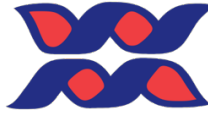


### Coming up

Wow! 198 swimmers have entered Warringah Masters swim meet, the programme can be found here:  
<https://mastersswimmingnsw.org.au/downloads/swim-meet-programmes/>



### WARRINGAH MASTERS SWIMMING

Entries are now open for both Ettalong Pelicans on 28 May and Seaside Pirates 19 June.

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

### National Championships Sydney 2022

Entries close noon 8 April

If I can give you ONE piece of advice: DO NOT leave your entry until the last week! Think Murphy's Law.



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/>



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

Choose this entry type:

▶ **subsidised entry for MSNSW country members**

All events

## Billets sought 20—24 April

Do you have a spare bedroom, live relatively easily accessible to Olympic Park and are willing to host a Masters member for the National Championships? Let the Branch office know and we'll match you to a regional competitor [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)



**REGISTER NOW**



**NATIONAL CHAMPIONSHIPS 2022 SYDNEY**

## Merchandise orders close 1<sup>st</sup> April

<https://mastersswimmingnsw.org.au/2022-national-championships/merchandise/>

### Merchandise can be ordered with your Online Entry.

You can also purchase merchandise without entering swimming events by choosing the “Merchandise Only” entry type in the online entry system.

Due to the lead times required for manufactured items, merchandise orders will close ahead of the closing date for swimming entries. Minimum orders are also required for all products.

Choose one, some or all. Hoodie \$45, Polo shirts \$45, Spray jacket \$30, Backpack, Gym towel \$20, Cap \$25, Heat seedings \$5, Presentation Dinner \$75.



## Social Media—love it or hate it?

Your privacy is important to us. Photographs taken at events may be displayed online and on social media. Please let the NSW office know if you have any objections to photos that you in being visible on these platforms.



### An important message from your WHISTLEBLOWERS



Nationals is approaching fast so you've been putting in the hard yards in preparation because practice makes perfect. Right?

**WRONG!**

Only **PERFECT** practice makes perfect!

**SO**

Are you sure that your stroke is legal?

Is it still legal when you get tired?

Are you aware of the start, turn & finish rules of your races?

Swimmers help us get **TOWARDS ZERO DISQUALIFICATIONS!**

**HOW?**

If the answer to any of the questions above is **NO** then please:

- Get your stroke checked by your coach or an official.
- Check the rules and procedures on the links below.

Better to find out now, before you race, than when the referee takes you to one side and gives you the bad news that you have been disqualified!

IF YOU ONLY **THINK** YOU KNOW THE RULES YOU PROBABLY DON'T!

<https://mastersswimming.org.au/wp-content/uploads/2018/10/Masters-Swimming-Australia-Swimming-Rules-updated>

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

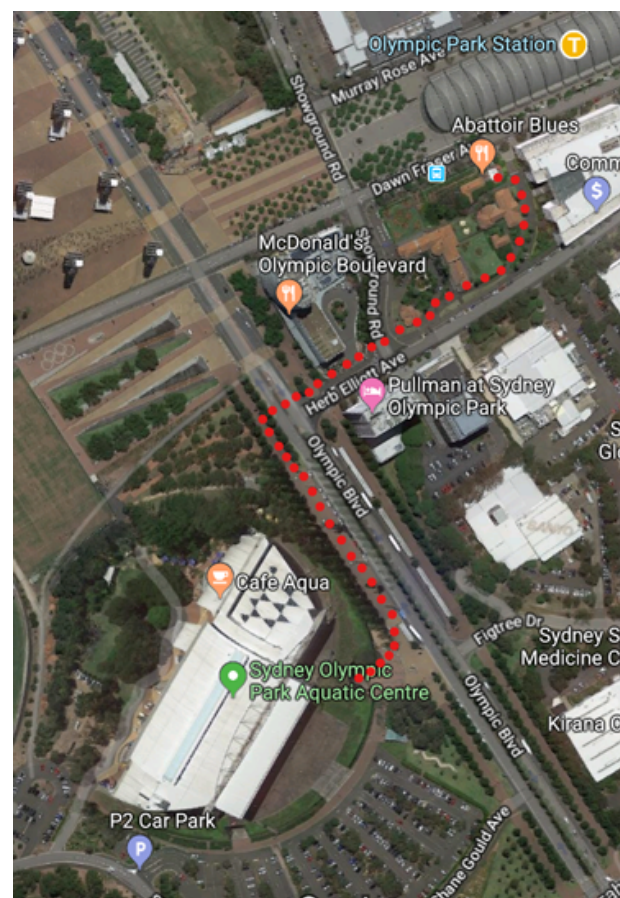
Now that we are no longer marshalling at meets **the swimmer** needs to get themselves to the right place at the right time.

