

January

Trivia

Something funny (for those preparing for Ocean Swims)



November Trivia

This man won five gold medals in swimming and after retiring from the sport, played Tarzan. Who is he?

Answer

Johnny Weissmuller

December Trivia

Freddie Lane was Australia's first Olympic swimming medalist. He competed in the Paris Olympics of 1900, and won the 200 metre race in an open pool in the Seine River. What did he receive for placing first in this event?

Myall Masters - LifeGuards at Tea Gardens

Five members of the Myall Masters Swimming Club, namely Linda Stubbs, Victor Pierce, Leigh Wood, Dianne Perry, and Chris Lock.

They have all merged from retirement to undergo the YMCA accreditation course for swimming pool lifeguards.

This dedicated effort aims to ensure the continuous operation of the pool during its scheduled hours.

The swimmers have diligently completed various training modules, including CPR, Fire Warden training, and attained competency in eight essential units from the Royal Lifesaving New South Wales. These units cover crucial skills such as providing first aid, emergency care, administering oxygen in emergencies, and operating an automated external defibrillator.

Their commitment enhances the safety and well-being of the community in potential emergency situations.

Submitted by Chris Lock



2024-25 MSA National Committees

Please see below the announcement of the 2024-25 National Committees and the Chairs for the Committees. MSA appreciates these members who have offered to assist with project and development work for the organisation. Their expertise is greatly appreciated, and the National Office looks forward to working alongside them in the future.

We especially thank the Chairs of three (3) of the Committees, Di Coxon-Ellis, Lynne Duncan & Nicole Dean for the leadership and management of the Committees and urge all the Committee members to provide input and assistance when requested.

Note the Chair for the National Swim Meet Committee is to be confirmed.

Welcome to our new Committee members – Alan Godfrey, Rick Homan and Tony Keogh (National Coaching Committee)

Thank you to our National Recorder – Pauline Samson for her commitment behind the scenes in managing the Results Portal & the Vorgee Endurance 1000 results.

COACHING COMMITTEE Di Coxon – Ellis (NSW) 2024: Chair

Jacinta Stirrat (NT) 2024
Simon Watkins (SA) 2024
Bruce Allender (QLD) 2025
Alan Godfrey (VIC) 2025
Kim Tyler (WA) 2025
Elena Nesci (WA) 2025
Rick Homan (TAS) 2025
Anne Smyth (NSW) 2025
Tony Keogh (QLD) 2025

TECHNICAL COMMITTEE Lynne Duncan (WA) 2024: Chair

Neil Keele (NSW) 2024
Diane Partridge (NSW) 2024
Simon Bole-Brown (VIC) 2024
Phil Beames (SA) 2025
Ray Brien (TAS) 2025
Paul Carter (NT) 2025

MEMBERSHIP COMMITTEE Nicole Dean (VIC) 2024: Chair

James Watson (NSW) 2025

Kate Baxter (WA) 2024

Julie Bott (QLD) 2024

Jo Trim (VIC) 2025

SWIM MEET COMMITTEE Chair TBC

Jane Noake (NSW) 2024

Leanne Beames (SA) 2025

Richard Hughes (WA) 2025

Tony Forman (TAS) 2024

Greg Bott (QLD) 2024

Stephen Berting (QLD) 2024

The 50th Big Swim

Palm Beach to Whale Beach - Sunday the 28th of January, 2024

It is generally agreed that the popularity of ocean swim events started on the Pittwater Peninsular and it was not just a swim along a beach, but close to a 3 km swim from one beach to another, a journey swim.

Back in 1973, a Police Sergeant, Bob Lynch, who was then Captain of Whale Beach SLSC, came up the idea of the challenge of a swim from Palm Beach to Whale Beach. It had not been done before to anyone's knowledge. The idea stirred the good swimmers in the Club and a number of beach regulars. A somewhat nervous group of 48 lined up for the inaugural start at Palm Beach hoping there were no sharks out there ! 42 minutes and 20 seconds later the first elated swimmer, Paul Hughes, came over the finish line at Whale Beach. Fastest time of recent years is close to just 30 minutes.

