

### A big thank you to 2021 returning members

The Board of MSNSW has decided to waive the Branch fee from the annual membership fee for the month of December. All returning 2021 members who re-join between 1<sup>st</sup> –31<sup>st</sup> December 2021 are eligible for this reduction in an offer that says thank you, whole heartedly thank you, your loyalty is greatly appreciated. This is a saving of \$38 per person.

New members will get a small discount if joining in the month of December to say “welcome to our sport”.

### Are you swimming again & needing a training program?

Thank you to Greg Gourley, MSA Coach of the Year, for these weekly training plans for our return to swimming. Return to Swimming (for members):

<https://mastersswimming.org.au/wp-content/uploads/2020/08/Returning-to-Swimming-Swimmer-version-1.pptx> Page 12:

COVID Return to Swimming		Weeks 7 / 8		Fitness and Pacing	
Activity / % of session time		Group 1	Group 2	Group 3	
Coaches talk - 5 %					
Warmup - 10 %		300 CH	300 CH	300 CH	
Drills - 10 %		100 as 25 long dog paddle, 25 swim 100 636 200 paddles	100 as 25 long dog paddle, 25 swim 100 636 200 paddles	100 as 25 long dog paddle, 25 swim 100 636 200 paddles	
Pre-Set - 10 %		4 x 25 Kick sprints RI: 15 secs 4 x 25 CH sprints RI: 15 secs	4 x 25 Kick sprints RI: 15 secs 4 x 25 CH sprints RI: 15 secs	4 x 25 Kick sprints RI: 15 secs 4 x 25 CH sprints RI: 15 secs	
Main sets - 55 %		<u>FR Pacing Set</u> 4 x 100 RI: 30 secs 400 FR RI: 30 secs 200 pull / paddles	<u>FR Pacing Set</u> 6 x 100 on 2:00/ 2:15 400 FR 200 pull / paddles	<u>FR Pacing Set</u> 8 x 100 on 1:40 / 1:50 400 FR 200 pull / paddles	
		<u>Form or IM Pacing Set</u> 4 x 50 RI: 15 secs	<u>Form or IM Pacing Set</u> 8 x 50 on 1:15	<u>Form or IM Pacing Set</u> 8 x 50 on 60 / 70 secs	
Cool down - 10 %		200 easy CH	200 easy CH	200 easy CH	
		Distance 2300 metres	2700 metres	2900 metres	12

As swimmers returned to the pool you have may have noticed your strokes need a tune up, particularly in the areas of Core, Catch and Stroke rate. Now is an ideal time to work on technique.

- **Core** – is an integral part of all strokes as a strong core links and holds everything together. The following article explores the importance of core and ideas to assist your swimmers.

<https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2021/09/Hard-Core.pdf>

- **Catch** slipping (i.e., when head turns to breath, hand starts to slip down losing the catch and pull). Employ any drills that focus on holding the catch position – e.g., 636, almost catch up, YMCA, sculling drills

- **Stroke rate** – with lack of fitness stroke rate can imperceptibly drop. Read the following for stroke rate tips. <https://mastersswimmingnsw.org.au/coaches-and-officials/coaching/coaching-tips/stroke-rate-tips/>

MSNSW Coaching is available to run a workshop for your club! If you are interested, please contact Branch Coaching Director Anne Smyth or MSNSW Admin. [anneswims2@gmail.com](mailto:anneswims2@gmail.com)

## 2021 swim events

This is what we have taking us up to Christmas 2021:

Birrong December 5 — 9am-11am **ENTRIES CLOSE** noon this Friday 27 November  
Hornsby December 11 — 6pm-8pm

## 2022 Event calendar is now on the website

January	15	Branch mini meet	SC	Maroubra
January	29	Campbelltown BPS	LC	Campbelltown
February	Friday 04	Twilight mini meet from 5pm	SC	SOPAC
February	12	Myall BPS	SC	Tea Gardens
February	19/20	Decathlon	SC	Pool & Malabar
March	05	Blacktown BPS 1pm	LC	Blacktown
March	12	Wett Ones BPS	SC	Sydney Uni
March	19	Cessnock BPS	LC	Cessnock
April	Sunday 03	Warringah BPS	SC	Warringah
<b>April</b>	<b>20-24</b>	<b>MSA National Championships</b>	<b>SC</b>	<b>SOPAC</b>

- Subject to change

## Club Annual Affiliation fee due by 31 December

Club Treasurers— CLUB affiliation payment is due by 31<sup>st</sup> December. Affiliation to MSNSW is a three-tier scale:

clubs with <24 members pay \$50 pa,  
medium clubs (25-49 members) \$70  
and clubs with >50 members \$90

**OR early bird discount of \$40, \$60, \$80 if paid by 31 December 2021.**



## Sport NSW Masters Athlete of the Year finalist

Congratulations to Aaron Cleland from Blacktown City Masters for being named a finalist in the Sport NSW Awards in the Masters Athlete category. Aaron will attend the Gala presentation dinner at CommBank Stadium, Parramatta on Monday 24 January. This is the biggest night on the NSW sporting calendar.



