

### Coming up

## Twilight Meet

February 4 @ 5:30 pm - 10:30 pm



### 2022 Event calendar is now on the website

February	Friday 04	<b>Twilight mini meet from 5pm -entries close Sun</b>	SC	SOPAC
February	12	Myall BPS —entries open	SC	Tea Gardens
February	19/20	Swimcathlon —entries open	SC	Gunyama Pool & Malabar Bch
February	26	ACT Time Trials —entries open	SC	Tuggeranong
March	05	Blacktown BPS 1pm —entries open	LC	Blacktown
March	12	Wett Ones BPS —entries about to open	SC	Sydney University
March	19	Cessnock BPS —entries open	LC	Cessnock
April	Sunday 03	Warringah BPS —entries open	SC	Warringah
<b>April</b>	<b>20-24</b>	<b>MSA National Championships</b> —entries open	<b>SC</b>	<b>SOPAC</b>

- **Subject to change**

What's a Swimcathlon? Just like an Olympic Decathlon you compete in multiple events across 2 days. A team has been created for Malabar Magic Ocean swim "Masters Swimming NSW"

### Postal swims 2022



West 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/>

### Short Course Time Trials in Canberra

**ACT Regional Time Trials 2022 #1** which will be held at **Lakeside Leisure Centre** on the afternoon of **Saturday, 26 February 2022** - 2.30pm warm-up for 3.00pm start.

This is a low-key event aimed at getting swimmers once again back into race practice and it would be fabulous to get lots more swimmers entering this event as part of our preparation for Nationals in April.

**Entries will close on Friday 11 February 2022** you'll find the flyer with details here:

<https://mastersswimmingnsw.org.au/event/act-regional-time-trials/>

## This is how you can get more MSA members join your club

Have you heard about the JUST ONE More membership drive???. **Your club can apply for up to \$1,000!**

<https://mastersswimming.org.au/programs/just-one-more-club-membership-drive/>

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



**GRANT APPLICATIONS CLOSE 31 JANUARY**

## Coaching Corner

### Club Coach Course

Does your club need more qualified coaches?

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.**

A reminder there is grant money available for people to complete the MSA Club Coach Course.

<https://mastersswimming.org.au/programs/just-one-more-club-membership-drive/just-one-more-accredited-coach/>

### 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.



*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. So get online now and start lapping.



## National Championships Sydney 2022

Entries are OPEN



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/>

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

We're still looking for clubs that would run a raffle at Nationals, one club for each of the four days—profit goes to the 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)

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/>



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



## We're looking for a professional Report compiler

After many, many years organising and compiling the MSNSW Annual report our editor/formatter/compiler has had to hang up her keyboard due to serious health issues. This has left a huge gap and we need to find a great company/person that can take this annual job on. Do you know of a Typesetter/compositor that will fit the bill? Please pass on the email [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

## Did we say Annual Report?

Yes that's right. The call has gone out for clubs to send in their 2021 Annual Report due by Friday 25<sup>th</sup> February for inclusion in the Branch Annual report. It's always great to read what clubs have been up to.



## Certificate of Currency individualised for your club

There are times when clubs are asked for an Insurance certificate by pool management or Bunnings for when you host the BBQ fund raiser. Clubs can click on MSA's Insurance page <https://www.marshadvantage.com.au/business/sports-clubs/masters-swimming.html> click on Certificate of Currency and enter their club code and 2022 e.g. NBM2022 for Blue Mountains



# MASTERS SWIMMING AUSTRALIA 2022 SWIM SERIES



10 SWIMS = MORE CHANCES TO WIN

[www.mastersswimming.org.au](http://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)



## Great Prizes to be Won at Pittwater Ocean Swim Series

There is a great reason for ocean swimmers to get excited. Each participating Surf 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 Bilgola, date transferred to 13 March due to the Tsunami, 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](http://www.oceanswims.com) 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



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