

### Coming up in March



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

### Did you see the results from the Swimcathlon?

Well done to everyone who competed in MSNSW's first Swimcathlon on Saturday 19 February at Gunyama Aquatic Centre in Zetland, and a big thank you to all the officials and everyone who helped out with timekeeping throughout the day! Every swimmer did their bit.

Unfortunately, due to the cancellation of the Malabar Magic, we have not been able to include an Ocean Swim component this year so the total points are based on the seven available events from Saturday. Yes, many members swam ALL seven events.

Congratulations to Nick Westaway and Belinda Meek who were the top scoring male and female swimmers for the Swimcathlon and special mention to **David Loader** and **Wett Ones** for putting the idea forward and organising the day. A particular thank you also to the incredible **Heather Rouen** from Campbelltown Collegians for her amazing skills at organising everyone to be where they needed to be i.e on the blocks or behind with a stopwatch firmly in hand.

Here are the final results.

#### MSNSW Swimcathlon Point Score Results

Female				Male		
<b>30-34</b>				<b>30-34</b>		
Belinda Meek	NCT	4,956	Dan Fritz	NWO	1,435	
Annika-Lee Skulander	NBT	3,894				
<b>35-39</b>				<b>35-39</b>		
Suzie Haddad	NCT	4,535	David Loader	NWO	5,445	
Alessandra Florida	NCR	2,279	Mark McDonald	NBT	5,326	
			Tim de Ridder	NBT	3,291	
<b>40-44</b>				<b>40-44</b>		
Cassie Anderson	NWS	2,929	Nick Westaway	NWO	5,488	
Waide Devine	NWY	2,583	James Baber	NWO	3,516	
			Elias Villanueva	NWO	2,929	
<b>45-49</b>				<b>45-49</b>		
Julia Currie	NCT	3,406	Charles Edwards	NWO	3,788	
Kerryn Blanch	NWS	2,681	Bradley Hastings	NWO	3,772	
<b>50-54</b>				<b>50-54</b>		
Zara Tai	NBT	3,013	Ado van Rensburg	NSP	2,619	
<b>60-64</b>				<b>60-64</b>		
Jillian Pateman	NBM	3,499	Eugene Chan	NWO	5,366	
Belinda Miller	NWO	1,543	TJ Gokcen	NSP	5,251	
<b>65-69</b>				<b>65-69</b>		
Shane Batchelor	NSP	2,898	Mark O'Sullivan	NCR	4,461	
Heather Rouen	NCT	2,508				
<b>70-74</b>				<b>70-74</b>		
Carol Russell	NCR	4,040	Paul Bailey	NWG	3,596	
Helen White	NNS	2,555	Wayne Sherson	NWO	3,531	
Helen Rubin	NRY	2,391				
				<b>70-74</b>		
			Stuart Ellicott	NHS	2,349	
				<b>75-79</b>		
			Graham Campbell	NWG	1,737	
				<b>80-84</b>		
			John Pagden	NWG	1,705	

## Coaching Corner

Where are you, as a swimmer, up to in your training for Nationals?

**Training Phases:** PREPARATION, COMPETITION, and TRANSITION.

- PREPARATION phase is most of the year. It is the time for skill development, technique and establishing a fitness base. It can also be broken into GENERAL (e.g. building fitness base, technique) and SPECIFIC (e.g. dive starts)
- COMPETITION is a short phase for a specific event. Training volume may drop but intensity increases. This phase may include time trials, starts, or turns focus. High priority competitions have a definite taper stage while lower priority events may be integrated with training and the use of the recovery cycle.
- TRANSITION is the period immediately after the Competition phase and allows for recovery and adaptation.

**Training Cycles** are blocks of training typically lasting between 4–6 weeks.

<https://mastersswimmingnsw.org.au/coaches-and-officials/coaching/>

### Coach Reaccreditation

Don't let your MSA Club Coach Accreditation lapse! Your club needs you! Due to COVID19 there is leniency if your registration has expired. It is easy to reaccredit online <https://mastersswimming.org.au/become-a-club-coach/> and click on the reaccreditation link.

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 2024.

### 2022 Workshop/PL Dates

	Workshop/PL	Focus	Presenters
Feb 27	Oak Flats Freestyle Workshop	Swimmer	Anne Smyth Greg Gourley
March (date TBC)	ACT Starts Turns Workshop in preparation for nationals	Swimmer	ACT - Tuggeranong Coaches
March (date TBC)	Seaside Pirates Nationals Preparation: Stroke and Turn workshop	Swimmer	Greg Lewin
May 21	Yamba - Clarence River FS Workshop	Swimmer/coach mentoring	Anne S and Greg G
May	Griffith (date TBC)	Swimmer/coach mentoring	Anne S Greg G to run another later in year.

