

## September/October 2023

### Trivia

Something funny



### August Trivia

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

### August Trivia answer

The story of Resusci Annie begins more than a century ago, when the dead body of a girl who looked about 16 was pulled from the Seine, the authors wrote. Because her body showed no signs of violence, some people speculated that she had drowned herself intentionally. The body was put on public display in a mortuary in hopes that someone could identify the deceased — a common practice at the time — but nobody identified the teen. She became known as "L'Inconnue de la Seine (the Unknown Woman of the Seine)."

Though anonymous, she was by no means forgotten. The pathologist who performed her autopsy was so taken with her serene expression that he had a model maker create a plaster "death mask" of her face. The mask was replicated and sold. In fact, the Lorenzi model makers, who, according to the paper authors made the original death mask, still sell copies of it today under the title "Noyée [Drowned Woman] de la Seine."



The death mask of "L'Inconnue de la Seine (the Unknown Woman of the Seine)." (Image credit: The BMJ)

In the late 1950s, when medical students were just starting to learn and practice CPR, Archer Gordon, a member of the American Heart Association's CPR Committee, realized that a CPR dummy could save medical students from the unnecessary pain and potential rib damage of practicing CPR on each other. To manufacture such a thing, he and a Norwegian colleague sought the help of Norwegian toymaker Åsmund Laerdal.

### **September/October Trivia**

Where is the largest swimming pool located?

# National Sport and Physical Activity Participation Report



The National Sport and Physical Activity participation report has been released. You can read the full article [here](#).

Swimming tops the list of the most popular or physical activities not only in NSW but across the country.

## Most popular **sports** or **physical** activities



## 2024 Branch Meets - Save the Date

13/14th April	Branch Long Course Championships	SOPAC
7th or 13th July TBC	Branch Relay Championships	SOPAC
12/13th October	Branch Short Course Championships	AIS
<b>Nov TBC</b>	<b>Branch Long Distance Championships</b>	<b>TBC</b>

## 2024 Membership

Memberships for 2024 have been finalised and will be created in Swim Central shortly. Please keep an eye out for an email from the office with a help card.

Membership	MSNSW Component	MSA Component
12 Month	\$45.00	\$58.71
6 Month	\$30.00	\$44.03
16 Month 24/25	\$65.00	\$63.09
12 Month Non Swimming Member	\$0.00	\$10.30

(all prices include transaction fees)

For more information please check out our website

<https://mastersswimmingnsw.org.au/about/membership/>

## 2024 Meet sanction fee & club affiliation fees

The meet sanction fee for 2024 will be \$55

Club Treasurers— CLUB affiliation payment are due by 31st December, and will be via Swim Central. Instructions & cost will follow shortly.

## Call for nominations for coach of the year

MSNSW is seeking nominations for the 2023 Coach of the Year award. Is there a coach in your club who has been a motivating and inspiring influence? Nominations close **12th of January 2024**

Coaches at all levels within Masters Swimming are eligible. Coach of the Year may be a high-profile coach with elite competition level squads and high-performance swimmers. Other equally committed and skilled coaches make very significant contributions/applications in different ways to masters swimming.

The selection panel makes their decision based on the overall merits of the individual nominees. To be eligible for consideration the nominee should:

- be a current Masters Swimming Australia Member and have been a member from 01 January;
- hold a current Masters Swimming Australia Coaching Accreditation or equivalent •
- have been actively coaching Masters swimmers (detail position in club and coaching hours/week);
- have made an outstanding contribution in coaching and/or towards the development of coaching and promotion of Masters Swimming at Club, Branch and/or National level;
- have undertaken professional development opportunities to improve their coaching skills and/or presented at coaching courses, workshops or clinics;
- have demonstrated a proven capacity to improve the level of performance of Masters Swimmers (i.e. improvement in times, placings at Branch/National and/or International events, technique development, ability for swimmers to complete a greater distance and/or achievement of a higher level of fitness);
- have practiced and espoused a philosophy of fair play and promoted the values of Masters Swimming e.g. acceptance, consideration & respect for all participants; Coaches who have implemented innovative ideas to improve coaching and/or undertaken extra-curricular activities relevant to coaching above the minimum level expected of a Masters Swimming Coach will be viewed favorably.

[https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Coach-of-the-Year-award-nomination-form\\_30112018.pdf](https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Coach-of-the-Year-award-nomination-form_30112018.pdf)



## Call for nominations for technical official of the year

MSNSW is seeking nominations for the 2023 Official of the Year award.

