



# MASTERS SWIMMING NSW

## NEWSLETTER



### CLARY MUNNS TO BE INDUCTED INTO INTERNATIONAL SWIMMING HALL OF FAME

Masters Swimming NSW is proud to congratulate Clary Munns, who has been selected as an inductee into the International Swimming Hall of Fame, Class of 2023.

Clary will officially be inducted in October at the ISHOF Honoree Induction. Clary is one of 3 inductees for 2023, and is joined by Tom Wolf from the USA and Glen Christiansen from Sweden. Clary becomes the fourth Australian swimmer to be inducted into the Hall of Fame, joining Jenny Whitely (2013), Pam Hutchings (2014) and Margaret Cunningham (2016)

Clary first became a Masters swimmer in 1988 as a 44 year old, when she joined Blacktown City Masters Swimming Club. One of Clary's first major meets was the FINA World Masters Championships in 1988, and she has continued to succeed since then.

Clary has been named Sports NSW's Masters Athlete of the Year on 3 separate occasions, in 2009, 2015 and 2016, and has been named Masters Australia's Swimmer of the Year twice, in 2016 and 2019.

Throughout her swimming career, Clary has broken 33 world records (8 long course and 25 short course). Clary currently holds 103 Australian records and 129 NSW records across a range of different age groups. Remarkable, Clary has done all of this without having to leave Australia, earning all of her 1297 world points by swimming (and breaking world records) locally.

Congratulations to Clary on this well-deserved and remarkable achievement!

# SUCCESSFUL NSW STATE CHAMPIONSHIPS



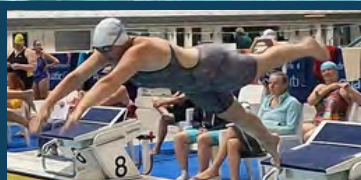
LARGEST STATE EVENT SINCE 2006!



Thank you to everyone who attended our NSW State Long Course Championships in April. It was an extremely successful weekend with 368 swimmers in attendance over the 2 days.

To everyone who helped with timekeeping & on the sidelines as an official - these carnivals can't run without you, we are extremely grateful for all our volunteers.

If you haven't see the albums on Facebook yet, be sure to check them out on the Masters Swimming NSW page. We had two photographers / videographers on deck capturing the 2 days.



# NSW STATE CHAMPIONSHIPS WINNERS

## SWIMMERS OF THE MEET



**AARON CLELAND**



**ELIZABETH MERENDA**

## CHAMPIONSHIP AWARDS



DIVISION 1 - WARRINGAH



DIVISION 2 - SUTHERLAND SANDBERN

DIVISION 3 - COFFS HARBOUR  
DIVISION 4 - CESSNOCK



**WORLD RECORD: 1**  
**STATE RECORDS: 16**  
**NATIONAL RECORDS: 11**

**PETER GILMORE TROPHY**  
(BEST BUTTERFLY RELATIVE TO A RECORD)  
**ABEL BORNSTEIN**

**BIDDY HALL TROPHY**  
(HIGHEST AVERAGE POINTSCORE)  
**CAMPBELLTOWN**



**EXECUTIVE TROPHY**  
(HIGHEST CLUB PARTICIPATION)  
**NORTH SHORE**



# NSW STATE CHAMPIONSHIPS PRESENTATIONS



## CONGRATULATIONS

Over the 2 days, we handed out e1000 & NSW pathways towels, 2023 Age Champions polos & our recent million metres finishers!



# 2024 NATIONALS - DARWIN

We have lots of swimmers from NSW clubs heading up to Darwin to compete at Nationals:

Blacktown, Blue Mountains, Campbelltown, Coogee-Randwick, Ettalong, Lane Cove, Manly, Merrylands, Molonglo, Myall, North Shore, North Sydney, Oak Flats, Penrith, Port Macquarie, Ryde, Sapphire Coast, Seaside Pirates, Sutherland, Tattersalls, Tuggeranong, Warringah

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

# Goodluck NSW!



YOU CAN FOLLOW ALONG ON OUR LIVE RESULTS APP  
OR BY CLICKING [HERE](#)

Lauren will be out of the office at Nationals from May 2 - May 7. Any emails will be responded to upon my return!

If you have something urgent, please contact MSA on:  
[admin@mastersswimming.org.au](mailto:admin@mastersswimming.org.au)



# AGM - JUNE 1ST

**You are invited to the AGM for Masters  
Swimming NSW  
Saturday 1st June, 2024  
10am  
Location - TBC**

## UPCOMING NSW EVENTS



**ALL NSW EVENTS  
AVAILABLE HERE**

# 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](mailto: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

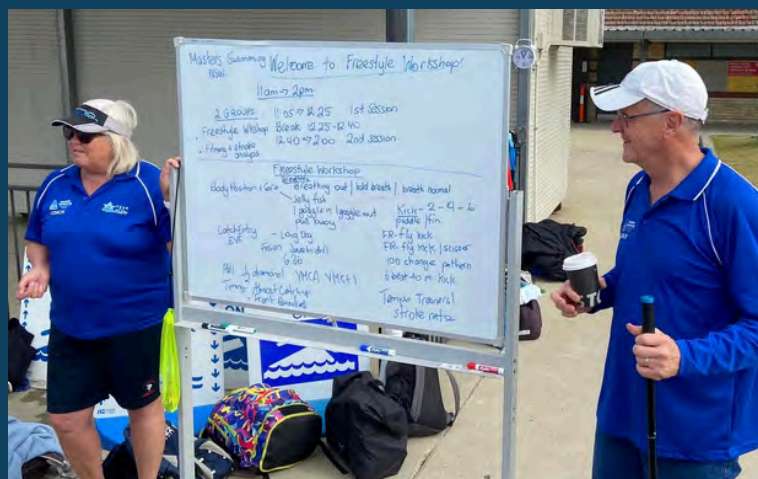
## REGISTER

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

## 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 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](mailto: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.



