

MENTAL HEALTH AWARENESS MONTH

<https://www.teamblackdog.org.au/fundraisers/mastersswimmingnsw/msa?fbclid=IwAR2iJlI8iumFXmd5FfiDjfXy1xb0MXsayn8WvIE6cv0iNXoe7addldXBIU> **DONATE HERE**

TEAM MSNSW has raised \$205.00 so far this month for the Black Dog Institute. Clubs & members recently attending the AGM donated \$35. Combining both the proceeds of the 100 raffle at Woy Woy with swimmers on pool deck digging deep another \$149 was collected and now individual donations are coming in. Another 100 raffle will be at Maroubra this Saturday, swimmers can bring along a \$2 coin to be in with a chance. We'll also be selling Mental Health Awareness swimming caps at Maroubra. Be sure to check out the yellow cap, \$17.50. You'll be supporting the Black Dog Institute and MSA Mental Health Awareness Month

Our goal is to raise \$300 by the end of May.

Paul Bailey is top of the Leaderboard with over \$1,300, congratulations Paul! Team MSQ is currently sitting on \$159 but Seaside Pirates and Doncaster Dolphins have each collected over \$300.



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 in Mental Health month- 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>



Branch Office Closed for two weeks

Please note that the phone is unattended during the office break from Monday 31 May—Weds 16 June inclusive. Emails will be monitored intermittently so, if you have any urgent matters, please write.



2021 interclub swim events in June, July and August

Seaside Pirates	June 20	https://mastersswimmingnsw.org.au/event/seaside-pirates-bps/
Wett Ones	June 26	https://mastersswimmingnsw.org.au/event/wett-ones-bps/
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

(Due to the need to possibly reorganize ourselves at a moment's notice, bookings for events will open only a few 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/>



Employment opportunity

Thinking of relocating to Melbourne but need a job? [Recruitment 2021 | Masters Swimming](#)

Masters Swimming Australia are recruiting for the following two (2) positions.

[Compliance and Governance Officer Job in Melbourne - SEEK](#)

[Communications & Digital Marketing Coordinator Job in Melbourne - SEEK](#)

If your club would like a workshop run by the Coaching Team, please email admin@mastersswimmingnsw.org.au

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.

Some points of Competition etiquette

We have quite a few swimmers new to competition and may need some advice about expectations so here's a couple of pointers:

Leave the pool only via the steps i.e not over the timekeepers end, do not ask the timekeepers for your time.

Stay in the water until the start of next heat or if you get asked to by the Referee.

Can each club please nominate a Relay Captain for each team, this will assist the process at the start of each relay heat. Delays occur at this choke point as team members drift away like flotsam.

Check with your Coach if you have any questions or doubts.

Common mistakes which will result in a DQ:

1. Watches must not be worn in a race as they can be pace making devices. Preferably watches are not worn in warm up or at training as they can (and have) caused serious injuries
2. Swimsuit rules- one costume only

3. Backstroke turns and finishes- check your turns and finishes comply with the rules, particularly rotation, gliding at the turn, some part of the body must be above the water at the finish
 4. Breaststroke- have your coach check your stroke to ensure it is symmetrical, remember the touch on the wall must be two handed (and in butterfly) and no half strokes on coming into the wall
- Referees have been very lenient as people are just getting back into competition & we also have quite a few new swimmers, however these days are numbered & all swimmers are expected to know the rules.

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.



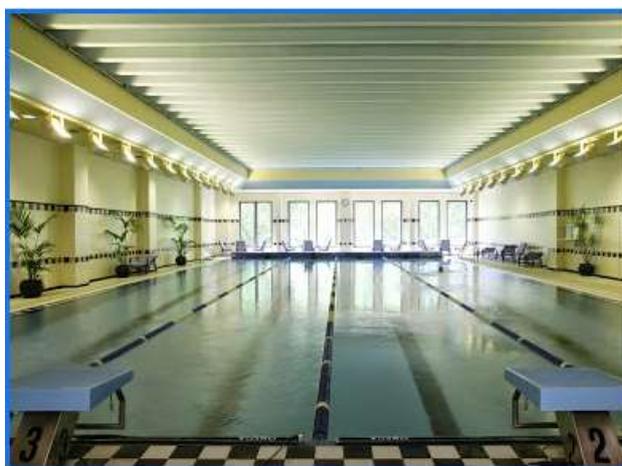
Cardiopulmonary Resuscitation—learn to save a life



Dates are being organised for 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 book one of the limited spaces.
admin@mastersswimmingnsw.org.au

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.



