



# MASTERS SWIMMING NSW

## NEWSLETTER

# GET TO KNOW MARK HEPPLER



**Mark Hepple - a name synonymous with Masters Swimming NSW.**

**You may know Mark as our recorder, as he does most of our BPS meets and all State events, but Mark also does a huge amount of work for the MSNSW community and dedicates so much of his time and expertise to help better our processes.**

**Mark joined Aussi Masters in 1997 with The Hills club, for which he is still a member today. Ironically, this came about after accidentally coming across the 1997 National Swim in progress, whilst going for a swim/gym session at SOPAC (then SIAC). He had never heard of Masters Swimming till then.**

**Mark has served many positions in The Hills club; President, Secretary, Recorder and Treasurer, before relocating to the Mid North Coast in 2005.**

**It's rare to see Mark in the water, as he's always busy doing the recording for the event - but he does love to swim a 50m (or a 25)!**

**There are many many hours spent behind the scenes with Mark looking at updating our systems and processes to make it easier for the rest of us to use. He has been a tremendous help to our branch administrators over this time and continues to share his knowledge and skills throughout the MSNSW & MSA community.**

**Mark has said that he is particularly proud to have brought the organisation, and the members into the 21st century in terms of the use of website for dissemination of information to members, online forms, online meet entries, online payment systems, and online meet results.**

**We are eternally grateful to have him in our team.**

# HOW TIMES HAVE CHANGED

## *Since being appointed Branch Recorder in 1999*

In 1999, meet entries were hand written by competitors on pink & blue cards, which were collated by each club and forwarded by post along with a cheque for the entry fees. Recording (including manually transcribing all entries from the pink & blue cards), was done on purpose written MSNSW dBase software.

Before too long, entries were transitioned to an excel spreadsheet submitted by email from each club – although manual data entry was still required, it was made much easier, and computer printed race cards were produced.

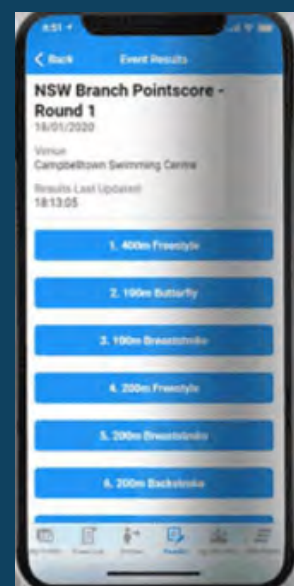
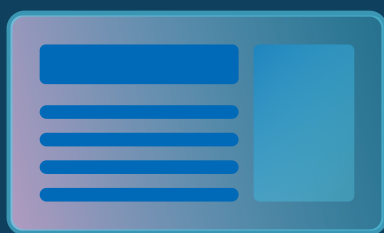
All meet results were also done by manual data entry until Meet Manager recording software was adopted Australia wide, which enabled automatic uploading of results from automatic & semi-automatic timing systems

Online entries were enabled following the migration of MSA membership registration to the IMG platform.

Semi-automatic timing for nearly all MSNSW meets was introduced in 2017, using the Wylas platform, pretty much bringing an end to manual data entry and issue surrounding that.

Real-time access to results on mobile/tablet/computer was enabled through the Live Results app in 2021.

Online entries migrated to the Swim Central platform in late 2022.



# MILESTONES & ACHIEVEMENTS

**1999 Appointed Branch Computer Recorder**

**Gary Stutsal Award**

**(for the person who has contributed the most to the advancement of Masters Swimming NSW)**

**2001**

**2006**

**2013**

**2019**



**2002 National Championships - Organising Committee & Meet Recorder**

**2009 World Masters Games - Meet Recorder**

**2013 National Championships - Organising Committee & Meet Recorder**

**2019 National Championships - Assistant Meet Recorder**

**2022 National Championships - Organising Committee & Meet Recorder**

**2023 National Championships - Assistant Meet Recorder**

**2024 National Championships - Assistant Meet Recorder**

**2013 Created new MSNSW website**

**2018 Re-created MSNSW website, following a move to a new content management system.**

**Created registers in the cloud for administration of NSW Officials, Coaches & Medical Disabilities**

**2020 Created MSNSW Live Results App (This began as a Covid19 era check-in system, and quickly morphed into an online meet results system to avoid members crowding around results posted poolside)**

**2020 - MSA and all state Branches, website and IT support.**

**2020/21 created many 'virtual' meets to keep members engaged during Covid**

**2021 Created MSA Million Metres App to facilitate recording and centralisation of swim data**

**2022 Created MSA Live Results App for National Championships**

**2022 Assisted MSA with setup and migration of membership database and meet entries to Swim Central**

**Life Membership to MSNSW 2017**

**Sports NSW Distinguished Long Service Award in 2022**

# MANLY - DAWN GLEDHILL SWIM



A great turn out for our Dawn Gledhill medallion swim! The swimmer closest to their nominated time in a 100IM swim will receive the Dawn Gledhill medallion, named in honour of life member Dawn and for her love of medley swimming.

Thank you to Helen for organising, and everyone who swam and volunteered to timekeep.

The trophy has kindly been donated by Dawn's husband Peter, and will be presented in December.

# UPCOMING NSW EVENTS



**MSNSW Short Course Championships**




**Manly BPS @ Lane Cove**




**Port Macquarie BPS Meet**




**Combined Clubs BPS meet**





## ALL NSW EVENTS AVAILABLE HERE



### MSNSW STATE DINNER

This invitation is open to all MSNSW members to attend



CANBERRA  
LABOR CLUB

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

### NARRABEEN BEACH OCEAN SWIM

Sunday 3 November 2024

Get in an early swim for the season!



