

2021 Open & Uni Nationals 13-16 May SOPAC

You're invited! This is a co-sanctioned event with Swimming NSW and has strong qualifying times. If you're up to the challenge (and some of our members are) then the MSNSW Board would like to sponsor you by contributing to your entry fee (please note, conditions apply). Contact the branch office for details.

Entries close at 5pm on 4 May. <https://mastersswimmingnsw.org.au/event/2021-open-uni-nationals/>

For full information on the event go to <https://nsw.swimming.org.au/events/2021-sydney-open-uni-nationals>



Competition Results—we have an app for that

Did you know? There is plenty of information in the animated introduction on the website at <https://mastersswimmingnsw.org.au/meet-results/live-results/>

Thank you Mark Hepple!



Entering Relay teams at the LC Championships utilised a new function within this app and Team Captains were able to enter team details from scratch, this proved a very successful trial. A video link was sent out prior to the day after Race Secretaries nominated a Team Captain who managed edits and changes.

Thank you and congratulations to all who gave it a go.

Breaking NEWS— you can now enter your timekeeping choices through the apps hamburger menu. Book your place by using the TK tab and choosing which events you are available for. This is an enormous step forward for us, we see a future when endless calls and pleas will no longer be made throughout the event begging for each swimmer to take their turn in mastering the stopwatch. If you are unsure about this

necessary volunteer opportunity, ask your club to conduct a Timekeepers course. It's easy, it's fun, it's essential. (Get Timekeeper qualified in Mental Health month- a timekeeping course over morning tea.)

The app's new function allows swimmers to nominate when they plan to timekeep.

The event list displayed is filtered to exclude events in which the swimmer is entered, and events where the required timekeeping capacity has already been reached.

It displays the total share of time required by each swimmer, and the time committed with the current selections made by the user.

Some stats from the Live Results app after the LC Championships:

App logins (scan/enter email/enter PIN) – 334

Of those, 128 logged in more than once, with one doing it 16 times!

Instructions on how to save the app to your device, if not done when prompted the initial time, were added <https://mastersswimmingnsw.org.au/meet-results/live-results/#SaveApp>

- App check-ins (ticked agreement) required on day of meet to view results = 235
i.e. 84% of competitors

Relay teams edited in app = 8 i.e. 6.5% of total 123 teams

From the National Office —MENTAL HEALTH AWARENESS MONTH

MSA is selling a limited edition of Mental Health Awareness swimming caps until stock lasts. Be sure to [grab your bright yellow cap](#) at the great price of \$17.50 (inc postage) and know you are supporting the Black Dog Institute and MSA Mental Health Awareness Month.



The impact of the coronavirus (COVID-19) pandemic over the past twelve (12) months is ongoing, and never before have we needed to come together and support each other. 1 in 5 of us will experience symptoms of mental illness in any given year. In Australia that is around 5 million people, and roughly 60% of these people will not seek help (www.blackdoginstitute.org.au).

The overwhelming concern for Masters Swimming Australia is that our members are not immune to this statistic. The impact of the temporary closures of pools, training venues, active gatherings, financial stress and isolation from friends and family etc. is unknown on members mental health. Last year, the NBM and Branches discussed the benefits of supporting mental health with a focus on a Mental Health Month in MAY this year.

MSA are thrilled to be supporting the [Black Dog Institute](#) to deliver a month of Mental Health Awareness to the masters swimming community. Read on for the activities that MSA will bring to members to promote mental health education and encourage members, clubs and Branches to

connect through fundraising activities. Remember to purchase a limited edition MHAM cap in support of Mental Health Month and the Black Dog Institute.

MSA has created a dedicated webpage to [Mental Health Awareness](#) on the National website and we will be continually updating the page and adding information, resources and links to webinars.

Masters Swimming Australia is proud to support the Black Dog Institute presentation of **'Breaking Down Depression' on 2 May at 2pm AEST.**

The presenter will share their lived experience with mental illness and provide insights on signs and symptoms of mental illness, when and where to seek help, and practical strategies for helping a friend or family member.

