



MASTERS SWIMMING NSW NEWSLETTER



State SC Championships



STATE SC CHAMPIONSHIPS - AIS



281 SWIMMERS

INCLUDING USA, QLD, WA, VIC & SA!

2 Provisional World Records

9 National Records

10 State Records

10 Splits Records

Congratulations to all 281 swimmers across 40 clubs.

Our technical officials, and timekeeping volunteers - we are so thankful to you for giving up your time! Including Pete and Brad who looked after our medals & engraving, as well as Cherry & Mark for our recording.

A massive dinner attendance at the Canberra Labor club saw over 120 swimmers come together!

Thank you everyone for making the event successful!



SC CHAMPIONSHIPS - AWARDS

Swimmers of the Meet



Aaron Cleland



Elizabeth Merenda

**DIVISION 1 WINNERS
TUGGERANONG VIKINGS**



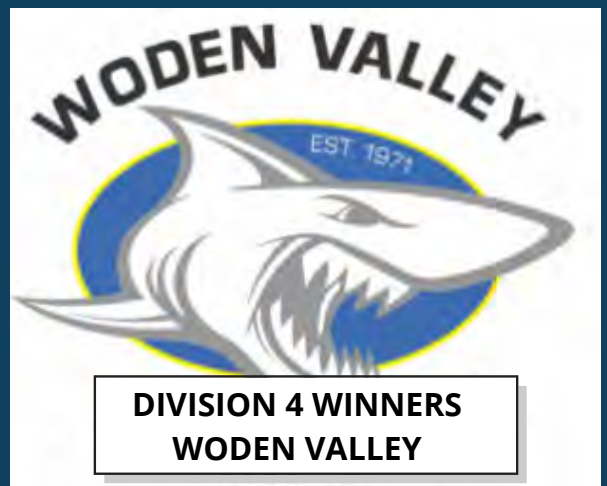
**DIVISION 2 WINNERS
WETT ONES**



**DIVISION 3 WINNERS
MOLONGLO WATER DRAGONS**



**DIVISION 4 WINNERS
WODEN VALLEY**



SC CHAMPIONSHIPS - AWARDS



Gordon Cozins Memorial Trophy

Tuggeranong

The Gordon Cozins Memorial Trophy is awarded to club scoring the highest total points for relays.



Des McCormick Trophy

Manly

The Des McCormick Memorial Trophy is awarded to club with the highest average points per swimmer



Harry Fowler Trophy

North Shore

Lachlan Pearse

Julia Riedl

Michelle Waite

Scott Sugden

The Harry Fowler Memorial Trophy is awarded for an outstanding performance by a relay team 200yrs or more, based on comparison of swim times with World, National, and Branch records