**Sport NSW**  
*NSW Sports Awards*



## 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

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

Tuggeranong is open til 31 December:

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



**Manly Masters Postal swim**, this is new and not sanctioned through MSA. Manly Masters are sharing this club activity to the wider membership of MSNSW if you're looking for an interesting and involving program to get you back into the swim of things. Details will be on our website under Postal Swims.



This is a fun postal event combining ocean swimming and pool swimming as a part of relaunching our activities post COVID lockdowns. <https://mastersswimmingnsw.org.au/event/12310/>

Given that we have just finished an Olympic year, in which Australian swimmers performed wonderfully well, we are offering three levels, Gold, Silver and Bronze, tailored to the number of distances covered. We have also added a Platinum level for the adventurous. Participation is more important than speed here, but you are welcome to set your own targets.

There are a number of ocean swims conducted by SLS Clubs over the swim window and these do qualify and are recommended as one of the best safe ways to get in your swims. Successful swimmers will be sent Commemorative swimming caps to recognise their achievements.

Note: a correction to information printed in last month's News, Dawn Gledhill broke a State Record, Fina World Top 10 and National Top 10. Apologies for the error.

## Nominations open for positions on the National Board of Management

Masters Swimming Australia is seeking nominations for positions on the NBM, for Directors and the Financial Director. **CLOSING DATE MONDAY 20 DECEMBER 2021.**

The Nomination form is Appendix E in the MSA By-Laws

<https://mastersswimming.org.au/wp-content/uploads/2018/10/MSA-By-Laws-MARCH-2019.pdf>

Masters Swimming NSW Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park 2127 PO Box 6941, SILVERWATER NSW 2128  
Phone 02-8736 1232 Email: [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au) Web: [www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)

