

Gary Stutsel Award

The Gary Stutsel Award is presented to the person who has contributed the most to the advancement of Masters Swimming NSW. This may include any area of contribution to the NSW branch as a volunteer for the Board, a committee, recording, officiating etc. By nominating any person registered with Masters Swimming NSW for this award, you will recognise their invaluable contribution to the conduct of masters swimming in NSW and Australia. **NOMINATIONS ARE DUE BY FRIDAY 29 MAY** and presented at the AGM

https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/08/Gary-Stutsel-award-nomination-form_01032017.pdf

Administration Award

The Administration Award is for a year of outstanding contribution to club administration. This may include any area of administration - president, secretary, treasurer, race secretary, recorder, club captain etc or any combination of these. By nominating a club member for this award, you will recognise the contribution that your volunteers make towards your club. **NOMINATIONS ARE DUE BY FRIDAY 29 MAY**

https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/08/Administration-award-nomination-form_04042015.pdf

ANNUAL GENERAL MEETING

The MSNSW Board will be conducting the Annual General Meeting at 10.30am on Saturday 27 June. It is anticipated that the meeting can go ahead both in person at Sports House for a limited number, perhaps 20 and by ZOOM.

This is with the proviso that face-to-face is dependant on COVID-19 restrictions being eased, attendees will be notified the week prior with access details and/or zoom meeting details.



All Board positions will be declared vacant. The Convening Notice plus Nomination and Expression of Interest forms for appointed positions can be found on the website

<https://mastersswimmingnsw.org.au/about/governance/annual-general-meeting/>

Clubs are requested to notify the Branch office of either their nominated delegate or the clubs Apologies for the Minutes. Thank you to the clubs that have already advised the Branch office, a confirmation email will be sent to you closer to the date.

Coaches Corner

Congratulations to Greg Gourley (Tuggeranong) on being awarded National and NSW Coach of the Year (2019). Greg's contribution last year was outstanding, particularly to the NSW Branch. I am sure many of you benefited from his knowledge and expertise at the Thredbo camp, Pambula, Ulladulla and Canberra workshops and the Basic Freestyle Faults Workshop in Sydney. Hopefully it will not be too long before we are able to run workshops again and more will be able to benefit from Greg's knowledge, particularly in the use of underwater filming.

Congratulations to Aaron Cleland (Blacktown) as runner up NSW Coach of the Year – another excellent coach and a very worthy contender.

Congratulations to Dawn Gledhill (Manly) on being awarded NSW Official of the Year – well deserved! Not only does she coach but is an expert official too!

Welcome New Coaches We have number of newly qualified coaches, some in super quick time!

Well done **Suzie Haddid** (Campbelltown), **Bradley Monks**, **Marko Antic** (Wett Ones) and **Marie Taylor** (Manly).

Anne Smyth — Masters Swimming NSW Coaching Team

Virtual Challenge over the June Long Weekend



For all our members waiting to get back into the pool, we are hosting another 'virtual' meet where you can take part in, and earn points for, variety of 'fitness', 'friendship' or 'fun' activities. Join in the fun and watch 'live' updates as members submit their activity.

You don't need to swim to take part (though that is one of the activities), you can take a walk, or even cook a healthy meal to earn points. The more activities you do, the more points you earn.

A fantastic, fun weekend filled with activity.

There will be prizes for male & female winners in 3 age groups – 18-34, 35-54, and 55+.

All activities must be completed between Saturday 6 June and midnight Monday 8 June.

All entries must be submitted before midday on Tuesday, 9 June.

<https://mastersswimmingnsw.org.au/new-dryland-challenge/>

COVID-19 update

Many, many outdoor pools have reopened around the State and at least two of our clubs have started Squad training again. You can keep up to date through our facebook page (remember, you DO NOT need to 'be on' fb to see our posts). <https://www.facebook.com/mastersswimmingnsw>

Your clubs President and Safety Officer are busy right now reading through a barrage of emails around compliance and Infection Control, please be mindful and assist where possible.

We have opened the six month membership option early for those clubs that are able to get up and running again. Contact your clubs Registrar if you know of a potential new member.

Go to <https://mastersswimming.org.au/covid-19-information> and find an update of Covid-19 information and **resource links** to dry land training and so much more #staywithus #keepconnected

Guidelines to remember while exercising at home:

- Check that you have sufficient space to practice
- Check there are no trip/slip hazards
- Check there are no objects you may fall on or come in contact with
- Check there are no sharp objects or hot surfaces near by
- Ensure you have sufficient lighting
- Ensure your camera/screen and other electrical appliances, including cables, are on a levelled surface and not in your training space causing a trip hazard
- Ensure the room has sufficient ventilation
- Ensure you have water to keep hydrated
- Remember to seek medical advice before training if you have any existing injuries or other medical conditions
- Remember that children require adult supervision whilst practising
- Ensure all household members are aware of the training and avoid entering the space

Get the app



Let's be safe by choice, not by chance!

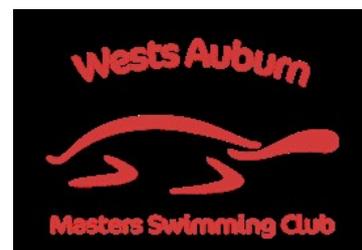
2020 events

So what is the rest of 2020 looking like for us? The booking for SOPAC is still active for Sunday 12 July, if a Relay meet is not feasible then how about a fun and friendly social get together on pool deck with water based activities? Keep an eye on this space. Still on the event calendar is Lake Macquarie and Ryde meets in August followed by Seaside Pirates in September. Keeping the dream alive!



POSTAL SWIM

Good news for postal swim competitors, the closing date for Wests 5km Turtle swim has been extended to 30th September. Now that's lucky....



Vale...Lindsay Risk, Campbelltown Collegians

The contribution Lindsay Risk made to Campbelltown Masters Swimming Club was truly outstanding; words like exemplary, impeccable, faithful, selfless, caring, compassionate and absolute thoroughness accurately describe Lindsay, both personally and in his role of club Secretary.

'Outstanding' also does not do justice to the type of man Lindsay was, nor the level of admiration and respect all club members held for him, along with any whom he met from the greater Masters Swimming family.

Communication is the key to a good secretary. In this Lindsay was extraordinary. There was nothing from the NSW and Australian bodies that did not get passed on to club members, usually with an insightful comment which helped summarise the communication.

Club apparel was one of Lindsay's passions. He redesigned the club's shirt and track suit and was in charge of all aspects of the club's apparel. Lindsay was instrumental in redesigning the club's 40th anniversary logo and organising the purchase of special 40th anniversary shirts.

Promotion of Campbelltown Masters Swimming Club was always close to Lindsay's heart. His efforts have resulted in a marked improvement in club membership, plus the all-important lowering of the club's average age. Our new, younger club members can be directly contributed to Lindsay's efforts in marketing the club including signing up his two daughters.

I know of no other Masters swimmer who so typifies the effort, generosity, workload and outstanding administration that Lindsay showed in abundance at every swim meet he attended and in all his dealings with anything related to Masters Swimming. He was encouraging, committed and a dedicated club member who epitomised the ideals of Masters Swimming.

Gregory Jacques **President** **Campbelltown Collegians Masters Swimming Club Inc**



Lindsay Risk with Annie and Suzie.

Again no 'quote of the month' but a heartfelt **thank you** to all our members who are working in essential industries across all sectors. Be safe and stay strong, we need you and appreciate you more than ever before!

THANK YOU!



[Jillian Pateman Administrator](#)