



*Your 2018 Masters Swimming Australia Coach of the Year, Mr Greg Lewin from the Ryde AUSSI Masters Swimming Club.*

## **ANNUAL GENERAL MEETING REMINDER**

Masters Swimming NSW Annual General Meeting is on Saturday, 18<sup>th</sup> 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 18<sup>th</sup> May. <https://mastersswimmingnsw.org.au/about/governance/annual-general-meeting/>

## **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>

## **GOVERNMENT FUNDING UP FOR GRABS!**



Got a great idea to make your community an even better place to call home? You can now apply for funding up to \$200,000. My Community Project is about local ideas, local people and local decisions! Apply now on [nsw.gov.au/mycommunityproject](https://nsw.gov.au/mycommunityproject) **THIS OFFER EXPIRES ON MAY 15!**

## **WEBSITE UPDATES**

Having trouble seeing updates on our website? Due to all the updates on our site over the past few months you may need to refresh your browsers to see the latest updates. You can do a “forced re-load” of a page with the following shortcuts:

- Windows: ctrl + F5
- Mac/Apple: Apple + R, or command + R

Further information on the general website refresh: <https://refreshyourcache.com/en/cache/>

## **2019 MSNSW BRANCH LONG COURSE CHAMPIONSHIPS WRAP UP!**

Head over to the Masters Swimming NSW website for a detailed wrap up of the Masters Swimming NSW Branch Long Course Championships!

## **JUNE LONG WEEKEND EVENT IN BEGA**

Unfortunately, Clarence River Masters Swimming Club are not hosting a meet this June long weekend. Instead we are hitting the road, south-bound and our newest club, Sapphire Coast Masters Swimming Club will host a mini meet and coaching sessions. This coincides with the Merimbula Jazz Festival so accommodation should be booked NOW. For the shoppers amongst us there are markets and for ocean swimmers there is an amazing ocean pool.

## **OFFICIAL T-SHIRTS FOR OFFICIALS!**

An order is going in for Officials shirts! Please send your shirt size into Jillian via [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au). New Officials will receive your first shirt free after which MSNSW will subsidise 50%.

## **POSTAL SWIMS**

**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!



**The Ettalong Pelicans Masters Swimming Club NSW Branch Point Score Meet** will be held on Saturday 25th May 2019 at the Peninsula Leisure Centre, Blackwall Road, Woy Woy. This is an indoor 25m heated pool with anti-wave lane ropes.

This pool has a current survey, records can be set. Touch pads with electronic timing. Warm Up: 10.00am. Start Time: 10.30am. Closing date: Friday May 17, 2019.

## ACT INTERCLUB 2019 MEET 2 - SUNDAY 16 JUNE 2019

Molonglo Water Dragons have arranged the second ACT Interclub Meet for 2019 which will be held at Gunghalin Leisure Centre on Sunday, 16 June 2019. Warm up is 2.00pm with a 2.30pm start and racing will be in 25m Short Course format. Entry fee \$5 payable on the day in cash. The event is open to all MSNSW swimmers as always. Please support your club and come along for a swim or to help out with timekeeping. **FULL EVENT FLYER ATTACHED.**

## 2019 NATIONALS SWIM SERIES

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

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: Body Position.**

When coaching swimmers, one of the first areas to observe is the body position in the water. It is essential a streamlined body position is maintained to enable the swimmer to move through the water with the least resistance. A high head with dragging lower legs is immediately going to create resistance and make the stroke less effective.

Before entering the water, have swimmers practise the correct body position when swimming. Get swimmers to stand tall: shoulders back, long neck, head straight with eyes looking forward and

importantly, a strong core with abs pulled in. When in the water, get swimmers to experiment with their head position:

- Start in a jelly fish float – arms and legs hanging down, head looking down, gradually raise arms and legs until body feels streamlined on top of the water. Swimmers then start to kick and bring in arm strokes. Is their head position lower than normal? Do this drill over a few 25's –ensure swimmers do not get a push from the wall.
- When swimming, ask swimmers to experiment with their head – high, low and try to find the optimal position where their body is streamlined.
- Remind swimmers of '1 goggle in, 1 goggle out' when turning their head to breathe.

The other area to observe when trying to fix a poor body position is the catch. If the arms are pushing down instead of the hands grabbing the water and pushing it back, the result will be a high head position and thus, lower feet. Get the swimmer to work on catch entry and pull maintaining a high elbow position through pull, ensuring fingers are slightly lower than wrist and wrists lower than elbow. Drills to help this are: Sculling, long dog paddle and 6-1-6 drills practising holding the catch entry position. Refer to coaching section on Masters Swimming NSW website for further details of these drills and more.

*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](mailto: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](mailto: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.



### **ORDER OF AUSTRALIA MEDAL RECIPIENT**

Ettalong Pelicans proudly acknowledge the award of Order of Australia Medal to Bill Cook on Australia day 2019 for Services to Surf Life Saving. Bill has been a Pelicans member since 1991 and loudly states that he met his wife Wendy through Masters Swimming. Wendy has been this club's coach for more than 13 years. Bill was the club's Social Secretary for a few years, then President for years 2007, 2008 and 2009. Always quietly pleased with his own results and encouraging to other members. Bill was a member of the Ettalong 4x100 metre team to establish a world record in January 2010. Always friendly and interested in activities, fitness and lives of other members, he frequently assumes incidental leadership roles and steps in to do any task necessary.

*Gordon Ferguson. Secretary; Ettalong Pelicans Masters Swimming Club*

### **VALE GORDON MOORE**

It is with great sadness that we notify the passing of Cessnock Masters Swimming Club member, Mr Gordon Moore at the age of 81 years old. Gordon was an active and much loved member of the club for over 20 years. He has been remembered as a larger than life character, whom was heavily involved in multiple community organisations and was known as a local legend. 'Gordon was such a well natured and much loved man. He will be dearly missed'. *Current Cessnock Masters Swimming Club President, Phil Murray.*

### **QUOTE OF THE MONTH**

*You've gotta take the plunge, jump in and have fun!*

Quote from our latest Masters Swimming NSW promotional video featuring our very own Anne Smyth. Haven't seen it yet? You can check it out on the Masters Swimming NSW Facebook page. **Share it** and use it to **help promote your own club!**