Narrabeen Beach SLSC  
Ocean Street (between King & Albert Streets)

Registration	7.30am to 9.30am
Briefing	8.40am
Swim start time	9am - 800m (12 yrs & over) 10am - 1.8km (15 yrs & over)

Visit [oceanswims.com.au](http://oceanswims.com.au) for details and registration.



Proudly sponsored by



Direct clash with Manly carnival

# 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

Saturday 19th Oct 8am: CS/CoC

Thursday 7th Nov 730pm: JOS

Tuesday 10th Dec 7:30pm: CTK

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

## PREPARING SWIMMERS TO COMPETE

State Championships are coming up shortly in October and your club may have swimmers new to competing. It is important to go over swim meet guidelines in training to familiarise all swimmers with meet conventions.



### HOLD A RACE PRACTICE SESSION IN TRAINING:

- Practice a typical meet warm up. A warmup should usually include at least 400 m covering the race strokes, some 25's at race pace to get heart rate up and dive starts. Make sure swimmers are aware of the importance of cooling down after a race. Discuss warm up protocol, i.e. following lane warm up signs and not diving in.
- Ensure your swimmers are familiar with rules. Check your swimmers' starts, turns and strokes to ensure they are legal.
- Practice starting, including whistle and starting device. Remind swimmers to be prepared (goggles on) before they step on the block and to be steady on the blocks.
- Go over the Finish procedure - Hit the wall firmly to ensure automatic timing works. Stay in lane until instructed to leave. With an over the top start, remind swimmers in the water to be quiet and to make sure they are off the wall.
- Practice Relays.

# COACHING INFORMATION - ANNE SMYTH

# WORKSHOP

# BREASTSTROKE

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

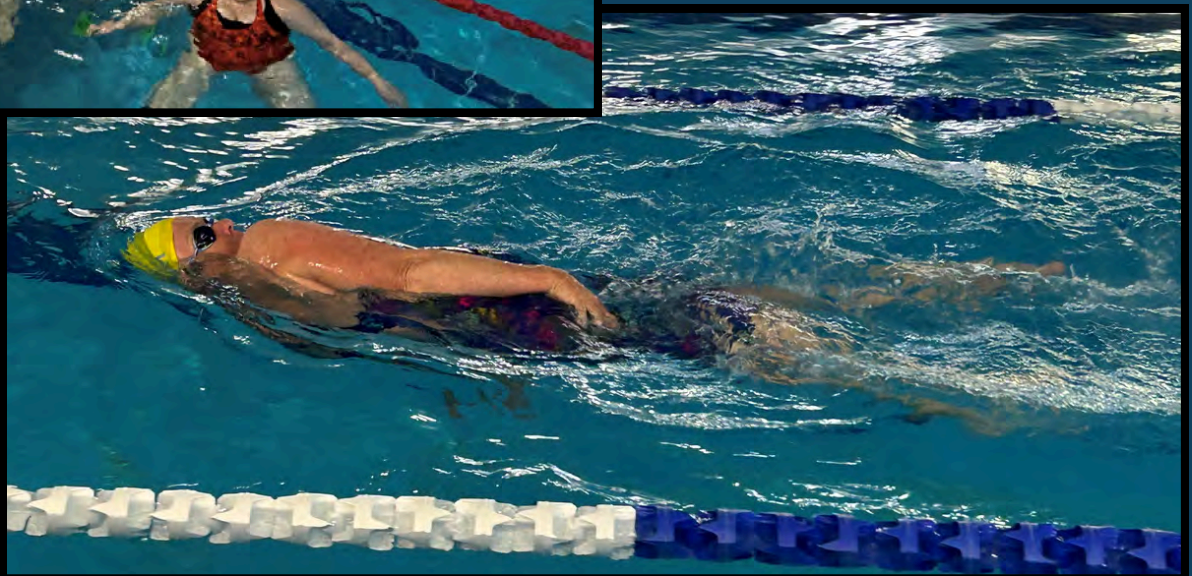
[REGISTER  
HERE](#)

**SOLD OUT TO SWIMMERS**

SPOTS AVAILABLE FOR ON DECK COACHES TO OBSERVE



Backstroke & Butterfly  
Workshop



# COACHING INFORMATION - ANNE SMYTH



Thank you to everyone  
who attended

## 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

## Homemade toasted muesli

PREPARATION TIME **5 MINUTES**    COOKING TIME **25 MINUTES**

MAKES **12 SERVES**

### Ingredients

- 1/4 cup apple or orange juice
- 1/2 cup honey (warmed)
- 1/4 cup maple syrup
- 1 tsp vanilla essence
- 2 tsp cinnamon
- 6 cups UNCLE TOBY'S Traditional Oats
- 2/3 cup slivered almonds
- 1 cup pumpkin seeds
- 1 cup of your favourite dried fruit, e.g. sultanas, dates

### Method

- STEP 1** Preheat oven to 170°C.
- STEP 2** Combine juice, honey, maple syrup, vanilla and cinnamon in a small jug.
- STEP 3** Combine UNCLE TOBY'S Traditional Oats, almonds and pumpkin seeds in a large bowl.
- STEP 4** Add honey mixture to the oat mixture and stir to combine. Try to ensure that oats are evenly coated.
- STEP 5** Spread muesli over 2 baking trays and bake for 25 minutes or until lightly browned, stir occasionally to prevent mixture from sticking to the baking tray.
- STEP 6** Remove muesli from the oven and allow to cool.
- STEP 7** Add your favourite dried fruit and stir evenly through the muesli. Store in an airtight container.



Recipes source:  
[AIS](#)

# MILLION METRES APP - UPDATE

Make sure you update to the new Million Metres App



# PAN PACIFIC MASTERS GAMES



## MEET GUIDE OFFICIAL WEBSITE

Entries close Oct 11  
(Some day 1 events have already reached capacity)

# 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)