To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, be a current member from 01 January and must have made an outstanding contribution in officiating and/or towards the development of officiating at Club, Branch and/or National level.

For example:

- Attended courses to enhance knowledge and interpretation of rules;
- Delivered courses to prospective officials;
- Taken the position of mentor to trainee officials.

The Official of the Year should be an individual who has achieved excellence as a technical official. Implementation of innovative ideas to improve officiating and extra activities related to officiating, such as leadership, accreditation and professionalism will also be considered. Nominations must be received by the Branch Office no later than **12th of January** to be eligible for consideration.

[https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Official-of-the-Year-award-nomination-form\\_30112018.pdf](https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/12/Official-of-the-Year-award-nomination-form_30112018.pdf)



## President's reports for 2023

With the end of the year fast approaching, now would be the time to start thinking about your President's report for 2023.

If they can be submitted in word format to the office by the 1st of February, 2024 that would be fantastic.



## Awards for 2023

Time to start thinking about the Gary Stutsel award and the Administration award for 2023.

### The Gary Stutsel award

The Gary Stutsel Award is presented to the person who has contributed the most to the advancement of Masters Swimming NSW. This may include any area of contribution to the NSW branch as a volunteer for the Board, a committee, recording, officiating etc. By nominating any person registered with Masters Swimming NSW for this award, you will recognise their invaluable contribution to the conduct of masters swimming in NSW and Australia.

[https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/08/Gary-Stutsel-award-nomination-form\\_01032017.pdf](https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/08/Gary-Stutsel-award-nomination-form_01032017.pdf)

### The Administration award

The Administration Award is for a year of outstanding contribution to club administration. This may include any area of administration - president, secretary, treasurer, race secretary, recorder, club captain etc or any combination of these. By nominating a club member for this award, you will recognise the contribution that your volunteers make towards your club.

[https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/08/Administration-award-nomination-form\\_04042015.pdf](https://mastersswimmingnsw.org.au/wp-content/uploads/sites/5/2018/08/Administration-award-nomination-form_04042015.pdf)





## Words of Wisdom from your Whistleblowers

I wrote the article below when we returned to competition post Covid. Things were going well with only 5 disqualifications at State Short Course Championships. Then, at the recent Manly carnival everything changed! I myself filled out 5 DQ cards during one 50m event!! Referees & IOTs were left wondering what was happening! Was it the weather ? Were swimmers suffering temporary memory loss? Neither of these! What we discovered was that Masters Swimming is continuing to grow and for a large number of swimmers this was their first carnival. 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 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.

Just a short reminder on what **the whistles mean**.

### The Start

The starter will announce your race, **do not get on the blocks until** the referee blows

**One long whistle** – In Freestyle, Breaststroke, Butterfly and Individual Medley races, this is the signal for swimmers to take their positions with at least one foot at the front of the starting platform or end of the pool (alongside the blocks), or in the water with one hand having contact with the starting wall.

**2<sup>nd</sup> long whistle** (In Backstroke and Medley Relay races only) - swimmers shall without undue delay take up their starting position.

### The Finish

**2 short whistle blasts** - exit the water from the side of the pool.

**NB** Note that when 'starting over the top' is used at an event the Referee will not give a whistle signal for the swimmers to leave the water. The swimmers must leave the pool as soon as the next heat has started.



## Warm Up

- At all swim meets supervised warm up facilities are available before and during the event.
- During some meets this may be one lane only. If that is the case swimming butterfly and backstroke is not allowed for safety reasons. **No training aids are permitted.**
- Warm up lanes have signs designating the stroke to be swum in that lane. We ask that you comply with signage and be mindful of the fact that you are sharing the lane with swimmers of all abilities.

**For safety reasons watches are not allowed to be worn.**

Marilyn Earp

Branch Technical 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>				
Course	Date		Time	Venue
IoT	November	14 Tuesday	7:30pm	Zoom
Referee	On request	Must be qualified and experienced in all the above official positions		

Training Courses for 2024 -

Month	Day	Date	Course	Delivery	Time
February	Tuesday	6	JoS Training Course	zoom	7:30pm
March	Thursday	7	CTK Training Course	zoom	7:30pm
May	Saturday	11	IoT's Training Course	zoom	8:00am
June	Wednesday	26	CS/CoC	zoom	7:30pm
July	Sunday	28	Starter Training Course	zoom	4:00pm
August	Tuesday	20	CTK	zoom	7:30pm
September	Friday	13	IoT Training Course	zoom	7:30pm
October	Saturday	19	CS/CoC	zoom	8:00am
November	Thursday	7	JOS Training Course	zoom	7:30pm

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

