

### Annual General Meeting

A great turn out of delegates and members attended our Annual General Meeting last Saturday. Once the formalities were over everyone got to enjoy lunch and presentations.

The Gary Stutsel award (*to the person who has contributed the most to the advancement of Masters Swimming NSW*) was presented by Gary to Kerry Blanch from Wests Auburn Masters and the Administration award (*to a person for a year of outstanding contribution to club administration*) went to Marie Taylor from Manly Masters. Marie is presently travelling through South America so club President Ruth Fitzpatrick picked up the trophy on Marie's behalf.



**LIFE MEMBERSHIP of MSNSW was granted to Mark Hepple, Hills AUSSI Masters.**



Mark is usually in the background to everything that goes on in Masters swimming. Mark took on the responsibility of updating the website and keeping it up to date and progressively making changes. These changes included standardisation of all the forms, listing of all the awards and pictures of all the trophies, listing and pictures of life members, keeping results up to date, digitilisation of the forms that we use, constant upgrading behind the scenes and working with the administrator to improve all our systems. It was Mark who suggested we move to online entries, researched the various systems available, tailored the one we are using to make it user friendly and has made most of our lives so much easier.

Mark is still seen at the majority of swim meets, although some of the clubs now do their own recording, most with a little help from Mark in some form or another, but now much of the work done by Mark is behind the scenes and not visible to most members.

I would suspect if not for Mark's work NSW would be behind most branches, whereas we are leading in innovation. We are proud of what we achieve in NSW and much of this is due to Mark's silent work in the background constantly challenging what we do and how we can do it better. He constantly scans available information to see how we can progress. Mark has put his heart and soul

into Masters swimming, and we have benefitted as a Branch from having Mark as part of our team. Congratulations to our newest Life Member. (Photos by Terry Gainey)

## Special Olympics this Sunday at Sutherland

Volunteers to fill Technical official roles have been requested for the Sydney South Special Olympics being held this coming Sunday 4 June at Sutherland Leisure Centre from 1230pm.

Also this Sunday Molonglo Waterdragons, Tuggeranong Vikings and Ginninderra Marlins are getting together for an interclub meet at the Tuggeranong Lakeside Leisure Centre at 2.30pm. This will be followed up on Saturday 16 September with the Tuggeranong Challenge—flyer coming soon.

## 2017 World Masters Games –Auckland

There were many swimmers from MSNSW that enjoyed the competition and holiday delights that Auckland has to offer last month for the World Masters Games. While the competition was fantastic it was the sights and experiences that proved a resounding success.

- Details are available from the WMG website. <http://www.worldmastersgames2017.co.nz/>

## The Hunter Project

The word has got around that the Hunter region is the subject of a special project to assist clubs in raising their profile and adding extra activities for our members to enjoy. Details are going direct to the clubs involved but watch this space for the flurry of activity that is hoped to re-energise and revitalise our clubs in the region. Perhaps mini-meets, coaching sessions, open days, inter-club activities...who knows what else?

## Coaches workshop FREE—Sunday 25 June

Backstroke workshop

June 25 at Abbotsleigh pool 9-10 am

Want to improve your knowledge and delivery of backstroke to your squad? Skills and techniques explained by Mark Morgan introducing new drills and techniques to enhance your training sessions.

1 hour practical workshop held before the Manly Masters swim meet. A great opportunity to combine a workshop with a swim meet. All coaches are welcome. Don't forget—there are lots of drills on the Coach page of our website, it's a great resource for you. Register your interest for this free workshop at [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

## Club Coach course—Sunday 27 August

Do you want to qualify as a coach? Email [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au) and get your name on the list for our next course being held at Sports House, Sydney Olympic Park, on Sunday 27 August—numbers are limited and the course is filling up fast.



## CPR course

Book now for the next Cardiopulmonary Resuscitation course to gain the skills and knowledge required to perform the essential lifesaving technique of CPR, again numbers will be limited so first in best seat. This qualification lasts for twelve months so check your certificate's expiry date. You could save a life (and it might be mine)!

### Learning Objectives

- ✓ Recognise an emergency situation
- ✓ Identify, assess and minimise immediate hazards
- ✓ Seek assistance from emergency response services
- ✓ DRSABCD action plan
- ✓ Respond to signs of an unconscious casualty
- ✓ Perform CPR
- ✓ Infection control
- ✓ Demonstrate the use of AED
- ✓ Provide an accurate verbal report of the incident

Masters Swimming NSW Sports House, Quad 1, Level 2, 8 Parkview Drive, Sydney Olympic Park 2127  
PO Box 6941, SILVERWATER NSW 2128 Phone 02-8736 1232

Email: [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au). Website: [www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)



## FREE Coach session for your club!

Don't forget that Coaches are available to visit and run a session for your adult squad. It is always good to have some variety and learn from other coaches. Paul Bailey has been running some very successful sessions with Singleton Masters already and they have asked him back! If you want a visiting coach please contact Anne Smyth or Jillian Pateman at [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)



## Dryland training session—free to members

This seminar will cover how to dry-land train for the masters swimmer. This will include practical not just theoretical exercises, considerations, how to train from home or the gym, myths around dryland training and any questions from the attendees to ensure they reach their potential. This seminar will be presented by Nicolai Morris (pictured), a current masters swimmer who has worked as a strength and conditioning coach for ten years with elite and developing sports teams. Notify the branch office if you are keen to attend a session to be held at Sydney University **Sunday 23 July** (not at the pool).



