

Coach clinics available to members

Mitch Patterson is hosting more freestyle clinics over the next few months and is available (and keen) to host more. Bookings are open for **Hornsby Aquatic Centre, 6th March** and **Glenbrook Swim Centre, 21st March**. You get individual attention as there are only **10** swimmers per session, the price is for **two hours** of freestyle technique and heavily subsidised for you at the amazing price of \$30. Why wouldn't you?

Contact the branch office if you'd like to organise a magical experience at your local pool. Currently they are Freestyle clinics, Form stroke clinics will follow.



masters swimming
NEW SOUTH WALES

FREESTYLE SWIM TECHNIQUE CLINICS 2021

... with Mitchell Patterson

Mitchell Patterson is a former Commonwealth Games representative in butterfly and former Masters swimmer and National record holder

CLINIC 1: Hornsby | 6 March 2021
Hornsby Aquatic Centre, Sydney
13:00-15:00 & 16:00-18:00

CLINIC 2: Glenbrook | 21 March 2021
Glenbrook Swim Centre, Sydney
09:00-11:00 & 12:00-14:00

COST \$30 Members Only
Limited to 10 swimmers per clinic
Book online via the MSNSW website
Pool entry payable on the day

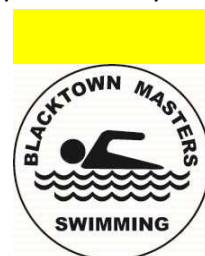
Each clinic will include:

- Video aided discussion on specific stroke aspects
- Specific drills, technique and stroke correction, drill feedback
- Direct feedback swimming focussing on 1 or 2 technique aspects
- Follow up, if appropriate

Masters Swimming NSW is keen to help members get back to peak fitness and attain goals!

2021 interclub swim events

The next interclub meet is Blacktown on 20 March. <https://mastersswimmingnsw.org.au/event/blacktown-bps/>
Due to the need to possibly reorganize ourselves at a moment's notice, bookings for events will open three weeks prior to date. So, get ready to click the enter button for Blacktown from Friday 26 February.



Keep up to date with what's happening when by regularly checking here:
<https://mastersswimmingnsw.org.au/events/category/sanctioned-meets>

Yoga for swimmers

Not booked yet? You still have time to stretch and enjoy a free Yoga class suited for ALL members!

Friday morning 26th February 7.30am and Tuesday 2nd March 6pm are still available. These online classes are provided free to members hosted by North Sydney Masters member Christina Echols from Brand-Echs.

TEAM CHALLENGE-do you get it? It's something new.

The Team Challenge is a form of Swim League and is on from 6pm Friday 12 March at SOPAC, a co-sanctioned event in collaboration with Swimming NSW. This is an exciting new concept for both organisations.

Overview **You don't choose your team, you don't swim for your club.**

Team Challenge is an exciting competition format that provides the opportunity for swimmers of all ages, abilities, and experience to swim together and compete as a team.

Swimmers are allocated into teams comprised of individuals of different ages and abilities so that each team is relatively even overall. They then compete together in different individual and relay events.

Team Challenge is not about who comes first, second, third, or last in each race. It's about swimming your best, competing together, and contributing towards the overall points tally of your team.

All swimmers will be required to swim at least 3 individual events and 1 relay. At the end of the meet, the team that has the most points is declared the winner!

The most important thing to remember is you're swimming as part of a team and everyone's points contribute to the team tally. So, swim your best, cheer on your teammates, and have a great time!

The party will continue at Abattoir Blues at the end of the event.

Program of Events & Competition rules can be found here:

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

GIVE IT A GO!



Non-swimming membership

Did you know there is a \$10 membership for our non-swimming volunteers, Coaches and Technical Officials? Scroll down on the membership page of our website <https://mastersswimmingnsw.org.au/about/membership/>

and click on this button:

CO, TO & VO Members ➔

As Covid19 cramps our usual BPS style we still have competition and this is how it looks for 2021:

<https://mastersswimmingnsw.org.au/2021-resurrection-pointscore-series/>

More event information, including unsanctioned meets, can be found under Events/Special Events tab.

General Rules of Competition 2021

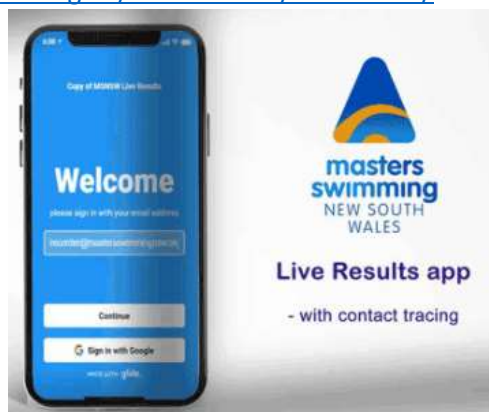
1. All meets sanctioned by MSNSW will score points (clubs and individual swimmers) for the total point score for 2021. These will include club meets, MSNSW meets, mini meets (3 or more clubs), virtual meets, open water meets conducted by MSNSW, state championship meets
2. Non swimming Officials who work 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.

Competition Results—we have an app

Did you know there's an app for that? Plenty of info in the animated introduction on the website at

<https://mastersswimmingnsw.org.au/meet-results/live-results/> Thank you Mark Hepple!



Postal swims 2021

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

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

Our own Wests Auburn **5km Turtle Swim, swim it solo or relay** and Albany Creek Duck-a-thon are both open now then the Hervey Bay Humpbacks opens in March.

<https://mastersswimmingqld.org.au/event/humpbacks-swim-meet/>



Coaching Corner —do you want to qualify as a Coach?

A new online training module has been designed and currently being tested to enable more members get their qualification as a Masters Coach. The Coach Team has planned a Starts/Turns workshop for members in the ACT on 12 March and a Form stroke workshop on the South Coast in April/May then the Annual Swim Camp at Thredbo over the October Long weekend. **Mentor Training Course** Sunday March 14 If you are keen to develop your mentor skills there is a full day course available through NSW Office of Sport.

Covid19 protocols

- 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.

<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/greater-sydney#community-sports> Community sporting activities are allowed, including training sessions and contact activities.

For community sporting activities that involve more than 100 participants, the organiser must have a COVID-19 Safety Plan for [community sporting competitions and full training activities](#).

- Participants include players, people who are training, officials and spectators.
- The maximum number of participants at a community sporting activity is: 3000 people, or [one person per 2 square metres](#) (whichever is less).
- [Record keeping](#) for attendees must take place for all community sporting activities of more than 100 people where this is practical.

Certificate of Currency

If your club is required to submit the Insurance CoC it's here: <https://mastersswimming.org.au/rules-and-policies/> then open the Insurance tab.

National Championships ~~2021~~ 2022

2021 MSA National Championships has regrettably been cancelled

BUT they're coming to Sydney in 2022!

While the National Championships for 2021 are not to be, we 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 Great Barrier Reef Games in Queensland are on in May and the Australian Masters Games are on in Perth in October and Pan Pacs! 😊



National 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 WA starting with:

MSWA	March 27-28	Branch SC Championships	Mandurah
MSQ	April 9-11	Branch Championships	Sunshine Coast
MSNT	April 17-18	Branch LC Championships	Darwin
MSQ	May 20-23	Great Barrier Reef Masters Games	Cairns

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



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

