

Monthly News

Adults swimming for fitness, friendship and fun.

October 2019

2020 12 month membership fees—all clubs should discuss their fees for next year prior to the 12 month membership opportunity opening on 1st December. Branch & National combined is \$80.

45th NATIONAL CHAMPIONSHIPS

MSNSW has withdrawn the opportunity to include classified multiclass swimmers at the 2020 National Championships. To all those that thought, planned, sweated, worked, designed and deeply considered how we could be fully inclusive—thank you!

Heartfelt appreciation to Mark Hepple for his hours, days (plus disturbed nights), weeks and months of work dedicated to making this happen, all to no avail.

45th NATIONAL CHAMPIONSHIPS

Did you know there is a dedicated Facebook event page?

Go here to tell us if you're planning on attending:

<https://www.facebook.com/events/366669547272522/>

At six months out it's already looking like it is going to be busy!

110 Going · 215 Interested

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 a minimum 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.

45th NATIONAL CHAMPIONSHIPS Officials and Volunteers expressions of interest

15-19 April 2020 If you or your family & friends can help by volunteering for this major event, please register your interest by filling out the online form below, or email admin@mastersswimmingnsw.org.au

<https://mastersswimmingnsw.org.au/2020-national-championships/volunteers-and-officials>

Roles include timekeepers/info desk staff/accreditation desk & merchandise table/medals presentation/runners and warm-up supervisors to mention a few.

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!**

National Championship posters are available for your pool, just contact the branch office.

Sponsorship Requests

We are still 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.

Narrabeen Beach Ocean Swim Our thanks go to Narrabeen Beach SLSC for providing volunteer safety crew at our pre-nationals test event at Lake Parramatta. One way to say thank you is to support their upcoming ocean swim on Saturday 2 November.

0.8km and/or 1.8km from 10am. Wetsuits allowed. Enter here:

<https://www.oceanswims.com/swims/calendar/eventdetail/352/54/narrabeen-nsw.html>



Local Sport Grant Program

The NSW Office of Sport has announced the opening of this opportunity and all incorporated clubs can apply. The program aims to increase regular and on-going participation opportunities in sport. There are four project types within the program, these being:

- Sport Development
- Community Sport Events
- Sport Access
- Facility Development

<https://sport.nsw.gov.au/sites/default/files/local-sport-grant-program-2019-20-web-complete.pdf>

Coach Polo Shirt

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

Coaching Update by Anne Smyth

Coaching Team Leader Anne Smyth has provided an article on the positive use of Tempo Trainers. Please go to the coach page on our website. Here are some headings:

Tempo Trainers: Using them to enhance training sessions.

Tempo Trainers are a valuable tool which can be used to enhance training sessions. They can be used in 2 ways: stroke rate and pacing.

Stroke Rate

Pacing using tempo trainer

Using Tempo Trainers in squad

Sample sets are provided



The Coach page is regularly updated so make it a habit to check in here:

<https://mastersswimmingnsw.org.au/coaches-and-officials/coaching/>

Upcoming Meets

Novocastrians	Charlestown	9 November
Myall Open Water	Jimmy's Beach	17 November
Hills	Galston	24 November
Wests Auburn	Lidcombe	7 December
Myall	Tea Gardens	8 February—flyer now available
Merrylands	Merrylands	22 February—flyer now available

Postal swims

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

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

And now is time to enter your results for the **Singleton Sundial** postal swim.



Masters Swimming Tasmania is holding its Long Course Long Distance Championships on Saturday 30 November, 12pm at the Hobart Aquatic Centre.



Entries are now open
they are on again
the 24th masters swimming tasmania
long course long distance championships

12 noon, Saturday 30 November 2019

Doone Kennedy Hobart Aquatic Centre
Automated electronic timing
On-line entry system powered by Club Assistant

masters swimming TASMANIA

Take a lunchtime dip with AOE

24th long course long distance championships TASMANIA
Hobart, 30 November 2019

[The New Zealand Masters Games](#) is an annual multisport event which will be held in Dunedin, New Zealand from the 1st to the 9th of February 2020. Pool Swimming (7-8 Feb) and Open Water swim (9 Feb) are 2 of the 65+ events on offer.

[IGLA — International Gay & Lesbian Association](#)

International Aquatics Championships Melbourne2020
20-25 February at MSAC includes Swimming/Water Polo/Diving/Synchro & Open Water events! <https://melbourne2020.org/>

[News in from Masters Swimming Queensland](#)

If you're looking ahead past the National Championships and want a holiday in the sun why not think about Cairns as a destination? 9/10 May 2020, MSQ SC Championships. See flyer bottom of page 5

[2021 FINA World Masters Championships —](#)

will be in Fukuoka, Japan and the World Masters Games are being hosted in Kansai, Japan. Start planning & saving....