The news got around that this open water swim had been done. and the numbers rapidly grew with many keen swimmers wanting to swim it. Organised by Whale Beach SLSC, an entry fee was introduced to cover costs. Initially the event was known as the

'Bob Lynch Memorial Marathon Swim" as sadly, Bob had died following an accident on his police motor cycle.

The challenge of a beach-to-beach marathon swim in deep water quickly had the number of swimmers growing to nearly 2000. The event was trademarked as 'THE BIG SWIM' and attracted swimmers from all over Australia and some from overseas.

Sunday the 28th of January, Australia Day weekend will see the 50th BIG SWIM underway. Seasons later, other Northern Beaches Life Saving Clubs followed Whale Beach and organised swims at their beaches – Mona Vale, then Avalon, Bilgola and Newport.

These are 'warm ups' from 800 metres swims to 2 km ,ready for the big one. People going in the ocean swims on the Northern Beaches, come from the Eastern Suburbs (35%) Northshore (22%) Northern Beaches 28%, the Inner and Western Sydney (15%) While attracting elite swimmers, most are recreational swimmers wanting to do a personal best in the journey swim challenge of The Big Swim



SPONSORED BY  MACQUARIE
BANK

SUNDAY. 28th JAN. 2024

Nationals 2024



DATE: May 3rd -7th 2024

LOCATION: Parap Pool & Darwin Waterfront Lagoon

Entries open January 1, 2024

Masters Swimming NT is excited to be hosting the 47th annual Masters Swimming Australia National Championships in Darwin from May 3 – 7, 2024.

Come and join us in the heart of Australia's tropical north for this fantastic event, which is expected to attract some of the finest masters swimmers from around the country and overseas.

Pool events will be held at the world class [Parap Pool](#), just five minutes from the CBD.

Open water swimming will be held in the lagoon at Darwin's beautiful [Waterfront precinct](#), located in the CBD and home to a variety of quality restaurants.

There are a variety of accommodation options available in Darwin's CBD, including hotels, motels, resorts and self-contained apartments. Hudson Parap is unfortunately now sold out. Head to our event landing page with [Tourism Top End](#) for the full list of accommodation.

Why not explore the vibrant Top End while you're here? [Tourism Top End](#) has some great ideas for your itinerary from exploring Litchfield National Park to the jumping crocodile cruise, or simply kick back at the Sailing Club to enjoy an iconic Darwin sunset.

Bus timetable information can be found [here](#) and car hire providers are based at Darwin International Airport and Darwin CBD. You can request a car hire quote with unlimited kilometers [here!](#)

Follow us on [Instagram](#) and [Facebook](#) to stay up to date about the 2024 championships!

World Aquatics Masters Championships



**Registrations OPEN and Tour Information
online NOW**

For further information please click on the link below:

<https://mastersswimming.org.au/event/world-aquatics-masters-championships-doha-2024/>

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



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

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

Coaching Update

Coaching continues to be a vital part of Masters Swimming success and growth. This year it has been fabulous to see the enthusiasm and dedication by many coaches, with many new coaches qualifying or are in the process.

2023 Summary:

MSA Coach of the Year: A big congratulations to Kerry Ann Michels from Blacktown who was awarded NSW and National Coach of the Year 2022. Her effort and enthusiasm with Blacktown have been recognised and she is a very deserving recipient.

Professional Learning: Opportunities have been provided for coaches and swimmers to develop their understanding of strokes and swimming.

The online PD through MSA Coach Education have been very well supported and continue to grow in popularity.

Face-to-face workshops have occurred regularly throughout the year.

The year commenced with the National Coach Conference held in Perth in March. NSW was represented by Anne Smyth and Greg Gourley as presenters. In May, a Performance Weekend was held for swimmers and coaches and provided excellent information on training to race. NSW coaches (Anne Smyth, Greg Gourley, Caz Makin, and Leisa Cass) ran a stroke workshop at NSW Weekend Escape Batemans Bay in June.

