

Back to the Future—it's a wrap!



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Our last 2020 *Back to the Future* event is this Sunday 6 December evening at Ku-ring-gai Aquatic Centre. The temperature may be almost balmy for this first week of summer so bring your hat & sunscreen. Entry fees will be the standard Casual Adult rate **the pool highly recommends participants paying online prior to arriving**. This serves as our Covid-safe contact tracing and will reduce the time frame getting through the doors. It can be found here: <https://www.ymcansw.org.au/centres/ku-ring-gai-fitness-aquatic-centre/book/>

We then finish our year with a Women-Only twilight carnival at Auburn pool on Friday 11 December. This is an exciting collaboration with Swim Sisters, Different Strokes Adult Swim School and the venue management. NSW State Govt is running *Her Sport Her Way* events across the State and we have been fortunate to receive funding to support this carnival. Different Strokes is encouraging women who have just learned to swim to come along and give competition a go, some for the first time in their lives so there are a lot of nerves and self-doubt already. Female masters members will be able to meet new friends and support new swimmers.

<https://mastersswimmingnsw.org.au/.../women-only-swim-meet/>



A note: cancellation and/or postponement is something we have to expect “may” happen in the next few months due to changing outbreaks. While it is disappointing, we must keep our members safe, we will keep organising meets when we can and they will only go ahead if and when the time is right.

2021 BPS calendar events

Campbelltown Collegians starts off our year on Saturday 23 January from 10am then Myall Masters at beautiful Tea Gardens on 13 February followed by Cessnock 6 March and Blacktown 20 March.

Coach clinics available to members

Mitch Patterson held seven successful coach clinics over the past month and is available (and keen) to host more in the new year. Who’s up for it?

Nothing but positive comments came back to the office:

Mitch Patterson's clinic was absolutely brilliant. I hope more are offered!

Mitch's session was awesome.

The coaching course with Mitch Patterson was excellent thanks. We certainly got our money's worth.

Cannot wait for the next course by him

What else can I do? Postal swims of course!

Support these wonderful clubs around the country by entering their Postal swim— timekeeper required.

<https://mastersswimming.org.au/events/category/sanctioned-meets/postal-swims/>

Singleton Sundial swim **12 swims** around the dial —from 100m to 1200m.

Baddaginnie Animal Swim, 5 swims and earn a long-sleeved t-shirt that displays the gruelling events.

Swimming Up Hills swim a total of 5,900m over nine swims. Log swims by 31 December for all three.



Results are in for both Wests Auburn 5km Turtle swim and the Tuggeranong Trifecta.

Would you consider being on the National Board?

Masters Swimming Australia is calling for nominations for positions on the National Board of Management, including President and Directors for a two-year term

CLOSING DATE MONDAY 7 DECEMBER 2020 at 5pm. Contact the Branch office for details.



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Million Metre polo shirts

Keep counting, just keep counting. Encourage new members to keep a track of their laps.

Find out more here: <https://mastersswimming.org.au/programs/million-metres-program/>



MILLION METRES

Regional clubs had another Zoom meeting

Lawrence Powderly, Vice President, Country hosted another Zoom meeting with some regional clubs, this will now be a regular online meeting where clubs outside the Greater Sydney region can discuss what they do and how they're doing it, what works and what doesn't. Keep tuned for some ideas and offerings like the mini meet for Hunter clubs on 13 December at Maitland pool.

Is it?



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There is an opportunity for us to do something completely different so block out Friday 13 March in your diary for an afternoon delight.



COVID-19 protocols for swim events

- Members are encouraged to download and activate the COVIDSafe app.
- As a condition of entry, all participants may be required to sign-in on a Track & Trace sheet. The information and detail on this sheet will be stored in accordance with record-keeping requirements, and may be forwarded to NSW Health and/or Safework NSW if required.
- Any officials, volunteers or competitors that feel unwell to any degree, or display flu-like symptoms, are advised to stand down from this event and isolate themselves from the venue.
- COVID-19 Infection Control certificated volunteers will be rostered to supervise members.
- All venue conditions/instructions, whether displayed or conveyed by staff, must be followed strictly by members.
- All participants must comply with any restrictions in regard to communal facilities such as showers and change rooms. Where possible, members are encouraged to consider not using these facilities.
- The number of swimmers in warm-up lanes may be limited.
- All events will be heat seeded. There will be **no marshalling**, all competitors will be required to self-seed behind the blocks and adhere to any venue marked spacings.
- There will be only one timekeeper per lane. Any competitor that wishes a second time for record purposes, will need to make arrangements with the Chief Timekeeper prior to the event.
- If any equipment is to be shared by officials or volunteers, including timing devices, it shall be wiped down before passing on.
- MSNSW will provide hand sanitiser, gloves and masks where required/requested.
- Optimal hand hygiene will be expected of all members
- Each venue we hire may have different requirements, it is up to each of us to follow as best we can.

Get the app —let's be safe by choice, not by chance!



Your club will have a COVID19 Safety Plan in place specifically for *Community sporting competitions and full training activities*. Please assist in keeping to exactly what is outlined within it.

Updated Public Health Order Thursday 3 December 2020

Restrictions eased for Community Sport and Recreation from Monday 7 December 2020

Gatherings in outdoor public spaces:

- Up to 100 people for outdoor gatherings (up from 50).
- Up to 3,000 people for other organised outdoor events i.e. community sport and outdoor protests (subject to the 2sqm rule).

Indoor Recreation Facilities and Swimming Pools

- Indoor recreation facilities (excluding gyms) and swimming pools can accommodate a maximum of 1 person per 2 square metres for all community sport activities.
- This includes venues such as indoor sport facilities, indoor and outdoor pools,



<https://www.dooleys.com/lidcombe>

Masters Swimming NSW is proud to receive continued sponsorship from Dooleys Lidcombe

Do you have an initiative which MSNSW could assist with some funding to help rebuild your club?

We'd love to be able to support your club get up and running and assist you in getting existing and new club members into the pool. Perhaps there is a club event you'd like to hold but don't have the funds to do it.

Some ideas you may like to consider:

- Coaching clinics to get your members back into the pool
- Bootcamps or open days to attract new members
- Club banners to display at your pool to let your community know you are there
- Printing costs for flyers, advertising, etc.

All proposals will be reviewed by the MSNSW Board and those that are successful will be eligible to receive reimbursement for any expenses incurred for the initiative up to a pre-approved limit once receipts have been received by the NSW office.

To apply, please provide details of the initiative, the estimated costs, timeline for the project, and why you think the initiative will benefit your club. A number of clubs have already got their submissions in but there are still funds available for worthwhile initiatives.

National Championships

2021 MSA National Championships has regrettably been cancelled

BUT, and it's a BIG but... **BUT** they're coming to Sydney in 2022, woo hoo!

Direct from the press release "We would like to acknowledge the support of our event sponsors and partners and thank the organising committee of the 2021 Nationals, for their hard work and dedication. While the National Championships for 2020 and 2021 are not to be, we will look forward to the 2022 Nationals in Sydney, and 2023 in Tasmania!"

From experience it can be said that there is an enormous amount of work involved by many people to get an event of this size up and running, two years' worth of meetings, ideas, brain storming, paperwork, documents, contracts, rosters, teams & committees, booking and ordering etc so these decisions are never made lightly and are made with huge regret and disappointment. Your understanding is appreciated.

On the sunny side The Australian Masters Games are on in Perth in October and the Great Barrier Reef Games in Queensland in May ☺