*Anne Smyth, MSNSW Branch Coaching Director*

## It's good to be in the right place at the right time

Now that we are no longer marshalling at meets **the swimmer** needs to get themselves to the right place at the right time.

A simple 3 points process:

1. **Know** your event numbers in the program, know your heat number in the event, know your lane number in your heat.
2. **Locate** where the event/heat call board is and **check** that frequently so that you know when to go and get ready to be checked.
3. **Be there**, in the vicinity of your lane, and respond clearly (to the check starter) when your name is called and final checks are made.

## National Championships Sydney 2022

Entries are OPEN



The Board of MSNSW is able to waive individual event entry fees for Country Club members for the National Championships, this is a saving of up to \$108 (depending on how many events you enter)!

This subsidy is funded by a grant received under the **Community Sport Recovery Package**, an initiative of the **NSW Government Office of Sport**.

The list of Country Clubs whose members are eligible for this discount:

Armidale	Myall
Bidgee	Narooma
Cessnock	Oak Flats
Clarence River	Port Macquarie
Coffs Harbour	Raymond Terrace
Dubbo Redfins	Sapphire Coast
Ettalong Pelicans	Singleton
Ginninderra	Tuggeranong
Gosford Seagulls	Woden Valley
Lake Macquarie Crocs	Wollongong
Maitland Merlots	Wyong Wobbygongs
Molonglo Water Dragons	

▸ [subsidised entry for MSNSW country members](#)

All events

Choose this entry type:

There will be no individual fees attached to your entries only the Registration fee of \$75.00.

So come on DOWN country clubs, and up and east!

**There is still one day available for your club to Host a Raffle** at the National Championships. We're looking for one more club that would like to run a raffle at Nationals—the profit goes to your club. 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](mailto:admin@mastersswimmingnsw.org.au) Volunteers and Technical officials are still needed over the FIVE days of competition. Lodge your interest here: <https://mastersswimmingnsw.org.au/2022-national-championships/volunteers-and-officials/>

## Training for Technical Officials

Face-to-Face official courses for new trainees and re-accreditation.

- Marshal/Check Starter/Clerk of Course
- Inspector of Turns

**Saturday 5 March**— before the Blacktown swim meet 12noon sharp

Pre-requisite: must be a qualified timekeeper. If you wish to attend, please email DiP [diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com)

## Annual Reports are now overdue

Yes that's right. The call has gone out for clubs to send in their 2021 Annual Reports for inclusion in the Branch Annual report. The deadline swooshed past on Friday 25 February.



## Club News

**Clarence River Masters** has their own newsletter - the Clarence Ripples. Does your club? <https://mailchi.mp/93675ab85968/clarence-river-masters-february-2022-newsletter-8811053?e=2bbed157bd>

We have a NEW club! It is with great pleasure we can now warmly welcome aboard **Woden Valley Sharks** into our membership. Based in the ACT the club is already on fire with their caps and logo going live: dark blue training caps and lighter blue racing Caps.



## **No pool, no ocean? No worries! Lockdown Swimming in Lake Burley Griffin Serves as a Chilly Substitute!**

For experienced pool and ocean swimmer Caroline Makin, going through lockdown in Canberra left very few options for maintaining swimming fitness.

So, like any rational, sane swimmer, Caroline took the only option available – the ice-cold depths of the ACT’s Lake Burley Griffin!

“My first attempt to swim in the lake - Lake Tuggeranong - (with a wetsuit, thermal neoprene cap, gloves and socks) saw me manage around 600m as the brain freeze was unbearable with the water temp at probably around 9-10 degrees.”

“I wasn't even sure if I could try it again - it took me another 10 days to have the courage to try again and the next time was not quite so bad in Lake Burley Griffin and I think we managed about 1500m.”

Caz, as her friends know her, was a successful junior swimmer in the United Kingdom, and she credits her father as the motivator behind her early successes.

But, as is the case with many swimmers, she stepped away from the sport in her late teenage years.

It wasn't until moving to Australia in 2009 that Caz ventured back into the world of pool swimming and rediscovered her love of the sport.

