



MASTERS SWIMMING NSW

NEWSLETTER

A chat with

TONY GOODWIN



I went to school at TSS in Southport and we “trained” between these structures in the Nerang River. The major problem with the “boards” as we called them was that, at high tide, the water was over our feet and at low tide it was a long way down. In addition, in summer when it really rained, the various animals came floating by. Needless to say, we did not fare very well at the GPS competition.

After a long break, in 1993, I came back to swimming with Manly. There have been many highlights. 10 World Championship visits making friends with so many people overseas and at home.

I met a Brit in Doha over a coffee and, when I introduced myself, he said, “Everyone knows who you are; you are so upright”. I really had no answer. In my age group over the years there was a Brit, a Russian, a German, a Hungarian, a Spaniard, a Japanese, an American and an Italian. All were such gentlemen but most are now retired for all sorts of reasons. When you are 87, you can understand how it happens. Even my dear wife, Cush, who was with me at so many of these competitions succumbed last year.



A CHAT WITH TONY GOODWIN



I love being able to pass on hints to swimmers. Last year at the Sports Awards, I met Amelia Moore (S19 young lady who was nominated as NSW Junior Swimmer of the Year with a Disability). I now mentor her and get such a kick out of that. Amelia just broke 7 State U17 + Open records at the recent NSW Country Championships. I'm thrilled for her.

My best advice is the constant reminder that technique is paramount. I never stop trying to perfect it. I swim 3 times and gym 3 times a week.

Something I will always remember is Fukuoka. After my wife died, I was nowhere till my kids told me to get moving and then they came to Fukuoka in support. I then broke 3 World Records at that meet. Nothing I have ever done would have happened without Cush.

I now have 1 more world record than Phelps so that spurs me on. Roll on Singapore and beyond with so many friends I have made over 30 years. I just love swimming!



Snapshot of Stats

Records as of June 2024: World Championship Medals:

WR: 29	Gold: 28
National: 166	Silver: 16
State: 272	Bronze: 5

MSNSW RELAY MEET

What a day!



13 National Records

24 State Records

8 State Split Records

388 SWIMMERS 459 RELAY TEAMS



MSNSW RELAY MEET

Pointscore winners: Blacktown

Average Pointscore: Blue Mountains



HARVEY BROTHERS - PENRITH



Harvey Brothers L-R: John, David, Steve, Peter

IT'S A
FAMILY
THING

2 NATIONAL RECORDS
3 STATE RECORDS

The four Harvey brothers decided to come together as a team for their mother who is 99 years old. Steve, Peter, David & John swam at the MSNSW Relay Meet in the 280-319 age group and broke 2 National & 3 State Records:

4x25 Free (S), 4x50 Free (S&N), 4x100 Free (S&N).

Growing up swimmers: Their mother trained the youngest John, whilst Steve, Peter and David all trained under Don Talbot at the old Bankstown pool. They remember club races with John and Lisa Conrads, Kevin Berry, Bob Windle to name a few. It was their mum who put them with Don Talbot to keep them out of mischief post WW2.

There was no heated pools or goggles in those days and stinging eyes was common.

BLUE MOUNTAINS



BLUE MOUNTAINS PHOENIX



L-R: Kay Burton, Nerida Murray, Anita Saviane & Sue Wiles

With a combined age of more than 320 years, four Blue Mountains swimmers have found themselves in the top two spots in FINA's latest world rankings for Masters swimming.

Sue Wiles (84), Anita Saviane (81), Nerida Murray (79), and Kay Burton (85), are ranked number one in the long course 4x100m medley relay and in second spot in the short course 4x200m freestyle relay for their age division.

All members of the Blue Mountains Phoenix Adult Swimming Club, the women were four minutes ahead of the second placed team in the 4x100m medley relay.

Apart from freestyle, Wiles swims backstroke, Saviane swims butterfly, Murray and Burton alternate between breaststroke and freestyle legs of a medley relay.

The team holds every Masters NSW Branch/NSW title for short and long course distances.

Sue Wiles joined Phoenix in 2006. She has been president of the club, has served on the Board of NSW Master for a number of years and is also an official at NSW carnivals. She has 16 Cole Classic plates to her credit and has been prominent in open water swimming.

Anita Saviane joined the Phoenix club three year ago after being a member of Cronulla Aussi and Sutherland Sandburn clubs. She has been prominent in many long distance and open water swimming events including the Shark Island swim. Saviane has competed in World Masters, national and state events with medals too long to list. She has known Nerida Murray since their first meeting at Bankstown Ladies Swimming Club and Royal Life Saving competitions as teenagers.

Nerida Murray joined Masters with the Emu Aussi club in 1996 then with Ripples Aussie at the Ripples, St Marys pool. She has been a member of Phoenix since 2008.

