

Merry Christmas

The Board of Directors of Masters Swimming NSW would like to wish all our members a very Merry Christmas and a Safe New Year.



Office Hours during the Christmas / New Year Period

The office will be closed on the following dates

- 26th of December
- 27th of December
- 2nd of January

New Administrator

You may have read that Jillian has left us after almost 12 years. We thank her for her service and hard work. She will still be seen around pool deck at our meets.

We welcome Belinda Havron to the role of Administrator. She comes from an administrative background with experience as an official on pool deck.

2023 Membership

<https://mastersswimming.org.au/swim-central-for-members/>

First step is to create a password or reset/change one if you have an existing Swim Central profile. It's important that you don't re-register using a different email address. Simply follow the steps below to reset your password.

1. From the Swim Central login screen select the 'Forgot Password?' option.
2. Enter your email address that was used to set up your Swim Central account into the 'Your Email' field.
3. Select 'Send Request'.
4. You will see a pop-up that lets you know the request was received.
- 5.

**PURCHASE
YOUR
2023
MASTERS
SWIMMING
AUSTRALIA
12-MONTH
MEMBERSHIP
NOW
VIA SWIM
CENTRAL**



Club Annual Affiliation fee due by 31 December

Club Treasurers— CLUB affiliation payment is due by 31st December.

Affiliation to MSNSW is a three-tier scale:

- Small Clubs - <24 members pay \$50 per annum
- Medium Clubs - 25-49 members \$70 per annum
- Large Clubs with - >50 members \$90 per annum



OR early bird discount of \$40, \$60, \$80 if paid by 31 December 2022.

What will the New Year bring?

meet date	host club	course	details
January		14	Endurance 1000 Launch 400m + LC Glenbrook Pool
January	Tuesday	24	Timekeeping Training course 7:30pm Zoom
January		28	Campbelltown BPS + CPR Training LC
February	Thursday	02	CPR 7pm @ Sydney Olympic Park
February	Sunday	05	CS/CoC Training Course 4pm Zoom
February		11	Myall BPS SC Hawks Nest Pool
February		25	Blacktown BPS (touch pads) LC Blacktown Aquatic Centre
March		01-02	AQuA Festival –IGLA (Weds & Thurs) LC Leichhardt
March		18	Cessnock BPS LC Cessnock Pool
March	Thursday	16	CTK Training Course 7:30pm Zoom
April		01-02	Branch Long Course Championships LC SOPAC Including Referee Re-accreditation
April		7-10	EASTER
April		18-22	National Championships LC TASMANIA

2023 Postal swims

[Upcoming Events \(mastersswimmingnsw.org.au\)](http://mastersswimmingnsw.org.au)

Manly Masters Postal swim, this is the second year Manly has opened up their club's fun postal swim to all our members. Manly Masters are sharing this club activity to the wider MSNSW membership so if you're looking for an interesting and involving program to get you back into the swim of things give it a go, *please note it is not a MSA sanctioned Postal Swim.*



Coaching Corner

MSNSW Coach Update December

This year it has been fabulous to see Masters Swimming return to Pre COVID activities, with a highlight being Nationals in Sydney. Coaching continues to be an important area of Masters Swimming success and growth.

Looking ahead to 2023. Some dates for your Diary.

Date	Event	Location	Details
March 3-5	National Coach Conference	Perth	In conjunction with the National Open Water swim, a National Coaching Conference is being held in Perth. Details to follow soon.
May 26-28	NSW Performance Weekend	Lakeside Leisure Centre, Tuggeranong ACT	This weekend camp is aimed at any swimmer who wants to improve their race skills. Coaches are also invited to attend to observe and learn as part of PD. The sessions are being run by Kareena Preston (WA Masters Swimming Coach Development Officer). Kareena is an elite level coach, having been involved in developing Junior National Teams. She is passionate in sharing her knowledge to Masters swimmers. (swimmer and coach focus)
June	NSW Weekend Escape	Batemans Bay	MSNSW are holding a weekend away; a Stroke Workshop will be held on Saturday afternoon (swimmer focus)
October Long Weekend	Thredbo Swim Camp	Thredbo	A great weekend away with 6 sessions covering all strokes. (swimmer focus)
Date TBC	Freestyle Workshop	Sydney	Improving Freestyle. A Freestyle workshop with swimmers and coaches observing and learning as part of PD.

