

August 2023

Vale Jane Lindsay



Jane joined Tuggeranong AUSSI Masters Adult Swimming Club on 01/11/2001. Jane was one of our lane one swimmers, whose passion was endurance swimming. She was a member of the Thursday morning group and an eager participant in the Aerobics program. She was not particularly fast but Jane would get in and have a go, swimming up and down the black line.

Jane had a number of different roles within the club, being club recorder as well as branch recorder for a period of time. Jane was involved with the AUSSI Masters Nationals in Canberra in 2006 where she offered to get the program running. She would put her hand up to help where she could and also officiated at the AIS at an international meet.

In 2006 at the completion of the National swim meet Jane was awarded the **National Heart Foundation Trophy**. The National Heart Foundation Trophy was introduced by the ACT Branch for their first National Swim in 1985 in recognition of the Heart Foundation's support for the office services they gave to the Branch. The National Heart Foundation Trophy is awarded by the host Branch to a National swim participant who has shown steady progress over the past 12 months, diligent attendance at training sessions and an interest in helping others improve their fitness.

Around 2004 Jane took on the role of the aerobics coordinator and recorder. Jane's passion for distance swimming saw her kick start the aerobics program within the club when we had just two participants. Under Jane's guidance and dogged determination, the club progressed through the years from coming 71st in 2003 to 1st in 2010.

Jane designed a spreadsheet to track everyone's progress and points earned along the way and produced certificates for participants each year. She devised challenges for the participant to keep them motivated. In 2009 Jane introduced the Vikings Murrumbidgee Challenge with the aim to start at Tuggeranong and try to swim to the Murray River by the end of the aerobics swim season with celebrations when we reached Gundagai, Narrandera and Hay. Jane tracked the distances swum on a graph and kept us updated on our progress. We didn't quite make this goal but came very close.

The following year Jane had us reverse the course and swim from Mildura to Tuggeranong in time for Christmas. We nearly made it to Jugiong and Jane advised us that we would need to catch a bus or thumb a lift somewhere between Gundagai and Jugiong if we wanted to get back to Tuggeranong for Christmas. Again, celebrations were had along the way promoting the fun and friendship side of Masters Swimming.

Jane was not content with just the aerobics program and set about organising our very own Tuggeranong Trifecta Postal Swim. With Jane's enthusiasm she went about organising sanctioning and the flyer, culminating in the Inaugural Tuggeranong Trifecta being run in July 2010. This swim consisted of swimming 400, 800 and 1500m, each in a different stroke. Jane did the recording and produced the certificates for each participant and organised the prizes. This was her baby!

During this time Jane also produced and kept our flyers up to date and was a phone contact for the club where she did a fantastic job at promoting the club. Jane also put together a welcome letter to give out to our new members. Jane also assisted with the Tuggeranong Challenge carnivals where she helped out with marshaling, data entry and timekeeping. Jane designed a spreadsheet to calculate results closest to nominated times, overall winner and working out handicaps for the relay. This spreadsheet is still in use today.

Jane handed over the reins for the now newly renamed Endurance 1000 program due to having some health issues. At the time of handing over the endurance program it was in great shape due to Jane's guidance and determination to succeed over the years.

Despite her health issues, Jane took on the role of Treasurer in 2010 until 2012. Over the course of the next four months Jane was handed the contents of the clubs' treasury department which was somewhat of a mess. Jane set about cleaning this up by reconciling the books, setting up a budget, tracking the budget, sorting out bank accounts and fixed term deposits. She organised the fixed term deposits so that we had a trajectory of funds every four months on hand if needed along with closing and opening new accounts when we changed our name to Tuggeranong Masters Swimming ACT. Jane also created a register of club assets so we could keep track of what we owned and who was in possession of said things.

During this time the ACT Branch disbanded and the club joined NSW Masters Swimming. At this time masters swimming was also going through a name change dropping AUSSI from their title. This meant that the club needed to change its name as well as update our constitution to bring it into line with the NSW Masters Swimming Branch.

Jane along with her husband David, David Bale and I tackled the overhauling of the club constitution with Jane at the helm. She was amazing and had the contacts to be able to get this job done.

Jane was nominated for the Tuggeranong Valley Rugby Union and Amateur Sports Awards in the Vikings Health & Fitness Award for Outstanding Contribution from a Volunteer for 2010. Jane was also awarded Club Person of the year several times during her time with the club.

When Jane resigned as Treasurer, she handed over a set of books that were in shipshape condition and ready for the incoming Treasurer to continue the great work.

