

March

Welcome Lauren

We welcome Lauren Bradley to the position of Administrator. Many of you know Lauren and have seen her at carnivals over the years. She is excited to be on board & looking forward to learning what goes on behind the scenes at Masters Swimming NSW.



(Lauren is on the right, with a potential future masters member)

Trivia

February Trivia

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

Answer

Emma McKeon



March Trivia

Of the 4 strokes - which is the oldest?

Everyone needs a laugh... Here is ours for the month:

200s:

Free: not sure if sprint or pace

Back: my legs are gone

Breaststroke: nah fam

Fly: why on earth is this an event

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

Click on the links below to enter:

[Technique / Training Session](#)

[Mini Meet](#)

DOHA



The 2024 World Aquatics Masters Championships are happening now in Doha, and we have 15 amazing swimmers who are over there competing for their NSW clubs.

Goodluck Cyril Baldock, Lawrence Stubbs, Jon Hawton, John Le Mestre, Belinda Bullivant, Socrates Sanchez Hurtado, David John Tomkinson, Stephen Lamy, David Fraser, Brandon Fraser, Annie Cooke, Nicki Garcia, Tony Goodwin, Alfred Moufarrige & Brad Halicek.

Competition schedule & results are located [here](#) if you'd like to keep up with how they are going.

2024 SWIM SERIES



The 2024 Swim Series is now live. There are 10 events spread across the country that you can enter:

For further information, head over to the website:

<https://mastersswimming.org.au/programs/national-swim-series/>

Branch	Date	Event	Location
MSV	7 April 2024	MSV Long Course Championships	MSAC, VIC
MSQ	18 - 21 April 2024	MSQ State SC Championships	Brisbane Aquatic Centre, QLD
MSWA	20 - 21 April 2024	MSWA State Championships	HBF Stadium, WA
MSNT (MSA)	3 - 7 May 2024	MSA National Championships hosted by MSNT	Parap Pool, Darwin, NT
MSSA	16 June 2024	MSSA Interclub 2 Swim	
MST	17 - 18 August 2024	2024 MST Winter Championships	Launceston AC, TAS
MSWA	October (date tbc)		
MSNSW	12 - 13 October 2024	MSNSW SC Championships	Canberra, ACT
MSQ	6 - 9 November 2024	Pan Pacific Masters Games	Gold Coast Aquatic Centre, QLD

Nationals 2024 - the countdown is on!



DATE: May 3rd -7th 2024

LOCATION: Parap Pool & Darwin Waterfront Lagoon

All the information is available [here](#). Be sure to get your entries in! We'd love to see everyone in the sunny top end!

Follow Masters Swimming NT 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.

Can they please be submitted ASAP to us in a word format, that would be fantastic.



Coaching Update

Coaches are our club's greatest assets! Becoming an accredited coach is a rewarding experience and a great way to contribute to the swimming community.

<https://mastersswimming.org.au/club-coach-accreditation/>

	Pathways to Club Coach Accreditation					
	A	B	C	D	E	RCC
Coach Code of Behaviour Agreement	✓	✓	✓	✓	✓	✓
Hours observing an adult squad	5hrs	5hrs	5hrs	5hrs	✗	✗
Masters Development Course (through Swimming Australia – \$95)	✓	✓	✓	✗	✗	<i>if required</i>
Online Club Coach Workshop	✓	✓	✓	✓	✓	✓
Practical Poolside Assessment	✓	✓	✓	✓	✓	<i>if required</i>
Verification of 30 hrs coaching	✓	✓	✓	✓	✓	<i>if required</i>
RCC application	✗	✗	✗	✗	✗	✓
CPR Course	✓	✓	✓	✓	✓	✓

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

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.

[REGISTER HERE](#)

Month	Day	Date	Course	Delivery	Time
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

Upcoming Events - NSW

Sanctioned Meets

Saturday 23rd March - Cessnock

Saturday 13th & Sunday 14th April - NSW State Long Course Championships - SOPAC

Saturday 25th May - Ettalong

Sunday 23rd June - Seaside Pirates

Sunday 14th July - NSW Relay Meet - SOPAC

Postal Swims



Postal Swims are a great way to enter an event in your own time.

You can find information on postal swims [here](#). They are put on from a variety of clubs Australia wide throughout the year and the good thing is - you can enter them all!

There is one postal swim currently available to do: Wests Auburn Turtle Swim! You can swim this anytime between Jan 1 - April 30, either on your own or with a team!

Vorgee Million Metres

Don't forget to download our [app](#) to make tracking your swims easier!



Massage Therapist - Requests

Are you a trained massage therapist or physiotherapist?

We are looking for accredited people to attend some of our events as an offering to our swimmers. Please send us an email at admin@mastersswimmingnsw.com.au



Something to share?

Have you or someone from your club done something interesting?

Has your club hosted a special event?

Do you have any ideas or suggestions you'd like to tell us about?

We would love to hear about it and share it with our MSNSW community.

Please email admin@mastersswimmingnsw.org.au