

16 month membership now open!

Encourage family, friends and neighbours to consider joining a Masters Swim club and take advantage of this opportunity. They can then enter the 45th National Championships—just for the fun of it!

BRANCH Short Course Championships—entries close this Friday at noon!

Enter here: <https://mastersswimmingnsw.org.au/event/msnsw-short-course-championships/>
Clubs—have you considered hiring a mini bus to transport your team members to swim meets? Both Campbelltown & Blacktown Masters clubs have found this to be a fun AND economical means of transport. Contact your local council.

COACHES—Coaching forum on Saturday following Short Course Championship competition. Come along and have a chat-meet your fellow MSNSW coaches. Topics on offer include: How to prepare your swimmers for Nationals/how to best use tempo trainers in squad sessions/discussion time spent on your own questions or problems. Meet in the Party Room.

Open water test event Saturday 19 October 2019

<https://mastersswimmingnsw.org.au/event/lake-parramatta-open-water-swim/>

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

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



Masters Swimming NSW Swimsuits

Club use only swimsuits
available in
clubhouse from 10.00 AM, please bring
clubhouse key to the works counter



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!**

2020 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.

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! We need three more orders!

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/>

Let's get Sprinting!

Over the winter months the focus has generally been technique and building fitness. It's now time to shake swimmers out of steady pacing complacency with some sprint work! It is great to have variety in training and even if swimmers are aiming for a long distance swim over summer, they need to be able to vary their pace.

Sets:

*There should be a small set of max quality efforts in the program. It may be a short set of 25s, if possible, with a dive start.

*Increase the rest period in sets to enable quality sprints. State is only a short time away, so it is a short cycle increasing the rest interval until taper week. The distance swum in the session will decrease, but the intensity and quality will increase.

It is difficult if your club only swims once/twice a week but can be done.

*Examples of Sprint Sets can be found on MSNSW website:

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

Sprint tips for Swimmers

1. Work your start and turns
2. Increase your stroke rate
3. Breathe less over short distances
4. Increase the depth of your pull
5. Increase your kick - a little quick 4 beat or 6 beat kick

**Don't forget to keep working on technique!*

Efficient technique + sprint tips = fast swimming

Are you new to Masters Swimming competition?

Here's a few tips to be going on with:

Masters Swimming NSW assumes that swimmers know the rules and procedures it uses for competition. **If you don't know or are not sure ask a club official, an experienced Masters competitor, or an MSNSW official.**

Make sure that your cap and goggles fit neatly and are tight enough to stay in place when you dive in at the start.

Outer clothing and footwear will need to be removed quickly once you are in the starting area so you do not delay the start of your heat.

From the marshalling area swimmers will move out behind the blocks in heats where they will position themselves behind the lane they are allocated for their heat.

The referee has the power to disqualify swimmers who delay the start!



**MASTERS
SWIM SERIES**

2019 National Swim Series

Final events for the 2019 National Swim Series

12-13 Oct MSNSW SC Championships

20 Oct MSSA SC Championships

A promotional poster for Masters Swimming Tasmania. It features the organization's logo and text: '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'. At the bottom, it says 'Take a lunchtime dip with AOE' and includes a small image of a swimming pool with the text '24th long course long distance championships TASMANIA Hobart, 30 November 2019'.

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

Upcoming Meets

Short Course Championships	Woy Woy	12/13 October
Port Macquarie	Port Macquarie	2 November
Novocastrians	Charlestown	9 November
Hills	Galston	24 November
West's Auburn	Lidcombe	7 December

PLUS Lake Parramatta—test event prior to 2020 National Championship open water swim Sunday 19 October

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.



MSNSW promotional video for your clubs website and/or social media outlets.

Manly Masters noticed that their swim centre runs swim club videos on their website, perhaps your pool does too? We have a great piece of media and should be spreading it far and wide. Clubs are welcome to use/share it, it's a fabulous resource.

Video link— <https://www.facebook.com/mastersswimmingnsw/videos/853607241660795/>

Garie Surf Lifesaving Club Vanguard

Interested in becoming a surf lifesaver?

Here's an opportunity to complete a pool supported surf rescue certificate/surf bronze medallion at Auburn Ruth Everuss Aquatic Centre and Garie SLSC. Starting now!

<https://garieslsc.com.au/vanguard/>

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.

ISLA — 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/>

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.

2021 FINA World Masters Championships —

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

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.



At a recent **MSNSW Referees Forum** there was concern expressed that there was an increase in swimmer disqualifications at carnivals. With Nationals on the horizon & the likelihood of swimmers entering extra events that they don't usually compete in we want to ensure that our swimmers are well prepared & aware of the current swimming rules. There will be no warnings given at Nationals! With this in mind we are planning a series of tips & reminders each month up until Nationals.

WORDS of WISDOM from your WHISTLEBLOWERS

What do you think the most common DQ so far this year is?

No! Not the backstroke turn!

The breaststroke touch!

Swimmers are touching with one hand only! Those DQ'd have not all been new to swimming!

If you get slack in training & swim breaking a rule you will undoubtedly carry this over to competition & get disqualified!

Train using the technique you will swim with in competition and train without breaking this rule!

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Interpretation

“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

LOST PROPERTY

Host clubs often pick up pieces of lost property after swim meets during the clean-up, please contact them if you're missing pieces of gear or equipment.

QUOTE OF THE MONTH

Seven days of no swimming makes one weak.