Workshops were conducted in Sydney during the year: Castle Hill Starts/Turns workshop (Aaron Cleland), Freestyle Workshop (Anne Smyth Greg Gourley), Breaststroke Workshop (Greg Lewin Aaron Cleland). To finish the year Anne Smyth and Greg Gourley were invited to Hobart to run a weekend of stroke workshops for Masters Swimming Tasmania.

Nationally: Thank you to Di Coxon-Ellis for continuing as Chair for National Coach Committee. Anne is continuing as NSW representative.

MSNSW Coaching is available to run a workshop for your club. If you are interested, please contact me anneswims2@gmail.com MSNSW Admin. admin@mastersswimmingnsw.org.au

CLUB COACH COURSE and RENEWAL

FYI: *Do you know who the NSW Coach Educators are?*

Club Coach Course qualifications and renewals are looked after by Di Coxon-Ellis, John Kulhan and Anne Smyth.

If you have any coaching queries, please email: coach.education@mastersswimmingnsw.org.au

Reaccreditation

Go online to <https://msa.ditaplayer.com.au/catalog/club-coach-re-accrreditation>

Don't let your qualification lapse – it is easy to reaccredit.

Club Coach Course

The online Club Coach Course is an excellent accessible way for people keen to become a qualified Masters Coach. <https://mastersswimming.org.au/become-a-club-coach/>

Please encourage your club members to gain this accreditation if they are keen to coach. By Feb 2024, It will be a requirement for Masters Coaches to be qualified, as unqualified coaches will not be covered by MSA insurance.

Anne Smyth

MSNSW Branch Coaching Director

Words of Wisdom from your Whistleblowers

HAPPY NEW YEAR from your WHISTLEBLOWERS



With carnivals starting again very soon and new members entering a carnival for the first time this may be a good opportunity to remind all swimmers of some basic rules. & procedures.

THE DAY OF COMPETITION ARRIVES

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.
- 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.

IN THE INTERESTS OF SAFETY PLEASE DO NOT WEAR WATCHES IN WARM UP.

THE RACE

- All events are heat seeded so swimmers need to know their Event & Heat number.
- Listen for announcements &/or check the claim board so that you know when to report to the waiting area.
- Get your name marked off by the Check Starter and stay there until you are escorted over to the starting area.
- **Once there do not move away as you may miss your heat and will not be able to swim in that event.**
- When the heat before you is in the water, confirm your name with the timekeeper.
- **In a 25m short course & 50m long course you confirm your name at the finish.**
- When the heat before you finishes, move forward behind the blocks. **(Only get on the blocks when the whistle blows)**
- The starter will announce the event & heat number and then the referee will blow **one long whistle** to indicate that you should immediately step up to your starting position.
- **In backstroke the long whistle means entering the water. You will then get another long whistle to take up your starting position.**
- The starter will then say, "take your marks" and when all swimmers are steady the starting signal will be given.

THE FINISH

- If races are being started "over the top" - when you finish you should stay in the water holding on to the lane rope about a metre back from the wall. When that heat has started you should quickly exit the pool to **the side nearest you.**
- At the end of an event or when conventional starting is being used the referee will give **two short blasts of the whistle** indicating that you should quickly exit the pool to **the side nearest you.**
- **PLEASE DO NOT HOLD UP THE MEET BY STAYING IN THE WATER TALKING OR TRYING TO GET THE TIMEKEEPERS TO GIVE YOU YOUR TIME!**

Technical Officials - Training



What happens to your log sheet once it has been emailed or given to the Technical Training Coordinator (DiP, diane.partridge@bigpond.com).

When I receive a log sheet, I will check it. This may take up to one week. Remember I am a volunteer and have a life that can get very busy. If you do not receive an email from me everything is good. Your name is added to the MSNSW database for officials. Please make sure every detail is completed at the top of the log sheet as missing information slows the process.

