



Monthly Newsletter

February

Vale - Val Lincoln

Val Lincoln – A Valued Friend, Leader & Mentor

Val Lincoln was already a legend when I joined the Gosford City Seagulls Swimming Club in 2005. Over the ensuing years, her wisdom and leadership as President of our Club was unsurpassed. She was President for over ten years, which saw her titled "President Lincoln".

Furthermore, her prowess as a competitor in the Swimming Pool during those years was legendary. From 2005 onwards, Val was a trailblazer. She was the acknowledged champion in her age group across many of the Masters' Meets around NSW for the 400 metres, 800 metres and 1500 metres.

In 2011 she was number one in the world for 1,500 metres for her age-group (85-89 years). In 2012 she was number one in the world for 800 metres freestyle for her age-group (85-89 years). She maintained her position as one of the top 5 in the world for these events for the next three years.



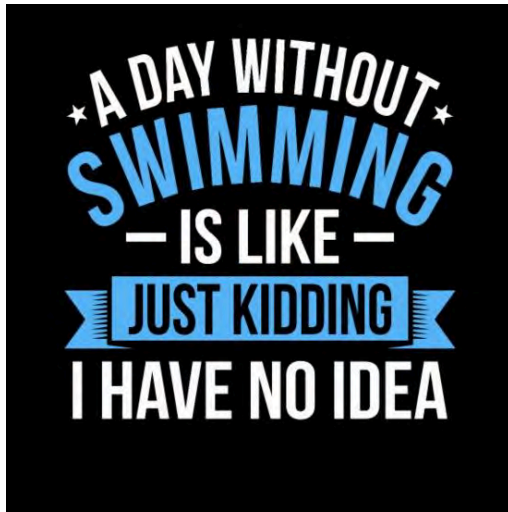
From the year 2015 onwards, Val continued to swim in many Aussi Masters' Swimming Meets across NSW, where she maintained her legendary status against all-comers in her age group. She maintained her fitness regime week in week out, either completing 20 laps of the Gosford Olympic Pool, or open water swimming across Toowoon Bay with the Toowoon Bay Buttercups, no matter what time of the year! The water was never too cold, the weather never a worry for Val, she just dived in and swam.

When Val wasn't swimming, she was a Mentor to ensuing Gosford City Seagulls' Club Presidents, me included. Her advice and support during those years was both inspiring and timely, with the Gosford City Seagulls between 2015 – 2020 enduring some challenging times with declining membership.

Vale Val Lincoln, a valued friend, leader and champion swimmer.

Rob Lewis
Past President
Gosford City Seagulls Masters Swimming Club

Trivia



December/January 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?

Answer

A bronze statue of a horse

February Trivia

Which Olympian was recently awarded Young Australian of the Year for 2024?

NSW E-1000 Pathway



Did you know about the Masters NSW E-1000 Pathway.

Our AIM is to provide NSW swimmers with a more inclusive endurance program by adding another tier within the existing national E-1000 program.

<https://mastersswimmingnsw.org.au/nsw-e1000/>

For further clarification please contact : president@mastersswimmingnsw.org.au

Regional Training and Mini Meet

Looking for something to do on the 9th and 10th of March? Why not join us for a training session with qualified Masters Swim Coaches on Saturday 9th March at 2pm. Then follow up on Sunday 10th with a Mini Meet for some race practice.

Where - Singleton Gym and Swim Centre

When - Saturday 9th and Sunday 10th March

More details will be circulated soon!

Masters make a Splash in Sydney Harbour

This year, Masters Swimming NSW entered a group at the Sydney Harbour Splash to bring a little more camaraderie for all of those swimmers who like to get wet without the chlorine! Whilst only a small number appeared in the team, a large number of Masters Swimming were spotted in and around the water. We had veteran swimmers and first timers hitting the water on what was a beautiful Australia Day.

Congratulations to all of those who swam across the 3 events.

Come and join the Masters Swimming NSW Team in the Malabar Magic Swim and lets make our presence known!

(Now the challenge is to get some of the saltwater swimmers we meet at the open water events to join us and follow a black line as well!!)



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!

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.



Coaching Update

GOAL SETTING AND WRITING A YEARLY PLAN

Training is now in full swing and it is time to collect your swimmer's goals to find what their focus is for the year. Whether this is a general goal to attend more sessions and get fit, or more specific, targeting events and improvements in strokes. This is very useful information when writing a Yearly Plan and planning your sessions.

BECOME A CLUB COACH

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.

Anne Smyth

MSNSW Coaching Director



Words of Wisdom from your Whistleblowers



The false start remains the most common cause of disqualification. Let's see if 2024 can be the year that this changes!

Trying to anticipate the start is a recipe for disaster & is it really worth risking disqualification for the sake of less than a second? No individual or club points are given if you are DQ'd nor is your time recorded so you have nothing to gain by "breaking"!

Starters will vary how long it takes them to give the signal after "take your marks". Some swimmers have blamed their false start on the starter, complaining that they were held too long! There is no rule that says how long the starter may hold you before giving the starting signal!?

It is also worth pointing out that deliberately taking your time getting into your starting position can be interpreted as delaying the meet which can be a reason for disqualification.

Check the relevant rules for the start on the Masters Swimming Australia website.

THE START

On the starter's command "take your marks", swimmers shall **immediately** take up a starting position. The position of the hands is not relevant. When all swimmers are ready, the starter shall give the starting signal.

SW 4.4 Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

1. Any swimmer initiating a start before the signal may be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

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



Farewell

I am writing to inform you that due to family commitments I have handed my resignation into the Board of Masters Swimming NSW.

I have thoroughly enjoyed meeting and getting to know you all over the last 15 months. My last day will be Friday the 16th of February. I will stay on in a casual capacity to help the new administrator in this transition period.

Thank you to those who took the time to call and welcome me to the Masters family.