINGLETON SUNDIAL SWIM](#)

Entries will be accepted until the 2019 Autumn Equinox – 9.00am Thursday 21st March 2019, and must be submitted on the official nomination form.

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 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.

COACHING UPDATE BY ANNE SMYTH



Getting started with Track Starts

Workshop Can you pass this information onto your squad?

When: Saturday 23rd February 10.00 -10.30 am (before Merrylands Meet)

Where: Merrylands Pool

Run by **Peter Johnston**. Peter will give an overview focusing on the on-block phase and setting up for the start (e.g. kicker position, leg/foot position and hand grip), followed by some practice on the blocks on those points. Great opportunity to use the same blocks used at SOPAC and Adelaide. Bookings required.

<https://www.merrylandsasc.asn.au/mastersmeet/startworkshop.aspx>

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. Look out for details of this via Masters Swimming NSW communications. It will be a popular workshop.

Checklists for the start of the year. Please head to the coaching blog on the Masters Swimming NSW website where you will find articles covering checklists for the start of 2019. Swimmer goals, yearly plans, session focus, lane etiquette and medical conditions are just some of the reminders for the start of each year.

Helpful Videos. Physiotherapist Jerome Murphy demonstrates exercises that swimmers can use to manage problem shoulders. <https://www.youtube.com/user/oceanswimsdotcom>

Anne Smyth (on behalf of the Coaching Team)

MSNSW Coaching Team Leader / MSNSW & MSA Coach of the Year 2014



2019 NATIONALS SWIM SERIES

Save the dates for the 2019 National Swim Series with 8 events around the country.

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

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!



CESSNOCK MASTERS SWIMMING CLUB BPS MEET

MARCH 9, 2019

Entries close on Friday 1 March at 12 noon.



WETT ONES MASTERS BPS MEET

APRIL 6, 2019

Entries close on Friday, Mar 29 at 12 noon.

SOUTH KOREA 2019 FINA WORLD MASTERS CHAMPIONSHIPS

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



2020 NATIONAL CHAMPIONSHIPS OFFICIALS AND VOLUNTEERS EXPRESSIONS OF INTEREST

If you can help by being part of this exciting event, please register your interest by filling out the online form below, or email Jillian at admin@mastersswimmingnsw.org.au
<https://mastersswimmingnsw.org.au/2020-national-championships/volunteers-and-officials>

SPONSORSHIP REQUESTS

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 Jillian. There is a range of advertising, cross-promotion and social packages available.



NEW WEBSITE

Some members are reporting difficulty in viewing updated content on our new website, apparently due to browser cache issues. This has been reported to our website host, but in the meantime, please read the information and tips below about refreshing your cache.

In order to speed up web browsing, web browsers are designed to download web pages and store them locally on your computer's hard drive in an area called "cache". Browser cache (also known as Internet cache) contains records of every item you have viewed or downloaded while Internet surfing. So when you visit the same page for a second time, the browser speeds up display time by loading the page locally from cache instead of downloading everything again.

Force Refresh

To ensure you see the latest version of a site, you need to clear the cache memory. A page "force refresh" can be done by pressing a combination of keys simultaneously on your keyboard. Depending on your operating system all you need to do is the following key combination:

Windows:	ctrl + F5
Mac/Apple:	Apple + R or command + R
Linux:	F5

Clearing Cache Memory

Sometimes a simple page force refresh won't work and you may need to clear the entire cache by hand. Follow these links to find step by step guides for [Chrome](#), [Firefox 3](#), [Firefox 2](#), [Internet Explorer 8](#), [Internet Explorer 7](#), [Internet Explorer 6](#), [Safari](#) and more on how to refresh your cache.

(information from <https://refreshyourcache.com/en/cache/>)

QUOTE OF THE MONTH

Work hard in silence. Let your success be your noise.