

National Championships it's a wrap!

Volunteers and Technical Officials proved to be more than our backbone - they were our legs, eyes and hands. Thank you for your time, your patience and your smiles. It really can't be done without you!



We got feedback: *on behalf of Ettalong Pelicans I would like to say a big thank you to the Masters team for the wonderful work you have put into getting the Nationals up and going for the last three years. Running Back to Future and Resurrection carnivals to keep us swimming during Covid, as well as fun dry land activities.*

The Nationals were so well run and having to self-marshall worked well as did the new system of Relays... Thanks National Team.

Marion Dreyer
Club Captain
Ettalong Pelicans

We got records:

World	4
National	106
NSW	109

While it is a few that achieve these, it is all of us that are excited and thrilled to watch, spectate, observe and also participate in the fitness, friendship & fun of our sport. Thanks everybody!

We got statistics:

Total events	29
Individual entries	567
Individual swims	3999
Relay teams	229



Coming up



Entries are open for Seaside Pirates 19 June

<https://mastersswimmingnsw.org.au/event/seaside-pirates-bps-meet/>



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

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

Members Survey

The Board of MSNSW invites you to help us understand you better. Please complete the survey linked here -

[https://docs.google.com/forms/d/e/1FAIpQLSeXfGXGtYeDI92F3XzzRbX9u4GQBVXuO-](https://docs.google.com/forms/d/e/1FAIpQLSeXfGXGtYeDI92F3XzzRbX9u4GQBVXuO-JfhqbbmdtspBQyaw/viewform?usp=sf_link)

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

2022 for you

June	Sunday 19	Seaside Pirates BPS	12pm	SC	Knox Grammar
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	<u>Abbotsleigh</u>
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 1st July. Now is the time to discuss and confirm your club's 6-month fee so you're ready and able to reopen your membership doors. Your club's 12-month option will be **TURNED OFF** over the next week to assist any new members to get the best value for money.

Postal swims 2022



Entries to West's Auburn Turtle **5km** postal is EXTENDED — 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/>



Baddaginnie Postal is on now until the end of June. Keep warm with 5 events in one day — 200m Fly 200m Back 200m Breast 400m IM and 800m Free

<https://mastersswimming.org.au/event/baddaginnie-animal-swim-3/>



And then stay warm with the Bunbury Stingers **3 x 400m**

<https://mastersswimming.org.au/event/2022-winter-3-x-400m-postal-swim/>

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

Aimed at beginner to mid-level Masters coaches

Host clubs — nominate your 2023 carnival date

2023

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This is the first 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!

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.



In case you missed it



Due to a number of requests, as swimmers have been busy preparing for the Nationals, we have decided to extend the closing date for our 5000m Turtle swim until the end of June.

This will give our regulars, and hopefully some new swimmers, the chance to swim down with a gentle 5km swim, or a relay of your choice (4 x 1250, 5 x 1000, 10 x 500). Just \$15 per swimmer entry fee.

Looking forward to your participation !

Terry and the crew at Wests.



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

When your body gets tired, swim with your heart.



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

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