



MASTERS SWIMMING NSW

NEWSLETTER

Welcome (back) Leichhardt to Masters Swimming NSW

Leichhardt Masters is back!

Leichhardt Swimming Club, founded in 1962 recently re-affiliated with Masters Swimming Australia. You might have raced against some of our members when they debuted at the NSW State Relay Championships at SOPAC in July. It was also great to see them compete on the weekend at the Ryde BPS carnival, including two members competing in Masters for the very first time.

With so many adults swimming at Leichhardt, it was a no-brainer to reestablish Leichhardt Masters. In fact, the pool offers adult swimming squads Monday to Friday and sometimes twice a day. Leichhardt Masters is currently working on a specific squad though which would be held twice per week, focusing on Masters race training and skills. Watch this space!

Leichhardt also puts on club races every Saturday morning between October and March, culminating in the Club Championships. You don't have to be a sprinter to excel, as Leichhardt offers 400m and 800m freestyle events to cater to the more middle distance swimmer. It's a great way to build up racing practice, and some may say even have the chance to race their kids!

Leichhardt prides itself on being a social club too. You'll almost always see Leichhardt swimmers sharing a coffee and toast after an early morning swim. It might be what they do best!

Contact Amber Kelly Leichhardt Masters Rep at masters.leichhardtswimmingclub@gmail.com for any more information.

WE NOW HAVE 46 CLUBS IN NSW:

<i>Armidale</i>	<i>Ettalong</i>	<i>Myall</i>	<i>Taree</i>
<i>Bidgee</i>	<i>Gloucester</i>	<i>North Shore</i>	<i>Tattersalls</i>
<i>Blacktown</i>	<i>Gosford</i>	<i>North Sydney</i>	<i>Trinity</i>
<i>Blue Mountains</i>	<i>Hills</i>	<i>Novocastrian</i>	<i>Tuggeranong</i>
<i>Bush Rangers</i>	<i>Hornsby</i>	<i>Oak Flats</i>	<i>Warringah</i>
<i>Campbelltown</i>	<i>Lake Macquarie</i>	<i>Penrith</i>	<i>Wests Auburn</i>
<i>Castle Hill</i>	<i>Lane Cove</i>	<i>Port Macquarie</i>	<i>Wett Ones</i>
<i>Cessnock</i>	<i>Leichhardt</i>	<i>Ryde</i>	<i>Woden Valley</i>
<i>Clarence River</i>	<i>Maitland</i>	<i>Sapphire Coast</i>	<i>Wollongong</i>
<i>Coffs Harbour</i>	<i>Manly</i>	<i>Seaside Pirates</i>	<i>Wyong</i>
<i>Coogee-Randwick</i>	<i>Merrylands</i>	<i>St. George</i>	
<i>Dubbo</i>	<i>Molonglo</i>	<i>Sutherland</i>	



CAMPBELLTOWN NEWS

Life Members

Campbelltown Masters Swimming Club recently inducted two of our wonderful members as "Life Members" to our club.

Congratulations to **James Pelosa** and **Owen Sinden**. Both were well deserved recipients of this nomination and award.

James (Jim) has been with the club for more than 26 years and over this time as held countless positions on the executive committee. Most recently becoming Vice President of the club. Jim is a vital member of the club and is always willing to help in any way he can. He prides himself on his approach to swimming and encourages others to follow. Over the years Jim has won several club awards and most recently attaining his Vorgee 4 million Metre award. We are very proud of Jim's achievements and his contributions to our club.



Congratulations!

Owen has been with the club for 20 years and has been instrumental in encouraging other members to become officials. Owen can often be seen at officiating at swimming meets (and racing) and offering support to those around him. He does this all with a smile on his face. At a club level he prides himself with helping others and setting an example for other to follow. In 2020 Owen was recognised for his efforts and received the prestigious Betty Grant award for his commitment to Masters Swimming NSW and driving the sport forward. We are very proud of Owen's achievements and having him as new life member of our club.



BPS CARNIVALS

Warringah

The crowd favourite at Warringah is the Medley Shootout. 3 National & 2 State Records were broken in event 1 and all clubs cheered for every round until we crowned our overall winners.



