

Training may be about to start up again for Greater Sydney clubs

It's happening again! Signing in, mask wearing, 4 sqm apart. We've done it before we can do it again. Last year we re-emerged into the sunshine and took up our sport once again. Now plans are underway for us to slowly get back up to speed and get back in the swim of things.

First step is to get back to training whether you do that alone, in a small group or under the watchful eye of a coach in a squad. Whatever you do, however you do it, if you can start NOW.

Patience is required for all our ACT members still in lockdown and, for the next few days, our Port Macquarie and Newcastle members too. If you need/want up-to-date Covid 19 information please go directly to <https://www.nsw.gov.au/covid-19/rules> and not social media sources. Stay strong everyone.

Coaching news

After a long sojourn out of the pool for many of our NSW clubs, we finally may be back in the pool.

Now is the time to start planning for your clubs' return to training.

The **Return to Swimming** resource developed by Greg Gourley (National and NSW Coach of the Year 2019 and 2020) is available on the MSA Website (Members only section). It contains excellent information about how to return your squad to training safely in a gradual build up.

Return to Swimming (for coaches): <https://mastersswimming.org.au/wp-content/uploads/2020/08/Returning-to-Swimming-Final-June-2020.pptx>

Return to Swimming (for members): <https://mastersswimming.org.au/wp-content/uploads/2020/08/Returning-to-Swimming-Swimmer-version-1.pptx>

Coaches and Clubs:

To do list for return to training:

- Communicate with members the excitement and enthusiasm of returning back to training
- Advise them of the **MSA 'Return to Swimming' 9-12 week program** developed to get them back into the water safely
- Share the details of how your pool venue plans to operate, bookings, signing-in, hygiene and social distancing requirements
- Use Zoom/Teams to connect club members, organise virtual social activities or connect in smaller group gatherings (as per restrictions)
- Communication when and where activities are taking place; and
- Engage with your swimmers to set new goals for 2021/22 and refocus on National 2022.

Swimmers:

Remember your love of swimming and why you swim.

Swim for the joy of swimming. Remember how it feels to slide through the water and forget your worries.

Swim for your mental health.

Swim for socialising - enjoy catching up again with your swimming friends.

Going fast and hitting those times will come again in time.

As we look forward to returning to the pool, here are some things to remember:

- It must be gradual
- Don't be too hard on yourself
- Set small goals
- Don't use the clock for first few sessions!

Happy swimming!

Anne Smyth, MSNSW Branch Coaching Director

Are you swimming? Need a training program?

Thank you to Greg Gourley, MSA Coach of the Year, for these invaluable tips on our return to swimming.

The Framework

- The recommended framework involves varying the following factors:
 1. Deciding on a starting point. That is, selecting a back to swimming starting distance based on your fitness, age and how long you have been out of the water etc, for example you may decide to restart at 60 % of your pre-COVID-19 training distance;
 2. In some cases, reducing your training frequency (less times per week);
 3. Swim weekly training cycles;
 4. Reducing your swim duration (less time training per session); and
 5. Reducing your overall swim load (being both distance and intensity in each session). Then over the following weeks;
 1. Increase your swim frequency as recommended; and
 2. Increase your swim load by no more than 10-15 % each week.
- These factors inter-relate and as you change one factor it impacts another, thus implementing the framework is a little challenging – some sample sets have also been provided. Remember you have had enough, you can always move onto the cooldown or a reduce sets repeats and or distances.



COVID Return to Swimming	Week 1		Easy return to swimming
Activity / % of session time	Group 1	Group 2	Group 3
Coaches talk - 5 %			
Warmup - 10 %	200 CH	300 CH	400 CH
Drills - 10 %	200 drills (coach's choice) (or perhaps 4 x 50 DPS)	200 drills (coach's choice) (or perhaps 4 x 50 DPS)	300 drills (coach's choice) (or perhaps 6 x 50 DPS)
Pre-Set - 10 %	4 x 50 FR Kick 4 x 50 FR Swim – RI: 15 secs	4 x 50 FR Kick 4 x 50 FR Swim – RI: 15 secs	4 x 50 FR Kick 4 x 50 FR Swim – RI: 15 secs
Main sets - 55 %	Steady Swim – Rest as reqd. 200 FR Pull 100 CH 200 FR 100 CH 200 FR (odd laps bilateral, even normal)	Steady Swim – Rest as reqd. 200 FR Pull 100 CH 200 FR 100 CH 300 FR (odd laps bilateral, even normal)	Steady Swim – Rest as reqd. 200 FR Pull 100 CH 200 FR 100 CH 400 FR (odd laps bilateral, even normal)
Cool down - 10 %	200 easy CH	300 easy CH	300 easy CH
	Distance 1800 metres	2100 metres	2400 metres

