

## July 2023

### Vale - Daphne Kulhan



It is with deep sadness that we announce the passing of Daphne Kulhan. Daphne lost her battle with cancer. She was a long time member and official for Masters Swimming and could always be found helping out on pool deck. Daphne loved her friends at MSNSW and was loved by many.

Our thoughts and sympathy are with John (pictured here with Daphne), her loving husband and stalwart member of MSNSW.

Rest in Peace Daphne.

## Trivia

### July Quote

*"Never put an age limit on your dreams." - Dara Torres*



### June Trivia - Answer

Which Country has hosted the most Commonwealth Games? *Australia*

### July Trivia

What is Alzain Tareq claim to fame?

## 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



We have been able to source a bulk email platform that allows us to send thousands of emails out now.

Thank you for your patience while we worked on this.

## From the President

### **Trial period**

I was approached by a couple of members about using fins in warm up at carnivals and as such you may have noticed that there have been “FINS ONLY” warm up lanes at some carnivals. We will be trialing this for a year and depending on its success as to whether we ask MSA to incorporate it in their safety policy.

Please be aware of the following -

- You may only use fin's in the marked lanes
- It is at the discretion of the host club as to whether or not they are employed
- Swimmers using fins are asked to keep in mind the other swimmers in their lane

### **Disappointed**

I was disappointed to hear that there is an increasing number of swimmers who are being disrespectful to warm-up supervisors and officials.

All of our members that run carnivals - whether it is as an official or as a helper - do so voluntarily and without them the carnivals wouldn't run.

Masters Swimming NSW will not tolerate those who blatantly ignore the rules (particularly in the warm-up pool such as diving) or who are disrespectful to others. This is not in the spirit of our sport nor does it comply with the “Fair Play” policy we follow.

### **Watches in warm-up**

**Please, please, please** don't wear your watch in warm up. It is way too easy to knock another swimmer and cause injury. (Remember many of our swimmers are older with very thin skin!)

### **Need help onto the block???**

Please think twice about getting help onto the blocks. Are you putting yourself in danger of falling? Will you take your helper down with you if you do? Your coach can help you learn how to get the most out of a dive from the side or in pool start and in many cases it can be just as quick if not quicker.

### **Backstroke ledges and video ref's**

Masters Swimming NSW wishes to advise swimmers that backstroke ledges and video referee's will not be used at this stage.

**Good luck -**

To all of our members who are about to compete at the World Masters Swimming Championships - knock 'em dead.

Kerryn Blanch - President

## Relay Meet

On the 9th of July we held our annual Relay meet, which was a huge success. We saw over 300 competitors descend on Sydney Olympic Park.

Club	Teams	Swimmers
NBM	5	4
NBT	47	38
NCA	18	15
NCL	7	6
NHS	14	12
NML	37	30
NNS	33	27
NPM	18	16
NPN	42	35
NRY	13	11
NSA	22	20
NSP	14	12
NSR	4	4
NTS	5	5
NWG	42	34
NWO	32	27
NWS	10	8
Total	363	304

It was a fast paced and fun filled day.

We saw 26 Branch Relay records broken, plus 9 National Relay records broken.



It was nice to see so many young swimmers at this meet. Do you know any younger swimmers who would like to continue with their swimming in a fun environment? Encourage them to join your club and continue to swim.





## Sapphire Coast Team

At our relay meet we welcomed a team from the Sapphire Coast Adults swim club. Allie, Donna, Pat and Lisa. It was great to see them at our Branch meet. We also want to thank Bruce for being an official on the day.

We look forward to seeing them at more and more MSNSW meets.



## 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](#).

## Referee Meeting

On Sunday the 30th of July, a group of our Referees and IOT's all got together to have a meeting, the first one since before Covid.

Some great discussions were had. Topics included:

1. New Rules
2. Inclusive Swimwear Policy
3. Swimmers needing assistance
4. Communication
5. Officials Welfare
6. Shortage of Officials
7. Swimmer Safety

Marilyn will do a full wrap up in the next monthly news. Stay Tuned.

## Coaching Corner

### **Coaching Corner: Training to Race**

Following the successful Performance Camp held in Canberra recently, available on NSW website is a Training to Race Resource.

<https://mastersswimmingnsw.org.au/training-sets-for-racing/> Find out what is FES, BES and CSS pacing and what is a Flush? FES and BES calculator.xlsx will work out target times.

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

MSA COACH ONLINE MEETINGS run by Rob Wilson (MSA National Coaching Education Coordinator) are held regularly. Attendance = 1 PD point for renewal



## WORKSHOPS

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

**Anne Smyth**

**MSNSW Branch Coach 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>
CS/CoC	August	23 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		

## 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)