Please join us for this free presentation about mental health and wellbeing. [Register NOW.](#)

Many (most) MSNSW members know **Paul Bailey** swimming for Warringah Masters. Paul has volunteered to be our Branch Patron for Mental Health Awareness month throughout May. Paul has his own story of depth, strength and eventually success to wellness and has offered to share this as well as be an ear for members who may be struggling or simply want to chat. He, again, is planning on swimming 10km butterfly as a charity fundraiser. GO PAUL!

MSNSW calls for donations at all events throughout the month of May.

2021 interclub swim events in May, June, July and beyond!

The next Resurrection swim meet is at Woy Woy on Saturday 22 May

<https://mastersswimmingnsw.org.au/event/woy-woy-meet/>

Then we're at Maroubra, the Des Renford Leisure Centre on 29 May

<https://mastersswimmingnsw.org.au/event/2021-resurrection-meet-maroubra/>

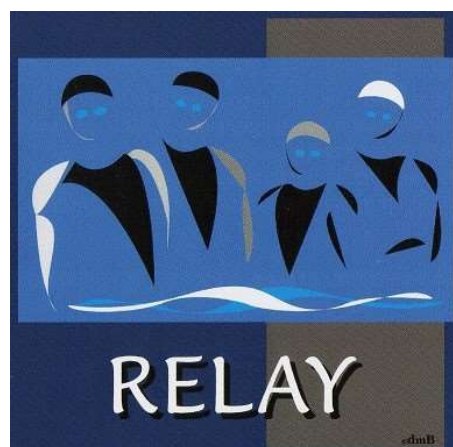
Both Seaside Pirates and Wett Ones are hosting events in June, 20th and 26th.

(Due to the need to possibly reorganize ourselves at a moment's notice, bookings for events will open three weeks prior to date.)

Keep up to date with what's happening when by regularly checking here:

<https://mastersswimmingnsw.org.au/events/category/sanctioned-meets>

Entries to the Relay meet will open **ONE week** prior, Club Captains are advised to organise your teams ahead of time to beat the rush.



<https://mastersswimmingnsw.org.au/event/msnsw-relay-meet/>



General Rules of Competition for 2021

1. All meets sanctioned by MSNSW will score points (clubs and individual swimmers) for the total point score for 2021. These will include club meets, MSNSW meets, mini meets (3 or more clubs), virtual meets, open water meets conducted by MSNSW, state championship meets
2. Non swimming Officials who work at meets will also be included in the pointscore as will trainee officials who work on pool deck at a meet (with supervision)
3. Times recorded at sanctioned meets will be eligible to be recorded as branch, national and world masters records (subject to pool surveys and AOE for world records)
4. Points will be awarded as per MSA rules ie 10 points for the fastest swimmer in the age group, 9 points for second, 8 for 3rd etc. Relays will be double points in each age group.
5. Only swimmers who are members of MSNSW will be eligible to score points
6. Average points will also be calculated for each meet- total points accumulated at the meet divided by the number of swimmers competing at the meet
7. The 4 Divisions will remain making it a fairer competition for smaller clubs
8. State championship events will remain the same with the same awards and rules but all points will be added to the 2021 total tally
9. The number of officials on deck at a meet will depend on the size of the meet. All meets must have a Meet Director and there MUST be 1 referee and 1 starter at a meet between 3 or more clubs (if records are to be recognised). There will be no marshalling, all meets will check start swimmers. If unsure of the number of officials contact Jillian in the office for advice.
10. All results of meets must be sent to the state recorder (if the recorder is not present at the meet) in a timely manner, times will be added to the portal and points tallied.
11. Warm up and cool down lanes as per MSA rules must be provided
12. Meet flyers must specify all information for swimmers (as in the past) and be sent to the office for sanctioning in a timely manner
13. Entries will be online (as before) and closing date will be advertised on the flyer. Full programme will be published after close of entries. Entries will open three weeks prior to race day.