Qualify 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 play a vital role at all levels of sport, protecting the rights and welfare of club members as the go-to person 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

If you'd like to better protect your club members, register here: <https://www.sport.nsw.gov.au/events/training>

2022 Event calendar is now in draft mode

Many thanks to all the host clubs that have lodged their 2022 dates. If your club wishes to host a meet next year please send in at least two, preferably three choices NOW.

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 swim events

This is what we think we know:

Port Macquarie BPS	November 6	—fingers crossed
Novocastrians BPS	November 13	—fingers crossed
Branch get-together	December 5	—looking like a definite maybe



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, do it for the sheer fun of it. **5 events in one day**

200m Fly 200m Back 200m Breast 400m IM and 800m Free

...we have extended our closing date...

<https://mastersswimming.org.au/event/baddaginnie-animal-postal-swim/>

Our very own Tuggeranong is open til 31 December:

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

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





TUGGERANONG TRIFECTA

Postal Swim

~~July-August 2021~~

*Extended to
December!*



Sanctioned by Masters Swimming Australia
Sanction No: PS 06/2021

Three swims, each in a different stroke: 400m, 800m, 1500m

Entry fee: \$25 per swimmer



Welcome to Tuggeranong Masters Swimming ACT's postal swim!

This one will warm you up. Just the thing for those wintry days!
Double dip - a postal swim for you, and some Endurance 1000 points for your club.

Did you get the fabulous gold and red silicone 'Rampage of Vikings' swim cap for 2020?

If not, shame.... but you can still get the silver version for 2021!
...and if you did, then the silver version makes the perfect pair!!

All 2021 participants will receive this fabulous silver 'Rampage of Vikings' swim cap as well as a certificate.

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. I have sent down the 16 month Subscriptions to your club consoles, Club Registrars may 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.

Call for nominations MSA OWS National subcommittee

MSA is seeking nominations from interested persons to form the Open Water Swimming (OWS) national subcommittee with the aim to develop rules for OWS that expand the range of water temperatures permitted by MSA for OWS events, and to identify the governance arrangements needed to oversee OWS.

The nomination form is available from the Branch office admin@mastersswimmingnsw.org.au

Open Water swim coming soon

Narrabeen Surf Lifesaving Club has just announced their oceanswim is going ahead on Sunday 7th November. This is the first open water event we know of on the summer calendar SO FAR so those of you that can, start training! Details are still coming in but if they're anything like past years it might look like this:

