

Please stay safe at home

Many of our members in the Greater Sydney region are being creative while spending time at home. But do you know how your club mates are 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.



Clubs are running cooking competitions, plank timings, logging the distance they are each walking and so much more. What is your club doing? Please share with us.

But swimming still goes on!

Meanwhile some of our regional clubs are still swimming including our ACT clubs. Outdoor pools may be closed for winter but there are quite a few indoor pools offering a haven for our members who are able to lap it up. Millions of Metres are being recorded and postal swims are being entered. And those close to the coast are braving the temperatures and taking the plunge while others are donning wetsuits and sliding into lakes and rivers. You are an intrepid lot! P.S. *we'd love some photos...*

Nominate a date for the 2022 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**.

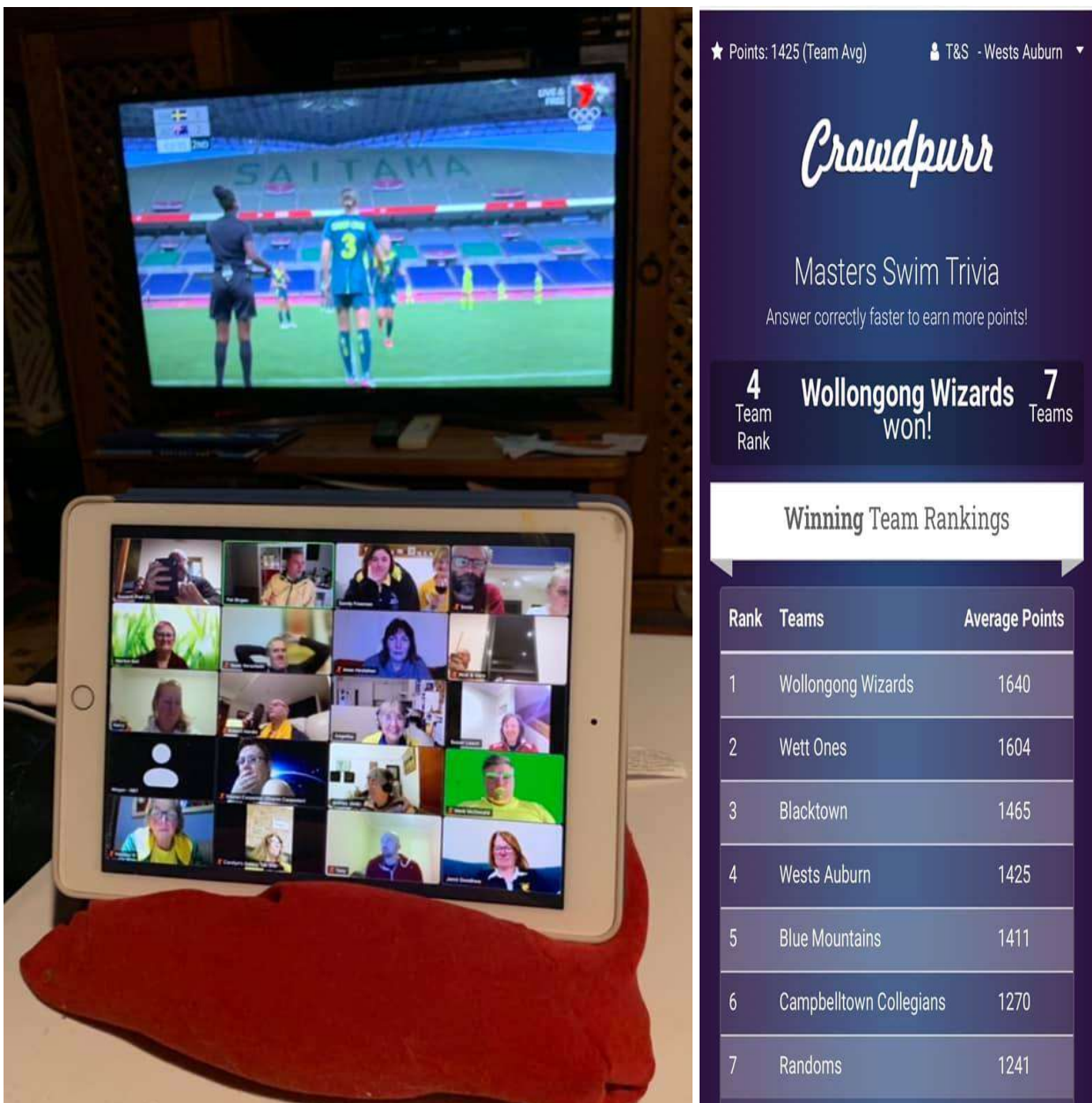
Mid-Winter Trivia RESULTS

What a game! Nearly sixty members tuned in and had a go at our inaugural Trivia Quiz last Saturday evening 24 July and what fun they had. Many thanks to Pat Birgan, host extraordinaire & David Loader, fab organiser.

