

Trivia this coming Saturday night

It's happening again! **7pm Saturday 28 August** Online Trivia Quiz, be there, wear the green and gold for our Paralympians. Limited to 100 entries only!



Things you need to know:

Lookout on Facebook for the event and RSVP on there so we can get an idea of numbers

- The best way to play is with a large screen on your computer or laptop so you can have Zoom and a browser open together, side by side
- If you've got a device that can only fit one application at a time, like an iPad, then you might need to toggle between Zoom and your browser while we play
- It's possible to answer questions on your phone using the quiz link, so that could be an option too
- All questions are multiple choice (4 possible answers). Players get between 20 and 30 seconds to answer a question.
- Most questions are worth a maximum of 100 points, but there'll be a few bonus questions worth double points
- A timer starts counting down for each question and the points start dropping from 100 to 0. 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 round.
- There are 50 questions in total in a range of categories including General Knowledge, Geography, History, Science – and Swimming!
- We'll have 5 rounds of 10 questions, plus some time to chat

- Find somewhere comfortable to play
- The session will take around one and a half hours
- Bring along drinks and nibbles
- Pat Birgan, your host, will be online from 6:45pm so feel free to jump online earlier, especially if you think you'll need some help signing onto the game and setting up.

We'll post a reminder on Facebook on the day with the Zoom and Quiz links.

Paralympics Australia

Good luck to all athletes and support staff in Tokyo for the Paralympic Games.

Did you know you can buy a virtual seat to help support the [Australian Paralympic Team](#)?

Visit <https://bit.ly/3fM2srD> to get yours.

Buy a virtual seat to support the next generation of Paralympians and be more than a spectator. When you fill the Tokyo 2020 stadiums with green and gold, you're doing more than cheering on our Paralympians. You're supporting the next generation of Para-athletes who strive to compete at an elite level.

Every seat purchased is invested in the next generation of Para-athletes through Paralympics Australia's community and sports programs, changing community perception, and breaking down barriers. We could not achieve this without the generous support of individuals and organisations. All seats purchased are a tax-deductible donation.



Are you swimming? Need a training program?

If you are one of the lucky ones and managing to get in a swim or two, please let us know. Send your photos in to the branch office so we can share your joy vicariously. Is it in the ocean, an ocean pool or your own backyard pool? Would you like to follow a training program? Go to our Coaching page on the website and try one of Manly Masters programs as per the sample below. Click on the link for the 1st of 27 focussed on Free!

Program name	Focus	Stage	Stroke Focus	Skills Focus	Distance	Distance
Freestyle 1	Stroke Development	Maintain-conditioning	Freestyle & form	Freestyle arm action	Short / Medium	2,900

Train as a Member Protection Information Officer

Did you know you can get training to qualify as a MPIO? Ideally every one of our clubs would have a trained MPIO in their membership. Realistically the MSNSW Branch needs several members to take on this role.

MPIO Training:

MPIOs have an important role to play at all levels of sport, providing information about rights, responsibilities and options to an individual making a complaint or raising a concern in sport. MPIO training is free and requires the completion of two components:

1. Online modules: Play By The Rules and [Sport Integrity Australia e-learning hub](#). There are many other free courses that can be accessed through this e-learning hub.
2. Webinar session - 2-hour practical session run by the Office of Sport – [find upcoming sessions here](#).

Further information or queries please contact Mark Roach at mark.roach@sport.nsw.gov.au

Clubs to nominate a date for the 2022 Event calendar

The MSNSW Board again 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**.



2021 interclub swim events

This is what we know:

Branch event	September 19	— cancelled
Manly	September 26	— TBA
Thredbo Swim Camp	October 1-4	— cancelled
Branch SC Championships	October 16-17	— cancelled
XVIII Australian Masters Games	October 9-11	—fingers crossed
Port Macquarie BPS	November 6	—fingers crossed
Novocastrians BPS	November 13	—fingers crossed

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/>

Our very own Tuggeranong is open til 31 August:

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

(psst...you get a great cap!)



National Championships Sydney 2022

VOLUNTEERS PLEASE

We are looking forward to hosting the **2022 National Championships at SOPAC, 20-24 April**

Our 2022 National Championships pages 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.



16-month membership

Our hosting of the National Championships at SOPAC in April will provide a boost to your club's membership ranks. While it may seem perverse for the 16-month option to go live here in NSW/ACT during a hard lockdown life we are part of the whole and other Branches are alive and well and swimming.

Club Registrars may bide their time and choose to open up once we can access pools again or leave their club closed until the 12-month opportunity that opens on 1st December.

Coaching Corner —Online Coaching opportunities

<https://mastersswimming.org.au/become-a-club-coach/>

Coaching PD

While many of us are stuck at home in lockdown, you may want to consider doing some professional development.



The Club Coach Online Workshop is available as PD and is an excellent course aimed at refreshing and developing your coaching knowledge. It is available on the DITA platform and is accessed through the link above. Click on the Professional Development Tab. Cost \$100. It gives you 5 points for your Club Coach reaccreditation.

Becoming a Coach

There may be someone in your club who would be interested in becoming a Masters Coach. If so, direct them to the online club coach course. All the information you will find through the above link.

Mentoring a Club Coach candidate

If you are involved in mentoring a candidate as they complete their 30 hours, helpful tips can be found in the attached document.

Coaches needing to reaccredit

The Reaccreditation Process has changed. It is all completed online though the link above. Click on the **Re-Accreditation Tab**.

If you have any questions, please contact me.

Anne Smyth

MSNSW Branch Coaching Director



THREDBO Annual Swim Camp —CANCELLED

A strong team of organisers, with breaking hearts, have had to cancel this camp. It was a sold-out weekend and many will be disappointed but plans are underway to try again next year, same time, same place so keep heart & stay tuned.

SWIM SMART. SWIM STRONG.



2021 THREDBO SWIM CAMP
HOSTED BY MASTERS SWIMMING NSW



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