[Vale Peter Kendall](#)

Myall Masters is sad to advise that our oldest member Peter Kendall passed away on Monday 7th October. Although Peter has not swum since 2014 we have always held him in high regard as being an inaugural member in 2004 and being active until his illness forced him to move to Mona Vale for his remaining years. Peter was a real character who contributed to very enjoyable club functions. When it was dress-up night we were always wondering what Peter would be wearing this time. We still weren't sure what the costume was. Lost car keys and goggles after training made life interesting for those leaving training nights last. Peter was always keen to train and compete and usually was the first club member to enter any swim meets. He was an inspiration to all our members. We would say "if it's good enough for Peter to enter what is stopping you?" Peter was awarded **Club Member of the Year** and his wife Yvonne the **Encouragement Award** in the same year.

I believe he was what Masters Swimming is all about.
Bless you Peter.

Leon Bobako President, Myall Masters



[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 of incorporation 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.

Masters Swimming NSW Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park 2127 PO Box 6941, SILVERWATER NSW 2128 Phone 02-8736 1232 Email: admin@mastersswimmingnsw.org.au Web: www.mastersswimmingnsw.org.au



Medal collection at Championship meets—medals can be collected 30 minutes after the results are posted. This allows time for protests to be lodged, swimmers need to get into the habit of checking results as soon as they go up. Check the top right corner of results page for this timeline.

Thredbo Swim Camp



Photo: Swimmers taking a smile break at Thredbo Swim Camp

Over the October Long Weekend, a group of swimmers attended a swim camp at Thredbo. With skiing still happening in beautiful Spring weather, Thredbo was an ideal location for swimmers and their partners to enjoy a weekend of swimming, walking, skiing and relaxing in the mountains. Swimmers from many NSW clubs: Ryde, Tuggeranong, Wett Ones, North Sydney, Port Macquarie and Griffith participated in six sessions involving technique and drill focus in all strokes, sprint work and pacing sessions under MSNSW coaches Anne Smyth and Greg Gourley, with assistance from Susan Leech and Wendy Magnus. Video analysis was given to each swimmer with individual filming and feedback sessions, providing invaluable insight into their freestyle. *Full article on our websites Coaching Page.*

2020 Masters Swimming Queensland Short Course Championships
 Tobruk Memorial Pool
 37C, Spreyton St, Cairns North QLD 4870
 8-10 May 2020
 MS20 Sanction Meet Number 0126

First Session – Friday 8 May 2020

1	50m Freestyle	20	100m Backstroke
2	100m Freestyle	21	100m Butterfly
3	50m Backstroke	22	100m Freestyle
4	400m Butterfly	23	100m Individual Medley
5	25m Breaststroke	24	25m Freestyle
6	25m Freestyle	25	400m Backstroke
7	25m Butterfly	26	400m Freestyle
8	400m Individual Medley	27	400m Breaststroke
9	4 x 50m Mixed Freestyle Relay	28	4 x 100m Mixed Freestyle Relay
10	4 x 50m Mixed Freestyle Relay	29	4 x 100m Mixed Freestyle Relay

Second Session – Saturday 9 May 2020

11	150m Individual Medley	20	100m Backstroke
12	150m Freestyle	21	100m Butterfly
13	150m Backstroke	22	100m Freestyle
14	25 x 25m Backstroke	23	100m Individual Medley
15	250m Breaststroke	24	25m Freestyle
16	250m Freestyle	25	400m Backstroke
17	420m Freestyle	26	400m Freestyle
18	4 x 50m Mixed Medley Relay	27	400m Breaststroke
19	6 x 50m Women's Mixed Freestyle Relay	28	4 x 100m Mixed Freestyle Relay
20	4 x 50m Mixed Freestyle Relay	29	4 x 100m Mixed Freestyle Relay

Third Session – Sunday 10 May 2020

1	100m Backstroke
2	100m Butterfly
3	100m Freestyle
4	100m Individual Medley
5	25m Freestyle
6	400m Backstroke
7	400m Freestyle
8	400m Breaststroke
9	4 x 100m Mixed Freestyle Relay
10	4 x 100m Mixed Freestyle Relay

New 4 x 100 Freestyle Relay
 New 400m Breaststroke
 Return of 25m Individual events
 Closing date April 15 2020
 www.mastersswimmingqld.org.au
 New 400m Breaststroke
 Return of 25m Individual events
 Closing date April 15 2020



**CHALLENGE YOUR FRIENDS
CHALLENGE THE CLOCK
CHALLENGE YOURSELF
IN THE 2019**

ZOGGS

NARRABEEN CHALLENGE

**0.8km or 1.8km Ocean Swim courses
Saturday, 2nd November 2019 at the
NARRABEEN BEACH Surf Life Saving Club
Furlough Park, Ocean Street, Narrabeen, (between King St & Albert St)
Registration: 8-9.30am Briefing: 9.40am Start: 10am**

WET SUITS ALLOWED!

Proudly sponsored by Zoggs Swimwear

**For more information, visit
WWW.OCEANSWIMS.COM**

QUOTE OF THE MONTH

Education is important but swimming is importanter