Date TBC	Gary Odewahn	Sydney	Gary Odewahn (<i>Soft Tissue Therapist and Performance Enhancement Specialist</i>). Many would remember his fabulous workshop on Injury Prevention at the Coach Weekend. We are working with him on presenting sessions for swimmers and coaches in 2023.
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YOUR IDEAS and FEEDBACK:

Can you let me know what you would like to see in Coaching support, Professional Learning and workshops in 2023?

MSNSW Coaching is available to run a workshop for your club. If you are interested, please contact anneswims2@gmail.com or MSNSW Admin: admin@mastersswimmingnsw.org.au

CLUB COACH COURSE and RENEWAL

Reaccreditation

It is a simple process to renew your coaching qualifications.

<https://mastersswimming.org.au/wp-content/uploads/2021/01/MSA-Club-Coach-Guidelines-for-Re-Accreditation-2022-5.pdf>

Go online to <https://msa.ditaplayer.com.au/catalog/club-coach-re-accrreditation>

You need to create a new log on the DITA platform where the Coaching Course and Reaccreditation sit. At the moment MSA is in the process of adding all coaches to this site, with automatic notifications eventually being generated from this platform.

Don't let your qualification lapse – it is easy to reaccredit.

Club Coach Course

The online Club Coach Course is an excellent accessible way for people keen to become a qualified Masters Coach. <https://mastersswimming.org.au/become-a-club-coach/>

Please encourage your club members to gain this accreditation if they are keen to coach. By 2024, it will be a requirement for Masters Coaches to be qualified, as unqualified coaches will not be covered by MSA insurance.

Coach of the Year

https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Coach-of-the-Year-award-nomination-form_30112018.pdf

Is there a coach in your club who has been a motivating and inspiring? Submit your nomination by January 14, 2023.

Anne Smyth

MSNSW Branch Coaching Director

2023 Technical officials Training calendar

Join the team, make new friends and have fun



All courses will be presented through Zoom (see table below). You will need to book your place in a course through the Masters Swimming NSW branch office admin@mastersswimmingnsw.org.au to receive the link to connect to Zoom and DiP diane.partridge@bigpond.com for course notes.

Zoom courses take approximately 1 hour. Courses can be conducted Face-to Face (F2F) on request which is usually one hour before warm-up at a swim meet. Timekeeping is a prerequisite for all other courses.				
Course	Date		Time	Venue
Timekeeping (prerequisite)	January	24 Tuesday	7:30pm	Zoom
Check Starter/Clerk of Course	February	05 Sunday	4pm	Zoom
Chief Time Keeper	March	16 Thursday	7:30pm	Zoom
Starter	May	13 Saturday	9am	Zoom
Judge of Strokes— ideal for those who are qualified as IoT and want a taste of being a Referee	June	21 Wednesday	7:30pm	Zoom
Inspector of Turns	July	02Sunday	5pm	Zoom
CS/CoC	August	09 Wednesday	7:30pm	Zoom
CTK	September	30 Saturday	10am	Zoom
Starter	October	26 Thursday	7:30pm	Zoom
IoT	November	14 Tuesday	7:30pm	Zoom
Referee	On request	Must be qualified and experienced in all the above official positions		
Subject to Change				

Please contact DiP diane.partridge@bigpond.com for further details or requests for Face 2 Face courses



Timekeepers (TK).

The theory and activities of the TK course should be conducted within clubs by the **experienced qualified TK or CTK**, log sheet signing can be carried out at BPS swim meets, club time trials and Endurance 1000 swims. *If you don't have anyone in your club available to conduct a TK course please contact DiP*

It is very easy for a club to conduct a TK course, just email DiP diane.partridge@bigpond.com for an approval number and course notes.

See you all at the pool,

DiP

Diane Partridge, MSNSW Officials Training Co-Ordinator

Call for nominations 2022 Coach of the Year

MSNSW is seeking nominations for 2022 Coach of the Year award. Is there a coach in your club who has been a motivating and inspiring influence even through this COVID year? **Nominations close 14 January 2023**

Coaches at all levels within Masters Swimming are eligible. Coach of the Year may be a high-profile coach with elite competition level squads and high-performance swimmers. Other equally committed and skilled coaches make very significant contributions/applications in different ways to masters swimming. The selection panel makes their decision based on the overall merits of the individual nominees.

