



# MASTERS SWIMMING NSW NEWSLETTER



## *Out and about at Cessnock*



# 2025 BPS MEETS

# BPS MEET CHAMPIONS

## Blacktown BPS: Closest to nominated time 100m Backstroke

Congratulations to Cameron Jones (Warringah) & Amanda U (Ryde)



## Cessnock BPS: 50-59 Age Group

Congratulations to Trevor Miller (Gosford) and Wendy McMurtrie (Port Macquarie)



## 50 YEARS AGO *BY LEON BOBAKO*



Looking back to that time and maybe a little longer it made me realise the incredible changes we have experienced in the world of swimming and Masters swimming in particular.

Recently I outlined to a young swimmer the conditions I and those of my age experienced as young keen age groupers and how in most cases we retired from competitive swimming before the age of 20 years.

During our period our pools were:  
Mainly summer pools opened from start of October to the end of March each season. We froze at the beginning of the season and at the end of the season. Pool heating did not exist.

Most pools were outdoor 50m chlorine or salt water with a diving tower sitting at the deep end. A few newer aquatic centres had either separate diving pools or 25m pools. Pretty rare. Some even had lane and T section markers.

There were a few 25m indoor pools in Metropolitan areas catering for certain squads over winter but for most it was a time for winter sports.

Chlorine was stored in large containers which were tipped into the pool at various spots and stirred with a stick or leaf catcher. Not sure how the measurements were taken but I do remember many swimmers with green hair, itchy skin and sore red eyes.

Water clarity was poor to ok depending on how big the crowds were before training.

Training lanes were available on cold or wet days otherwise our swims were straight through the crowds. The swims were on the clock so no stopping.

Timing done with stop watches. No touch pads as yet.

Lane ropes were either non existent or on special occasions ropes with cork floaters were strung the length of the pool.

Diving blocks generally were concrete block, flat on top and slippery when wet.

Goggles, swim caps were again rare other than the cloth caps tied at the chin on big meets.

Similar to the ones Lifesavers wear. Swim wear for men either with a front skirt or without.

## 50 YEARS AGO BY LEON BOBAKO

Coaching was available with a volunteer coach or if you could afford one a resident professional coach. Coaching was a learned thing handed down by those coaches achieving success. Drills were a rarity however high mileage was the norm. Coaches were beginning to question past practices and changes in training were happening.

Rules and changes in stroke technique, distances and attitudes to the benefits of swimming has attracted many swimmers back into the sport

MY first club Birrong had a Ladies Amateur Swimming club and a separate Mens Amateur Swimming club. Eventually combined.

Yes, times have changed and I hear me saying "When I was young things were different" however we have come a long way all for the better.

Thanks to the establishment of Masters Swimming we eventually had a home to go to. Congratulations on your 50th Anniversary.

Leon Bobako

President and Life Member

Myall Masters Swimming Club.

## 2025 WORLD CHAMPIONSHIPS

Click below to access the most up to date information:

**[Information Bulletin](#)**



# ***BOWRAL - FREESTYLE WORKSHOP***



Saturday 22nd March saw three top MSNSW coaches, Anne Smyth and Greg Gourley from Tuggeranong and Greg Lewin from Ryde head down to Bowral to present a Freestyle workshop. The workshop was a result of local swimmers in the area wanting to obtain a greater knowledge of how to improve on their swimming. The workshop was held at the Bowral swimming centre and went for just over 2 hours.

Greg Gourley filmed each swimmers above and below the water whilst Anne and Greg Lewin commented on and wrote down the positive points on the swimmers style plus the points in which they can work to improve on.

Anne and Greg L then went through the fundamentals of a good freestyle stroke including breathing, body position and core, entry, catch, pull, exit and recovery, rotation, freestyle kick and timing. Once they had completed this program they all then went back into the shed to see themselves swimming on the big screen where Anne, Greg G and Greg L could then show each swimmer what they were doing incorrectly and what they would need to do so that they can improve their freestyle.

Feedback from the swimmers on completion of the workshop was very favourable and asked if we could run something similar in the new year.

A big thank you to the staff at Bowral Swimming centre, Lawrence Powderly (VPC) for organising the event and to Anne, Greg G and Greg L, the coaching staff for a great day.

# AGM - 10<sup>TH</sup> MAY



Board Nomination Form

EOI Appointed Positions

**Nominations**

**Due 4<sup>th</sup> April:**

We would love to see a representative of each club in attendance.



Please RSVP by Thursday 1<sup>st</sup> May  
[admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

# 50<sup>th</sup> BIRTHDAY YEAR!



Merchandise is on sale now!

[Click here to order](#)

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

## UPCOMING NSW EVENTS

### 2025 UPCOMING EVENTS

17 MAY Mingara Pelicans

15 JUNE Seaside Pirates

13 JULY State Relay Meet

26 JULY Ryde

ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL

[CLICK HERE TO ENTER](#)

## 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

**MAY 10**

**CANBERRA**  
FREESTYLE WORKSHOP

**BOOK HERE**

**JUNE 7**

**ORANGE**  
FREESTYLE CLINIC & TRAINING SESSION

**BOOK HERE**

**JUNE 21/22**

**CANBERRA**  
NATIONAL COACHING CONFERENCE

**BOOK HERE**

**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](mailto:anneswims2@gmail.com)

# TECHNICAL OFFICIALS



## ATTN: STARTERS

ALL STARTERS MUST REACCREDIT IN 2025. NEXT COURSE IN JULY:

Saturday 19th July 8:00am: Starter

[REGISTER  
HERE](#)

## 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](mailto:diane.partridge@bigpond.com) with the proposed date of your swim meet and I will check their currency on the official's database.

## Courses

Saturday 26th April 8:00am: JoS

Tuesday 3rd June: 7:00pm: CTK

Saturday 14th June 8:00am: CS

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