



MASTERS SWIMMING NSW

NEWSLETTER

2024 Stats

14 BPS & State events held

**Club with the most records:
Blacktown - 122**

**Highest attended Relay
meet (388 swimmers)**

**Highest attended State SC
meet (281 swimmers)**

**7 World Records
108 National Records
11 Relay National Records
230 State Records
32 Relay State Records**

Most successful swimmer

CLARY MUNNS

**3 World Records
25 National Records
34 State Records**

THE RESURGENCE OF GOSFORD CITY SEAGULLS

The Seagulls swim at Gosford Olympic Pool on the NSW Central Coast. We enjoy a glorious heated 50m pool under clear summer skies and a cozy 25m indoor pool to retreat to in winter. Despite the Gosford pool being popular with swimmers, the Seagulls have not been immune to the 'membership drain' that has affected many Masters clubs across NSW over the last decade. By January 2024 the passing of the Seagull's beloved and highly regarded founder Val Lincoln left the club with just 6 members. Perhaps emboldened by liquid-courage-induced pledges following their July AGM, the remaining Seagulls rallied in an all-out effort to share their love of swimming with others.

Here is what they learned that spring about introducing Prospective Members (PMs) to Masters Swimming.

- Timing is everything. Ideally the club recruitment campaign will align with the Masters membership cycle and warmer weather.
 - o September planning (set roles, membership targets, identify barriers)
 - o late October media promotion (photo-shoots, posters, local radio, social media)
 - o November: actively inviting PMs for 'come and try' swims so their 28 days of insurance coverage leads right into...
 - o December Masters membership becoming available for PMs to purchase.

Subsequent January New Year's resolutions and a hot February will likely see more PMs approach your club. Going forward, a club recruitment campaign should be an annual September-to-November project. Similar to garden preparation every late winter for an enjoyable spring and summer.



Our first mixed relay team
in over a decade!
Swimming at the combined
BPS meet in December.

THE RESURGENCE OF GOSFORD CITY SEAGULLS

· **Remove the barriers that discourage PMs:** for Gosford the main barrier to PMs was very limited lane space. If that's the case for your club, renew the discussion with the managers of your pool and share your intention to invite more swimmers. Your interests are aligned which makes it more likely they will try to fit you in somehow, even perhaps for a trial period.

· **Find your club's value:** I got asked by a PM "Why should I pay a Masters membership fee to swim with you when I can swim without you for free?". Your club's answer to this could be:

- o Team motivation to swim regularly if the PM lacks a swim-buddy.
- o Stroke correction or coaching for performance if the PM finds squads too intense.
- o Opportunity for the PM to travel with and race for a club who participate in many carnivals

It's likely that one of these is your club's 'strong suit', so promote it and let your PMs experience it. Gosford is fortunate to have a skilled and enthusiastic Coach in Greg Moeller with support from generous experienced swimmers like Col Hodgson, so we made sure our PMs were introduced to them and found the Seagull's value.

· **Nominate an Engagement Officer and buddy-up!** I recognise the ideal that swimming with Masters should 'just sell itself'. But this isn't the reality. If it was, clubs all over the state would be constantly inundated with new members. The reality is swimming is tough for most people: physically demanding and mentally unsettling. Having a friendly Engagement Officer seek out and welcome PMs will lower any apprehension they have about swimming with a club. If you then 'buddy up' the PM with a club member for encouragement through the swim sessions, it will offset any discomfort they have in the water.

· **Let them know they're valued.** Gosford has been successful well beyond our expectation with membership increasing from 6 to 26 in the spring of 2024. It's not these numbers that excite us though: we're celebrating that we now get to swim with Belinda, Charlie, Ella, Trevor, Claire, Damian, Linda... each individual has brought something unique to the club. No doubt other clubs have the same ethos, just make sure you let PMs know you're a better team now they've arrived.

The Gosford City Seagulls hope our experience is informative to you as it would be wonderful to see every club across the state with a strong and vibrant membership swimming for fitness, friendship and fun!

by Matthew Dore
Club Captain (may His tumble-turn never fumble)

THE RESURGENCE OF GOSFORD CITY SEAGULLS



2024 AWARDS

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

Please submit nominations now for:



Coach of the Year



Official of the Year



Administrator of the Year



Gary Stutsel Award



Betty Grant Award

[SUBMIT A NOMINATION FORM HERE](#)

Deadline: January 14th 2025

2024 E1000

Time to complete your e1000 swims for 2024!

Closing date is 14 January for the previous year's e1000 swims. Ensure all swims are entered and checked by this date.



