

Monthly News

Adults swimming for fitness, friendship and fun.

November 2019

2020 memberships are open!—join before 31st December and stay swimming with us.

Multiclass athletes at 2020 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MSNSW has withdrawn the opportunity to include classified multiclass swimmers at the 2020 National Championships.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.

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

November Coaching Tips

Let's get your squad focused on Nationals! Include a Sprint set each training session and encourage those members who normally don't compete to have a go!

Train as you wish to race. Ensure swimmers practise quality fast starts, turns and finishes in training. Include dive start sprints— great for new competitors to get them used to racing and ready for April 2020!

Getting started with video analysis

Are you thinking of starting to use video analysis with your squad? There are major benefits for your swimmers to be able to see themselves swimming, particularly underwater shots. Greg Gourley's article on filming swimmers is a fantastic place to start for some great tips. Greg is a member of the MSNSW coaching team, coach at Tuggeranong and has presented at NSW Workshops as well as Thredbo Camp where many have benefited from his video analysis.



Getting Started with video analysis

Greg Gourley

(MSNSW Coaching Team, Tuggeranong Masters Coach)

Notes available from the Branch office

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

https://mastersswimmingnsw.org.au/downloads/forms/#tabs_desc_4008_6

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

https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Official-of-the-Year-award-nomination-form_30112018.pdf

Upcoming Meets

Women Only twilight event	Lidcombe	8pm Friday 13 December
Campbelltown	Campbelltown	18 January—flyer now available
Myall	Tea Gardens	8 February—flyer now available
Merrylands	Merrylands	22 February—flyer now available
Cessnock	Cessnock	7 March 2020

Postal swims

Enter your results for the 12 swims in the **Singleton Sundial** postal swim!
It must be nearly Turtle Time! Train now for the 5km postal swim in 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.

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/>

121 going · 235 interested

Less than five months to go it's already looking busy!

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—

Bidgee Masters has already lodged theirs! Woo hoo!!!

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.

WORDS of WISDOM from your WHISTLEBLOWERS



This year there have been a number of swimmers disqualified for **false starts**.

Some swimmers have blamed it on the starter complaining that they were held too long! There is no rule that says how long the starter may hold you before giving the starting signal! Trying to anticipate the start is a recipe for disaster & is it really worth risking disqualification for the sake of less than a second? No individual or club points are given if you are DQ'd nor is your time recorded so you have nothing to gain by "breaking"!

It is also worth pointing out that deliberately taking your time getting into your starting position can be interpreted as delaying the meet which can be a reason for disqualification.

Here are the relevant rules for the start:

THE START

On the starter's command "take your marks", they shall **immediately** take up a starting position. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

SW 4.4 Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the

disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

Interpretation: After all swimmers are “stationary” (SW 4.1) following the Starter’s command “take your marks”, any swimmer who makes an actual forward movement before the starting signal may be disqualified when such movement is observed and confirmed by both the starter and referee (SW 2.1.6). This is to allow for the unsteadiness of some swimmers.

If there are any rules you are unsure of please don’t hesitate to contact me so that I clarify things for you before Nationals.

Marilyn Earp, Branch Technical Director techdirector@mastersswimmingnsw.org.au

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/>

Funding opportunity for a defib

The Local Sport Defibrillator Grant Program provides NSW sports clubs and councils the opportunity to acquire an AED package for their club or sports facility at a reduced cost.
<https://sport.nsw.gov.au/clubs/grants/defibrillator>

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.

Special Olympics Greater Canberra

Bill Eversham (Chief Timekeeper), Nick Grinter (Timekeeper) and Gary Stutsel (Referee) officiated at a Special Olympics invitation meet hosted by the Greater Canberra Special Olympics Club at CISAC Pool on Sunday 3rd November.

The meet had about 40 swimmers, aged from 10 to 41 years, representing regional clubs (ACT, Central Coast, Illawarra, South Coast, Sydney East, Sydney Hills, Sydney Northern Beaches and Sydney North Shore). There were 14 events and it ran (fairly slowly) from 9.45am to 12.45pm with a 15 minute break at 11.25am.

Swimmers had much in common with some of our Masters members!

QUOTE OF THE MONTH

“*Swimming is simply moving meditation.*”—Cesar Nikko Caharian

2021 FINA World Masters Championships —

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



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.trybooking.com/79041>

