

### Stay-at-Home time

How are your club mates doing during this latest stay-at-home time? Many of our clubs are good at keeping in touch and know just how important a contact call/email can be. Please look after each other.

### Mid-Winter Trivia night 24 July



What do you do in the cold depths of winter? How about attending an online Trivia night with fellow Masters' members on Saturday 24<sup>th</sup> July 7pm? 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](mailto:admin@mastersswimmingnsw.org.au)

#### What do players need?

- Each player needs a phone for entering answers.
- The game is broadcast as a live event on Zoom - preferably on a laptop/ desktop- so you can see who else is playing
- Somewhere comfortable to play
- One hour time slot
- Drinks and nibbles close to hand
- You can play in your own home or play together at someone's house.

Every player joins the Trivia game using their mobile device and enters their individual name and must also select a team to join from the list of teams. Because every individual is playing on their own, team members do not need to be physically located near each other. Players could play at home or just in different locations while still joining forces on the same team.

#### How to play

All questions are multiple choice. Players get 15/20 seconds to answer a question. The faster you answer the more points you get. Answers are shown on the screen after everyone has answered. A leaderboard is displayed on the screen after every question too.

Ten questions in each of the 5 categories - General Knowledge, Geography, Swimming, History, Science.

## Cardiopulmonary Resuscitation—learn to save a life



Book today for the next course on 17 July, any members in the metro area wanting to update their CPR or train to provide CPR in an emergency are asked to email the Branch Office to secure a place [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

## Enter your timekeeping choices in the app

Did you know you can enter your timekeeping choices through the apps hamburger menu? Book your place by using the TK tab and choose 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. 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!**

Get Timekeeper qualified —host a timekeeping course over morning tea. The apps 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.

Instructions on how to save the app to your device, if not done when prompted the initial time are here:

<https://mastersswimmingnsw.org.au/meet-results/live-results/#SaveApp>



## 2021 interclub swim events in July and August

Wett Ones	<del>June 26</del>	—Postponed, new date pending
Campbelltown	July 17	—entries about to open
Warringah	August 1	—opening soon
Forster Grape Escape	August 21/22	Workshop Saturday afternoon, Swim Meet Sunday morning
Ryde	August 28	—opening soon

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

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

Entries to the Branch Relay meet will open **ONE week** prior to the new date Sunday 8 July, Club Captains are advised to organise your teams ahead of time to beat the rush.

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

## Nominate a date for next years Event calendar

The MSNSW Board invites clubs to apply for provisional dates to hold a swim meet in 2022. If your club wishes to host a meet next year please send in at least two, preferably three choices.

At least two dates are requested so a two-week spacing between competitions can be arranged. Important to remember is the **locked in** dates for National Championships **20-24 April**.

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

## Postal swims 2021

Please support Masters Swim 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 open now:

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

Our very own Tuggeranong opens on 1 July:

<https://mastersswimming.org.au/event/tuggeranong-trifecta-postal-swim-2021/>

(you get a great cap!)



We now look ahead to our hosting the **2022 National Championships at SOPAC, 20-24 April**  
Less than 300 days to go, website pages for the 2022 National Championships are now activated on our website, with the landing page at:

<https://mastersswimmingnsw.org.au/2022-national-championships/>



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 contact the Branch office with your availability.



## Nominations for the Betty Grant award

Now calling for nominations from members and clubs for the Betty Grant award. At least one club has already recognised the contribution and efforts made by one of their truly hard-working members.

**Eligibility** Any Masters Swimming NSW member aged 60 years or more.

**Criteria** • Participation in carnivals; • Performance, whether it be improvement in times or records or placings in championships; • Participation in the NSW Endurance 1000 swim program; • Any factors limiting competitiveness, such as medical disability, new to swimming, etc; • Accreditation as a technical official; • Other contributions to club and branch activities; • Any other factors which may be relevant.

## Masters Coaches—Professional Development weekend 14-15 August

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



## Coaching Corner —qualify as a Masters Coach

The Masters Swimming Australia (MSA) Club Coach Accreditation Program is now **LIVE** online!

The link to the website is [Become a Club Coach | Masters Swimming](https://www.mastersswimming.org.au)

The link directly to the course is <https://msa.ditaplayer.com.au/catalog/club-coach-accreditation>

The link directly to FREE re-accreditation is <https://msa.ditaplayer.com.au/catalog/club-coach-re-accreditation>

There are a number of pathways to become an accredited Masters Swimming Club Coach, or update skills, based on your previous coaching qualifications and experience which is outlined on the MSA website. The course has an integrated learning structure which allows for flexible transition from theory to practice through self-paced online learning and assessment and practical pool deck experience and mentoring.

