

## A big thank you to Kim Back

We say goodbye to Marketing Coordinator and Social Media guru Kim Back after 21 months on the job looking after all things social. Masters Swimming NSW wishes Kim all the very best in her future adventures.

## 16 month membership opportunity!

Encourage family, friends and neighbours to consider joining a Masters Swim club from 1<sup>st</sup> September. They can then enter the 45<sup>th</sup> National Championships—just for the fun of it! Club Registrars will open up on Sunday 1<sup>st</sup> for new and lapsed members.

## BRANCH Long Distance Championships—entries close this Friday at noon!

An event not to be missed with some swimmers tackling 1500m butterfly then easing off with a smooth 800m freestyle. Encourage all your members to come along and participate in a 400m event for the Endurance 1000 program. Enter here:

<https://mastersswimmingnsw.org.au/event/msnsw-long-distance-championships/>

## Open water test event Saturday 18 October 2019

Both swimmers and volunteers are needed to gauge our readiness for next April Please sign up now and give this adventure a go at the beautiful Lake Parramatta.

We've asked before and we'll ask again...

## Two Postal Swims to go

Closing 31 August Tuggeranong Trifecta— three swims each a different stroke <https://mastersswimmingnsw.org.au/event/tuggeranong-trifecta/>



1 September-30 November Swimming Up Hills —7500m over ten swims

<https://mastersswimmingnsw.org.au/event/swimming-up-hills/>

The Singleton Sundial is still active for those that entered earlier this year. Now is the time to complete your paperwork.

## 45<sup>th</sup> 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>

The list of roles and duties are attached. Every club is asked to provide volunteers so please discuss and nominate names with days and dates. Four days of pool competition with two

shifts per day needs a lot of willing hands then on Day five we're out at Lake Parramatta so we're looking for a shuttle bus driver!

### 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.

### 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.

If your club doesn't have logo swimmers then this is a great swimsuit for the National Championships.

### Coach Polo Shirt

This offer is still open as we need a minimum number to place the order. Clubs may consider purchasing a shirt for their coach as a gift!

### Coaching Update by Anne Smyth

The Coach page is regularly updated so make it a habit to check in: <https://mastersswimmingnsw.org.au/category/coaching/>

GOAL SETTING— have you got a few goals in mind for the **2020 Masters Swimming Australia National Championships**? Maybe you'd like to hit a few new personal best times? Maybe aim to try a new event... something outside your comfort zone. Maybe you're just wanting to get fit, keep fit and feel your best. Here are some great tips on the importance of goal setting.

Writing your goals down can make them feel more like real targets. According to a recent study on goal setting, people who **write down their goals** are more likely to achieve it than those who don't. You can also share your goals with your coach so they can help you with your journey. You are likely to be more successful (and happier) when you and your coach are on the same page. **#MSA2020Nationals** is in SYDNEY in APRIL 2020! Now is a great time to get started.



### 2019 National Swim Series

Last dates for the 2019 National Swim Series  
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!

<b>Seaside Pirates</b>	Knox Grammar	29 September
<b>Short Course Championships</b>	Woy Woy	12/13 October
<b>Port Macquarie</b>	Port Macquarie	2 November
<b>Novocastrians</b>	Charlestown	9 November
<b>Hills</b>	Galston	24 November
<b>Wests Auburn</b>	Lidcombe	7 December



## South Korea FINA World Masters Championships

Results! Click here:

[http://wmc2019.microplustiming.com/swimming/index\\_web.php](http://wmc2019.microplustiming.com/swimming/index_web.php)

In 2021 this event will be in Fukuoka, Japan and the World Masters Games are being hosted in Kansai, Japan. Start planning....

## Model Constitution available from the Office of Sport.

Due to changes required for incorporated clubs now is a good time to review your clubs Constitution to ensure it complies with new legislation. All clubs should take the time to read over what is best practice and the Office of Sport has helped the process by publishing this template. <https://sport.nsw.gov.au/clubs/ryc/governance/constitutions>

Remember—all sporting clubs should be incorporated and you do NOT want to be a committee member of an unincorporated club. The benefits include—the club can open a bank account, can apply for grants, gains community standing, protects committee members by being a legal entity, no personal liability, creates certainty and provides transparency for your club and its activities.



This coming Friday 30 August 2019 is [Wear it Purple](#) Day. Wear it Purple strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.

## QUOTE OF THE MONTH

*You've got to nourish to flourish.*