



MASTERS SWIMMING NSW NEWSLETTER



THE BOARD

Get to know us

The MSNSW Board consists of 7 volunteers.

MSNSW also has a sports administrator.

You will see all of us attending various carnivals throughout the year as swimmers & technical officials. We feel it's important to our community that you know who we are & know we're here for you if you need us.

GET TO KNOW THE MSNSW BOARD



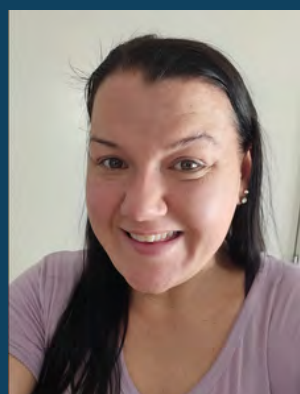
KERRY BLANCH - PRESIDENT

I first joined the Desert Dolphins in Alice Springs 25 years ago. I have been president for Wests Auburn Masters Swimming Club for more than 12 years (I've stopped counting now) and for MSNSW since 2018. When not swimming or officiating at carnivals, I am off scuba diving somewhere, hanging out with my fur baby, playing music in bands and orchestras or preparing and marking students school work.

MARK MCDONALD - VICE PRESIDENT

I have been a proud member of Blacktown Masters Swimming Club since 2009. I have been the Blacktown President since 2020 and was Club Captain for many years before that. I am working towards becoming a referee and you will often find my friendly face on and around pool-deck at our Masters carnivals.

The biggest highlight of Masters Swimming for me has been using it an opportunity and an excuse to travel around the country - I have swum at meets in all states but South Australia and am looking forward to ticking swimming in SA (plus the Barossa Valley!) off the list the next time Nationals makes its way there.



SUZIE HADDAD - BOARD MEMBER

I have been part of Master Swimming since 2017 and swim for Campbelltown Masters Swimming Club. Swimming has brought me so much joy, happiness, wonderful memories and long lasting friendships. Outside of the pool, I enjoy music, and being involved with my children and their respective sport or creative activities. I am currently studying a Bachelor degree in Early Childhood Education and hope to transfer my love of the water to the next generation of superstars

GET TO KNOW THE MSNSW BOARD

LAWRENCE POWDERLEY - VICE PRESIDENT (COUNTRY)

I was elected to the Board of MSNSW in May 2019.

I was raised in Young NSW and swam with the Young Amateur Swimming Club from 1969 to 1982. I joined the North Sydney Amateur Swimming Club in 1993 as a swimmer then as a committee member, from 1998 to current. Holding positions as President, Race Secretary, Secretary and now the Sunday morning swim club co-ordinator. I was awarded a Life Membership of the North Sydney Swimming Club in 2007 and have been running the Sunday morning swimming club from October to April each year for the last 24 years.

I joined the North Sydney Masters Swimming club in 1995 till 2000, when I transferred to the WettOnes Masters with whom I am still a current member.

You can also catch me on pool deck at most of the MSNSW swim meets as a check starter, where I would be yelling out your name and telling you where to go. (In a nice way) I find the job of the check starter is the best way to get to know the swimmers. Other volunteer work includes working at the War Memorial Hospital in Waverley talking to and assisting patients where possible with needs other than the actually rehabilitation.



NIGEL VAN REYK - BOARD MEMBER

I returned to swimming in 2018 after having declared “retired” & swim for the Lane Cove Masters Swimming Club. My preferred stroke is Breaststroke but I am trying to build my skills so that I can swim a 200m Individual Medley. The choice of stroke was driven by my father who insisted that my younger brother and I swam different strokes so that we did not have to race each other in alternate years. Dad taught us both to swim at the Otters Aquatic Club in Colombo, Sri Lanka, where he was a member. Swimming at the Otters was a family affair and my lasting memory is of chips and chilli sauce if we behaved ourselves.

I have been married to my wife Maureen for almost 49 years, you’ll find her supporting me and the rest of the swimmers from Lane Cove Masters at BPS and state meets.

To keep my brain active I am a Business Coach and Management Consultant who tries to work as little as possible.



GET TO KNOW THE MSNSW BOARD

BEC SHEPPHERD - TREASURER

I have been a member of Masters Swimming NSW since 2019, and am a member and Race Secretary of Hornsby Swimming Club based at Hornsby Aquatic & Leisure Centre.

My love for swimming and all things water started at a very young age, after spending most of my childhood as a competitive swimmer and water polo player. I actively engage in ocean swims, Swimming NSW meets, and Masters Meets, constantly seeking new challenges and experiences in the water.