Murray has competed in Pan Pac and Asia Pacific Games as well as World Masters, nationals and state events. She competed for 10 years in the Penrith Bridge to Bridge, 3km swim and open water events. She has been a Learn to Swim teacher with Blue Mountains City Council for almost 20 years and a registered swim coach since 2005.

Kay Burton joined Masters in 1996, becoming Phoenix member in 2008. She has competed in World Masters, and several Pan Pacific Games. Burton competed in the Masters Nationals in Darwin in 2024 where she won a medal in every event she entered including six gold, five bronze and one silver.

The Springwood resident has taken on a new challenge since 2023 and is now swimming all the rock pools in Australia. The present count is 88.

Masters Swimming Australia's mission is to provide at club, state and national levels an environment to encourage all adults, regardless of ability, to swim regularly and compete to promote fitness and improve their general well-being. Their motto is "fitness, friendship and fun".

Source: [Blue Mountains Gazette Newsletter](#)

UPCOMING NSW EVENTS



**Warringah
BPS Meet**



**Ryde
BPS Meet**



**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



**Manly BPS
@ Lane Cove**



ALL NSW EVENTS AVAILABLE [HERE](#)

POSTAL SWIMS



**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

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 time to focus on Back End Speed (BES) to develop pacing and fitness in preparation for open water swimming and State SC in October.

What is BES? You will often hear the terminology Back-End Speed (BES) and Front-End Speed (FES) used by coaches. This simply means that at the start of a race, the first 50 is FES – or easy speed – swimming fast, but, because fresh, it's all feeling pretty good! The rest of the distance is BES – trying to maintain a similar pace. As fitness improves, the time difference between FES and BES should become less, to ultimately no more 1.5-2.5 sec differential.

Check out the article for more detail and examples of BES sets. The table is available for swimmers to calculate their FES and BES for an event.

<https://mastersswimmingnsw.org.au/training-sets-for-racing/>



WORKSHOPS

BACKSTROKE & BUTTERFLY

Workshops will cover drill progression in each stroke.

Sunday August 18
Aquatic Academy Seven Hills
Seven Hills

Attending Coaches earn 2 points towards Reaccreditation.

SOLD OUT

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/>

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.

DITA now has updated reaccreditation form making it simple for you to log and record your PD hours as you go.

RECIPES FOR SUCCESS

Louise's secret rainbow lasagne

PREPARATION TIME **20 MINUTES** COOKING TIME **35 MINUTES** SERVES **6**

Ingredients

- oil for cooking
- 800g lean beef mince
- 575g jar of tomato based pasta sauce
- 500g packet of frozen peas, corn and capsicum
- 375g packet of fresh lasagne (approx 8 sheets)
- 420g tin tomato soup
- 1 cup reduced-fat grated cheese

Method

- STEP 1** Preheat the oven to 180°C.
- STEP 2** Heat oil in a large non-stick saucepan over medium to high heat. Add the mince and cook for 6 minutes or until cooked completely, breaking up any lumps with a wooden spoon.
- STEP 3** Add the pasta sauce and frozen vegetables and simmer for 3 minutes until the vegetables are heated through.
- STEP 4** Lightly oil a 12-cup baking dish and line the base of the dish with a sheet of lasagne and top with a layer of sauce
- STEP 5** Alternate layers until all the sauce is used up, finishing with a lasagne sheet.
- STEP 6** Pour the soup over the assembled lasagne and top with a layer of cheese.
- STEP 7** Cook for 30–35 minutes or until golden on top.



HINT: It's tempting to make thick layers of sauce, but it actually works best with thin layers between each sheet. When cooked, the lasagne will stand up and keep its shape.

Recipes source:
[AIS](#)

MPIO - MEMBER PROTECTION INFORMATION OFFICER

Member Protection Information Officers (MPIOs) are an integral part of all levels of Australia sport, especially grassroots sport.

MPIOs are there to listen to issues raised by members of any sport before triaging and referring them to the right place to find a resolution. The MPIO is responsible for providing information about a person's rights, responsibilities and options to an individual making a complaint or raising a concern, as well as information support during the process.

MPIOs don't handle complaints or investigate grievances, and they don't mediate between members or stakeholders. They're also separate from the relevant Integrity Manager or the person(s) in authority regarding complaints, disputes and resolutions in your sport. MPIOs are an impartial party who are there to help guide people in the right direction.

MPIOs can be based within a club, association, a state sporting organisation, a national sporting organisation, or a national sporting organisation for people with disability.

What an MPIO can do:

- Listen
- Act as an impartial support person
- Provide information about discrimination, harassment and child abuse
- Provide information about the Member Protection Policy and the options available to resolve the complaint
- Provide information about relevant laws and the right to complain externally
- Discuss possible strategies the individual can use to deal directly with the other person
- Provide contact details for counselling or other referrals as appropriate or as requested

What an MPIO can't do:

- Advocate
- Take sides or judge
- Give advice
- Intervene
- Investigate
- Breach confidentiality

MSNSW MPIO's:
Amber Kelly
Lauren Bradley

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