



Early bird membership discounts close Friday 31 December

The NSW Branch fee has been waived from the annual membership fee for the month of December. All returning **2021** members who re-join before 31st December 2021 are eligible for this reduction in an offer that says thank you, whole heartedly thank you. This is a **saving of \$38 per person**.

New and past members (prior to 2021) enjoy a \$15 discount if joining by the end of this month to say “welcome to our sport” or “welcome back”.

Coming up!



<https://mastersswimmingnsw.org.au/events/category/sanctioned-meets/>

But wait, there's more...

We have a Tumble Turns workshop for early January!

Peter Johnston is holding a Freestyle Turn Workshop 9 -10am on Saturday 8 January. Merrylands pool, bookings here: <https://forms.office.com/r/85KE5z16Nr>



2022 Event calendar is now on the website

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

- Subject to change

Club Annual Affiliation fee due by 31 December

Club Treasurers— CLUB affiliation payment is due by 31st 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.



Postal swims 2021

Please support these Masters Swim clubs by entering their Postal swims:

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

Baddaginnie Animal, 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 Trifecta is open til 31 December:

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



TUGGERANONG TRIFECTA

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.



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

Postal swims 2022



Wests Auburn Turtle 5km postal swim opens on 1st January & Relays welcome, so start training!

<https://mastersswimming.org.au/event/west-auburns-masters-5000m-turtle-swim-2022/>

National Championships Sydney 2022



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 be a draw.

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

If your club is interested or you have any questions, please email 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? **Interior decorators needed!! Do you have a flair, a talent for dressing a room?** The Social Team are looking for help with getting the function room ready on the day of the Presentation Dinner.

Also, 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/>

National Swim Series 2022



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.

MASTERS SWIM SERIES

The more meets you enter, the better the multiplier for your points.

The series comprises of ten events, with one nominated meet from each of the Masters Swimming Branches and two from Queensland and WA.

So, if you want to travel Australia, make new friends and swim at any of these ten pool competitions throughout the year, we would love to see you. <https://mastersswimming.org.au/programs/national-swim-series/>

MASTERS SWIMMING AUSTRALIA 2022 SWIM SERIES



10 SWIMS = MORE CHANCES TO WIN

www.mastersswimming.org.au

START
REGISTERING
NOW!

5 MARCH: **MSV SC CHAMPIONSHIPS** (MELBOURNE - VIC)

2 - 3 APRIL: **MSWA STATE LC CHAMPIONSHIPS** (PERTH - WA)

20-24 APRIL: **MSA NATIONAL SC CHAMPIONSHIPS (MSNSW)**(SYDNEY-NSW)

20-22 MAY: **MSQ SC STATE CHAMPIONSHIPS** (CAIRNS - QLD)

14 AUGUST: **MSSA INTERCLUB 3 (LC)** (ADELAIDE - SA)

21-22 AUGUST: **MST SC WINTER CHAMPIONSHIPS** (LAUNCESTON - TAS)

17-18 SEPTEMBER: **MSNT LC CHAMPIONSHIPS** (DARWIN - NT)

15-16 OCTOBER: **MSNSW LC CHAMPIONSHIPS** (CANBERRA - ACT)

23 OCTOBER: **STADIUM MASTERS LC LIVELIGHTER CC** (PERTH - WA)

9 - 12 NOVEMBER: **PAN PACIFIC MASTERS GAMES (LC)** (GOLD COAST - QLD)



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**

Please consider honouring your tireless coach by putting their name forward for this award. There is new criteria so please read the nomination form as your coach may now be eligible. Recognition is all that many of our volunteer coaches get so put pen to paper. Clubs may like to consider paying \$10 for a 'non-swimming Coach membership'. <http://www.mastersswimmingnsw.org.au/Downloads/Forms>

Call for nominations 2021 Official of the Year

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

While it has been yet another quiet year for swim meets there have been Officials upskilling and reaccrediting, maybe even training others in the downtime. Please consider nominating them for their work in 2020. <https://mastersswimmingnsw.org.au/downloads/forms/> Under the Award Nomination tab.

