

Monthly Newsletter

February 2023

Vale Peter Michaelson



We remember Warringah Masters Swimmer, Peter Michaelson (57), who passed away following a freak swimming accident at Flat Rock, North Bondi, Peter sustained injuries so severe that nothing could be done and he passed away.

As a swimming community, we have Peter's wife Leeanne and daughter Siena in our thoughts and prayers.

Trivia

February Quote

"The only difference between try and triumph is a little umph." Anonymous



January Trivia Answer

At what Olympics did Mark Spitz have his record seven gold medal performance?
In the 1972 Munich Games.

February Trivia

In the 2000 Olympics, Michael Phelps only swam one event. Which event was it, and where did he place?

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
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](#)

<i>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.</i>				
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		
<i>Subject to Change</i>				

MSNSW LC State Championships

State Championships will be held on the weekend of the 1st & 2nd of April at SOPAC.

Have you got your entries in?

Entries are via <https://mastersswimmingnsw.org.au/event/msnsw-long-course-championships/>



Masters Swimming NSW Long Course Championships 2023

Sanction # N2023/04CH

Sydney Olympic Park Aquatic Centre

Olympic Boulevard, Sydney Olympic Park

1st & 2nd April, 2023

Entry Times for Swim Central - FAQ's

Do I need to remember my current times to enter them in Swim Central?

No, you don't need to remember your current times and you don't need to enter them in Swim Central when entering a meet.

How is my entry time chosen?

The "Entry Time" for any event is drawn from a database of a swimmer's times within Swim Central.

In early November 2022, results from a selection of 25 or so meets covering State, National and NSW interclub meets dating back to 2019 were uploaded to provide a cross-section of results as wide as possible.

My times aren't showing, but I swam in meets over that time period?

At that time results for a large number of members were rejected by Swim Central due to problems with matching profiles. There were issues where:

- MSA members had existing Swim Central profiles that had not yet been properly merged (duplicate identities)
- Profiles had been merged, but had a different name in SportsTG and Swim Central - eg Chris & Christopher (therefore unmatched)
- Profiles had been merged, but had a different DOB in SportsTG and Swim Central (therefore unmatched)

These issues have been identified, and are being addressed.

If you still have times missing, please email admin@mastersswimmingnsw.org.au

What is a NT?

NT means No Time.

If a swimmer does not have a time in the database for any particular stroke/distance combination, they will be entered as “NT” and seeded in the slowest heat. We apologise for any inconvenience this may cause while the database of times is being expanded with recent meet times.

Short Course times verse Long Course times

If a swimmer has no short course time for a particular short course event recorded within Swim Central, but has a long course time, generally, the long course time will be accepted (or vice versa) and a conversion factor applied.

I'm not as fast as I used to be.

The fastest time on record at the time of entry, generally within the last 2 years or so, will be used as the Entry Time.

My seed time is different from my entry time.

A swimmer's final Seed Time is calculated at time of export from Swim Central and may differ to the Entry Time.

While we realise that masters swimmers are generally getting slower as they age, so the fastest time is not necessarily always appropriate, but the Seed Time is used purely to ensure that swimmers of similar abilities are swimming together to make for the efficient running of the meet.

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

