



Success at the 2019 Masters Swimming Australia National Swimming Championships in Adelaide!

THE NSW BRANCH OFFICE IS CURRENTLY CLOSED UNTIL 18 APRIL, 2019

Please be patient while our NSW branch office is closed.

ANNUAL GENERAL MEETING REMINDER

Masters Swimming NSW Annual General Meeting is on Saturday, 18th May, 2019 at 10am to 12pm immediately followed by a presentation lunch. AGM Convening notice is on the website as are nomination forms for positions on the Board. Presentation lunch after AGM, Saturday 18th May. <https://mastersswimmingnsw.org.au/about/governance/annual-general-meeting/>

MASTERS SWIMMING AUSTRALIA NATIONALS 2019 ADELAIDE WRAP UP

The Masters National Championships were held in Adelaide from 19th -23rd March. There were just over 400 swimmers from all over Australia and there were some fantastic swims over the 4 days. There was an open water swim held off Brighton Beach which had 137 competitors and although the morning was quite cold to start it ended up being a lovely day for the swim.

Some of the highlights of the meet were 3 World records to Jenny Whiteley in the 50m breaststroke, 200m IM and 200m freestyle all swum on the same day, and the 200m butterfly world record swum by Stephanie Palmer-White from SA. There were many National and Branch records- another notable result was in the 800m and 400m freestyle by Paul Blackbeard from WA- very close to the world mark in both swims. There were many great swims from our NSW swimmers, many medals and quite a number of National and Branch records which can be seen on the results portal.



Jenny Whiteley was awarded the Masters Swimmer of the Year for 2018 for her extraordinary year in 2018. She was also awarded the Female Swimmer of the Meet for her extraordinary swims during the 2019 Nationals- congratulations Jenny we are very proud of you.

Congratulations to Greg Lewin of Ryde who was awarded the Masters Swimming Australia Coach of the Year for 2018, Very well deserved Greg. Merrylands club were awarded the Life Members' Trophy which is for the winning club with 5-20 members- congratulations to our Merrylands club.

Mark Hepple was awarded with MSA Volunteer of the Year. Congratulations Mark and thank you for all your efforts.



Congratulations to Jon Hawton Seaside Pirates who was awarded a 5 year Meritorious Service Award as MSNSW Delegate to MSA.

It was great to see the camaraderie amongst the NSW swimmers, many enjoying social events after the swimming events had finished and also thanks to those NSW officials who helped out on pool deck and in the recording room.

The SA branch is a small branch and the National championships were organised by a very small group of people and I would like to congratulate them on a job well done. I hope our Nationals in 2020 will be just as enjoyable as the 2019 Nationals in Adelaide.

Jane Noake.

POSTAL SWIMS

5000M TURTLE SWIM 2019 – POSTAL SWIM January 1 @ 12:00 am - April 30 @ 11:59 pm
<https://mastersswimming.org.au/event/west-auburns-masters-5000m-turtle-swim-2018>

BADDAGINNIE ANIMAL SWIM – POSTAL SWIM April 1 @ 12:00 am - June 30 @ 11:59 pm.
<https://mastersswimming.org.au/event/baddaginnie-animal-swim/>

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!



**BLACKTOWN CITY MASTERS SWIMMING INC
BPS MEET**
April 13, 2019

ONLINE ENTRIES ONLY
ENTRIES CLOSE FRIDAY 5 APR AT 12PM
DETAILS AT MASTERSWIMMINGNSW.ORG.AU



MASTERS SWIMMING NSW
Branch Long Course Champs!
April 27-28, 2019

ONLINE ENTRIES ONLY
ENTRIES CLOSE FRIDAY 19 APR AT 12PM
MASTERSWIMMINGNSW.ORG.AU

ULLADULLA WEEKEND

Masters Swimming NSW will be hosting a Coaching Clinic and Mini Meet in Ulladulla on Saturday 11th and Sunday 12th May. The coaching clinic will be on Saturday at 1.30 pm with the mini meet commencing at 10.30am on Sunday followed by a BBQ. Races will include 200 free, 50m all strokes, 25m all strokes, 100m IM and relays. Please join us for a fun weekend! More information will be posted on the below landing page including accommodation options. Stay tuned!

<https://mastersswimmingnsw.org.au/shoalhaven-ulladulla-escape>

2019 NATIONALS SWIM SERIES

Save the dates for the remaining 2019 National Swim Series events!

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

COACHING UPDATE BY ANNE SMYTH

Peter Raeburn Workshop on the Ageing Swimmer is on July 13, 1-4 pm at Sports House. Look out for more information about this.

A Stroke Workshop is being held on Saturday May 11 (2 -4 pm) as part of the Shoalhaven Ulladulla escape weekend. Check out the details of the weekend here;
<https://mastersswimmingnsw.org.au/shoalhaven-ulladulla-escape/>

Coaching Tips: Breathing – It's vital!

One of the first areas to look at when you have a new swimmer joining your squad is *breathing!* Sounds simple enough but the holding of breath is a very common problem that many take through to adulthood. This can cause many problems- anxiety, quick fatigue, poor body position due to air in lungs, high head position and often a jerky head movement in breathing. Some may hold their breath, exhale at the end but still be exhaling when their mouth is clear, meaning there is less time to take a good breath of air.

It is also important to check the depth of inhalation and ensure that a swimmer is breathing deeply and using their full lung capacity. This is a significant factor in overall lung health of older swimmers. Breathing should be a steady release of air – like a sigh through either the mouth, nose or both ensuring all air is released by the time the swimmer clears their mouth to inhale. Get swimmers to swim focus on their breathing: swim some 50's breathing every 2, 3, 5 and as a challenge 7! In addition, encourage swimmers to bilateral, even if they do not do it all the time to bring balance into their stroke.

Happy swimming and good luck to all your club members competing at State.
Anne Smyth (on behalf of the Coaching Team)
MSNSW Coaching Team Leader
MSNSW & MSA Coach of the Year 2014

2020 NATIONAL CHAMPIONSHIPS IN SYDNEY

Lock the dates into your calendars! The 2020 Masters Swimming Australia National Championships will be hosted by Masters Swimming NSW at the Sydney Olympic Park and Lake Parramatta venues in April of 2020.

This is a **SHORT COURSE MEET** at the Sydney Olympic Park Aquatic Centre from April 15th - 18th, 2020.

The **OPEN WATER** races will be held at the beautiful Lake Parramatta freshwater venue on April 19, 2020.



Full program of events via the attached flyers which are also available at
<https://mastersswimmingnsw.org.au/2020-national-championships>

Entries will open in September 2019. Further details announced throughout the year. Please invite your club members to join the event page on the Masters Swimming NSW Facebook page. For all enquiries regarding this event please email the Masters Swimming NSW Head Office at
admin@mastersswimmingnsw.org.au

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.



QUOTE OF THE MONTH

If you don't try, nothing will ever happen.

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