Coach wanted for Seaside Pirates Sunday morning /Tuesday night. Contact Jane jnoake@ozemail.com.au

Coaching Corner —qualify as a Masters Coach

Masters Swimming Australia has successfully transitioned the full Club Coach Accreditation program to a new learning platform powered by Dita Solutions.

This new learning platform allows trainees to access their training TO DO list at any time, complete their learning modules at their own pace and upload all required documentation to their learning dashboard.

The new course will launch on 1 June 2021 and all new registrations will be directed to the new platform (on MSA website).

This is replacing the Club Coach Course with face-to-face workshop. It is an excellent course and accessible to all in the online format. So spread the word so we can get more qualified coaches.

Congratulations Greg Gourley (Tuggeranong) on his NSW and National Coach of the Year Award.

Greg is part of the NSW Coaching Team and created the excellent Return to Swimming Program after COVID last year.

Coaching —stroke rate

Many swimmers may have found their stroke rate has dropped due to inconsistent swimming, lack of fitness and age. It is easy for stroke rate to slow without the swimmer being aware of this.

In training sessions recently, we measured our swimmers' stroke rates and were quite shocked to see the results. Most swimmers' stroke rates had dropped since pre-COVID. We then swam some sets focusing on increasing stroke rates using Tempo Trainers (Mode 3). For those without a Tempo Trainer, they focused on increasing stroke rate and their rate was measured during set using stopwatch. Even a slight increase in stroke rate can make a difference to efficiency and time. As fitness improves, swimmers should find it easier to stroke at a higher rate.

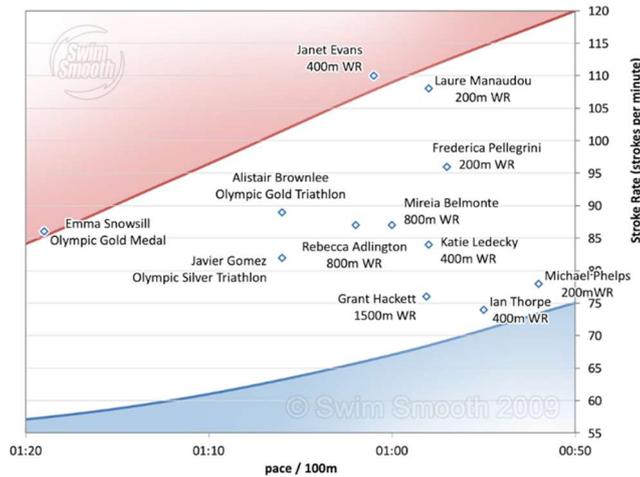
It was interesting to note in the session that, even after short intervention, many swimmers' strokes looked sharper and more efficient after increasing stroke rate.

Coach Tips:

- to find stroke rate using stopwatch: Stroke Rate Mode "00": observe a swimmer – press start as hand enters the water count 1, on 4th stroke count 4 and press stop. The number is the stroke rate.
- Ramp test: Used to find optimal stroke rate. Swim a set of 50s increasing stroke rate each 50, starting at a rate below usual rate. What is the point where fastest speed is achieved without comprising stroke? This is optimal stroke rate.

Some facts about Stroke Rate:

- Average Stroke Rate is around 60 -65.
- Stroke rate can drop off with age and fitness.
- Stroke Rate is very individual and depends on swimmer's body: height and arm span.
- Some interesting elite stroke rates:



Happy Swimming!
 Anne Smyth (MSNSW Branch Coaching Director)

Postal swims 2021

Please support Masters Swim clubs around the country by entering Postal swims:

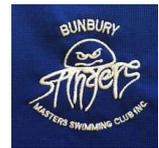
<https://mastersswimming.org.au/events/category/sanctioned-meets/postal-swims/>

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)

THREDBO Annual Swim Camp —filling up *fast*

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 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



From Masters Swimming Queensland



Are you travelling north next month? Are you ready to race some short course in Brisbane's premier pool? Well, mark Saturday 19 June in your calendars! Brisbane Southside Masters are hosting their 40th annual swim meet. All the details can be found on the MSQ [website](#).

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 Western Australia. Coming up:

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.

12th 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 <https://www.lismoremastersgames.com.au/>

Supported by the



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