

# Monthly News

Adults swimming for fitness, friendship and fun.

December 2019

**2020 memberships are open!**—join before 31<sup>st</sup> December and stay swimming with us.

On 31<sup>st</sup> December 2019 all 12 month memberships expire so club Registrars need to spread the word that their 2020 membership is available and all members will need to re-join before December ends! i.e. **RE-JOIN NOW**



**IMPORTANT NOTICE**

Please note: If swimming while unfinancial there is **NO** insurance cover

## **2020 CLUB affiliation fee due by 31 December**

The CLUB affiliation payment is due. Affiliation to MSNSW is a three tier scale, clubs with <24 members pay \$50 pa, medium clubs (25-49 members) \$70 and clubs with >50 members \$90 OR early bird discount of \$40, \$60, \$80 if paid **by 31 December 2019**. Those members who pay their membership to your club before the club affiliation is paid are technically not your members until the club is a MSNSW member so pay NOW without delay! If your club Treasurer is planning to go on holidays please ensure payment within the week. 21 Clubs are still to catch this worm.



A professional photographer has been organised to be at the Campbelltown carnival on the 18<sup>th</sup> January.



Between the warm up & start of the carnival proper, all participants, spectators & officials will be gathered together in the stand for a group photo. This should not take more than 10mins, please arrive early.

Also on offer is a team photo for each club (at no cost) if they wish so get there prior to 10am and get smiling! Please email to book [swim@campbelltownmasters.org.au](mailto:swim@campbelltownmasters.org.au)

## **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!

## **Summary of MSNSW Coaching 2019.**

It has been a productive and busy coaching year. The coaching team: Di Coxon Ellis (Coaching Director) Anne Smyth, Paul Bailey, Greg Gourley, John Kulhan, Caroline Makin, Jane Noake, Bill Moorcroft, Peter Johnston, Peter McGee, Leisa Cass and Greg Lewin have been active in coach development and providing technique workshops.

**Coach Workshops** have included a Shoulder Workshop in January, Peter Raeburn's session in July, a Freestyle workshop in September and a Coaching Forum at State. A Club Coach course was conducted in September qualifying new coaches for NSW clubs. Online support has been provided through articles and links to websites.

**For swimmers**, a Starts Workshop was held in February, followed over the year by workshops at Ulladulla, Pambula, Canberra, Goulburn, Yass and Campbelltown, including The Thredbo Swim Camp.

**Looking forward to 2020, events planned include:**

- **Saturday February 1 Club Coach Course.**

Location: Sports House, Olympic Park, and Ruth Everuss Aquatic Centre, Auburn.  
8 am- 5.30 pm

*Let's get more coaches qualified- spread the news!*

\*An exciting initiative is that there is funding for 4 females to attend the course. Funding is from Her Sport, Her Way Grant. So ladies get in quick to secure the funding. Contact Jillian: [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

Look out for more details coming soon on the course.

- Date TBC: Coaching Freestyle workshop (basic faults and how to fix) will be repeated later in the year.
- October Long weekend Thredbo swim camp

*Look out for information on these events and other workshops in 2020.*

### **Moving towards Nationals**

Keep the momentum and enthusiasm going in your squads by encouraging them to enter Nationals as their main motivating focus for 2020.

Have sprint training a part of each session. The 25m events could be an incentive for your novice swimmers to enter so practise dive starts and sprints in training.

Have a great Christmas and a wonderful swimming year in 2020!

Anne Smyth

*(MSNSW Coaching Team leader)*

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

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

**COACH OF THE YEAR**—nominations are now open, closing date Friday 17 January

Please consider honouring your tireless coach by putting their name forward for this award. There is new criteria so please read the nomination form as your coach may now be eligible. Recognition is all that many of our volunteer coaches get so put pen to paper. Clubs may consider paying \$10 for a 'non-swimming Coach membership'.

[https://mastersswimmingnsw.org.au/downloads/forms/#tabs\\_desc\\_4008\\_6](https://mastersswimmingnsw.org.au/downloads/forms/#tabs_desc_4008_6)



## **OFFICIAL OF THE YEAR**

— nominations are now open, closing date Friday 17 January  
To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, have been a current member from 1 January and have made an outstanding contribution in officiating and/or towards the development of officiating at Club, Branch and/or National level. For example: They attended courses to enhance knowledge and interpretation of rules; or delivered courses to prospective officials; or taken the position of mentor to trainee officials.

