

June 2023

Vale - Rebecca Pearsall



It is with great sadness that we let you know that former Blacktown Member Rebecca Pearsall passed away on the 8th of June.

Bec joined the club in 2009, and first competed on the big stage with Blacktown at Nationals in Launceston in 2010. Bec was a member with the club for many years, most recently in 2019. Having moved to the Northern suburbs, Bec's attention in recent years has been more focused on ocean swimming, but Bec and Mark McDonald had recently spoken about her coming up to Darwin for Nationals in 2024.

For those who knew Bec, you would agree that it would be hard to find a sweeter or kinder person. She was always full of kindness and positivity and it has been a privilege to have her in our lives.

Trivia

May Quote

"Age is no barrier. It's a limitation you put on your mind." - Jackie Joyner-Kersey



May Trivia - Answer

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

June Trivia

Which Country has hosted the most Commonwealth Games?

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

From the President

Hello Swimmers,

The coaching team has been busy lately with two swim clinics - the first in Canberra and the second in Batemans Bay. Thank you to Anne for her planning and leadership with these, and her team of coaches, Greg, Liesa and Caz.

Keep your eyes open for details about the freestyle clinic coming up later in the year.

Thank you to Lawrence (Vice President Country) for organising the Batemans Bay Escape weekend - a great time was had by all. If you're looking for an excuse to get away and do some swimming, make sure you get along to Tuggeranong's BPS carnival which also coincides with Floriade! (16th September)

Remember to keep an eye on the calendar -

<https://mastersswimmingnsw.org.au/event/2023-msnsw-calendar-pdf/>

A few events have had to be canceled but there are still many more to come. Don't forget to check the Officials training schedule and the CPR training as well as the upcoming BPS carnivals.

Good luck to those who are preparing to attend the World Masters Swimming Championship - we hope you are ready and raring to go!

There have been recent changes to the rules of competition, so speak to your coach to find out how these affect you.

I hope everyone has a nice warm pool to keep training throughout winter.

See you all at the pool sometime soon.

Kerryn

Expression of Interest Meet Dates for 2024



An email was sent to all Presidents, Secretaries and Race Secretaries, on the new process for requesting dates for meets for 2024.

We have now implemented an online form which can be accessed [Here](#).

This needs to be completed by the 31st of July.

Email Communication

Mark Hepple has been instrumental in navigating a new bulk email platform for the administration team to be able to better communicate with our Members.

Currently we are able to send up to 300 bulk emails, and we are looking to upgrade to be able to send emails to our whole swimming community.

Please stay tuned for this exciting development.

Circular 09/23 - NBM Director Announcement

It was decided at the 2023 Autumn General Meeting that the National Board of Management (NBM) would have the power to fill the current vacancy from a person who is not resident in NSW or a member/second claim member of an MSNSW club.

The National Office received three (3) nominations from three (3) branches, all with outstanding resumes and experience. The NBM would like to thank the nominees for their dedication and feedback to the questionnaire that was distributed as part of the process. I am pleased to confirm that Fiona Hogarth has been elected as the incoming Director for a two (2) year term to the National Board of Management. This position becomes effective immediately and we welcome Fiona and look forward to her contribution to furthering masters swimming in Australia.
FIONA HOGARTH – DIRECTOR



Fiona is very excited to be joining the Masters Swimming Australia National Board of Management in the position of Director. When asked what is one (1) unique skill that you can bring to the NBM? Fiona responded, "A lifetime of experience in dealing with people from all walks of life to ensure they have positive experiences. I understand people and organisations". Along with Fiona's 20+ years of Human Resources experience specialises in Leadership and Organisational Culture; Fiona has been a long-term member of the Darwin Stingers club (14 years) and was Club Captain and President of the Club. We cannot wait for you to start! Welcome Fiona.

Batemans Bay Escape Weekend

All roads last weekend lead into the beautiful south coast town of Batemans Bay where the newly completed Arts and Aquatic Centre which was officially opened in April 2022, was the location of MSNSW 'Escape Weekend'. When you head into Batemans Bay it is hard to miss this new building as it is just over the bridge as you enter Batemans Bay.

After spending Saturday morning roaming around and looking at sights this town has to offer, we heading of to the pool around 1pm to the Technique and Training Sessions where our coaching team lead by Anne Smyth and Greg Gourley along with Caz Makin and Leisa Cass, (also Pat Helmore from the Sapphire Coast Masters was there observing the coaching techniques) were setting up for the afternoons full on events. Originally we booked only 4 lanes but with a late surge of local swimmers interested in taking up the chance to improve their stroke, we had to ask the Aquatic Centre for a further 2 lanes which they were only too happy to provide.



Around 30 swimmers attended the training session with all walking away with a better understanding of what needs to be done to improve their swimming.

Leisa Cass had her own assistance in the form of a green monkey, yes I did say green monkey. Leisa uses the monkey to demonstrate certain backstroke actions and this actually works really well. The swimmers who came up from Tuggeranong have had the pleasure of the green monkey at their training sessions but for the 'newbies' this was a special treat. Thanks Leisa.



Saturday night we headed to the Batemans Bay Soldiers club for our evening meal and a drink or two. With swimmers and friends we had around 40 people attend the dinner. The club was an excellent choice as it was in the heart of Batemans Bay and close to the main street and close to the accommodation to where the majority of swimmers were staying. So it was a leisurely walk there and back.

Sunday morning we then headed back to the Arts and Aquatic Centre where we had the 25m pool for our mini carnival, which commenced at 9am. There were only a small number of swimmers competing on the day with about four locals who came down and wanted to see how Masters meets were conducted and to put into practice some of the training skills from the day before.

We had one young man come down to do some laps at the pool, didn't realize that the pool was closed to the public, so decided to enter on the morning and have a swim with us. He walked away with prizes in both of the relays. The last I saw of him was he was being 'hounded' (in a nice way) by three of our competing clubs, Blacktown, Tuggeranong and Wests for membership. Not sure of the outcome there !!

Overall the weekend was a success.

Thank you to Anne, all the other coaches, swimmers who swam then got out to assist with the timekeeping, and to the pool staff. You were all wonderful and made the weekend away very enjoyable. Can't wait for next year 'Escape Weekend'

Cheers

Lawrence Powderly - VP Country

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.



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/>

- Warringah BPS on the 23/07
- Ryde BPS on the 26/08
- Tuggeranong BPS on the 16/09

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
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](#)

<i>Zoom courses take approximately 1 hour.</i>				
<i>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
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>				

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

