

Members Survey

The Board of MSNSW invites you to help us understand you better. This will help your Board to make decisions and guide our future. Do you know about timing systems & the differences between manual, semi-auto & AOE? Questions are asked in the survey to gauge member knowledge and experience. Please complete the survey linked here -

https://docs.google.com/forms/d/e/1FAIpQLSeXfGXGtYeDI92F3XzzRbX9u4GQBVXuO-JfhqbmdtspBQyaw/viewform?usp=sf_link it should take you no longer than 15minutes. *Many thanks.*

2022 for you



Masters Swimming NSW Calendar 2022

meet date	host club	course	venue
July Sunday 10	Branch Relay Meet	SC	SOPAC
July 23-24	Coaches Professional Development weekend		Tattersalls Club
August 20-21	Forster Escape Weekend		Forster
August 27	Ryde BPS	SC	Ryde
September Sunday 25	Branch Long Distance Championships	SC	Knox
October 01-03	Thredbo Coaching weekend		
October Sunday 02	Manly Masters BPS	SC	Abbotsleigh
October 15-16	Branch Long Course Championships	LC	AIS, Canberra
November 05	Port Macquarie BPS	LC	Port Macquarie
November 19	Novocastrian	LC	Charlestown
November Sunday 27	Branch Long Distance Championships	LC	Birrong

Club Registrars please note



The six-month membership option is about to drop into your club STG/Gameday consoles for you to open on Friday **1st July**. Are you ready and able to reopen your membership doors?

Coming up

The ever-popular Relay meet is coming up on Sunday 10 July at SOPAC

<https://mastersswimmingnsw.org.au/event/msnsw-relay-meet/>



Due to the fact entries can be submitted up to the day of the meet (as requested by our clubs) there will be no program for this meet. The relays will be heat seeded at the closing time and the heats and lanes will be visible on the **MSNSW results app**. It will be important for all members to have access to this information, so if you haven't already downloaded the app to your phone please do so before the meet.

Come and be part of the team

In case you missed it the Board of MSNSW is looking for a Treasurer. Do you have the time and skills to take on this most important of roles within our Not-for-Profit Organisation? Contact the Branch office with expressions of Interest admin@mastersswimmingnsw.org.au

Coaching Corner

COACHING WORKSHOP WEEKEND
9am-5pm
23 & 24 JULY 2022
TATTERSALLS CLUB HYDE PARK
181 ELIZABETH ST, SYDNEY

- Knowledge acquisition
- Practical tools and tips
- Networking opportunities

REGISTER NOW!

Limited places, so reserve your spot ASAP!

**COST: \$50 for 2 days
\$30 for 1 day**

masters swimming NSW

Aimed at beginner to mid-level Masters coaches

<https://mastersswimmingnsw.org.au/coaching-workshops-more/>

Call for nominations – MSA Gender Diversity policy sub-committee

Nominations close on 1st August More details and nomination form available from the branch office
The National Board of Management of MSA is seeking nominations from members of the MSA community to participate in a sub-committee to investigate ways for MSA to become an inclusive and welcoming environment for transgender, sexually and/or gender diverse individuals and to support their journey in adult amateur swimming in Australia.

Purpose: To identify any barriers to participation in the sport of amateur adult swimming by transgender, sexually and/or gender diverse individuals and make recommendations to MSA about how these barriers could be overcome. The sub-committee's remit is limited to issues of transgender, sexual and/or gender diversity and inclusion only. Send to MSA General Manager Sarah Pisterman gm@mastersswimming.org.au

Membership: Up to six members are sought to participate on the committee.

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 Web: www.mastersswimmingnsw.org.au

2023—Host clubs — nominate your carnival date

2023



This is the second call for any club wishing to host a carnival next year. The MSNSW Board invites clubs to apply for provisional dates to hold a swim meet in 2023. Please nominate at least two choices of date so the event calendar can be constructed by August for publication in September/October.

Tip: avoid early August, we may all be in Japan!

Many thanks to the clubs that have jumped in already.

Looking ahead

Tuggeranong Vikings Masters members to their ACT Regional Time Trials 2022 #2 which will be held at Lakeside Leisure Centre on the afternoon of **Saturday, 17 September 2022**, 2.30pm warm-up for 3.00pm start.

This is a low-key event aimed at getting swimmers some local race practice prior to the MSNSW Branch LC Championships being held at the AIS in Canberra on 15/16 October. Clubs are asked to please start promoting and rallying their troops! Entries will close on Friday 2 September 2022. Flyer to follow.



Postal swims 2022

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

Friday 1st July heralds the start of two Postal swims:

[Toowoomba Tadpoles July Postal 2022 \(mastersswimmingqld.org.au\)](https://mastersswimmingqld.org.au)

Swim 800m during the month of July!

[TUGGERANONG TRIFECTA Postal Swim \(mastersswimming.org.au\)](https://mastersswimming.org.au)

This one will warm you up, just the thing for these wintry days!

To be completed between 1st July—31 August

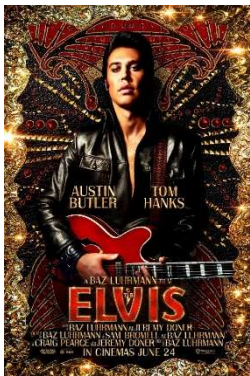
Double dip – a postal swim for you, and some Endurance 1000 points for your club – Three swims, each in a different stroke: 400m, 800m, 1500m

PLUS A BRAND NEW AWARD FOR 2022!

All 2022 participants will receive a fabulous newly designed navy-blue wet bag to keep wet gear or dry gear separate in swim bags as well as a certificate.



What's your club up to?



Clarence River Masters are all off to ELVIS the movie and they might even dress up in the theme if it takes their fantasy- digging out those blue suede shoes!

Enjoying the friendship & fun of Masters membership.

Part of the plan is to use up their last Dine & Discover vouchers before the 30th June expiry date to support local businesses. Have you spent yours?

Come away to Forster — another Grape Escape

OPEN EVENTS FOR ADULT (18+) SWIMMERS

FREESTYLE AND FORM SESSIONS
AND MINI SWIM MEET

FREESTYLE SESSION

Come and join us for a technique session focusing on freestyle and a choice of two form stroke.

- Sessions will be run by accredited coaches.
- Please bring your fins!

SATURDAY

20th August 2022
Time: 2pm – 4:45pm
Cost \$10

Numbers are limited so bookings are essential

**20 – 21
AUGUST
2022**



MINI MEET

Come and join in the fun of a mini swim meet

SUNDAY 21ST AUGUST
9am - 12 noon

For meet details and registration
<https://mastersswimmingnsw.org.au>

Registrations

SATURDAY TECHNIQUE
CLINIC



Email Anne
anneswims2@gmail.com



**masters
swimming**
NEW SOUTH
WALES

Fitness, Friendship and Fun

Great Lakes Aquatic and Leisure Centre Lake St, Forster NSW 2428

Come along and experience local places to go, see & do things such as markets, wineries, parks, museums, beach walks while enjoying breakfast, lunch & dinner —oh, and a swim coach session plus mini meet.



Fina
WORLD MASTERS
CHAMPIONSHIPS



FINA World Masters Championships 2022 Fukuoka has new dates in **2023**.

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

Wednesday 2 August 2023 - Friday 11 August 2023

SWIMMING QUOTE OF THE MONTH

There's more to life than swimming...but not much.



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