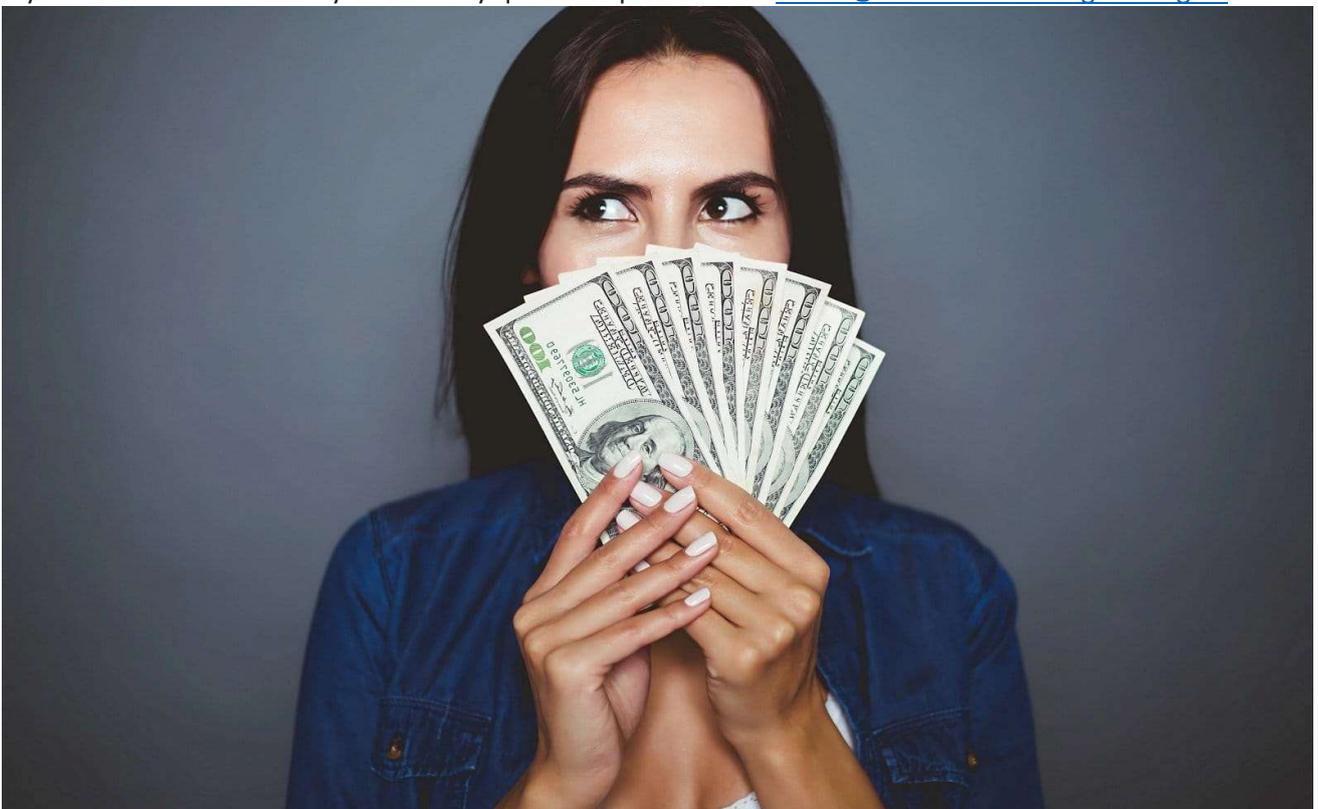


Host a Raffle at the National Championships and raise funds for your club!

We're looking for any club that would be interested in running a raffle at Nationals, one club for each of the four days—profit goes to the club. If we have more than 4 interested clubs there will have a draw.

This is a great opportunity to earn some serious money for your club...up to 600+ swimmers all keen to buy raffle tickets.

If your club is interested or you have any questions please email [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)



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

Our 2022 National Championships pages are 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 searching 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. Lodge your interest here: <https://mastersswimmingnsw.org.au/2022-national-championships/volunteers-and-officials/>

## Clock this! Timekeepers needed

Get qualified and get confident in this, the most important of tasks for swimmers at every event. Courses can be run at EVERY swim meet from now through March or can be run at your club. What if we run a competition between 1<sup>st</sup> December and 1<sup>st</sup> March and the club who gets the most members (by percentage) accredited a prize? Sound like a plan?

Members AND friends AND family members to be included. Interested? Keen? Just make the call.



## Call for nominations 2021 Coach of the Year

MSNSW is seeking nominations for 2021 Coach of the Year award. Is there a coach in your club who has been a motivating and inspiring influence even through this COVID year? **Nominations close 14 January 2022**

Coaches at all levels within Masters Swimming are eligible. Coach of the Year may be a high-profile coach with elite competition level squads and high-performance swimmers. Other equally committed and skilled coaches make very significant contributions/applications in different ways to masters swimming. The selection panel makes their decision based on the overall merits of the individual nominees.

To be eligible for consideration the nominee should:

- be a current Masters Swimming Australia Member and have been a member from 01 January
- hold a current Masters Swimming Australia Coaching Accreditation or equivalent
- have been actively coaching Masters swimmers (detail position in club and coaching hours/week);
- have made an outstanding contribution in coaching and/or towards the development of coaching and promotion of Masters Swimming at Club, Branch and/or National level;
- have undertaken professional development opportunities to improve their coaching skills and/or presented at coaching courses, workshops or clinics;
- have demonstrated a proven capacity to improve the level of performance of Masters Swimmers (i.e. improvement in times, placings at Branch/National and/or International events, technique development, ability for swimmers to complete a greater distance and/or achievement of a higher level of fitness);
- have practised and espoused a philosophy of fair play and promoted the values of Masters Swimming e.g. acceptance, consideration & respect for all participants; Coaches who have implemented innovative ideas to improve coaching and/or undertaken extra-curricular activities relevant to coaching above the minimum level expected of a Masters Swimming Coach will be viewed favourably.

[https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Coach-of-the-Year-award-nomination-form\\_30112018.pdf](https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Coach-of-the-Year-award-nomination-form_30112018.pdf)

## Call for nominations 2021 Official of the Year

MSNSW is seeking nominations for 2021 Official of the Year award.

To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, be a current member from 01 January and must have made an outstanding contribution in officiating and/or towards the development of officiating at Club, Branch and/or National level. For example:

Attended courses to enhance knowledge and interpretation of rules; Delivered courses to prospective officials;

Taken the position of mentor to trainee officials. The Official of the Year should be an individual who has achieved excellence as a technical official. Implementation of innovative ideas to improve officiating and extra activities related to officiating, such as leadership, accreditation and professionalism will also be considered.

Nominations must be received by the Branch Office no later than **14 January** to be eligible for consideration.

[https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Official-of-the-Year-award-nomination-form\\_30112018.pdf](https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Official-of-the-Year-award-nomination-form_30112018.pdf)

## Calling all clubs Safety Officers

Masters Swimming Australia (MSA) is committed to creating a safe, fair and inclusive sporting environment.

- We seek to prevent all forms of harassment, discrimination and abuse and to promote positive behaviour and values
- inappropriate or unlawful behaviour will not be tolerated by the organisation
- our policy sets out codes of behaviour with which everyone associated with the organisation is expected to abide
- disciplinary action will be taken against individuals if there is a breach of the policy.