Joshua (Blacktown) & Tyson (Ettalong),



Georgina (Manly) & Kelly (Campbelltown)



Ryde

A great turn out at Ryde from 22 clubs in NSW!

Congratulations to Warringah taking out the Visitors trophy

FINAL TURTLE POSTAL SWIM

After 20 years the Wests Auburn Turtle postal swim has drawn to a close.

There are 2 swimmers who have completed this 5km individual swim EVERY year for 20 years.

A huge CONGRATULATIONS to Jillian Pateman & Susan Bellamy on this achievement!



Jillian with her best swimming buddy Sue Wiles



Susan

Thanks to everyone who participated in this postal swim over the last 2 decades!

NSW VOLUNTEER OF THE YEAR AWARDS

Masters Swimming NSW recognised several volunteers for their contribution to our organisation in 2023/24.

Each volunteer nominated was able to attend a ceremony held in their LGA and be presented with a certificate of appreciation.



Pictured above is Nigel van Reyk from Lane Cove Masters, who was our fill in treasurer & is a current NSW board member.

Other nominations included: Kerry Blanch, Jane Noake, Carmel Woods, Frances Woods, Vicki Mavro, David Boyd.

Congratulations & thank you to all our volunteers!

UPCOMING NSW EVENTS



**ALL NSW EVENTS
AVAILABLE HERE**



MSNSW STATE DINNER

This invitation is open to all MSNSW members to attend



For anyone who would like to gather for dinner,
we will be reserving tables:

Saturday 12th October 2024
6:30pm
Canberra Labor Club
51 Chandler Street, Belconnen

Please RSVP if you'd like a seat saved for you:

admin@mastersswimmingnsw.org.au

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

Friday 13th Sept 730pm: IOT

Saturday 19th Oct 8am: CS/CoC

Thursday 7th Nov 730pm: JOS

You must first be a qualified Timekeeper to complete these courses. Please only do one course at a time

**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 THE AGEING SWIMMER

Recently an excellent online workshop by Peter Reaburn on Coaching the Ageing Swimmer was run. Peter is a world expert in Masters athletes as well as being a Masters Swimmer himself. Coaches, if you missed the session, you can access it on DITA/library/MSA Coaches Online Meetings. It will be worth your while.

THE AGEING SWIMMER (WORKSHOP SUMMARY)

Decline in speed is more evident after 55 and greater again after 70. The VO₂ max (oxygen uptake) or how well your body uses oxygen, declines with age.

HOW CAN SWIMMERS SLOW THIS DECLINE?

- Maintain training volume and intensity. But do not overtrain!!
- Build an aerobic base and maintain aerobic capacity. Progressively overload to build fitness. Long slow distance training (LSD) helps to improve economy of oxygen uptake.
- Do sprint and interval training to stimulate fast twitch muscle fibres (which thicken with age)
- Drills and a Technique focus enables better oxygen economy.
- Maintain muscle mass through gym programs (weight based) – very important!
- Do neuromuscular training to retain balance and coordination (yoga, Pilates etc)
- Decrease body fat by decreasing food intake, move more and increase protein intake to increase muscle mass.

COACHING INFORMATION - ANNE SMYTH

WORKSHOP

BREASTSTROKE

Sunday October 20, 1-4pm
Aquatic Academy Seven Hills
78 Best Road, Seven Hills

[REGISTER
HERE](#)

SOLD OUT TO SWIMMERS

SPOTS AVAILABLE FOR ON DECK COACHES TO OBSERVE



COACHES WANTED

Merrylands Masters is seeking 2 coaches to fill casual teaching positions.

If you are interested apply here:

[Casual Swimming Coaches - Latest News | Merrylands A.S.C. Inc. \(merrylandsasc.asn.au\)](#)

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.