2025 CALENDAR DATES



Masters Swimming NSW Calendar 2025

Meet Date	Host Club	Course	Location / Details
February	Saturday 1st	Campbelltown BPS	LC Gordon Fetterplace AC
	Saturday 8th	IoT course	zoom 8am
	Saturday 15th	Myall BPS	SC Tea Gardens Pool
March	Saturday 1st	Blacktown BPS	LC Blacktown AC
	Saturday 15th	Cessnock BPS	LC Cessnock Pool
	Tuesday 19th	Starter course	zoom 7pm
	Sat & Sun 29-30	Branch LC Championships	LC SOPAC
April	Saturday 29th	Presentation Dinner	TBC
	8-12	MSA National Championships Melbourne	LC MSAC
May	Saturday 26th	JoS course	zoom 8am
	10th	AGM	TBC
	Saturday 17th	Ettalong BPS	SC Woy Woy PLC
June	24th	Dual Sanctioned Meet – Swimming NSW	SOPAC
	29-1	Great Barrier Reef Masters Games	LC Cairns
	Tuesday 3rd	CTK course	zoom 7pm
	Saturday 14th	Call room (marshal, check starter) course	Zoom 8am
July	Sunday 15th	Pirates BPS	SC Knox Grammar Pool
	28th	Wett Ones BPS	Sydney Uni Pool
	Sunday 13th	Branch Relay Meet	SOPAC
August	Saturday 19th	Starter course	zoom 8am
	Saturday 26th	Ryde BPS	SC Ryde Leisure Centre
	7-14	World Masters Championships	LC Singapore
	Tuesday 12th	Call Room (marshal, check starter) course	zoom 7pm
September	Sunday 31st	Branch LD Championships	SC Knox Grammar Pool
	Sunday 7th	Warringah BPS	SC Warringah AC
	Tuesday 9th	IoT training	zoom 7pm
	Saturday 20th	Leichhardt BPS	LC Leichhardt Park AC
October	Saturday 20th	50th Anniversary Dinner	TBC
	Sat & Sun 11-12	Branch Short Course Championships	SC Woy Woy PLC
	18-25	Australian Masters Games	LC AIS, Canberra
November	Sunday 2nd	Manly BPS	LC Lane Cove AC
	Saturday 15th	Port Macquarie BPS	LC Port Macquarie Pool
	Saturday 22nd	CTK course	zoom 8am
December	Saturday 6th	Novocastrian BPS	LC Charlestown Pool

[DOWNLOAD HERE](#)



AWARDS - DATE CHANGE



To celebrate our 50th birthday, all awards will be presented at our State dinner on Saturday 29th March.

This means that there is a deadline change to the following awards:

**Coach of the Year
Official of the Year
Administrator of the Year
Gary Stutsel Award
Betty Grant Award**

New Deadline: January 14th 2025

[SUBMIT A NOMINATION FORM HERE](#)

TONY GOODWIN - ISHOF



Tony Goodwin has been a Masters competitor for over 30 years.

Tony was a highly competitive swimmer in his youth, with breaststroke his specialty. When he turned 20, he left the sport. He did not return to the sport to swim competitively for 35 years, although he'd stayed in shape playing cricket. He quickly returned to competitive form, breaking FINA/World Masters records. He has broken his own records in the three breaststroke distances, multiple times, including eight times last year and ten times in the previous year.

With the recent death of his wife, Tony was despondent and found himself simply going through the motions in the pool. Encouraged by his son, he and his family traveled to the Fukuoka World Championships in 2023 where at 85, he came away with four golds in the 50m, 100m and 200m breaststroke, and the 200m individual medley. All three breaststroke events were FINA/World records. He also added placement points to his totals with a silver and bronze medal.

[Read the whole article here](#)

UPCOMING NSW EVENTS



**Manly BPS
@ Lane Cove**




*Masters swimming NSW
Long Distance Championships*

Granville Swimming Centre
Sunday 24th November 2024

Entries close noon Friday 15th November
DETAILS AT MASTERSWIMMINGNSW.ORG.AU



**Port Macquarie
BPS Meet**




**Combined
Clubs
BPS meet**




ALL NSW EVENTS AVAILABLE HERE



**OPEN WATER
NSW CHAMPIONSHIPS**

swimming new south wales

**SWIMMING NSW INVITATIONAL MEET
SATURDAY 14TH DECEMBER**
2.5km OWS (QT required)
Apply through manual entry form [here](#)

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 for details and registration.



Proudly sponsored by



Direct clash with Manly carnival

TRAINING SESSION

Are you staying in Port Macquarie after the carnival?

Come and join us for a training session before heading back home on Sunday!



**Port Macquarie
Training session**

**Sunday 17th
November
2024**

9am - 10:15am

**All Masters
members
welcome**

**Please
bring your
training
aids**

**Come and have a training
session with Di and Kerry**

Cost - Pool entry only!



**masters
swimming**
NEW SOUTH
WALES

TECHNICAL OFFICIALS



ATTN: STARTERS



2025 is the year for all starters in NSW to reaccredit. Please keep an eye on the Official's Training Course Calendar. You will find Official Training Courses are advertised in this monthly Newsletter.

