



MASTERS SWIMMING NSW NEWSLETTER

Congratulations NSW Swimmers



2024 MSA NATIONAL CHAMPIONSHIPS

DARWIN MAY 2 - 7



What an amazing time our NSW swimmers had in Darwin.

We had a total of 131 swimmers from 21 different clubs swimming across the pool & open water events over 5 days in glorious 34 degree weather.

NSW also supplied a large number of volunteer Technical Officials for the meet, a huge thank you to those who gave up their down time between events to officiate.

14 NSW State Records

5 National Records

2 World Records



2024 MSA NATIONAL CHAMPIONSHIPS PRESENTATION NIGHT

SWIMMERS OF THE MEET

Congratulations

*Jeanette
Britts*

&

*Tony
Goodwin*



Out of 547 swimmers, the two swimmers of the meet were both from Manly!

VISITORS TROPHY & RELAY CHAMPIONS

Blacktown took home

4 awards:

Visitors Trophy (for the highest scoring club outside the NT).

Relay Trophies for the following age groups:

72-99

100-119

120-159



2024 MSA NATIONAL CHAMPIONSHIPS PRESENTATION NIGHT



CONGRATULATIONS
JANE NOAKE

on being awarded

LIFE MEMBERSHIP
MASTERS SWIMMING AUSTRALIA

vorgée

It is with immense pleasure to share the news that MSA President Jane Noake has been awarded Life Membership of Masters Swimming Australia at the recent Annual General Meeting. Life membership is an honour awarded to MSA Members who go above and beyond in their duties and responsibilities in the movement of the organisation.

Throughout Jane's involvement with MSA, she has consistently demonstrated exemplary leadership, sportsmanship, and a passion for the advancement of swimming at all levels. Jane's commitment to promoting the values of camaraderie, health, and fitness within the swimming community has had a profound and lasting impact.

Jane has held various leadership positions within the organization, serving on the committee of both the NSW and National boards as president. Her strategic insights and dedication to the mission of Masters Swimming Australia have been instrumental in shaping the direction of our organisation.

Beyond her own accomplishments in the pool, Jane has generously shared her knowledge and expertise as an official to other aspiring officials. Her guidance and encouragement have helped countless individuals improve their skills and provided countless professionally run carnivals. Jane received her Life Member plaque at last night's Presentation Dinner at the MSA National Championships up in Darwin.

We THANK YOU Jane for everything you do for masters swimming in Australia and Congratulations on being awarded your Life Membership of Masters Swimming Australia.

WORLD AQUATICS TOP 10 2023

Each year, World Aquatics releases a top 10 list for every mainstream event in every age group, both Short & Long Course. NSW has had an exceptional 27 individual swimmers & 6 clubs in relays making the list.



AARON CLELAND	6
GEOFFREY LLEWELLYN	1
PAUL WYATT	1
PAUL LEMMON	3
CAMERON REYNOLDS	1
JON HAWTON	1
STUART ELLICOTT	7
JOHN NOTLEY	5
JOHN MARTIN	1
TONY GOODWIN	14
GLEN WALKER	1
STUART MACKAY	2
JOHN RICHARDS	4
CAMERON BOLAND	1
JOHN DE VRIES	1
JORIAN CATZEL	1
MAX VAN GELDER	1
STEPHEN FORD	1

BEC SHEPPARD	6
JEANETTE BRITTS	8
PAM MUNDAY	1
MARGARET JOPLING	1
JENNY WHITELEY	11
ANITA SAVIANE	10
JACQUI RUSSELL	2
LIZ WALLIS	8
MARILYN EARP	1

RELAY TEAMS

BLUE MOUNTAINS	5
BLACKTOWN CITY	2
MANLY	8
PORT MACQUARIE	1
PENRITH	3
WARRINGAH	12

World #1

Liz Wallis	8	Jeanette Britts	3
Jenny Whiteley	6	Stuart Ellicott	2
Tony Goodwin	6	Blue Mountains	2

*Blue Mountains Relay Team: Sue Wiles, Nerida Murray, Anita Saviane, & Kay Burton

6 MONTH MEMBERSHIP



A 6 month membership is now available for clubs to set up in the Swim Central store. All club secretaries have been emailed a how to sheet if you need help setting this up. This membership option will cover any new swimmers wanting to join Masters Swimming from July 1 - Dec 31, 2024.

STRATEGIC PLAN

The Masters Swimming NSW Strategic plan is now available online

[Masters Swimming NSW Strategic Plan 2024-2027](#)

VALE GRANT DA COSTA - MAY 2024

Grant had an amazing life, achieving greatness in his scientific career, not once, but twice. It thrilled him to be part of teams that advanced humanity and will be remembered as a co-inventor of the Cochlear Implant and the Senior Research Engineer from CSIRO, Division of Atmospheric Research who designed and built the world's most advanced and sensitive carbon dioxide analyser of its time.