Questions were multiple choice, players got 20 seconds to answer questions and got more points if they were *fast*. Bit like swimming really 😊. Answers were then shown on the screen after everyone had answered and the leaderboard was shown frequently for teams to keep track of their position.

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

Of course, we shared the night with some Olympic events so dressed in the green and gold & some multi-tasked and had both comps on screen. **Add 300 bonus for Blacktown and 100 for Wests on results below.**



★ Points: 1425 (Team Avg) 👤 T&S - Wests Auburn

Crowdpurr

Masters Swim Trivia

Answer correctly faster to earn more points!

4 Team Rank **Wollongong Wizards** won! **7** Teams

Winning Team Rankings

Rank	Teams	Average Points
1	Wollongong Wizards	1640
2	Wett Ones	1604
3	Blacktown	1465
4	Wests Auburn	1425
5	Blue Mountains	1411
6	Campbelltown Collegians	1270
7	Randoms	1241

Thank you to Terry Gaine, Wests Auburn Masters, for the photos!

Check out Mark, from Blacktown, not only in Green and Gold but also managed to colour his eyebrows, moustache and goatee to add to the fun!!



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

2021 interclub swim events

This is what we know:

Wett Ones	June 26	— postponed, new date pending
Campbelltown	July 17	— postponed to 24 October
Warringah	August 1	— cancelled
Branch Relay meet	August 8	— postponed, new date pending
Forster Grape Escape	August 21/22	— postponed to August 2022
Ryde	August 28	— cancelled
Branch event	September 19	— so far so good
Manly	September 26	— so far so good



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/>

Toowoomba Tadpoles 1500m

<https://mastersswimmingqld.org.au/event/toowoomba-tadpoles-1500m-postal/?/>

Our very own Tuggeranong is open:

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

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



National Championships Sydney 2022

VOLUNTEERS PLEASE

We now look ahead to our 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.



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.

Positions on National Committees

MSA Coaching Committee, MSA Swim Meets Committee, MSA Technical Committee

In accordance with the Constitution, nominations are open for the appointment of individuals to serve on Masters Swimming Australia National Committees. All nominations must be endorsed by the nominee's Branch. The closing date for nominations is Thursday 5 August 2021. admin@mastersswimmingnsw.org.au

Each Committee has different roles and responsibilities which are outlined in Appendices 'B', 'C' & 'D' of the Masters Swimming Australia By Laws which can be found on the MSA website.

Cardiopulmonary Resuscitation—postponed but book anyway



Book today for the next course—date is to be advised. Any members in the Sydney metro area wanting to update their CPR or get qualified to provide CPR in an emergency are asked to email the Branch Office to secure a place admin@mastersswimmingnsw.org.au

Masters Coaches—postponed!

For all our valued coaches, unfortunately due to the situation in Sydney, we have postponed the Coaching weekend until May/June 2022. Look out for the new date and put it in your calendar. Hopefully Sydney swimmers and clubs will be back in the water soon.

Anne Smyth
MSNSW Coach Director



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](#)

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!



Australian Masters Games 9-11 October

While restrictions still apply for many of us there may be some of our members that will be able to seriously contemplate attending the Australian Masters Games in Perth. Information below is for those who dare to dream the dream.

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. 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>

A promotional poster for the XVIII Australian Masters Games Perth. It features a photograph of a swimmer in a pool. The text includes: 'XVIII AUSTRALIAN MASTERS GAMES PERTH 9-11 OCTOBER 2021', 'AUSTRALIA'S BEST MULTISPORT FESTIVAL FOR 30+ YEAR OLDS', 'SWIMMING', 'MINIMUM AGE: 18 YEARS', 'FEMALE AND MALE DIVISIONS', 'HBF STADIUM', 'SATURDAY 9 – MONDAY 11 OCTOBER 2021', and 'ENTER AT AUSTRALIANMASTERSGAMES.COM'. There is also a 'PLAY TIME IN PERTH' logo.



THREDBO Annual Swim Camp —Sold Out!

A fabulous weekend of training, swimming, eating, skiing and FUN has been organised at Thredbo over the October Long weekend and it has inspired many.

SWIM SMART. SWIM STRONG.



2021 THREDBO SWIM CAMP
HOSTED BY MASTERS SWIMMING NSW



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 24-26 September <https://www.lismoremastersgames.com.au/>



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

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)