To ensure we deliver a safer environment for members, MSA strongly encourages all clubs to have a trained MPIO.

### How to become a MPIO?

You can become a certified MPIO by taking the following steps:

1. Complete online course at any time. The course will take approximately four hours and you can pause and resume the course at any time.
2. Once the course is completed you will receive a completion certificate that includes your online certification number (you need to keep this).
3. Complete the face to face or online workshop and access the next course via the [MPIO Online Course - Play by the Rules](#) or contact Sarah Pisterman (details below).
4. On completion of the face to face or online workshop you will receive your certification number and receive your certificate of recognition. If you have any questions please contact [Play by the Rules](#).
5. Please contact the National Office [admin@mastersswimming.org.au](mailto:admin@mastersswimming.org.au) when you become a certified MPIO so we can add you to the national register

For information about the role of an MPIO please visit the website [Member Protection | Masters Swimming](#) or to understand more details about this process or for more information, please contact Sarah Pisterman [gm@mastersswimming.org.au](mailto:gm@mastersswimming.org.au)

## Open Water swim series from 2<sup>nd</sup> January 2022

*advertisement*

### Pittwater Ocean Swimmers in Draw for Whitsundays Swim Tour

Swimmers who complete four of the five ocean swims in the Pittwater Ocean Swim Series will go in the draw for a Whitsunday Islands Tour donated by Oceanfit valued at \$1,995.

The fully guided, all inclusive, swim tour includes five ocean swims, guided island walks, accommodation, freshly prepared onboard meals, snorkelling and many other features.\*

Oceanfit runs ocean swim courses for all levels and recently acquired oceanswims.com to create the most comprehensive ocean swimming organisation in the Southern Hemisphere. Entries for the Pittwater swims are available on oceanswims.com

“We are delighted to be supporting the Pittwater Ocean Swim Series as it provides well organised ocean swims by local surf clubs in one of Australia’s most picturesque regions.

“Ocean swimming is a challenging sport which is growing rapidly in popularity. Apart from its fitness benefits ocean swimming is a wonderful way to meet with like-minded people and sample what different beaches have to offer,” said Andre Slade Oceanfit’s director.

“The Pittwater Ocean Swim Series is supported by Northern Beaches Council with Newport on Sunday 2 January followed by Bilgola 16 Jan, Mona Vale 23 Jan and the Big Swim from Palm Beach to Whale Beach 30 Jan. The Avalon swims will be held on Sunday 27 March including the iconic Newport to Avalon Round the Bends swim.”

“While revenue from the swims goes towards essential life-saving equipment each event brings many visitors to Pittwater boosting local businesses. This is particularly relevant in the post-lockdown era. Cafes, boutiques and clubs also reap the benefits of an influx of visitors, many from outside the area,” said John Guthrie one of the series organisers.

“Club organisers, realising ocean swimming’s popularity, are catering for less experienced swimmers by including shorter courses. It’s a lot different swimming out through the break, around an ocean course, compared to swimming laps in a pool.

“Pool swimming is great for building fitness and working on your technique. The shorter ocean courses give newcomers the opportunity to build their confidence before tackling the longer distances. Of course, some of the experienced people use the shorter swims as a warm-up. So, there’s something for everyone,” John added.

In addition to the Whitsundays prize each of the swims have a great collection of prizes via a lucky draw. The website oceanswims.com has full details for each swim displaying courses, costs and other details. To explore Oceanfit’s swim tours and clinics, visit oceanfit.com.au

Entries for all the swims in the Pittwater Series are available at [www.oceanswims.com](http://www.oceanswims.com)

Enquiries:        John Guthrie Newport Surf Club    0408 247 986  
                      Andre Slade Oceanfit.com.au        0433 082 541  
                      David Madew Bilgola Surf Club        0422 087 298



## Remembering Dawn Gledhill

Dawn asked that we consider supporting fundraising for Ovarian cancer. Her daughter Sharon Morris shared this fund-raising link. <https://www.ovariancancer.net.au/my.../1260/sharon-morris>

Through recent 100 clubs at both Cabarita and Glenbrook MSNSW members have donated \$286.00



## Vale David Abrahams Clarence River Masters Swim Club



Earlier this month we lost our David Abrahams, one of Clarence River Masters Swimming founding members.

He passed away peacefully at the age of 91.

David was an amazing man, in many clubs.

He was an inspiration with his many years swimming, competing in carnivals and many years in official positions. As President of Clarence River Masters, he was supportive, helpful and continued to give advice and provide much information on different matters.

He will be greatly missed by our club, but also by many other Masters Swimmers who knew him.

*David will be missed but leaves a fantastic legacy — Jane Noake*



David in 2014

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

