



MASTERS SWIMMING NSW

NEWSLETTER

2024 AGM

Thank you to those who attended the AGM. Our elected board members are:

President: Kerry Blanch (Wests Auburn)

Vice President: Mark McDonald (Blacktown)

Vice President Country: Lawrence Powderly (Wett Ones)

Treasurer: Bec Sheppherd (Hornsby)

Ordinary Board Member: Donna Campbell (Tuggeranong)

Ordinary Board Member: Nigel van Reyk (Lane Cove)

Ordinary Board Member: Suzie Haddad (Campbelltown)

LIFE MEMBERSHIP

Congratulations to **Stuart Meares** (Warringah), who was awarded Life Membership of MSNSW at the AGM.

Stuart has been a member of Warringah Masters since 1986. He joined the MSNSW board in 2001 where he served as Treasurer for 18 years. From the start, Stuart's fiscal discipline and hard work, took us from being in debt to being in the black and maintaining that ever since.

Amongst his many achievements, he was awarded the Sport NSW Distinguished Long Service Award in 2018.

Congratulations Stuart!

AGM Reports are available to read

CANBERRA COACHING CLINIC



Recently many swimmers participated in the Freestyle Workshops held in Canberra. The workshops were run by Greg Gourley and Anne Smyth, assisted by the Tuggeranong Coaching team – Leisa, Caz, Brenda, Jeanette, Kylie, Kristi, Chris and Josh.

From Olympians, National swimmers to novice beginners, all benefited from the intensive focus on Freestyle through drills and found the stroke filming and analysis enlightening. We look forward to running the workshop in Orange in June and are planning a session in Sydney later in the year.

LIVE



2025 6 MONTH MEMBERSHIP

From June 1, our 6 month membership is available for any new or returning members to join for the second half of the year.

Clubs Secretaries - please make sure these are created for your club.
If you need assistance, please contact
admin@mastersswimmingnsw.org.au.

50TH ANNIVERSARY DINNER



50TH BIRTHDAY DINNER

SATURDAY 20TH SEPTEMBER 2025

6:00PM

(HELD AFTER OUR LEICHHARDT BPS MEET)

**BANKSTOWN SPORTS CLUB
8 GREENFIELD PDE, BANKSTOWN**

\$50PP (3 COURSE MEAL)

240 TICKETS AVAILABLE ONLY

RSVP: 5th SEPTEMBER

*You're
invited*

To book your ticket, head to
www.mastersswimmingnsw.org.au

If you have any dietary requirements
for us to be aware of, please email
them through to
admin@mastersswimmingnsw.org.au

50TH MERCHANDISE



Merchandise is on sale now!

[Click here to order](#)

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

2025 WORLD CHAMPIONSHIPS

UPDATE

Information Bulletin

Qualifying Times



WORLD CHAMPIONSHIPS - MERCHANDISE

TEAM AUS APPAREL GET YOURS TODAY!



PHONE NUMBER FOR THE ORDERS:
0755 228 283
9:00AM - 5:00PM

EMAIL FOR ORDERS:
FINEDESIGNSAUORDERS@GMAIL.COM

STANDARD PACKAGE:

- YELLOW CAP WITH ONE FRONT PRINT - \$25
- DRY FIT GREEN T-SHIRT WITH PRINTS - \$42
- T-SHIRT WITH PRINTS - \$34
- WOMEN'S ACTIVE SHORTS - \$52
- MEN'S ACTIVE SHORTS - \$52
- GREEN AND YELLOW BACKPACK - \$55
- GREEN AND YELLOW SPORTS BAG - \$70
- ZIP-UP JACKET WITH ONE LOGO - \$55

[MORE ADDITIONAL ITEMS ON WEB STORE](#)



SHOP ONLINE


SINGAPORE 2025 TEAMWEAR IS HERE

Get ready for the World Aquatics Masters Championships in style!