To be eligible for consideration the nominee should:

- be a current Masters Swimming Australia Member and have been a member from 01 January
- hold a current Masters Swimming Australia Coaching Accreditation or equivalent
- have been actively coaching Masters swimmers (detail position in club and coaching hours/week);
- have made an outstanding contribution in coaching and/or towards the development of coaching and promotion of Masters Swimming at Club, Branch and/or National level;
- have undertaken professional development opportunities to improve their coaching skills and/or presented at coaching courses, workshops or clinics;
- have demonstrated a proven capacity to improve the level of performance of Masters Swimmers (i.e. improvement in times, placings at Branch/National and/or International events, technique development, ability for swimmers to complete a greater distance and/or achievement of a higher level of fitness);
- have practised and espoused a philosophy of fair play and promoted the values of Masters Swimming e.g. acceptance, consideration & respect for all participants; Coaches who have implemented innovative ideas to improve coaching and/or undertaken extra-curricular activities relevant to coaching above the minimum level expected of a Masters Swimming Coach will be viewed favourably.

https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Coach-of-the-Year-award-nomination-form_30112018.pdf

Call for nominations 2022 Official of the Year

MSNSW is seeking nominations for 2022 Official of the Year award.

To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, be a current member from 01 January and must have made an outstanding contribution in officiating and/or towards the development of officiating at Club, Branch and/or National level. For example:

Attended courses to enhance knowledge and interpretation of rules; Delivered courses to prospective officials;

Taken the position of mentor to trainee officials. The Official of the Year should be an individual who has achieved excellence as a technical official. Implementation of innovative ideas to improve officiating and extra activities related to officiating, such as leadership, accreditation and professionalism will also be considered.

Nominations must be received by the Branch Office no later than **14 January** to be eligible for consideration.

https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Official-of-the-Year-award-nomination-form_30112018.pdf

100x100

The 100x100's are on again on Saturday the 31st of December. 7am-11am at Warringah Aquatic Centre. Everyone is invited so please invite your swim buddies to attend.

Cost is \$20 (plus processing fee) if you book by 25th December, \$25 (plus processing fee) after that date.

Please note there is an entry fee to be paid on entry to the pool when you arrive.

Go to [@seasidepirates](#) bio or go to <https://www.trybooking.com/CE0XB> and click on link to book and pay now at early bird rate!!!

CHALLENGE YOURSELF 100x100



Swim Central

Members will be pleased to know that Swim Central will auto populate your times when entering your next meet. There will be no need to remember all your times.

Event 9	Open Mixed 50M Freestyle Fnl	QT N/A	Entry Time 29.84 L	FREE +
Event 10	Open Mixed 50M Butterfly Fnl	QT N/A	Entry Time 36.55 S	FREE +
Event 11	Open Mixed 50M Breaststroke Fnl	QT N/A	Entry Time 47.03 L	FREE +

Where does your membership go?

