

### Memberships open

There are a lot of activities coming up including swim meets, interclub carnivals, coach clinics for swimmers, coach courses to train new coaches, online Yoga sessions, CPR training plus so much more BUT you need to be a financial member for 2021 to enjoy the events. Re-join now and don't miss out.



### 2021 interclub swim events

Starting off our year of interclub meets is Myall Masters at beautiful Tea Gardens on 13 February followed by Blacktown on 20 March. We also have our first Resurrection event at Cabarita on 27 Feb.

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

<https://mastersswimmingnsw.org.au/event/myall-masters-bps/>



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

#### General Rules of Competition for 2021 meets

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 3<sup>rd</sup> 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 when we can and they will only go ahead if and when the time is right.

## MASTERS SWIMMING TEAM CHALLENGE

Slotted in between these two swim comps is a form of Swim League on Friday 12 March at SOPAC, a co-sanctioned event with Swimming NSW. Flyer and program details will be launched this week.

### Overview

*Team Challenge* is a fast-paced and 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.

## Coach clinics available to members

Mitch Patterson is hosting more coach clinics over the next few months and is available (and keen) to host more. Currently bookings are being made at Glenbrook and Hornsby pools so could your pool host one? Contact the branch office if you'd like to organise a magical experience for yours and other nearby Masters clubs. Currently they are Freestyle clinics then Form clinics will follow.

## Postal swims are on again

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

The MSNSW Coaching Team, headed by Anne Smyth, is a group of coaches dedicated to support MSNSW coaches. MSNSW is keen to support coaches in developing their knowledge to provide a quality program for their swimming members. *Coaching is the backbone of Masters Swimming.* To this end the team is working on many projects e.g. a Starts/Turns workshop in the ACT on 12 March and a Form stroke workshop on the South Coast in April/May plus so much more (including the Annual Swim Camp at Thredbo in October).

## Yoga classes

Not booked yet? Once a week on Friday mornings alternating with Tuesday evenings, until 2 March, these online classes are provided free to members hosted by North Sydney Masters member Christina Echols who says: *I am focused on developing programs for swimmers, other athletes and corporate professionals who may only have the capacity to practice yoga once or twice per week. With background as a physiotherapist, I have a foundation of anatomy, physiology, injury prevention and injury rehabilitation that I bring to all classes to modify for specific needs or injuries. My classes are not of a specific style – generally a blend of Vinyasa flow yoga and Hatha yoga. The classes are designed to create balance within the body focusing on areas of muscle imbalance through strengthening and flexibility*

## Million Metre polo shirts

Huge congratulations to Robert Kirkbride of Oak Flats Masters who recently received his FOUR million metre polo shirt!



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

## Do you have an initiative to help rebuild your club which needs funding?

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.

## Open water swim for charity

Rainbow Club helps children with a disability learn to swim and be safe in the water. The swim is on Sunday 21<sup>st</sup> February, find out more here:

[info@malabarmagicocceanswim.com.au](mailto:info@malabarmagicocceanswim.com.au)



**Where  
does  
your  
membership  
go?**

**Member Support & Development**  
Providing our members access to a functional website, Nationals records, secure member portal and resources

**Coaching & Officials**  
Provide accreditation, education & support for our 300 coaches & 380 officials

**Events**  
Supporting the National Championships, swim series, swimming camps, postal swims & other National campaign programs

**Administration**  
Support for our National office staff, member branches, members, managing finances, website, marketing and more

**Governance**  
Supporting the National Board of Management & National Committees to ensure the organisation is run soundly & in the best interests of all members

**Insurance**  
Keeping our members safe while they participate in MSA activities

  
**masters  
swimming**  
AUSTRALIA

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## 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.

<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.
- More than one parent may attend community sporting activities if physical distancing of at least 1.5 metres can be maintained between people that are not from the same household.
- The maximum number of participants at a community sporting activity is
  - indoors: 3000 people, or one person per 4 square metres (whichever is less)
  - outdoors: 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.
- Learn more about minimising the risk of COVID-19 transmission when participating in community sports as a player or spectator.

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## National Championships 2021 2022

### 2021 MSA National Championships has regrettably been cancelled

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

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 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 more meets you enter, the better the multiplier for your points.

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

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

## And last but far from least

### Results of the National Board of Management Election

We are pleased to confirm and congratulate Jane Noake (President) and Jodie Quinn (Director) in their respective positions to the National Board of Management. The results of the ballot will be ratified at the upcoming AGM in April.

**Jane has been elected as President of Masters Swimming Australia**, is looking forward to 2021 and the opportunity to look at the organisation and make changes to sustain and grow our membership. "The advantages of joining masters are our coaching, the opportunities to compete, the endurance program, the various social activities and the club culture to name a few", she said. Jane is looking forward to working with the National Board, the committees and the many wonderful volunteers and staff through the organisation. **The Board of MSNSW congratulates Jane in this next endeavour while staying on as our Swim Meet Director.**