At the end of each month, I will complete the accreditation form for each log sheet received and email the accreditation form to MSA (National Office) for processing. This means the name is added to the MSA database and an E-Certificate is generated and emailed to the newly accredited official. This may take another 4 weeks depending on how busy the national office is.

Your Technical ID number can be found on your E-Certificate. Your Technical ID number is first issued when you qualify as a Timekeeper and the same number remains with you for life. Please save your Technical ID number in a safe easily accessible place along with your Masters Number.

Reaccreditation is required every 4 years. To re-accredit as an official, you need to officiate at least 4 BPS swim meets within 4 years and attend a workshop applicable to the official position in the fourth year. Sometimes it may be sooner because I timeline each position and I try to bring every official position on the same time line.eg: 2025 all Chief Timekeepers will need to re-accredit.

All official courses for 2024 can be found on MSNSW Calendar 2024. All courses are by Zoom. Clubs and swimmers can request face-to-face courses please contact me.. Every club should be conducting Timekeeping courses throughout the year. Contact me for Course number and updated course notes. Remember technical officials are needed for all swimming carnivals every swimmer can help to lighten the load for existing mature age technical officials by becoming an official.

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	IoTs 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

Thanks

DiP

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



Pittwater Swim Series

Thousands of ocean swimmers are expected to descend on Pittwater for the annual Pittwater Ocean Swim Series starting in January 2024. The biggest group of ocean swims in Australia, the Series, conducted by surf clubs in the region, is popular with ocean swimmers of all level.

With a range of swims to choose from swimmers, of all levels are catered for. David Madew, coordinator of the Pittwater Series, says swimmers can test their ocean swimming skills at some of the most beautiful beaches in the world. All entrants will go automatically in the draw for an OceanFit Swim The Whitsundays tour for one, valued at \$2,295.

“Swimmers can test their swimming skills in an ocean environment with short courses such as 400m and 800m which are very popular for those less experienced in an ocean environment. The longer events such as the iconic “Around the Bends 2kms from Newport to Avalon” and up to 2.8kms in the Big Swim.

“The first swims in the series will be at Newport on Sunday 7 January 2024 followed by Bilgola on 14 January, Then it’s Mona Vale’s turn, on 21 January with their popular Warriewood to Mona Vale course. The Big Swim from Palm Beach to Whale Beach one of Australia’s original ocean swims is celebrating its 50th anniversary with its event on Sunday 28 January.

“Then on Sunday 17 March, Avalon will hold its “Around the Bends” ocean swim from Newport to Avalon to complete the Pittwater Series. Each of the ocean swims not only offers a challenge to those wanting to take on the ocean. Each swim is an important fund raiser, for the surf clubs involved, so that they can purchase and maintain essential lifesaving equipment. This in turn make sour beaches safer for the many swimmers who visit Pittwater each summer,” said David.

To be eligible to win, the Oceanfit Whitsunday holiday prize, swimmers must enter at least three of the swims in the series. “It is a dream prize for ocean swimmers. The winner is drawn from those who have entered three swims, so the winner can come from any swimmer,” David added

The Pittwater Ocean Swim Series is generously sponsored by Northen Beaches Council, who obviously recognise the tourism value of the event with the knowledge that swimmers and their supporters flock to the local cafes, clubs and restaurants as well as the boutique shops after the swims.

There is a strong emphasis on safety for each of the swims as would be expected from the surf clubs. Swimmers are urged to train for their event and take notice of directions from lifesavers on the beach.

Entries for each of the ocean swims will be available on www.oceanswims.com You can also go to the website for full details on all swim courses available and entry fees.

The 2024 Series is expected to be a bumper event following the interruptions of Covid. It is a great event showcasing Pittwater and some of the 3 best surf beaches in the world.

Enquiries

John Guthrie 0408 27 986

sashapr@sashapr.com.au