“I joined a masters club (Tuggeranong Vikings) in Canberra in October 2009 and about six weeks later I had my first nerve-racking attempt to dive off the blocks for the first time in 25 years at a small meet called The Tuggeranong Challenge, which gave me the taste for racing again. I was then pretty much addicted!”

“What I love about the masters swimming community is the many wonderful friendships I have made with swimmers from all over NSW and Australia. I love the passion that people have for their swimming and for racing, the laughter around the pool deck, and the support that Masters swimmers give to each other.”

The Masters swimmer and coach, who lists the Tathra Wharf to Waves as her favourite ocean swimming annual event, was first introduced to ocean swimming by friends made in the Masters Swimming world.

“My Masters swimming friend and fellow coach, Anne Smyth, has been integral to me finding a passion for open water swim racing as she encouraged me a lot to keep trying new events and longer distances especially in the early years of me taking to the open water!”

And much like the numerous medals hauls that Caz has achieved at Australian Masters Swimming National Championships, success has come quite readily in the open water version of the sport.

“I've raced in lots of ocean swims around NSW, which is quite tough at times due to the travel required from Canberra. I've done 9 consecutive years of competing at the Tathra Wharf to Waves, with podium and first-place finishes, the Sydney Harbour Swim a couple of times, the Cole Classic a number of times working my way up from 5th place in my age group to 1st place a couple of times.”

“I've also won the Huskisson Ocean Swim 1k a couple of times. I've done many a swim leg in a triathlon as a solo triathlete or as part of a team. I have completed the 9km National Capital Swim in Lake Burley Griffin twice as a solo swimmer and in a 2-person relay a few times - once with my sister when she was visiting from the UK - and we won the fastest female under 50 team!”

The highlights of Caz's swimming career though have been the opportunities that Masters Swimming have provided for travel. Competing in the World Masters Games in Budapest, Hungary in 2017 in both the pool and in the 2.5km open water swim stands out as a real highlight, as does her first-place finish in the 5km open water event at the 2017 British Masters National Open Water Championships.

"I am so proud of my own achievements and my hard work in the pool and ocean, but the icing on the cake was when my Dad was overjoyed with my achievements. He only once came to Australia, in 2012, and was able to see me swim as an adult in a small ACT meet that we arranged specially to tie in with his and my mum's visit - he had his clipboard and stopwatch and was going up and down the pool deck taking my splits!"

"This is one of my most special swimming-related memories."

And as for swimming in the lake in our nation's capital?

"There was a small group of crazy swimmers who would venture into the Lake during this time, and we all did it for our mental health more than any real attempt to retain swimming fitness."

"But we were all truly thankful when the pools did reopen!"

And for those who are nervous about giving ocean swimming a go, Caz has this advice:

"As a pool swimmer from the UK, the open water was a scary place for me, but I love the challenge that it brings and the fact that no open water swim is the same, even if it is the same event that you do, the conditions will be different!"



## Postal swims 2022



Wests Auburn Turtle 5km postal is OPEN & Relay teams are welcome.

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

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

## 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. So get online now and start lapping.



## FINA World Masters Championships 2023—JAPAN



Please note that the FINA World Masters Championships 2022 Fukuoka has new dates for 2023.

<https://www.facebook.com/fina.fukuoka2022en/posts/372225661409099>

**Wednesday 2 August 2023 - Friday 11 August 2023**

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)

## OFFICE OF SPORT

# SPORT AND ACTIVE RECREATION SECTOR UPDATE

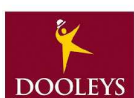
From the **beginning of Friday, 25 February 2022**, the following adjustments will be made to the settings:

- Masks will only be mandated on public transport, planes, and indoors at airports, hospitals, aged and disability care facilities, corrections facilities, and indoor music festivals with more than 1,000 people;
- Masks are encouraged for indoor settings where you cannot maintain a safe distance from others and for customer-facing retail staff to protect vulnerable people who must access these premises and services;
- Each State Government agency will review where it may be appropriate for public-facing staff to wear masks and will implement as necessary; and
- The 20,000 person cap on music festivals will be removed, with singing and dancing permitted. Vaccination requirements will remain for indoor music festivals over 1,000 people, with attendees required to have at least two doses of a COVID-19 vaccine.

The Office of Sport will provide further information if relevant to the sector once the Public Health Order has been updated.

### Branch Office closed next week

Please note that the phone is unattended during the office break from Monday 28 February —Friday 4 March inclusive. Emails will be monitored intermittently so, if you have any urgent matters, please write.



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