During registration, registrants are asked to nominate their entry pathway. Previous coaching qualifications and experience will determine which pathway you will be in, with each requiring the registrant to undertake different steps in the process of accreditation.

If you have any Q's please ask Anne Smyth, our Branch Coaching Director, Anne is a great resource for you!



## 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.

### MASTERS SWIM SERIES

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:

MSSA	July 18	MSSA Interclub 2	Adelaide
MST	August 21-22	SC Winter Championships	Launceston
MSV	October 02	Branch SC Championships	Melbourne
MSWA	October 9-11	Australian Masters Games	Perth
MSNSW	October 16-17	Branch SC Championships	Canberra



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

## Australian Masters Games 9-11 October

Always a popular sport at the Australian Masters Games, Swimming is set to make a splash again in 2021!

This year the event will be hosted by Masters Swimming WA from Saturday 9 – Monday 11 October at the Olympic-standard aquatic centre facilities at HBF Stadium in Perth. The Australian Masters Games program provides multiple options for participants who wish to challenge themselves and take part in more than one event. All ages 18+ and abilities welcome. Early Bird entry is now open, **be sure to enter by 30 July to grab the discount.** Check out the full event list and register here: <https://bit.ly/2RDxMjH>



## THREDBO Annual Swim Camp —filling up fast

A fabulous weekend of training, swimming, eating, skiing and FUN has been organised at Thredbo over the October Long weekend. Numbers are limited and all members are welcome to come along and join in the fun.

# SWIM SMART. SWIM STRONG.



## 2021 THREDBO SWIM CAMP

HOSTED BY MASTERS SWIMMING NSW



If you're thinking about it jump in!

## 12<sup>th</sup> Lismore Workers Masters Games

It's been a long time but they're back. Our northern most club members may not be comfortable travelling too far at the moment but perhaps will be interested in attending the Masters Games Swimming Events in September at the Trinity Aquatic Centre 24-26 September <https://www.lismoremastersgames.com.au/>

## Member News

Maureen Hall, Wests Auburn Masters, was recently profiled in the Torch newspaper. This is called GREAT NEWS!

### Swimmer wins three gold at 81



Maureen Hall and (inset) scoring one of her three gold medals at the Masters NSW Long Course Swim Championships.

SHE may be turning 81 later this year but that didn't stop Condell Park's Maureen Hall from scoring three gold medals and state titles in the Masters NSW Long Course Swim Championships held last month at Sydney Olympic Park Aquatic Centre.

She was also first in her 81-84 years age group on points after winning the 50m, 100m and 200m breaststroke events.

Part of the Wests Auburn Masters Swimming Club, Mrs Hall learnt to swim as a child at school in England but only took it up here in 1985.

"I walked past a poster for Masters Swimming on a hot, sunny day and thought I would give it a go," she said.

She now credits swimming with keeping her happy and young.

"When I see other people my age they are nowhere near as agile and all think I am much younger," she said.

"I am in great health and thoroughly recommend swimming for fitness and enjoyment and train and compete three times a week with Wests Auburn, a very friendly club."

Also doing well in the state championships was Wests Auburn club president and Bankstown resident Kerry Blanch.

She scored gold in the 100m butterfly and the 200m butterfly as well as silver in the 100m breaststroke, 50m breaststroke and 100m freestyle in her 45-49 age group.

"Everyone was very happy to be back in the water again after a competition Covid break and we're now looking forward to the short course state titles to be held later in the year," she said.



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

# MASTERS SWIMMING AUSTRALIA 2021 SWIM SERIES



9 SWIMS = MORE CHANCES TO WIN

HOW MANY CAN YOU TICK OFF THE LIST?

[www.mastersswimming.org.au](http://www.mastersswimming.org.au)

START  
REGISTERING  
NOW

27-28 MARCH: **MSWA SC STATE CHAMPIONSHIPS** (MANDURAH - WA) ✓

9-11 APRIL: **MSQ STATE CHAMPIONSHIPS** (SUNSHINE COAST - QLD) ✓

17-18 APRIL: **MSNT LC CHAMPIONSHIPS** (DARWIN - NT) ✓

20-23 MAY: **GREAT BARRIER REEF MASTERS GAMES 2021** (CAIRNS - QLD) ✓

18 JULY: **MSSA INTERCLUB 2** (ADELAIDE - SA)

21-22 AUGUST: **MST SC WINTER CHAMPIONSHIPS** (LAUNCESTON - TAS)

2 OCTOBER: **MSV SC CHAMPIONSHIPS** (MELBOURNE - VIC) **NOTE DATE CHANGE**

9-11 OCTOBER: **AUSTRALIAN MASTERS GAMES** (PERTH - WA)

16-17 OCTOBER: **MSNSW SC CHAMPIONSHIPS** (CANBERRA - ACT)