T-shirts, jackets, shorts, bags, caps & more
 Customise with your name
 Celebrate MSA's 50th Anniversary

ORDER HERE

UPCOMING NSW EVENTS

2025 UPCOMING EVENTS

15 JUNE

Seaside Pirates

5 JULY

Wett Ones

13 JULY

State Relay Meet

26 JULY

Ryde

31 AUGUST

State Long Distance

ALL EVENTS OPEN TO ENTER IN SWIM CENTRAL[**CLICK HERE TO ENTER**](#)

Reminder to please check the flyer for the number of entries you can swim for each meet.

As a rule, for BPS meets - it is a maximum of 4 individual events
(some meets are a maximum of 3 individual - depending on the start time)

If you have entered too many, the system will automatically remove your last elected event from the program.

[MSNSW Consolidated Rules of Competition](#)

COACHING - ANNE SMYTH

2025 NATIONAL COACHING CONFERENCE JUNE 21 & 22

VENUE: CANBERRA LABOR CLUB & CISAC

Excitement is building toward the Conference in June. The presenters are busy working on their sessions, and it will be a wonderful opportunity to connect with coaches from across Australia. Don't miss out - there are a few spots left!

MSNSW COACH & SWIMMER WORKSHOPS

JUNE 7

ORANGE

FREESTYLE CLINIC & TRAINING SESSION

SOLD OUT

JUNE 21/22

CANBERRA

NATIONAL COACHING CONFERENCE

BOOK HERE

JULY 26

PAMBULA

ALL STROKE WORKSHOP

TBC

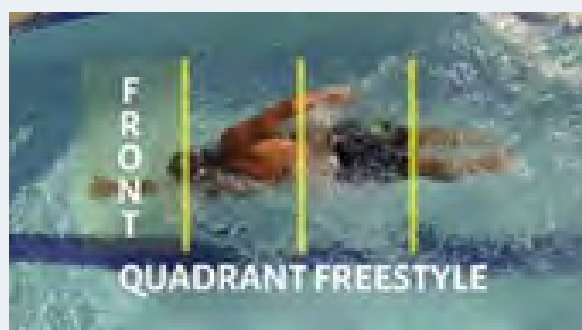
SYDNEY

OVERCOMING ANXIETY + SWIMMING OVER 60

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

COACHING - ANNE SMYTH

SWIMMING TIPS: THE IMPORTANCE OF FRONT QUADRANT STROKING IN FREESTYLE



What is front quadrant stroking?

Essentially, Front Quadrant stroking means there is always one hand in front of your head throughout the stroke cycle.

<https://www.youtube.com/watch?v=9UrBXFegEpM>

Why is it so important?

It makes the Freestyle stroke more efficient. It stops the elbow dropping and crossover in stroke. As swimmers tire, it is easy for the arms to slip through water, missing much of the catch phase.

What does it look like?

The opposite hand anchors your breathing in catch entry position. As the breathing arm passes ear and the head is returning to streamlined position, the hand adopts an early vertical forearm position (EVF). EVF is exactly what it sounds like – getting your forearm into a vertical position during the “catch” phase of your stroke as soon as your arm enters the water. The body is in a streamlined position, enabling the power in the catch and pull phase to be maximised, as the hand drives the water backwards, accelerating as the hand passes hips.



How to develop front quadrant stroking.

Exaggerate the Front Quadrant stroke in the ‘almost catch up’ drill. Practice as 25 almost catch up, 25 focus on Front Quadrant stroke.

Recently at the Bowral and Canberra Freestyle clinics, Front Quadrant stroking and EVF were explored. Since attending the workshops some of our swimmers have been absolutely smashing their times at meets and in endurance by focusing on this.

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 with the proposed date of your swim meet and I will check their currency on the official's database.

Courses

Tuesday 3rd June 7:00pm: CTK

Saturday 14th June 8:00am: CS

Tuesday 12th August 7:00pm: 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

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