OLYMPIC INSPIRED SET FROM TUGGERANONG



Coach: anne		Date: 04/08/2024		Length: 90 Mins		Focus: swim like an Olympian FES BES	
Level	One	Two	Three	One	Two	Three	One
Warm Up (with Fins)	10 min swim CH @300	10 min swim CH @400	10 min swim CH @500				
Drills	Drills : 100 of each <ul style="list-style-type: none"> FR almost catch up – front quad stroking BA 6-3-6 snap shoulders BRS 2 kicks/1 pull FR Kick tempo – change beat from 2,4,6,2 every 25 m 400	Drills : 100 of each <ul style="list-style-type: none"> FR almost catch up – front quad stroking BA 6-3-6 snap shoulders BRS 2 kicks/1 pull FR Kick tempo – change beat from 2,4,6,2 every 25 m 400	Drills : 100 of each <ul style="list-style-type: none"> FR almost catch up – front quad stroking BA 6-3-6 snap shoulders BRS 2 kicks/1 pull FR Kick tempo – change beat from 2,4,6,2 every 25 m 400				
Pre-Set	Whole squad Set Swim like Cam Developing FES Front End Speed lower lanes fins <ul style="list-style-type: none"> 4 x 25 Kick as 15 m high intensity then easy 8 x 25 sprint 15 m high intensity then easy 100 m easy incl flush 10m hard 400	Whole squad Set Swim like Cam Developing FES Front End Speed lower lanes fins <ul style="list-style-type: none"> 4 x 25 Kick as 15 m high intensity then easy 8 x 25 sprint 15 m high intensity then easy 100 m easy incl flush 10m hard 400	Whole squad Set Swim like Cam Developing FES Front End Speed lower lanes fins <ul style="list-style-type: none"> 4 x 25 Kick as 15 m high intensity then easy 8 x 25 sprint 15 m high intensity then easy 100 m easy incl flush 10m hard 400				
Main Set Focus/Tips:	Work BES! First 50/100 FES. Then work BES Channel your fav Olympian! <ul style="list-style-type: none"> 1 x 200 CH 30 sec R 2 x 100 FR 20 sec R 2 x 100 CH 20 sec R 8 x 50 CH 15 sec R 1000	Work BES! First 50/100 FES. Then work BES Channel your fav Olympian! <ul style="list-style-type: none"> 2 x 200 CH 30 sec R 3 x 100 FR 20 sec R 3 x 100 CH 20 sec R 8 x 50 CH 15 sec R 1400	Work BES! First 50/100 FES. Then work BES Channel your fav Olympian! <ul style="list-style-type: none"> 2 x 200 CH 30 sec R 4 x 100 FR 20 sec R 4 x 100 CH 20 sec R 10 x 50 CH 15 sec R 1700				
Cool Down	200 Choice 2300	200 Choice 2800	200 Choice 3200				

Thank you to Anne Smyth for sharing this with the Masters Swimming NSW community!

RECIPES FOR SUCCESS

Breakfast frittata

PREPARATION TIME **10 MINUTES**

COOKING TIME **13 MINUTES**

SERVES **6**

Ingredients

- 6 eggs
- ½ cup reduced-fat milk
- ½ cup reduced-fat grated tasty cheese
- pepper, to taste
- oil for cooking
- 2 rashers lean bacon, diced
- 150g cherry tomatoes, halved
- 4 spring onions, finely sliced
- ¼ cup chopped parsley



Method

- STEP 1 Preheat grill to high.
- STEP 2 Combine eggs, milk and cheese in medium bowl and season with pepper.
- STEP 3 Heat oil in a medium non-stick frying pan over medium heat.
- STEP 4 Cook bacon for 3–4 minutes or until lightly golden. Add tomatoes and spring onions and cook for 2 minutes or until tomatoes just start to soften.
- STEP 5 Add egg mixture to pan and cook 3–4 minutes until egg is just starting to set.
- STEP 6 Place under grill and cook for a further 2–3 minutes until top browns. Sprinkle with parsley.

Recipes source:
[AIS](#)

PAN PACIFIC MASTERS GAMES



Pan Pacs

MEET GUIDE

OFFICIAL WEBSITE

16 MONTH MEMBERSHIP

This product is available for all club secretaries to set up in Swim Central



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