Beyond the pool, I have over 20 years of experience in taxation and business advisory, and am highly experienced in providing accounting and tax services to individuals and business clients in a wide range of industries.

I am passionate about building our Masters Swimming community, promoting inclusivity, and encouraging everyone to participate in the wide array of activities our awesome sport has to offer.



DONNA CAMPBELL - BOARD MEMBER

I was a swimmer in my younger years and I found the excitement of competing again with Tuggeranong Viking masters. I enjoy combining my swimming with travelling to new and different places. As well as making so many life long friends along the way. I have 2 beautiful grandchildren and another on the way, who bring another level of love into my life.

I can't wait for retirement so I'm able to fulfil my goal of competing at every BPS in a year. I have been part of the committee for Tuggeranong as a social secretary for a number of years now and I became a board member for NSW last year. I believe in giving back as much to the swimming community as it gives to me. So I'm hoping to continue on this journey in the pool and out with as many of you for many years to come.



LAUREN BRADLEY - ADMINISTRATOR

I have been a member of Masters Swimming since 2018 with the Ettalong Pelicans. I swam my whole childhood, stopped competing in high school, did the usual, get a career, start a family and then decided to go back to doing something that was just for me.

I hadn't swum in 17 years, and it took a while to get back into it - but I'm so glad I did. I've made some amazing friendships over the past several years, been able to travel and swim in some great places and most importantly inspire my own kids to stay fit & healthy.



SAPPHIRE COAST NEWS



(L-R - Andrew, Donna, Ailie, Gail & Pat)

A team of five Stingrays represented the Sapphire Coast Adult Swimming Club at the 2024 Masters Swimming Nationals in Darwin. This was the first time competing at the Nationals for four of our swimmers and it certainly won't be the last! We all had a fabulous time and enjoyed spending the days competing, smashing PB's, cheering on our team mates and watching the many talented swimmers. Ailie won a bronze medal in the 3km open water swim. We finished the meet feeling inspired and motivated to get back to training and prepare for our next major meet which will be the MNSW Short Course Championships to be held in Canberra in October 2024. Competing in the Nationals was a great opportunity to visit Darwin and we appreciate all the hard work by the volunteers and officials – thank you!

We have a number of keen open water swimmers in our Stingrays team. Five swimmers competed in the swimming events at the WinterSun Festival held in Merimbula on the June long weekend in chilly 15 degree water. The swimming events consisted of a 100m Salty Swim and a 1.2km Jetty to Jetty Lake Swim. Andrew was the 1st male in the Salty Swim & 3rd male in the Jetty to Jetty wetsuit division. Caroline was the 2nd female in the Jetty to Jetty wetsuit division and Ailie was the 1st female in the Salty Swim.



(L-R - Mike, Caroline, Ailie, Adrienne & Andrew)

6 MONTH MEMBERSHIP



6 month memberships are now live in Swim Central. This will cover any new members wanting to join from July 1 - Dec 31, 2024.

MSA SWIMMING RULES

The MSA Swimming Rules have been updated and are available [here](#) for you read.

MASTERS SWIMMING AUSTRALIA
Swimming Rules including Multi-Class

2025 SANCTIONED MEETS



Any clubs wishing to hold a carnival in 2025, please submit your 2 preferred dates to us by July 31

UPCOMING NSW EVENTS



**UPDATE - RELAY MEET:
NOW BEING HELD IN THE MAIN
COMPETITION POOL (STILL SC)**




**Masters Swimming NSW
Short Course Championships 2024**

Sanction Number: 202410SC

AIS Aquatic Centre Canberra
26 Leverrier Street, Bruce, ACT
Saturday 12th & Sunday 13th of October, 2024

ALL NSW EVENTS AVAILABLE HERE

POSTAL SWIMS

Bunbury Stingers
Postal Swim



Bunbury Stingers
2024 Winter 3 x 400m Postal Swim

Sanction PS 02/2024

3 x 400m Winter Postal Swim




TUGGERANONG TRIFECTA
Postal Swim
July-August 2024

Tuggeranong Trifecta
Postal Swim

NATIONALS 2025



The 48th Masters National Swimming Championships

Melbourne Sports and Aquatic Centre

8 - 12 April 2025

Long Course (50m) with AOE

Entries Opening January 2025



Program

Day 1	Day 2	Day 3	Day 4	Day 5
Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th
800 Free	200 Breast 4x100 Free M/F 200 Fly Opening 100 Free 100 Back 4x50 Medley Mixed	400 Medley 4x100 Free Mixed 50 Free 200 Back 50 Fly 4x50 Medley M/F	400 Free 50 Back 4x100 Medley Mixed 100 Breast 4x50 Free M/F	200 Free 4x100 Medley M/F 100 Fly 50 Breast 200 Medley 4x50 Free Mixed

TECHNICAL OFFICIALS



CALLING ALL SWIMMERS!

