



MASTERS SWIMMING NSW NEWSLETTER

BPS MEET CHAMPIONS

Campbelltown BPS: 40- 49 age group

Congratulations to Laura Lawrence (Campbelltown) and Socrates Sanchez (Wett Ones)!



Myall BPS: 60-69 age group

Congratulations to Stephen Bergen (Myall) and Joanne Collins (Myall)



2025 BPS MEETS



WHAT A START!



Our 50th year has had a fantastic start. Our first 3 carnivals all breaking entry records, with Blacktown surpassing their previous record by almost 40 entries!

It's been great to see so many of our members enjoying these carnivals. Thank you to our host clubs for running these so smoothly, as we know so much work goes on behind the scenes to organise these events.

We still have many more events coming up including State & Nationals (VIC). Make sure to get your entries if for those as well!

SWIM BY YOURSELF PROGRAMS

INTRODUCING OUR BUSH RANGERS COACH

For the past couple of years, while coaching a local squad, I sent out programs once per week to the swimmers who were unable to make it. I now would like to offer these Swim By Yourself Programs to the wider Masters NSW community. I particularly hope the programs will provide an exciting new resource for our members who live in country NSW.

The swimmers who have been receiving the programs like the flexibility they offer as well as that they cater for a range of swimming abilities. Each program comes with a short explanation of some aspects of the program and a drill. There is usually a link to a video that demonstrates the drill. The drills are chosen with the content of the latest MSNSW workshops in mind. The purpose of the weekly drill is to maintain the form of competent swimmers and for newer swimmers to have a go. By having a go, week by week, new swimmers should be better placed to benefit from in-person feedback at MSNSW workshops and other coached sessions.



The programs also cater for different swimming abilities by being modular. Swimming them straight through in order is the most efficient way to build fitness. But it's also an option to work at completing one of the programs over a few sessions. Another option is to add one or two of the modular sets to your usual swimming routine and newer swimmers might just add the set with the drill. The goal is to use the programs in a way that works for you.

That being said, the programs will come in three (or more) levels. The harder levels will include solid laps to improve the fitness and speed of competent swimmers. The intensity of the programs will align with Masters Swimming events such as the State and National carnivals in mind.

Please email me on susanH2Osplash@gmail.com if you would like to receive these programs. I look forward to supporting your swimming.

2025 NATIONALS

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

Follow the official Facebook event:

[2025 Masters Swimming Australia National Championships](#)

[**Register Here**](#)

2025 WORLD CHAMPIONSHIPS

Click below to access the most up to date information:

[**Information Bulletin**](#)



50th BIRTHDAY YEAR!



Merchandise is on sale now!

[Click here to order](#)

Postage options available, or click & collect at the next carnival.

CELEBRATING 50 YEARS
masters swimming
NEW SOUTH WALES
1975-2025

State Presentation Dinner

MARCH 29TH 6:30PM

REGENTS STREET PAVILION **\$25 PP** **LIMITED SPOTS**

[Book Dinner Here](#)

UPCOMING NSW EVENTS

1 MARCH

Blacktown

8 MARCH

Aquatic Revival

15 MARCH

Cessnock

29+30 MARCH

State LC Champs

17 MAY

Mingara Pelicans

[CLICK HERE TO ENTER](#)



AQUATIC REVIVAL

SATURDAY 8TH MARCH
NARRABEEN SWIM ACADEMY
ENTER NOW VIA SWIM CENTRAL

Prizes to be awarded:

- Best 1970 outfit on arrival
- Fastest male and female in 50m freestyle
- Coollest cap/swimmers
- PB streak - swimmers who beat their entry times in every single event
- Closest to the winning time from 1975 in 400m female and male (in their age group)

The poster features a colorful border with floral patterns and logos for the Australian Union of Senior Swimmers (Aussi International) and Masters Swimming NSW (celebrating 50 years 1975-2025).

This is our replica meet of the first Nationals in 1975!

We'll be holding the same events run on this day 50 years ago!

Prizes will be awarded & a fun day guaranteed!

COACHING - ANNE SMYTH

2025 NATIONAL COACHING CONFERENCE JUNE 21 & 22

VENUE: CANBERRA LABOR CLUB & CISAC

Two days jam packed with workshops aimed at developing your coaching knowledge. The keynote speaker is Peter Reaburn, presenting The Physiology of aging and implications for Masters Swimming coaches.

MSNSW COACH & SWIMMER WORKSHOPS

MARCH 22

BOWRAL

BOOK HERE

FREESTYLE CLINIC & TRAINING SESSION

MAY TBC

CANBERRA

FREESTYLE WORKSHOP

JUNE 7

ORANGE

BOOK HERE

FREESTYLE CLINIC & TRAINING SESSION

JUNE 21/22

CANBERRA

BOOK HERE

NATIONAL COACHING CONFERENCE

JULY 26

PAMBULA

ALL STROKE WORKSHOP

TBC

SYDNEY

OVERCOMING ANXIETY + SWIMMING OVER 60

If you would like a clinic run in your area, please email Anne Smyth: anneswims2@gmail.com

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



Conducting a Branch Point Score (BPS) swim meets in 2025? Make sure 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

Tuesday 18th March 7:00pm: Starter

Saturday 26th April 8:00am: JoS

Tuesday 3rd June: 7:00pm: 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

MILLION METRES APP - UPDATE

Make sure you update to the new Million Metres App

This app also tracks your 50 x 50 x 50 swims!



2025 CALENDAR

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