[https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Official-of-the-Year-award-nomination-form\\_30112018.pdf](https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Official-of-the-Year-award-nomination-form_30112018.pdf)

## **Upcoming Meets**

<b>Campbelltown</b>	Campbelltown	18 January—flyer now available
<b>Myall</b>	Tea Gardens	8 February—flyer now available
<b>Merrylands</b>	Merrylands	22 February—flyer now available
<b>Cessnock</b>	Cessnock	7 March 2020

<https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2019/11/Calendar-2020.pdf>

## **Postal swims**

Enter your results for the 12 swims in the **Singleton Sundial** postal swim!  
2020 Postal swims will soon be listed on the website starting with Wests Auburn's Turtle swim from 1 January.



## **2019 Endurance 1000**

It's getting close to the end of the year so here is a reminder to get those last e1000 swims completed and then entered into the e1000 system.

## **45<sup>th</sup> NATIONAL CHAMPIONSHIPS**

Did you know there is a dedicated Facebook event page? **123 going - 237 interested**

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

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

## **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.



## **2019 ANNUAL REPORTS CAN NOW BE SENT IN TO THE BRANCH OFFICE—**

Please send in your clubs report for inclusion in the Branch Annual report.

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](mailto:admin@mastersswimmingnsw.org.au) Web: [www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)



## **45<sup>th</sup> 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](mailto: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.

**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.

**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/>

### **2021 FINA World Masters Championships —**

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



## This summer take up this ocean swims challenge



Time to get out of swimming up and down a pool and get down to the Pittwater beaches for this summer's Ocean Swim Series. Last year there were close to 4000 swimmers who lined up for these Pittwater Ocean swims with a choice of events over a selection of Sunday mornings in January. There are 5 Ocean swims along the Northern Beaches at Newport, Bilgola, Mona Vale, then Palm Beach to Whale Beach and the last from Newport to Avalon Beach, on March 29 with short course swims at Avalon.

The swims are safely organised by those Lifesaving Clubs. There is a lucky draw prize of a trip to Bryon Bay with luxury accommodation for two or up to four, for someone who swims in 3 of the 5 beach events.

Rob Berry, one of the Swim Series organisers said, "We get lots of pool swimmers giving ocean events a go. Entry numbers have grown quickly with the introduction of short course ocean swims of only 800 metres as against the main 1.5 to 3 km distance swims. There are age categories for the swims with staggered starts." Rob says that, "You can feel the atmosphere of excitement at the start as friends agree to swim alongside each other or have a friendly challenge of 'who will do the fastest time'. Then after, at the prizegiving, free drink and fruit and with such fun chats as times and experiences are shared".

Dates and times of the events with maps of the courses are on Facebook at Pittwater Ocean Swim Series and more information and online entries at [www.oceanswims.com](http://www.oceanswims.com)

Further information: Rob Berry 0413 659 000

**PITTWATER SURF LIFE SAVING CLUBS**  
**OCEAN SWIM SERIES**

**NEWPORT Jan 5**  
**BILGOLA Jan 12**  
**MONA VALE Jan 19**  
Warriewood to Mona Vale  
**BIG SWIM Jan 26**  
Palm Beach to Whale Beach  
**AVALON BEACH Mar 29**  
Newport to Avalon

[www.oceanswims.com](http://www.oceanswims.com)

# CHALLENGE YOURSELF 100x100



ABBOTSLEIGH AQUATIC CENTRE  
WAHROONGA, SAT. 28th DECEMBER  
8AM - 12PM  
\$20.50 IF PAY BEFORE 25TH DECEMBER, \$25 AFTER

Online booking:  
<https://www.mylifebooking.com/Book/Event/100x100-100x100-swim>

The image features a swimmer in a pool with a cartoon character on a podium. The swimmer is wearing a black swim cap and goggles, and is splashing water. The cartoon character is wearing a yellow and blue striped shirt, a black swim cap, and goggles, and is holding a red cup. The podium has the number 4 on it.

Put this date in your diary -  
Everyone is welcome at this great annual event  
Can you think of a better way to shrug off the effects of Christmas pudding and all the trappings? Come along and push the boat out for the New Year.