Grant and Leanne joined Coffs Harbour Masters Swimming Club in 2015. They found Masters Swimming such a positive world where swimmers of all ages and ability come together as friends. Grant loved and valued all the friendships he made with swimmers across the country but had particular strong ties with swimmers from Campbelltown.

A highlight for Grant in recent years was becoming a two times Masters Swimming Champion in the 50m and 100m Freestyle in the 65-69 Age Group and winning silver in the 800m Freestyle. He will be missed by all. Cherish the memories that we shared with him and live life to the fullest.



UPCOMING NSW EVENTS



**ALL NSW EVENTS
AVAILABLE HERE**

POSTAL SWIMS

**SURREY PARK SEAHORSES MASTERS
SWIMMING CLUB**

THE ANIMAL IS BACK FOR 2024

38th year of the Baddaginnie Animal Postal Swim.

Unleash the animal within by swimming the following 5 events in one day

200m Fly 200m Back 200m Breast
400m IM and 800m Free
between 1 April - 30 June 2024

Baddaginnie Postal Swim

Bunbury Stingers
Postal Swim

Bunbury Stingers

2024 Winter 3 x 400m Postal Swim

Sanction PS 02/2024

3 x 400m Winter Postal Swim

masters swimming
AUSTRALIA

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 HERE

Month	Day	Date	Course	Delivery	Time
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

5 YOGA POSES FOR SWIMMERS



Locust Pose

The locust pose is the ultimate shoulder health hack. It focuses on strengthening the muscles of the upper back and posterior chain – of which most are under-active in swimmers.

These muscles include the lower trapezius, the rotator cuff, the rear delts, the lower back and the hamstrings



Downward Facing Dog

Downward dog is an excellent pose for building strength in the 'catch' position for all strokes. And the gentle inversion places enough resistance on your shoulders to develop overhead stability which reduces your risk of injury.

The pose also stretches out your hamstrings and chest – two more generally tight muscles on most swimmers. Beyond muscles, down dog is known to be calming for the nervous system and hanging out for a few breaths is a great way to relieve stress.



Thread the Needle

Thread the needle is a fantastic pose to work on your thoracic mobility. This just means we want it to loosen up your upper spine – an area that can become stiff and a little rounded when you've got many years racked up in the water.



Face Down Shoulder Stretch

The sweeping overhead movements of your arms in swimming cause your chest, biceps and anterior shoulder muscles to become knotty and tight. This pulls your shoulder joint forwards (or 'internally rotates' them, as the physios would say).

This face-down pose targets exactly those overstimulated muscles fibres and helps draw the neural signal out of them so they can relax again (and let your shoulders go back where they came from).

This one can be intense, so take it easy at the start!



Butterfly Pose

This one is specifically for breaststrokes (although all swimmers will benefit from it).

It's not uncommon for breaststrokes to suffer from stiffness in their hips thanks to the nature of the kick. The butterfly pose will help you release any tension with a good dose of external hip rotation.

With a greater range of motion in your hips, you'll also be able to snap those legs back more effectively and enjoy a mini speed boost every time you kick.

RECIPES FOR SUCCESS

Choc banana & nut smoothie

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

Ingredients

- 1 cup low-fat milk
- 1 scoop NESTLÉ PETERS Light and Creamy Vanilla Ice Cream
- 1 ripe banana
- 1 tbsp MILO
- 1 tbsp peanut butter
- 1 tsp honey
- 4 ice cubes

Method

STEP 1 Place all ingredients in a blender and process until smooth.

STEP 2 Drink immediately.



Salmon slice

PREPARATION TIME **10 MINUTES**
 COOKING TIME **40 MINUTES + 5 MINUTES STANDING TIME** SERVES **4**

Ingredients

- 1½ cups cooked rice
- 415g can boneless salmon, drained and flaked
- 375ml can CARNATION Light and Creamy Evaporated Milk
- 2 eggs, lightly beaten
- 1 small zucchini, grated, excess moisture squeezed
- 1 small carrot, grated, excess moisture squeezed
- 2 tbsp plain flour
- 2 tsp curry powder
- ½ cup reduced-fat grated tasty cheese
- freshly ground black pepper
- freshly ground black pepper
- salad or vegetables, to serve (optional)

Method

STEP 1 Preheat oven to 180°C.

STEP 2 Combine all ingredients in a bowl and mix to combine.

STEP 3 Transfer to lightly greased 8 cup capacity baking dish. Smooth out mixture with the back of a spoon.

STEP 4 Bake 40–55 minutes or until golden. Leave to stand for 5 minutes before slicing. Serve with salad or steamed vegetables.



HINT: Slice can be eaten cold for lunch.

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

RECORD CERTIFICATES

If you are missing any record certificates and would like to get it re-printed, please email
admin@mastersswimmingnsw.org.au



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