



masters
swimming
NEW SOUTH
WALES

MASTERS SWIMMING NSW NEWSLETTER

THANK YOU



Marilyn Erp has stepped down from her position as NSW Technical Director.

Since assuming this position in 2019, Marilyn has dedicated significant time and expertise to enriching the Masters Swimming NSW community.

Among her notable contributions, Marilyn authored numerous informative articles for the NSW newsletter, "Whistleblower", aimed at enhancing members' understanding of competition rules. She diligently kept our technical officials informed about rule modifications and updates from FINA, now known as World Aquatics, while facilitating technical officials' meetings to foster training and constructive discussions aligning with our objectives.

Additionally, Marilyn demonstrated a strong commitment to enhancing safety measures, particularly during swim meets, by spearheading training initiatives for warm-up supervisors and advocating for safety protocols. Her presence as an official and mentor on the pool deck was invaluable, especially in guiding new officials.

Marilyn also collaborated with the NSW Administrator to streamline documentation processes, making meet sanctioning more efficient. Most notably, she championed initiatives to alleviate the workload of officials, actively encouraging greater participation to enable smoother rotations.

The NSW Board and members extend their sincerest appreciation to Marilyn for her dedication and wish her all the best in her future endeavors. We hope to continue seeing her on the pool deck.



CONGRATULATIONS TO OUR NSW SWIMMERS IN DOHA!

Congratulations

TO OUR MSNSW SWIMMERS WHO COMPETED AT THE
WORLD AQUATICS MASTERS CHAMPIONSHIPS
DOHA 2024

3KM OPEN WATER:

ALL 5 PARTICIPANTS WERE IN TOP 10
CYRIL BALDOCK: GOLD MEDAL
JOHN DE MESTRE: GOLD MEDAL
BELINDA BULLIVANT: BRONZE MEDAL
JON HAWTON: 7TH
LAWRENCE STUBBS: 10TH

POOL SWIMS

TOTAL SWIMS BY NSW
SWIMMERS: 31.
OF THOSE 31 SWIMS: 25
SWIMS WERE IN TOP 10

MEDALLISTS FOR POOL EVENTS:

JON HAWTON:

GOLD IN THE 100 & 200 BACK

STEPHEN LAMY:

SILVER IN THE 50, 100, 200 BACK
BRONZE IN THE 200 FREE & 200 IM

BRANDON FRASER:

BRONZE IN THE 800 FREE

ANNIE COOKE:

SILVER IN THE 50 FLY & 200 BACK
BRONZE IN THE 50 & 100 BACK

TONY GOODWIN:

GOLD IN THE 50, 100, 200 BREAST &
200 IM

Congrats to All Competitors!

We are tremendously proud of all our NSW swimmers who had their skills on display in Doha. Here's a small collection of photos!



2024 NATIONALS - DARWIN

Entries close for individual events April 19

POOL EVENTS - PARAP POOL

Friday 3 May
800m Free (form strokes not permitted)
Women's 4 X 50m Medley Relay
Men's 4 X 50m Medley Relay
200m Breast
100m Back
50m Fly

Saturday 4 May
400m IM
100m Free
Mixed 4 X 50m Free Relay
200m Back
50m Free


Sunday 5 May
400m Free
Women's 4 X 50m Free Relay
Men's 4 X 50m Free Relay
100m Breast
200m Fly
50m Back

Monday 6 May
100m Fly
200m IM
Mixed 4 X 50m Medley Relay
50m Breast
200m Free

Tuesday 7 May
Darwin Waterfront Lagoon
Open Water Swim

Event hosted by Masters Swimming
NORTHERN TERRITORY

vorgee immerse yourself



WANT MORE INFO?

HEAD TO THE WEBSITE:

[HTTPS://MASTERSWIMMINGNT.ORG.AU/2024-NATIONAL-CHAMPIONSHIPS/](https://mastersswimmingnt.org.au/2024-national-championships/)

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



PRESIDENTS REPORT

A reminder to all clubs that we need your
2023 President's report sent into us ASAP

email: admin@mastersswimmingsw.org.au



UPCOMING NSW EVENTS



**ALL NSW EVENTS
AVAILABLE HERE**

REMINDER

STATE ENTRIES CLOSE MIDDAY APRIL 5

TRAINING - TECHNICAL OFFICIALS



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, Technical Training Coordinator (DiP, diane.partridge@bigpond.com). 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.

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.

Course Info

REGISTER

Month	Day	Date	Course	Delivery	Time
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

COACHING INFORMATION - ANNE SMYTH

TRAINING FOCUS

With State and Nationals looming, it is Taper time!

Click [here](#) for some Taper ideas, including how to incorporate tapering into squad sessions when only a few are targeting a competition.