As Jane's health deteriorated, she was not able to make it to the pool but stayed in contact with the many friends she made through her swimming.

Jane leaves behind a legacy within the club in the shape of a healthy endurance program and a postal swim which she made happen.

We thank Jane for the contribution she made to the club over the years.

Written by Annette Britten

Trivia

August Quote



July Trivia

What is Alzain Tareq claim to fame?

July Trivia - Answer

Tareq is the youngest athlete in history to debut at the world swimming championships, taking part at the [2015 Championships](#) at ten years of age

August Trivia

The CPR dummy is sometimes known as Rescue Anne. Do you know why?

16 Month Membership

The 16 Month Membership is back for 2023/24. All club Presidents, Secretaries and Registrars have been sent instructions on how to set up the product in Swim Central. Please reach out to the office if you have any questions or queries about this.



masters swimming AUSTRALIA

16 MONTH 2024 MEMBERSHIPS

FROM 1 SEPTEMBER 2023

Offered in NSW, SA
VIC and WA

@davidhancockphotography_

Words of Wisdom from your Whistleblowers

It's good to see post Covid that Masters Swimming is growing again. We're seeing a lot of new faces at carnivals. Unfortunately for several new members their first swim has resulted in disqualification! This is something that we want to avoid at all costs. It takes the FUN out of Masters Swimming!

What can we do to make sure this doesn't keep happening?

- Have you got new members in your club? If they are attending a carnival please talk to them & check with them that they know the relevant rules for the stroke they are swimming and the procedures in place for check starting . Also what the whistles mean! If you're are unsure, refer them on to an official.
- Swimmers new to competition or returning to competition after a break please don't be afraid to approach one of the referees and check with them that you won't be doing anything to disqualify yourself. We would prefer to give you advice before your race rather than have to fill out a DQ card at the end.

In the next few Newsletters I will be highlighting some of the most common disqualifications and procedures that swimmers need to be aware of.

Marilyn Earp

Branch Technical Director

Coaching Corner

Freestyle Workshop

A very successful Freestyle Workshop was held August 13 at Granville Pool. Run by Greg Gourley and Anne Smyth, swimmers participated in a Freestyle workshop, filming and received detailed stroke analysis.

Coming Event: Breaststroke Workshop October 21.

Coaching Corner:

- Kick Tempo - varying Kick tempo in training and developing a 2- Beat kick.
<https://mastersswimmingnsw.org.au/coaches-and-officials/coaching/coaching-tips/kick-tempo/>
- Training to Race <https://mastersswimmingnsw.org.au/training-sets-for-racing/>

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

Anne Smyth

MSNSW Branch Coach Director

Breaststroke Workshop

Improving Efficiency in Breaststroke Workshop

Three-hour workshop including a theory and practical session



Tickets via Swim Central

Only 12 Swimmer Spots Available

Get in quick

When: Saturday the 21st of October

Time: 1pm-4pm

Where: Next Gen Ryde, 504a Victoria Road, Ryde
(Next to Ryde Aquatic Leisure Centre)

Cost: \$35 for Swimmers (excludes pool entry) &
\$25 for a coach

When: Saturday 21st of October

Time: 1pm-4pm

Cost: \$35 for Swimmers (excludes pool entry) & \$25 for coaches

Tickets: Via this link on [Swim Central](#)

Presenters: Greg Lewin is a member of the MSNSW Coaching Team and is Head Coach at Ryde. Greg was NSW and National Coach of the Year in 2018.

Aaron Cleland is Head Coach at Blacktown Masters and a Breaststroke specialist.

Details: Session will involve 90 minutes theory involving classroom style viewing and discussion of stroke, drills and technique. Followed by 90 minute pool session to put the theory into practice. Participants will need to bring fins.

Maximum number is 12, enabling a detailed focus on participants' strokes by Aaron and Greg.

Coaches can observe as PD (will count for 2 PD points)

Technical Officials




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
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		

Swim Central

Have you checked out all these useful information tabs about Swim Central? They are located on every event listed on our website. Check them out.

 Instructions for Swim Central online meet entry	-
Meet Entry	+
WAIT, what if I belong to more than one club?	+
What if I am not a MSA member?	+
Check your entry	+
Change your entry	+
Nominate Formstroke in a Freestyle Event	+
Relay Entries	+
Paying for relay teams at championship meets	+
Refund Policy & Procedure	+
How can I see who is entered from my club?	+

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

