

Monthly News

Adults swimming for fitness, friendship and fun.

February 2020

It's all about the 45th National Championships in the Branch office at the moment.

Are you going, have you entered, ordered merchandise, are you training hard, talking to your coach, planning transport and/or accommodation, written a submission for the regional members competition, going to the presentation dinner on a club table, volunteered to timekeep or as Warm-up supervisor or to pack Registration bags???

So much to do, to think about, to plan, organise and participate in. What FUN ☺



Be aware that orders for merchandise close earlier than entries.



A professional photographer was at the Campbelltown carnival in January and photos are now available to view or download, visit either their website & Facebook:

Email – swim@campbelltownmasters.org.au

Web page - www.campbelltownmasters.org.au



Coaching Corner

It has been a productive and busy coaching year. The coaching team have been active in coach development and providing technique workshops.

2020 events planned include:

- Date TBC: Coaching Freestyle workshop (basic faults and how to fix)
- October Long weekend Thredbo swim camp

Moving towards Nationals Coaches—Preparation for Nationals

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

It has been a tricky start to the year for many swimmers with so many areas affected by smoke and fire with some clubs' training sessions cancelled or curtailed. This obviously has implications for those swimmers preparing to compete at Nationals. I know that many of our club swimmers (Tuggeranong) have lost fitness. Therefore the focus is building fitness and working on technique. In each session though there is always a sprint element, often as a heart starter (getting heart rate up) leading into main set. For example, 8 x 25 Sprint with 30 sec recovery.

What to do in training?

- Include starts and turns practice - particularly as Nationals is SC, turns are very important. For the inexperienced swimmer, be mindful that a quick touch turn can be just as efficient as a tumble turn.
- Check out some basic tips from MSNSW Coaching website [Starts Turns and Finish Tips](#)
- 8 weeks until Nationals! Let's get a big turn up from all clubs with swimmers ready to compete!

Workshops

Thanks to Peter J for running a Start Workshop before his Merrylands Meet. Tuggeranong coaches are holding a Super Swim Sunday on March 1 including a Starts, Turns Workshop and a swim session for all ACT clubs and Sapphire Coast Masters.

Tony Goodwin is running a Breaststroke Workshop before Tuggeranong Meet on March 28. It is limited numbers and will be offered first to Tuggeranong, then Molonglo and other clubs.

Still investigating cardio info session and possibly some other ideas such as stretching for swimmers...stay tuned.

Another Club Coach course is planned for later in the year – possibly August. Encourage your club members to become qualified coaches – this is an important part of Masters Swimming to provide swimmers with experienced qualified coaches delivering quality training sessions.

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/>

WORDS of WISDOM from your WHISTLEBLOWERS



With carnivals starting & Nationals looming I thought it timely to remind swimmers of the various whistle signals we use in Masters Swimming in Australia and what they mean!

We did cover this in an article last year but many swimmers still seem unsure & look to others to see how they should respond!

The START

The Starter will announce your race & then the Referee will blow:

One long whistle – this means take up your starting position.

2nd long whistle (In Backstroke and Medley Relay races only) - swimmers shall without undue delay take up their starting position.

The FINISH

2 short whistle blasts - exit the water from the side of the pool.

NB Note that when ‘starting over the top’ is used at an event the Referee will not give a whistle signal for the swimmers to leave the water. The swimmers must leave the pool as soon as the next heat has started.

In individual distance events - 400m and over

A whistle will be blown at the starting end when swimmers have two lengths plus five (5) metres to swim to finish. **The whistle may be repeated** after the turn until the swimmer has reached the five (5) metres mark on the lane rope.

At Nationals there will be times when we have races in 2 pools at the same time so **it is vital** that swimmers stay aware of the whistles that apply to their race. It is very important too that swimmers exit the pool when the signal is given at the end of the race and don't stay to have a chat with the timekeepers or other swimmers! **This can hold up the start of the next race and delay the meet.**

If you are still unsure about whistles or any rules please don't hesitate to contact me.

Marilyn Earp

Branch Technical Director techdirector@mastersswimmingnsw.org.au

Upcoming Meets

Tuggeranong Short Course! ACT 28 March

This is important, a golden opportunity to compete in a SC carnival before entries to the SC National Championships close!

Warringah Short Course! Warringah 5 April

This is important too, a golden opportunity to test yourself in a SC carnival ten days before the SC National Championships begin!

Ettalong Pelicans Woy Woy 23 May

MSQ would like to invite everyone to their State Championships being held in Cairns 8-10 May 2020. This event is part of the National Swim Series. See flyers below.

<https://mastersswimmingqld.org.au/event/msq-sc-state-championships-2020/>



Postal swims

2020 Postal swims starting with Wests Auburn's Turtle 5,000m swim and the 12 swims in the **Singleton Sundial** postal swim!



2020 Endurance 1000

Have you started e1000 swims yet?

Vorgee Million Metres

Do you count your laps for the Vorgee Million Metre award? Here's Sally Hatcher from Blue Mountains Phoenix wearing her four million metre polo shirt, congratulation Sally!



Did we mention the 45th NATIONAL CHAMPIONSHIPS?

There is a dedicated Facebook event page.

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

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

138 Going · 258 Interested

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.