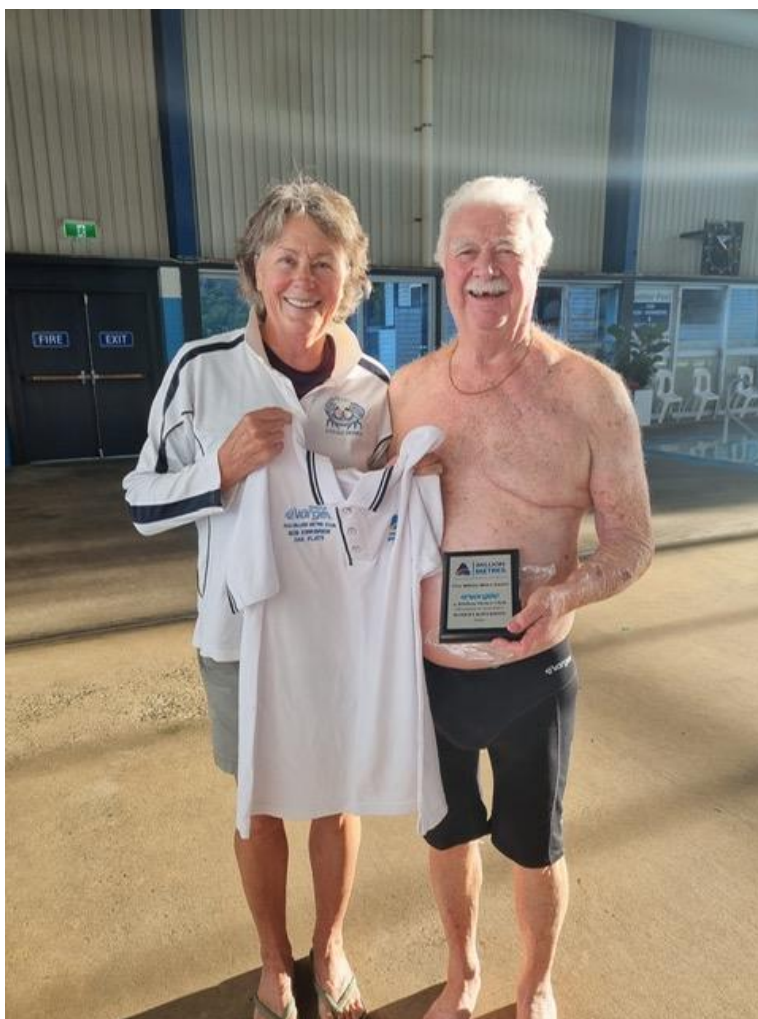


5 Million Metres

Congratulations to Bob Kirkbride from Oakflats Masters who achieved 5 Million Metres earlier this year.

Such an amazing achievement. Seen here with Club Mate Narelle Day

Don't forget to log your laps in the App.





It's On Again! – An Ocean Swim every Sunday in January with the popular Pittwater Ocean Swim Series

Yes, it's on again! The Pittwater Ocean Swim Series will feature ocean swims, every Sunday in January, showcasing some of Australia's most picturesque locations on Sydney's Northern Beaches.

The Newport Pool to Peak swims will kick off the Series on Sunday 8 January and ocean swimmers are expected to gleefully hit the waves in the post-covid era. Bilgola will follow on Sunday 15 January, Mona Vale on the 22nd, and the Big Swim on 29 January. Avalon will follow on Sunday 12 March.

"After the last couple of years with lockdowns etc, we are all wanting to get back into it and ocean swimming is a popular way to reconnect with nature. The Pittwater Series was created by the clubs involved as we were already cooperating with water safety and other organisational issues.

"The Pittwater Series has become very popular because it offers ocean swimmers, from around Australia and the rest of the world, a smorgasbord of well organised shorter and traditional swim courses in a great environment. Swimmers and their teams can enjoy the local cafes and restaurants as well as boutique shopping, said John Guthrie one of the Pittwater Series organisers.

Another Series organiser, David Madew from the Bilgola club, says the swims are an important fund raiser, for essential safety equipment and maintenance, benefitting the whole community.

"There is a terrific atmosphere at each swim and there is a lot of camaraderie between the experienced swimmers. The shorter swims also offer an opportunity for those who would like to try ocean swimming in a well supervised environment. It's a great challenge and we all know the health benefits of aerobic in the ocean.

"We are very appreciative of a grant, from Northern Beaches for the Series, which obviously recognises the importance of the events to the local business communities and tourism. After each swim we see swimmers and their teams enjoying the local cafes, clubs and shops," David said.

"Thanks to Oceanfit, the centre for ocean swimming in Australia, entrants to the Pittwater Ocean Swim Series will go into the draw for an Oceanfit swim The Whitsundays Tour, valued at \$1,995 for one, if they enter at least three of the swims. Entrants must be over 18 years and accommodation is in a single share cabin.

It's a draw of all swim entrants regardless of their swim time, which means even a dog paddler could win it! David continued

Full Pittwater Swim Series event details are available on www.oceanswims.com Entries for each swim are also available on the oceanswims.com website.

Better start training!



FINA World Masters Championships 2023—JAPAN



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

International Sports Tours (IST) has travel packages available, contact Branch office for details.

Swimming Quote of the Month

"Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves."

Kieren Perkins



Lost Property

Have you lost these? Please contact the office to claim them.



BIDGEE MASTERS

Bidgee Masters were thrilled to have the opportunity to compete in the recent Griffith Swimming Carnival, with programmed events co-sanctioned by Masters NSW. We were able to compete as a team, test our racing skills and experience the excitement of carnival swimming locally.

Eight Bidgee Masters swimmers competed, swimming very impressive times. For some Bidgee members, this was their first carnival since their teenage years. Masters swimming is for swimmers 18 years and over!!! The times swum by all swimmers were competitive at Masters NSW state level. We were particularly pleased with the efforts and results of our new club members Lee, Chris, Joanne and Roz.

Having Masters events included in Regional Swim meets allows our swimmers to compete without the expense of travel and accommodation, and demonstrates to younger swimmers and parents that there is a progression for their love of competitive swimmer beyond school days!!

We would like to sincerely thank the Griffith Swimming Club for including us in the Carnival and look forward to supporting Riverina and Regional events in the future.



Lee Taylor, Joanne Tarbit, Libby Trembath, Rob Trembath, Malcolm Wilmot,

Chris Palmer, Craig Tilston and Roz Vardanega

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