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.

Read more here: <https://mastersswimmingnsw.org.au/coaches-and-officials/coaching/coaching-tips/information-for-competitors/>

## After swim Social



As advertised, Manly Masters Swimmers will be on hand to welcome you to Abattoir Blues on Thursday 21st from late afternoon when the swimming is over for the day.

Come along just as you are for an opportunity to unwind, have a drink, something to eat and chat to other swimmers from clubs all over Australia. Your official lanyard will entitle you to a 10% discount on all purchases. On arrival you will receive a welcome lei and a lucky draw ticket for a great prize.

For locals, use the time to avoid the rush hour and travel home on less congested roads.

Please check the box when you enter the Nationals, as it is helpful to have an indication of how many swimmers might be visiting that evening.

And importantly, you will get to know the venue ready for attending the Wett Ones spectacular Drag Queen Trivia on Friday night!

## 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.



## Annual General Meeting 7 May



Put the date in your diary now, Saturday 7<sup>th</sup> May at Sports House, Sydney Olympic Park.

After the carnival is over and all retire to our clubs and return to normal training sessions we then get to reflect on the year that was at the Annual General Meeting. All members are welcome, club Secretaries are asked to please advise the Branch office of the delegate attending on behalf of their club.

A slightly earlier start than usual is expected this year so a morning tea may be served in lieu of lunch.

Details will be confirmed shortly.

## Coach wanted

From time to time we are asked to source a coach, on this occasion it is Lane Cove Aquatic Centre that's looking for a Masters Coach. This is a permanent position and they hold quite a few sessions. Contact:

Michael Jacobs | Head Squad Coach    phone: 1300 252 583    email: [michael.j@bluefitswimming.com.au](mailto:michael.j@bluefitswimming.com.au)



Masters Swimming NSW is proud to receive continued sponsorship from Dooleys Lidcombe

<https://www.dooleys.com/lidcombe>

### Swimmer Focus: How to sprint faster!

Here are a few simple tips:

- *Attack the water and increase your stroke rate.* Keep the momentum going and throw yourself forward
- *Kick harder* – especially on the way home.
- *Breathe less* –each breath you take will slow you down so practise breathing less. But be careful here – if you start off doing say, 10 strokes with head in, you run the risk of becoming lactic. It's good for 50m but be careful over 100 as you need to have energy for the second 50.
- *Work your start, turns and finish* -Streamline off the wall on start and turns and drive your stroke home for a strong finish on the wall.

#### ***Train as you plan to race***

Your training should include:

- Sets with high intensity and increased recovery
- Speed kick sets to improve your strength and speed in kick
- Speed sets with fins to develop feel of swimming at high speed
- Dive starts sets

### Coach Focus: Preparing Swimmers to Compete

Nationals are looming and many clubs will have new swimmers attending the meet. It is important to go over swim meet guidelines in training to familiarise all swimmers with meet conventions.

#### ***Hold a Race Practice Session in Training:***

- Practice a typical meet warm up. A warmup should usually include at least 400 m covering the race strokes, some 25's at race pace to get heart rate up and dive starts. Make sure swimmers are aware of the importance of cooling down after a race. Discuss warm up protocol, i.e. following lane warm up signs and not diving in.
- Ensure your swimmers are familiar with rules.
- Practice starting, including whistle and starting device. Remind swimmers to be prepared (goggles on) before they step on the block and to be steady on the blocks.
- Go over the Finish procedure – Hit the wall firmly to ensure automatic timing works. Stay in lane until instructed to leave. With an over-the-top start, remind swimmers in the water to be quiet and to make sure they are off the wall.
- Practice Relays.

*Anne Smyth*

*MSNSW Branch Coaching Director*



**Fina**  
WORLD MASTERS  
CHAMPIONSHIPS



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**

**SWIMMING QUOTE OF THE MONTH**

*We swim not to escape life, but so that life doesn't escape us.*



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<https://www.dooleys.com/lidcombe>