

January 2023

Happy New Year



The Board of Masters Swimming NSW wishes you all a Happy and Safe 2023.

January Quote

I actually love swimming but I just hate jumping in the water

- Natalie Coughlin

January Trivia

At what Olympics did Mark Spitz have his record seven gold medal performance?

National Coaches Conference

Masters Swimming WA in collaboration with Masters Swimming Australia is proud to present the inaugural Masters Swimming Australia Coaches Conference in Perth from Friday 3rd to Sunday 5th March 2023. Please see link below:

[National Coaches Conference | Masters Swimming Western Australia \(mswa.asn.au\)](https://mastersswimming.org.au/national-coaches-conference)

Congratulations

A big congratulations to Jane Noake who was re-elected as the President of Masters Swimming Australia. Please see a brief statement from her below:

I am delighted to have been re-elected to the National Board of Management as President. I believe post 2020 has given us an excellent opportunity to drive changes within our organisation to sustain and grow our membership and provide value to our members. We have achieved so much in the past 12-24 months which includes the migration to Swim Central, the development of the Online Coaching Course, a National Championships which had been cancelled for two years due to COVID; and many fun and inclusive meets across the country. We continue to focus on our coaches, T/O's, the opportunities to compete, the MSA endurance program, many social activities, the swimming community club culture, and the movement to attract the younger generation (which some branches are doing successfully already). We will continue to look constructively at creating changes where needed and I look forward to working with the National Board, the Committees, the Branches and the many wonderful volunteers and staff in our organisation to ensure we continue to grow our wonderful organisation. Thank you for giving me this opportunity again and I look forward to working collaboratively with you on this journey of growth and change.

Coaching Corner

Goal Setting And Writing A Yearly Plan

Training is now in full swing and it is time to collect your swimmer's goals to find what their focus is for the year. Whether this is a general goal of attending more sessions and getting fit, or more specific, targeting events and improvements in strokes. This is very useful information when writing a Yearly Plan and planning your sessions.

Become A Club Coach

By 2024 all coaches will need to be qualified. Make sure your club has a qualified coach on deck. Find out how: <https://mastersswimming.org.au/become-a-club-coach/>

Coach Renewal

Don't let your MSA Club Coach Accreditation lapse! Your club needs you! It is easy to reaccredit online <https://mastersswimming.org.au/become-a-club-coach/> and click on the reaccreditation link.

Workshops

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

2023 Coach Calendar

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. (See link below)
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.
June 24-25	NSW Weekend Escape	Batemans Bay	MSNSW are holding a weekend away; a Stroke Workshop will be held on Saturday afternoon
October Long Weekend	Thredbo Swim Camp	Thredbo	6 sessions covering all strokes.
Date TBC	Freestyle Workshop	Sydney	Improving your swimmers' Freestyle. A Freestyle workshop with swimmers, coaches observing and learning as part of PD.
Date TBC	Gary Odewahn	Sydney	Gary Odewahn (Soft Tissue Therapist and Performance Enhancement Specialist). 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.

Anne Smyth -MSNSW Branch Coaching Director

Technical Officials

Make one of your new year's resolutions to become a Technical Official.



To register for any of the below courses, please register via this [link](#)

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	02 Sunday	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				

Upcoming Carnivals

Our recorder Mark has been busy uploading carnivals to Swim Central for you to enter. Please follow link via our website below:

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



Call for nominations - MSA Governance sub-committee

Overview:

Masters Swimming Australia (MSA) is the peak national body for the sport of amateur adult swimming in Australia. It is a federated, incorporated association governed by a Constitution and requisite by-laws. Owing to the dynamic and evolving nature of the administration of sport in Australia, the need to constantly review the organisational and governance structures of MSA is considered necessary.

Purpose:

To provide guidance and advice to the National Board of Management (NBM) of MSA to inform the governance and administrative structures of the organisation, with a view to any changes being recommended to Branches for consideration by the Autumn 2024 Annual General Meeting.

Membership:

Up to six members are sought to participate on the committee. Unless otherwise elected as a member in their own right, a member of the NBM will be an additional and non-voting observer of the sub-committee.

Eligibility:

Current MSA Club or Associate Members & nominee of a MSA Branch, or employee of MSA

Desirable:

The sub-committee would benefit from members with experience in administration and/or governance policy, associations and/or corporations law, corporate strategy, and organisational design. Roles and responsibilities:

- Review the Constitution and Bylaws of Masters Swimming Australia and determine their efficacy and fitness for purpose
- Consider comparable organisations' structure and governance arrangements.
- Recommend any changes that may be required to MSA's structure, administrative or organisational arrangements.

Timeframe:

Any governance-related changes are to be implemented not later than 30 June 2024.

Chairperson:

Following the sub-committee's establishment, the members shall elect a Chairperson. Chair's role and responsibilities:

- Co-ordinate and chair meetings of the Committee • Instigate and co-ordinate committee discussion / feedback on programs and documents.
- Provide minutes of meetings for the National Board of Management and written reports for General Meetings and for the Annual Report.
- Provide recommendations to the National Board of Management for their consideration Please communicate to all members the call for nominations.

All nominations can be sent to the General Manager by **COB Monday 13 February 2023**

Something to share?

Have you or someone from your club done something interesting? Has your club hosted a special event?

We would love to hear about it and share it with our MSNSW community.

Please email admin@mastersswimmingnsw.org.au