WORKSHOPS

Planning is underway for coach and swimmer workshops to be held after May. Areas covered will be Starts and Turns, Backstroke and Butterfly. Further information will be upcoming.

COACH ONLINE FORUM

The next session is Saturday April 6 at 12 noon. Go to DITA to register online.

The session is focused on basic Freestyle faults and how to fix them.



COACH QUALIFICATION

To all the trainee coaches, I hope you are working through the course and getting your coaching hours done! If you have any questions or problems, please email: coach.education@mastersswimmingnsw.org.au for assistance. Di Coxen Ellis, John Kulhan or I will be happy to help.

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.

RECIPES FOR SUCCESS

In the pursuit of sporting excellence, food and nutrition are not merely ancillary concerns, but pillars upon which success is built.

Give these 2 easy to prepare recipes a try!

Microwave leek & herb risotto

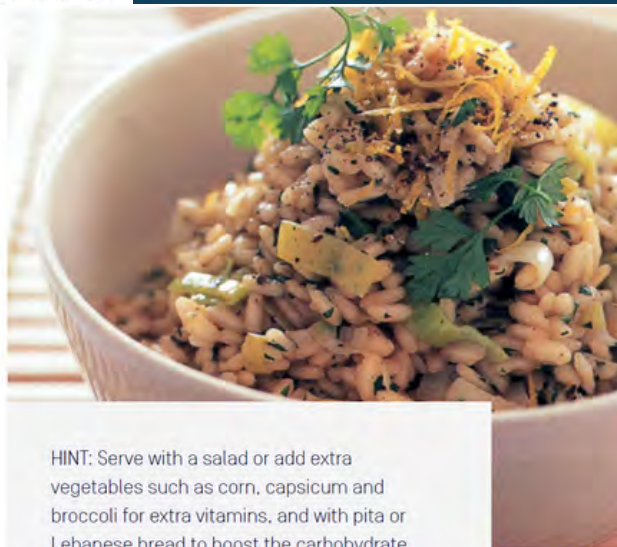
PREPARATION TIME 10 MINUTES COOKING TIME 25 MINUTES SERVES 3-4

Ingredients

- Canola or olive oil spray
- 2 medium leeks, finely sliced
- 1½ cups arborio rice
- 1 litre [4 cups] MAGGI Chicken or Vegetable Stock
- ½ cup grated reduced-fat tasty cheese
- 2 tablespoons chopped fresh parsley
- 1 teaspoon dried mixed herbs
- 2 teaspoons finely grated lemon rind

Method

- STEP 1** Place the oil and leek in a large straight-sided microwave dish.
- STEP 2** Cook, uncovered, on HIGH for 4 minutes.
- STEP 3** Stir in the rice and cook, uncovered, on HIGH for a further 4 minutes.
- STEP 4** Add the stock and cook, uncovered, on HIGH for 9 minutes.
- STEP 5** Remove from the microwave, stir well and cook, uncovered, on HIGH for another 9 minutes.
- STEP 6** If the liquid hasn't fully absorbed into the rice, cook for another minute or so.
- STEP 7** Remove from the microwave.
- STEP 8** Stir in the cheese, herbs and lemon rind and serve immediately.



HINT: Serve with a salad or add extra vegetables such as corn, capsicum and broccoli for extra vitamins, and with pita or Lebanese bread to boost the carbohydrate level.

Fruit crumble

PREPARATION TIME 10 MINUTES COOKING TIME 30 MINUTES SERVES 6

- 800g can pie apple
- 125g fresh or frozen blueberries
- 400g can peach slices, drained
- juice and zest of 1 lemon
- 2 tbsp caster sugar
- 1 cup UNCLE TOBYS Quick Oats
- ½ cup plain flour
- ¼ cup brown sugar
- ½ tsp cinnamon
- ¼ cup chopped macadamia nuts
- 2 tbsp margarine, melted

Method

- STEP 1** Preheat oven to 180°C.
- STEP 2** Combine apple, blueberries, peaches, lemon rind and caster sugar in 6-cup capacity ovenproof dish.
- STEP 3** Combine UNCLE TOBYS Quick Oats, flour, sugar, cinnamon and nuts in a mixing bowl.
- STEP 4** Add margarine and mix until ingredients are evenly moistened.
- STEP 5** Sprinkle over the apple mixture.
- STEP 6** Bake for 30 minutes or until lightly browned on top.



HINT: Serve with SKI D'LITE Vanilla Creme Yogurt or NESTLE PETERS Light and Creamy Vanilla Ice Cream. Try the leftovers with yogurt for breakfast.

SHARE WITH US!

We'd love to share more stories and celebrate your clubs and the wonderful people within them.

If you have something to share with us please email:
admin@mastersswimmingnsw.org.au

Suggestions for the Newsletter?
What would you like to see?
Email: admin@mastersswimmingnsw.org.au