2021 FINA World Masters Championships —

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



Ocean swims challenge

Time to get out of swimming up and down a pool and get down to Avalon on March 29, 8am.

Rob Berry, one of the Swim Series organisers said, "We get lots of pool swimmers giving ocean events a go." Is it your time?

More information and online entries at www.oceanswims.com



Further information: Rob Berry 0413 659 000

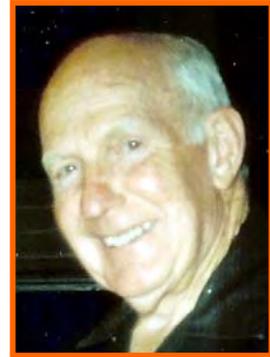
Masters Swimming NSW Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park 2127 PO Box 6941, SILVERWATER NSW 2128 Phone 02-8736 1232 Email: admin@mastersswimmingnsw.org.au Web: www.mastersswimmingnsw.org.au



Do you take part in the Palm to Whale ocean swim? Look at this World rating:
<https://www.redbull.com/ie-en/best-open-water-swim-races-in-the-world>

VALE

BOB CARLON (1929 – 2020)



Formed Manly Masters – 1975

A group of swimmers who gathered together, decided to formalise a Club. The New South Wales body of the Masters Swimmers was in its startup phase, so Manly joined as a Foundation Club.

Bob took on the role of President and remained as President, steering the club for the next 10 years. He coached many club members for over 12 years.

He was a proficient swimmer specialising in backstroke, and holding a number of world records including being part of a 280+ world record Relay team.

Bob was appointed a life member of Manly Masters Swimming Club. Although withdrawing from masters competition, he continued to follow the fortunes of the club and its members and remained a stalwart of the clubs at Manly swim centre.

Additional information provided by Manly Diggers Swimming Club:

Over a 60 year period, Bob contributed to the promotion of swimming in Manly Warringah, both as an administrator and an active participant. He contributed to the development of 5 swim clubs - Manly Amateur Swim Club, Manly Masters Swimming Club, Manly Diggers Swim Club, Manly Beavers and Dee Why Frigid Frogs. He promoted the sport of swimming to many generations in the local area.

One interesting achievement is that, in 1973, Bob swam from Luba Park to Manly Wharf to celebrate the opening of Sydney Opera House.

Ted Samojlowicz, Registrar, Manly Masters Swimming Club



2020 Masters Swimming Queensland Short Course Championships

Tobruk Memorial Pool
370 Sheridan St, Cairns North QLD 4870
8-10 May 2020

MSQ Sanction Meet Number: Q1/20

First Session – Friday 8 May 2020	Second Session – Saturday 9 May 2020	Third Session – Sunday 10 May 2020
1 50m Freestyle	11 100m Individual Medley	20 100m Backstroke
2 100m Breaststroke	12 50m Breaststroke	21 200m Butterfly
3 50m Backstroke	13 100m Butterfly	22 100m Freestyle
4 400m Butterfly	14 25m Backstroke	23 200m Individual Medley
5 25m Breaststroke	15 200m Breaststroke	24 25m Freestyle
6 200m Freestyle	16 200m Backstroke	25 50m Butterfly
7 25m Butterfly	17 400m Freestyle	26 400m Backstroke
8 400m Individual Medley	18 4 x 50m Mixed Medley Relay	27 400m Breaststroke
9 4 x 50m Mixed Freestyle Relay	19 4 x 50m Women's Medley Relay	28 4 x 100m Women's Freestyle Relay
10 4 x 50m Men's Medley Relay		29 4 x 100m Men's Freestyle Relay

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New: Club Relay award
Closing date April 21 2020

Maximum of 12 Individual events
Six (6) events for \$50, plus \$5/event
New: 4 x 100 Freestyle Relays

MASTERS SWIMMING AUSTRALIA 2020 SWIM SERIES



10 SWIMS = MORE CHANCES TO WIN

www.mastersswimming.org.au

**START
REGISTERING
NOW**

21 MARCH: **MSV SC CHAMPIONSHIPS** (BALLARAT - VIC)

4-5 APRIL: **MSWA LIVELIGHTER STATE CHAMPIONSHIPS SC** (MANDURAH - WA)

15-19 APRIL: **2020 MSA NATIONAL CHAMPIONSHIPS** (SYDNEY - NSW)

8-10 MAY: **MSQ STATE SC CHAMPIONSHIPS** (CAIRNS - QLD)

22-23 AUGUST: **MST WINTER SC CHAMPIONSHIPS** (LAUNCESTON - TAS)

13 SEPTEMBER: **MSSA SC STATE CUP** (ADELAIDE - SA)

10-14 OCTOBER: **MSNT BRANCH LC CHAMPIONSHIPS/ALICE SPRINGS
MASTERS GAMES** (ALICE SPRINGS - NT)

17-18 OCTOBER: **MSNSW LC CHAMPIONSHIPS** (CANBERRA - ACT)

25 OCTOBER: **STADIUM MASTERS LIVELIGHTER CLUB CHALLENGE**
(PERTH - WA)

11-14 NOVEMBER: **2020 PAN PACS MASTERS GAMES** (GOLD COAST - QLD)