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

Club 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 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

This is how you can get more members join your club

Have you heard about the JUST ONE More membership drive???

Your club can apply for \$1,000!

[‘Just One More’ – Club Membership Drive | Masters Swimming](#)

The MSA ‘Just One More’ grants program can assist Clubs to fund their coaches’ qualification process, purchase club equipment, host social events or hold a swimming competition.

Coaching Qualifications

Masters Swimming Australia (MSA) is encouraging all Clubs to ensure their coaches on deck have the appropriate training and skills to deliver a safe programme to swimmers. The organisation and its insurers have the expectation that all coaches on pool deck are qualified and hold a level of accreditation by January 2024. Coaches who have not renewed yet please do so online.

<https://mastersswimming.org.au/become-a-club-coach/> and click on the reaccreditation link.



Coaching Corner—a great set to finish the year

Here is a set that swimmers will both hate and love, and leave them with a sense of satisfaction once completed!

It is originally a Wayne Goldsmith set and I have swum it with Brenton Ford at his Thailand Camp and we have since used it at Tuggeranong as a ‘special set’!

400 Fins easy including drills

40x50 as:*

- 16x50 every 4th fast 10 sec rest e.g. on 1.00
 - 12x50 every 3rd fast 15 sec rest on 1.05
 - 8x50 every 2nd fast. 20 sec rest on 1.10
 - 4x50 all fast. 30 sec rest on 1.15
- 300 swim down*



Have a happy Christmas and look out for some exciting events happening next year!

Anne Smyth, MSNSW Branch Coaching Director



Logging your laps for the Million Metre award? There's an app for that!

A new app has only just been launched but already we have had an excellent response to the Million Metre app with 80% of downloads from new participants.



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 100 clubs run at Cabarita, Glenbrook and Birrong swims MSNSW members have donated \$340.00



Open Water swim series from 2nd January 2022

advertisement

Great Prizes to be Won at Pittwater Ocean Swim Series

Excitement is building as the start of the Pittwater Ocean Swim Series draws closer with the Newport Pool to Peak on Sunday 2 January.

And, there is another reason for ocean swimmers to get excited. Each participating club in the series has a range of prizes for lucky swimmers.

For the Big Swim, from Palm Beach to Whale Beach on Sunday 30 January, the top men's and women's swimmers are competing for \$500 prizes.

At the Newport Pool to Peak there are medals for the placegetters. In addition, all swimmers go into the draw for lucky prizes such as pharmaceutical products, DMC Fins, Harris Farm Market vouchers and more...

At Bilgola, on 16 January, each age category winner will receive a Blackmores gift basket. These are sought after prizes.

“These are just a few of the prizes on offer but of course the big prize is the attraction of being able to dive into the ocean for a swim distance of your choice.”

“After all the lockdowns everyone is ‘champing at the bit’ to get back to the ocean.”

“It is a welcome change from chlorinated pools and you will be visiting some of Sydney’s iconic beach locations with lots of coffee shops, restaurants and boutique shops” said John Guthrie one of the organisers of the swims.

Full details of the Pittwater Ocean Swim Series, together with online entries are available on www.oceanswims.com.

Entries are coming in fast for Newport 2 Jan, Bilgola 16 Jan, Mona Vale 23 Jan and the Big Swim on 30 Jan and you have a choice of swim distances.

Enquiries: John Guthrie Newport Surf Club 0408 247 986

And don’t forget, Pittwater Ocean Swimmers go in a Draw for a Whitsundays Swim Tour here:



?x100m

how many can you do in 2.5 hours???



PHOTOGRAPH: JON HAYTON

WARRINGAH AQUATIC CENTRE, TUES.
28th DECEMBER 9AM - 11:30 AM

Short Course

\$20.00 IF PAY BEFORE 25TH DECEMBER, \$25
AFTER + pool entry fee to be paid at the gate

Online booking:
<https://www.trybooking.com/BWEAB>



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