2025 MEMBERSHIP

All 2025 12-month memberships are available for purchase in Swim Central.



FREE CAP

For all swimmers who sign up as MSNSW members by Jan 31, 2025

50th BIRTHDAY YEAR!

Merch will be going on sale on the MSNSW website in the second week of January.

*All orders to be collected at meets (will be handed to club captains)

MSNSW 2025 50th Anniversary Merchandise



UPCOMING NSW EVENTS



 Masters Swimming NSW
Long Course Championships

Sanction #2025LC

Sydney Olympic Park Aquatic Centre
Olympic Boulevard, Sydney Olympic Park

29th & 30th March 2025

ALL NSW EVENTS AVAILABLE HERE

WANT TO WIN ONE OF THESE TOWELS?



THE BIG SWIM

At the 50th Big Swim, nearly 70% of the 1260 entrants were over 45 year old and of those, 35% were females. This iconic event, regarded as the first of the open ocean swims, is a 'journey' swim of 2.8 km from Palm Beach to Whale Beach.

Last summer, the younger generations were in awe when a Manly Masters Swimming Club member recorded the fastest time: Jeanette Brits, in the 60-64 age category, finished in a time of 40.25 - better than the fastest female in the much younger Elite group.

Amazing swim Jeanette, congratulations.



On for the 51st time, The Big Swim will be on the Sunday of the Australia Day holiday weekend. If you haven't gone in this great swim before, do it in 2025. The event is very well organised by Whale Beach SLSC with exceptional water safety measures; with rescue boards, jetskis, IRBs and Marine Rescue craft.

For those not yet confident to do the beach-to-beach distance, there is the Big Little Swim of 1 km at Palm Beach. Have a look at thebigswim.org.au to see photos and details of this premier event and easy, online entry.

There are a series of warm-up swims on each January weekend at Bilgola, Newport Beach and Mona Vale, then another journey swim on March 17 from Newport to Avalon Beach and a shorter swim in the bay at Avalon.

Go to oceanswims.com.au for details on distances, start times and online entry.

MACQUARIE BANK

THE BIG SWIM™

WHALE BEACH SLSC

THE 51st PALM BEACH to WHALE BEACH

Australia Day 2025
SUNDAY
26th JANUARY

Enter online thebigswim.org.au

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

Saturday 8th Feb 8:00am: IoT

Tuesday 18th March 7:00pm: Starter

Saturday 26th April 8:00am: JoS

**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 - ANNE SMYTH

SAVE THE DATE

2025 NATIONAL COACHING CONFERENCE JUNE 21 & 22 | CANBERRA
DETAILS COMING SOON

OPEN WATER SWIMMING IDEAS

With many swimmers are participating in open water swims, it is fun to incorporate some open water skills into training sessions. In addition to aerobic sets aimed at developing endurance and fitness, here are some fun ideas:

- 25 m Dolphin dives – in the shallow end, dive to ‘grab the sand’, keep going until water is too deep, sprint to pool end.
- 25 m Drafting in lanes. Swimmers take turns as the leader, other swimmers follow quickly, drafting on feet, alongside.
- Peloton swimming (better over 50m). Like a Cycle peloton, swimmers bunch up swimming slowly, the last swimmer accelerates, overtaking the swimmers to take the lead. Regroup at end of 50m with a new last swimmer again overtaking.

Reaccreditation

Don't let your coach qualification lapse. Go online to:
<https://msa.ditaplayer.com.au/catalog/club-coach-re-accrreditation>

COACHING - ANNE SMYTH

Coach of the Year & MSA Coaching excellence award

Is there a coach in your club who has been motivating and inspiring?
This year there are two opportunities for nomination.
Please use the appropriate nomination form for NSW and National.

NSW Coach of the Year.

Nominations close: January 14, 2025.

<https://mastersswimmingnsw.org.au/award-nomination-form/>

MSA Coaching Excellence Award.

Nominations close: February 25, 2025.

<https://mastersswimming.org.au/about/msa-awards/msa-coaching-excellence-award/>

Background to the MSA Coaching Excellence Award:

- Allows for multiple recipients.
- Enables the recognition of coaches for small or large achievements they may have made in their clubs.
- It is a simple online process to nominate – anyone can do this – a swimmer or a club.

MILLION METRES APP - UPDATE

Make sure you update to the new Million Metres App

Finished a million metre milestone, submit the award application form here.



2025 CALENDAR

Get Planning for next year!
2025 MSNSW Calendar is here



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