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, events and activities and they will only go ahead if and when the time is right.

National Championships Sydney 2022

VOLUNTEERS PLEASE

We now look ahead to our hosting the **2022 National Championships at SOPAC, 20-24 April**

There is a lot of work necessary to get an event of this size up and running, ideas, brain storming, paperwork, documents, contracts, rosters, booking and ordering etc so **we're NOW looking for volunteers** to help in any of these areas. Do you have skills in event management, social activities, artwork design, technical expertise? Timekeepers, medals table staff, mousehole entry, Registration and Welcome Desks, runners, warm-up supervisors and our trusty Technical Officials are but a few of the many roles required. Many hands make light work so please get in touch with your willingness to roll up your sleeves and lodge your availability.



Annual General Meeting

Saturday 15 May at Sports House or via Zoom. All clubs are requested to have a representative attend. The Annual report has been compiled and will be uploaded to the website soon. Nominations for a position on the Board or Expressions of Interest for appointed positions can be lodged now, forms can be found here: <https://mastersswimmingnsw.org.au/about/governance/annual-general-meeting/>



Masters Coaches—Professional Development weekend

To all our valued coaches, a full weekend of speakers and guests are being lined up to offer you a weekend of informative and educational information to assist your coaching techniques and systems.

Block out the dates 14/15 August. Tattersalls Club, Elizabeth St, Sydney. Details to be advised.



Postal swims 2021

You can support clubs around the country by entering Postal swims:

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

Baddaginnie Animal is open, do it for the sheer fun of it. **5 events in one day** 😊

<https://mastersswimming.org.au/event/baddaginnie-animal-postal-swim/>

Bunbury Winter 3 x 400m from 1 May:

<https://mastersswimming.org.au/event/bunbury-masters-winter-3x400-postal-swims/>

Our very own Tuggeranong from 1 July:

<https://mastersswimming.org.au/event/tuggeranong-trifecta-postal-swim-2021/> (you get a great cap)



Masters Swimming NSW is proud to receive continued sponsorship from Dooleys Lidcombe <https://www.dooleys.com/lidcombe>

Coaching Corner —qualify as a Masters Coach

A new online training module has been designed and has been tested to enable more members to get qualified as a Masters Coach. The Coach Team has planned a Form stroke workshop on the South Coast in April/May —please register your interest with the Branch office.

Annual Swim Camp is back

Planning is well underway for the fabulous weekend of training, swimming, eating, skiing and FUN at Thredbo over the October Long weekend. Numbers are limited and this year are open to all.

Winner, Winner, she's a grinner

Kate Murphy, a new member at Tuggeranong Vikings, won a Polar device from MSA by entering the recent survey game of skill. Hearty congratulations Kate and welcome to all that is Masters Swimming!

National Swim Series



**MASTERS
SWIM SERIES**

The **MASTERS SWIMMING AUSTRALIA NATIONAL SWIM SERIES** boasts a mix of Long and Short course meets across Australia. It rewards members' participation and performance in any of the Meets, with members only needing to swim two meets to be eligible for prizes.

The series comprises of nine events annually, with one nominated meet from each of the Masters Swimming Branches and two from Queensland and Western Australia. Coming up:

MSQ	May 20-23	Great Barrier Reef Masters Games	Cairns
MSV	June 20	Branch SC Championships	Melbourne
MSSA	July 18	MSSA Interclub 2	Adelaide
MST	August 21-22	SC Winter Championships	Launceston
MSWA	October 9-11	Australian Masters Games	Perth
MSNSW	October 16-17	SC Championships	Canberra



<https://mastersswimming.org.au/programs/national-swim-series/>

Mid-Winter Trivia night



What do you do in the cold depths of winter? How about attending an online Trivia night with fellow Masters' members. Organisers are chatting and scheming and questions are being collated and listed.

Interested? Do you want to attend and compete as a club or get allocated to a team? Register that interest with the Branch office

admin@mastersswimmingnsw.org.au

Date to be advised.

Supported by the

