

## May 2023

### Trivia

#### May Quote

*"Peak performance is meditation in motion." -Greg Louganis*



#### April Trivia - Answer

*Who was the first female inductee into the Sport Australia Hall of Fame?- Dawn Fraser*

#### May Trivia

Which swimmer won six gold medals in the 2002 Commonwealth Games?

Thank you to those who attended the AGM.

We thank Julie Orr who has stepped down from the role of treasurer. We thank her for all her hard work over the last year.

### Board Member



**Julie Orr**

The AGM minutes and Annual report can be found

<https://mastersswimmingnsw.org.au/about/governance/annual-general-meeting/>

We congratulate the following who have been re - elected onto the Board of Masters Swimming NSW

**President:** Kerry Blanch (Wests Auburn)

**Vice President, Country:** Lawrence Powderly (Wettones)

**Vice President, Metro:** Mark McDonald (Blacktown)

**Ordinary Members of the Board:** Nigel Van Reyk (Lane Cove) Suzie Haddad (Campbelltown)  
Donna Campbell (Tuggeranong)



## We Need You



We need a Treasurer! Do you have experiences as an Accountant, or a CFO. Have you considered stepping up and becoming our next treasurer?

Email [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

## Communication & Office Refurb

We understand that with the office being refurbished the phone lines have been down. Now that the office is back up and running, the phone lines are being looked at. Please continue to email [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)



We are also working on securing a platform that allows us to send bulk emails. Please bear with us while we work through the initial stage.

## Trivia Night

A small number attended the Trivia Night. We raised over \$400 with all funds raised going to the Black Dog Institute.



Congratulations to Wests Auburn who won the night.

## Meet Manager Training

Are you interested in learning how to run Meet Manager?

We have been able to secure the services of Cherry Smith to run an introduction to Meet Manager course. This course was recently presented to the State Administrators.

NAME	DATE	STATUS	EMAIL	PHONE	ADDRESS
Cherry Smith	11/11/11	Completed	cherry.smith@blackdoginstitute.com.au	08 9437 1111	Black Dog Institute, 1111 Sturt St, Adelaide SA 5000
...	...	...	...	...	...

Can you please register your interest [here](#).

## Swim Calendar

Have you checked out our Swim Calendar recently?



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

### Seaside Pirates BPS Meet

June 18 @ 12:00 pm - 5:00 pm

*Knax Grammar School, 7 Woodville Avenue  
Wahroonga, Australia + Google Map*

Entries must be submitted individually and payment made through the online meet entry system.

[Find out more »](#)

### Batemans Bay Weekend Escape

June 25 @ 9:00 am - 12:00 pm

Members must enter online through Swim Central.

No-members can submit a manual entry on the day (\$20) by 8:45am

[Find out more »](#)

July 2023

### MSNSW Relay Meet

July 9 @ 10:00 am

*Sydney Olympic Park Aquatic Centre, Olympic Boulevard  
Homebush, Australia + Google Map*

Registration and payment for the total number of swimmers you will be entering in club relay teams must be submitted through Swim Central.  
Subsequently, full team details must be submitted through the MSNSW Live Results app.

## Coaching Corner

### BECOME A CLUB COACH

Recently, we sent a survey from MSA in regards to Club Coaches. Can we please get all clubs to complete the survey by the 31st of July.

<https://mastersswimming.org.au/club-coach-survey/>

Our coaches are a club's greatest asset. They are often the reason swimmers join a Masters club. Whatever your background, becoming a Club Coach can be a rewarding personal experience and a valuable contribution to the swimming community.

The Masters Swimming Australia (MSA) Club Coach Accreditation Program provides trainees with the basic coaching knowledge and skills of swimming to enable them to be effective Masters coaches. The course has an integrated learning structure which allows for flexible transition from theory to practice through self-paced online learning and assessment and practical pool deck experience and mentoring.

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. Please start to keep a record any coach PD for your renewal.

## WORKSHOPS

MSNSW Coaching is available to run a workshop for your club. If you are interested, please contact meanneswims2@gmail.com or MSNSW Admin. admin@mastersswimmingnsw.org.au

### 2023 Coach Calendar

Date	Event	Location	Details
July 8 9.30-1pm	Injury Prevention and Management Gary Odewahn	Sports House Sydney Olympic Park	Gary Odewahn ( <i>Soft Tissue Therapist and Performance Enhancement Specialist</i> ). Many would remember his fabulous workshop on Injury Prevention and management at the Coach Weekend. This will be open to coaches and 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 Freestyle. A practical Freestyle workshop with swimmers, coaches observing and learning as part of PD.
Date TBC	Breaststroke Workshop	Sydney	Improving Breaststroke. A Breaststroke workshop (theory and practical) for swimmers and coaches (observing and learning as part of PD)

Anne Smyth -MSNSW Branch Coaching Director

## Technical Officials



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

<b><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></b>				
<b>Course</b>	<b>Date</b>		<b>Time</b>	<b>Venue</b>
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		
<b><i>Subject to Change</i></b>				

## 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](mailto: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](mailto:admin@mastersswimmingnsw.org.au)