ATTN: ALL CLUBS



Planning to conduct Branch Point Score (BPS) swim meets in 2025?

Now is the time to check your club officials are current for your swim meet date.

How can you do this: first ask the official to check expiry date on their E-certificate. Second if they cannot find this, please email DiP: diane.partridge@bigpond.com with the proposed date of your swim meet and I will check their currency on the Official's database.

Course Info

Thursday 7th Nov 730pm: JOS

Tuesday 10th Dec 7:30pm: CTK

**REGISTER
HERE**



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

Terminology

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

COACHING INFORMATION - ANNE SMYTH

COACHING CORNER



As we approach the end of the year, it is an excellent time to focus on developing technique across all strokes. Do a stroke tune-up!

Many swimmers are now looking at distance events with the Long-Distance Meet on November 24 and Open Water season happening.

Swim sessions can focus on building fitness and improving pacing skills over distance.

Tempo Trainers are a great tool for distance work.

A set of tempo trainers are available for clubs to borrow. Blacktown, Warringah and Manly Clubs have all taken advantage of this.

If you would like to borrow them, please email me anneswims2@gmail.com.

SIMPLE PACING SETS TO DEVELOP PACING SKILLS OVER DISTANCE

The aim is to maintain the same pace throughout the set – either by using the clock or tempo trainer. The rest is minimal - 10-15 secs.

Sets can be varied according to ability/fitness. These sets can start off feeling very easy but should bite near the end!

Set 1: 10 x 100 = 1000

Set 2: 2 x 100, 1 x 200, 2 x 100, 1 x 200, 2 x 100, 1 x 200 = 1200

Set 3: Pyramid: 2 x 50, 2 x 100, 1 x 200, 2 x 100, 2 x 50 = 800

Set 4: Goldilocks Set: 3 x 100, 1 x 200 (Baby Bear), 3 x 100, 1 x 300 (Mummy Bear), 3 x 100, 1 x 400 (Daddy Bear) = 1800



COACHING INFORMATION - ANNE SMYTH



Big thanks to Greg Lewin and Aaron Cleland for running a fabulous Breaststroke Workshop recently.

Coaches who attended can record 2 points PD for Coach Renewal.

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

Nicoise salad

Ingredients

- 12 small chat potatoes, halved
- 150g baby spinach
- 1 cup halved cherry tomatoes
- 200g baby green beans, trimmed and blanched
- 400g can tuna in brine, drained
- 8 pitted black olives, halved
- 1/3 cup fresh basil leaves
- 4 hard-boiled eggs, peeled and quartered
- 1/4 cup low-fat mayonnaise
- 1 tbs Dijon mustard
- 2 tsp lemon juice
- freshly ground black pepper
- 4 large or 6 small bread rolls



Method

- STEP 1** Boil potatoes in a saucepan for 8-10 minutes or until cooked.
- STEP 2** Drain.
- STEP 3** Combine spinach, tomatoes, beans and potatoes in a large serving bowl.
- STEP 4** Flake tuna over the top and scatter with olives, basil and eggs.
- STEP 5** Combine mayonnaise, mustard and lemon juice and drizzle over salad.
- STEP 6** Season with pepper.
- STEP 7** Serve with bread rolls.

Athletes with **high fuel** needs [e.g. endurance athletes, athletes who are growing, athletes aiming to increase muscle mass] require extra carbohydrate-based ingredients and a larger serve size

Athletes with **low fuel** needs [e.g. skill-based athletes, athletes trying to reduce body fat] need to opt for a smaller serve size

Recipes source:
[AIS](#)

MILLION METRES APP - UPDATE

Make sure you update to the new Million Metres App



LAUREN IS AWAY AT PAN PACS

The office will be unattended from Tuesday 5th November - Sunday 10th November. Please contact Kath Davis at MSA: admin@mastersswimming.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