WE WANT
YOU

We would love to get some more people trained up as technical officials. The training is easily run via zoom, and you can complete your practical component at carnivals. If the course dates don't suit you, please contact us & we can try to run one at a different time.

Course Info

Sunday 28th July 4pm: STARTER

Tuesday 20th August 730pm: CTK

Friday 13th Sept 730pm: IOT

Saturday 19th Oct 8am: CS/CoC

Thursday 7th Nov 730pm: JOS

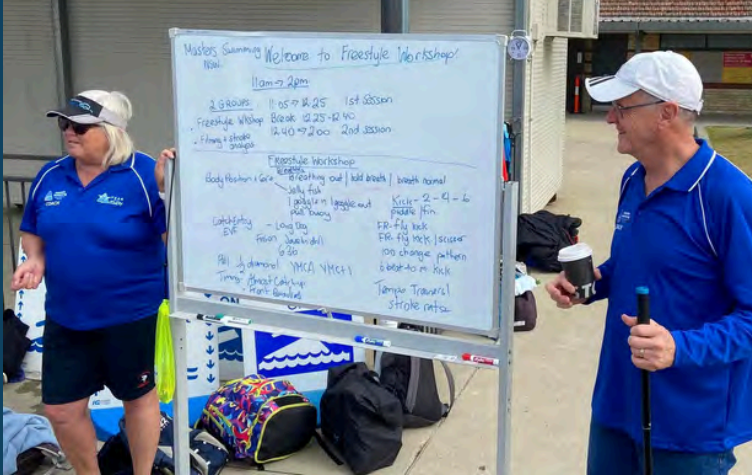
**REGISTER
HERE**



Terminology

CTK: Chief Timekeeper, IOT: Inspector of Turns, CS: Check Starter, CoC: Clerks of Course, JOS: Judge of Stroke

COACHING INFORMATION - ANNE SMYTH



COACHING

Over the winter months it is an excellent opportunity to improve technique in all strokes and to work on fitness. Having a weekly stroke focus ensures that all Form strokes get the attention needed to cover a comprehensive drill progression.

RENEWAL

Don't let your MSA Club Coach Accreditation lapse! Your club needs you! It is easy to reaccredit online through the DITA platform. Log in and follow the steps to renew your accreditation.

Workshop

Are you keen to improve your efficiency and style in Backstroke and Butterfly. Workshops will cover drill progression in each stroke and backstroke start and turns.

Attending Coaches earn 2 points towards Reaccreditation.



Saturday July 27, 1-3pm
Canberra and Southern NSW
Lakeside Leisure Centre Tuggeranong

Sunday August 18, 1-3pm Sydney
Aquatic Academy Seven Hills 78 Best Road,
Seven Hills

REGISTER
HERE

COACHING INFORMATION - ANNE SMYTH



Are you interested in gaining expert knowledge from Australia elite coaches?

You may like to attend Swimming Australia's SwimCon24 on the Sunshine Coast 20-22 September.

Head to this website for information:

<https://swimcon.org/>

GOAL SETTING

Now is the time to set a goal for the second half of the year. Having a goal is going to give you a reason to swim.

This could be an event you are aiming for: a long-distance swim or pool competitions such as State SC at the AIS in October.

You may have a specific goal such as improving your time in an endurance swim or in an event such as 100m Freestyle.

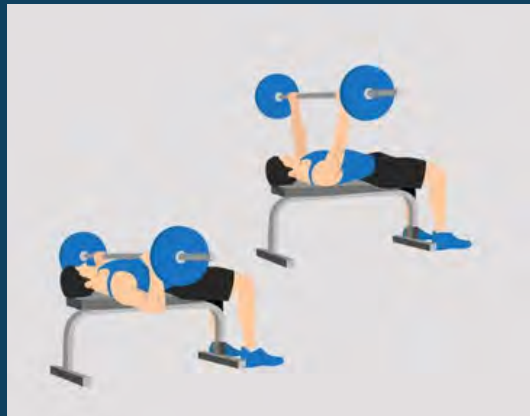
So have a think, write it down, put it on your fridge so you can see it. You may like to share your goals with the coaches so they can help you work towards your target.



NEW TECH

Check out this site if you are interested in innovative technology to improve technique. It is a device designed to measure the applied force of your hands. Find out how with eo SwimBETTER: www.eolab.com/swimbetter

STRENGTHENING EXERCISES



BENCH PRESS

The bench press is a classic upper-body strength training exercise that can be done with a barbell or dumbbell. The bench press builds upper body strength, which is crucial for swimmers to generate power during the pulling motion of their strokes.