Swim – Narrabeen Challenge

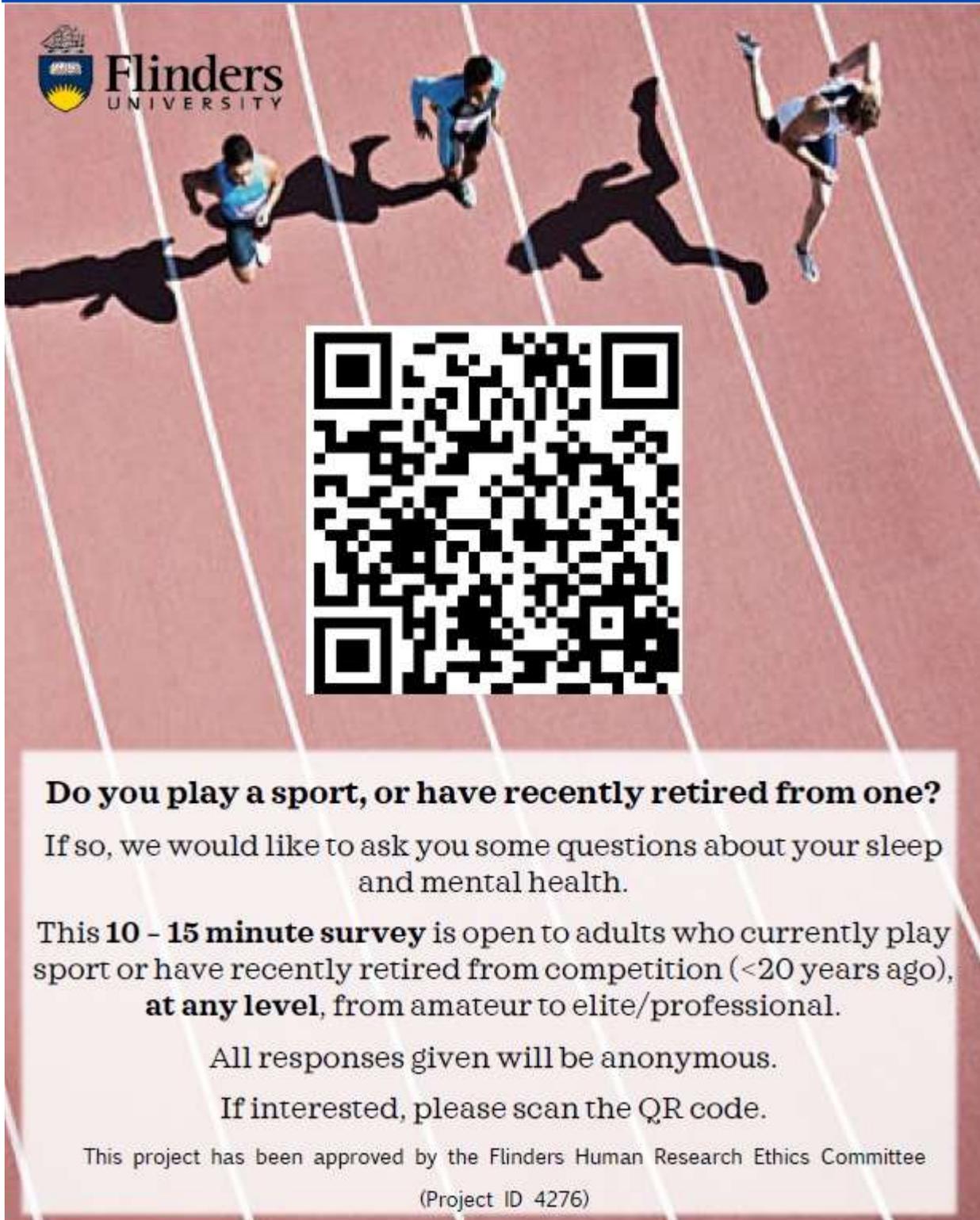
Distances – 1.8km, 800m, or both

Courses: Both swims start in front of Narrabeen Beach SLSC clubhouse. The main event follows a flat, "Marie Antoinette" champagne glass, whilst the shorter swim follows the southern part of that course. Courses may be altered depending upon conditions on race day.



**NARRABEEN BEACH
SURF LIFE SAVING CLUB**

MSNSW is grateful to Narrabeen SLSC volunteers for offering to assist as safety crew for our Open Water event at the National Championships on Sunday 24th April at Lake Parramatta next year.

A photograph of three athletes in blue and white uniforms running on a red track. Their shadows are cast long and dark on the track surface. A large QR code is centered in the foreground, overlapping the track and the athletes.

Do you play a sport, or have recently retired from one?
If so, we would like to ask you some questions about your sleep and mental health.

This **10 - 15 minute survey** is open to adults who currently play sport or have recently retired from competition (<20 years ago), **at any level**, from amateur to elite/professional.

All responses given will be anonymous.

If interested, please scan the QR code.

This project has been approved by the Flinders Human Research Ethics Committee
(Project ID 4276)

MSNSW has been asked if current and past members would like to participate in a survey to assist PhD candidate Ashley Montero. The project will ask questions about general health, lifestyle, athletic background, sleep behaviours and mental health. The survey is estimated to take a maximum of 20 minutes to complete. The opportunity to participate is open for the next two months. The Branch office has more details.



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

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