# DRYLAND EXERCISES

Dryland exercises are a great idea for swimmers as they compliment pool training by targeting muscle groups crucial for propulsion and stability in the water.

By incorporating some of these exercises, swimmers can enhance their overall strength, endurance & flexibility

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**Half squats**

- stand with feet shoulder width apart
- keep arms out in front, a tall back and weight on the heels
- squat down till thighs are horizontal

**Full squats**

- stand with feet shoulder width apart
- keep arms out in front, a tall back and weight on the heels
- squat down as far as you can maintaining a strong back position

**Jump squats to streamline**

- stand with feet shoulder width apart
- keep arms out in front, a tall back and weight on the heels
- squat down till thighs are horizontal and explode up, as jumping up push the arms into streamline

Click [HERE](#) for a full activation schedule!

⑦

**Dead bug**

- begin in supine in an extended position with arm straight above the head and legs out straight with toes pointed
- maintain strong abdominal position without allowing the back to arch up
- raise the right arm and the left leg up toward each other.
- lower down and repeat on the opposite side

**Supine trunk rotation**

- begin supine with arms 45 degrees out to the side
- bend the hip and knees up to a 90/90 position
- lower your legs to the right halfway to the floor
- rotate back to the middle and then over to the left

**Alternate crunches**

- begin supine with hands behind head, legs straight, with shoulders and legs held off the ground
- bend the left knee up while rotating the upper body to bring the right elbow toward that knee
- return to the start position
- repeat moving the opposite elbow and knee toward each other

**Supermans**

- begin prone with arms extended above the head, head in neutral and legs out straight with pointed toes
- raise the arms and legs only slightly off the ground, pressing up into streamline with the arms and shoulders, and making the spine as long as possible
- hold for 3-4 seconds
- do not over extend the lower back

**Alternate supermans**

- begin prone with arms extended above the head, head in neutral and legs out straight with pointed toes
- raise the arms and legs only slightly off the ground, pressing up into streamline with the arms and shoulders, and making the spine as long as possible
- perform small movements up and down with opposing arm and leg while maintaining good body position

**Bird dog**

- begin in 4-point kneeling, with hands under shoulders and knees under hips, while maintaining a neutral head and lower back position, good scapular position, and keeping the abdominals activated
- raise the right arm up to horizontal and straighten the left leg out
- do not over extend the lower back
- lower the arm and leg, and repeat on the opposite side

# RECIPES FOR SUCCESS

## Yoghurt malt drink

PREPARATION TIME **2 MINUTES** SERVES **2**

### Ingredients

- 1 cup natural low fat yoghurt
- 1 tbsp honey
- 2 tbsp NESTLÉ Malted Milk Powder
- 1 cup reduced-fat milk
- 4 ice cubes
- cinnamon, to serve

### Method

- STEP 1** Place all ingredients except cinnamon in a blender and process until smooth.
- STEP 2** Sprinkle with cinnamon.
- STEP 3** Drink immediately.



## Vegetarian quiche with vegetarian sausage

SERVES **4-6**

### Ingredients

- Olive or canola oil spray
- 1 sheet frozen reduced-fat puff pastry, thawed
- 3 eggs
- 1 cup CARNATION Light & Creamy Evaporated Milk
- salt and freshly ground black pepper, to taste
- 1/2 cup broccoli florets
- 1/2 cup red capsicum, deseeded and diced
- 1 tomato, diced
- 1 onion, diced
- 4 button mushrooms, sliced
- 2 vegetarian sausages, sliced (optional)
- 1/4 cup grated low-fat cheese
- 4 large or 8 small bread rolls
- tossed salad, to serve (optional)

### Method

- STEP 1** Preheat oven to 180°C (350°F).
- STEP 2** Lightly spray a 20cm pie dish with oil and line with pastry (stretch pastry up edge of dish).
- STEP 3** Mix eggs, milk, salt and pepper in a bowl, then add broccoli, capsicum, tomato and onion.
- STEP 4** Pour mixture into pie dish and arrange mushrooms and vegetarian sausage, if desired, over the top.
- STEP 5** Sprinkle with cheese and bake for 30 minutes or until egg mixture has set.
- STEP 6** Serve with bread rolls and a tossed salad.



# *PHOTOGRAPHY PERMISSION*



We enjoy capturing moments with our members during events and love sharing those memories on social media. However, we recognise that not everyone may feel comfortable having their image shared online.

If you prefer not to have your photo shared, please inform your club or branch administrator directly.  
[admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

# *30 YEARS OF CESSNOCK*



**Congratulations Cessnock!**

30 years of great carnivals, many memories made & always a friendly atmosphere around the pool deck.

Here's to another 30!

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## *HOW DO WE PICK OUR DATES?*

There were a number of swimmers who expressed dismay at the dates for our State Long Course Championships at SOPAC, as they align with National Age Championships which some members attend due to coach commitments or family members swimming.

Masters Swimming is way down the pecking order for dates at SOPAC, and we have to wait until Australian Swimming and NSW Swimming have booked their dates each year and whatever is left we are given.

NSW swimming have many meets each year, so there are very few dates left for an entire weekend each year - thus we are often given dates when there is a National event occurring when NSW do not need the pool. There are usually no options given, it is generally only the one weekend that is offered to MSNSW.

Apologies to those members who are unable to attend our State Long Course Championships due to other commitments, we feel your pain.

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