The bench press is also a great core-building exercise (especially with dumbbells) and works the pecs, shoulders, and triceps.

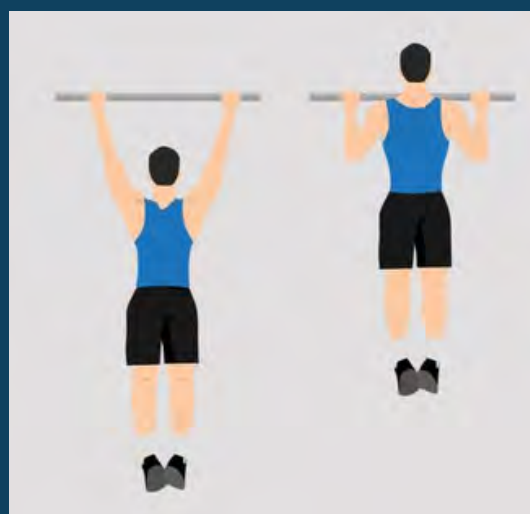


SQUATS

Squats are a compound strength training exercise that targets the lower body, especially the quads, glutes, hamstrings, and lower back.

Squats give swimmers the power to push off the wall with force, kick with more power, and launch themselves off the block like a rocket blasted into space.

They are also a sneaky exercise for a stronger trunk, which can help streamline the body and exert power through the upper body and the lower body.



PULL-UPS

The pull-up is a classic strength training exercise for swimmers. It's very versatile as well and can be done purely with body weight, with a band for assisted pull-ups, or by attaching weight plates to a dip belt for even more resistance.

Pull-ups work many muscles through the upper body and trunk, but swimmers primarily use them to target the latissimus dorsi, better known as the lats.

STRENGTHENING EXERCISES



BROAD JUMPS

Plyometrics and jumps have a pivotal role in strength training exercises for swimmers. Unleashing power and velocity off of the starts and turns are crucial for maximizing performance on race day.

One of the exercises every swimmer looking for a faster start should incorporate into their strength training is broad jumps.



PLANKS

Core strength is vital for swimmers. With optimal core strength, swimmers can transfer power through the limbs, whether by exerting more force in the pull, kicking harder, or exploding off the blocks with more velocity.

A strong core also helps to minimize the risk of injury, locks in your streamlines, and can even help facilitate stronger breathing.



SQUAT JUMPS

Squat jumps are another plyometric exercise that is also a variation of squats. So, the best of both worlds! Squat jumps help increase leg power, perfect for swimmers who want a more powerful kick and explosive push-offs.

With squat jumps, the goal isn't brute force. It's controlled and explosive speed.

Squat jumps are not about moving heavy weight slowly, they are about moving light weight at lightning speeds.

Source:




RECIPES FOR SUCCESS

Hearty Vegetable soup

 PREPARATION TIME **15 MINUTES**

 COOKING TIME **30 MINUTES**

 SERVES **4-6**

 FREEZABLE **YES**

Ingredients

- Spray of canola or olive oil
- 1 onion, chopped
- 2 teaspoons minced garlic
- 2 carrots, chopped
- 4 stalks celery, chopped
- 300 g peeled and chopped pumpkin
- 1 large zucchini (courgette), chopped
- 1 litre (4 cups) MAGGI Vegetable Stock
- 400 g can chopped tomatoes
- 1 teaspoon dried oregano
- ½ cup macaroni
- 300 g can butter beans, rinsed and drained
- 2 tablespoons chopped fresh parsley



HINT: This recipe can be adapted with 200g trim lamb fillets [cut into thin strips and quickly stirfried over medium-high heat for 2-3 minutes] added to the soup at the end of cooking. Delicious with damper or crusty rolls.

Method

- STEP 1** Heat the oil in a large pan and cook the onion over medium heat for 3 minutes or until soft.
- STEP 2** Add the garlic and cook for 1 more minute.
- STEP 3** Add the carrot, celery, pumpkin and zucchini and stir into the onion mixture.
- STEP 4** Add the stock, tomatoes and oregano, and bring to the boil.
- STEP 5** Reduce the heat and simmer, partially covered, for 10 minutes.
- STEP 6** Add the pasta and cook a further 10 minutes or until the pasta and vegetables are tender.
- STEP 7** Stir in the butter beans and heat through.
- STEP 8** Just before serving, stir in the parsley.

Recipes source:
[AIS](#)

PHOTOGRAPHY PERMISSION



If you prefer not to have your photo shared online, 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