## Lismore Masters Games

Book the dates—pool events Friday and Saturday 22- 23 September and an open water swim on Sunday 24. This will be a co-sanctioned meet with Masters Swimming Queensland.

## Online entries for all swim meets

Our members have successfully taken up using the online entry system for swim meets and it has proved a bonus for host club treasurers. The clubs hosting a meet in 2017 are being offered the option to have online only or both online and Team Manager. (Manual entries have long gone.) We now look ahead to 2018 when ALL meets will be 'online entries only' so members are encouraged to take the opportunity to trial the system and see just how easy and one-stop it is. Race Secretaries still have a job to do and that is to send around the flyer then remind members of closing dates. As Late Entries are no longer being accepted (from the start of 2017) this will prove to be an important task.

If any member has difficulty or concerns with online entries nothing need change for you, speak with your Race Secretary, just as you always have done, and they can submit your entry online on your behalf.

These questions can be easily answered:

WHAT IF I DON'T HAVE A CREDIT CARD?  
WHAT IF I DON'T HAVE A COMPUTER OR INTERNET ACCESS?  
WHAT IF MY CLUB PAYS FOR MY ENTRIES?



## Seeking Betty Grant award nominations

Nominations are sought for members 60+ who fill the criteria outlined in the attached flyer. This recognises a member who swims/competes/officiates in the spirit of fun & friendship. Thinking caps on please and submit by 30 June.

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## Masters Swimming Australia National Swim Series



**MASTERS  
SWIM SERIES  
2017**

MASTERS SWIMMING AUSTRALIA

MSA National Swim Series boasts a mix of Long and Short course meets across Australia. It rewards members' participation and performance in any of the meets, with members only needing to swim two meets to be eligible for prizes. The more meets you enter, the better the multiplier for your points. Eight meets (two to go in 2017) make up the Series, the next one is Tasmania in August. Click [HERE](#) for the Swim Series Flyer

## Branch Championships

Official of the Year, Coach of the Year & the Ian Davis awards were announced at the recent branch Championships. Official of the year was Jamie Turner, Ryde AUSSI Masters, Coach of the Year Paul Bailey, Warringah Masters and Anne Smyth, Tuggeranong Vikings was awarded the Ian Davis award. Congratulations to all, very well deserved.

## Millions of Metres



MASTERS SWIMMING AUSTRALIA



The Vorgee Million Metre Awards acknowledge progress from the "learn to swim" beginner to the distance swimmer. These awards are intended to stimulate members to strive for greater fitness and are open to all registered members of Masters Swimming Australia. The Million Metre Awards

were established in 2001 for one, three, and ten Million Metres. In 2004, they were expanded to include five and seven Million Metres. In 2007, the two Million Metres award was included and in 2016 four Million Metres was added. The next round closes 1 August, for more info click [HERE](#)

## Did you know?

If you have a business or your company would like to offer special rates to our members we have a Members Directory. For instance – members can get a discount price at Bench Wine Bar in King St, Newtown, or great rates with swim coach Mark Morgan from SWIM [MARK].

Georgene McKenzie Hicks from Sutherland Sandbern Masters club was recently awarded the Order of Australia for her work with disadvantaged groups across the world. (Picture: Chris Lane)



## Yoga for Swimmers

Why not host a Swimmers Yoga class at your pool! Organise a group of your club mates (8+) and book a session that can include specific 'swimmers shoulder' exercises. [christina@brand-echs.com.au](mailto:christina@brand-echs.com.au)

Swimmer's Yoga has been developed for swimmers who may only have the capacity to practice yoga once or twice per week.

This offer was been taken up by Blacktown City Masters and they loved the sessions so much they asked Christina back for more! Contact the Branch office for details.



## Thailand in June?

[http://www.cousinstt.com/cousins\\_tour.php?tour\\_id=203](http://www.cousinstt.com/cousins_tour.php?tour_id=203)



**MSA THAILAND TRAINING CAMP**  
11-18th June 2017  
Thanyapura Sports Complex  
Phuket  
Pool & Open Water training by award winning coach Alan Godfrey

COUSINS  
ESTABLISHED 1982

masters swimming  
AUSTRALIA



## 17<sup>th</sup> FINA World Masters Championships –August

Entries are open for the FINA World Masters Championships in Budapest, Hungary. Don't delay in booking your entries as some events may fill. **Entries close 29 June 2017**

The entry booklet for the Championships is available [HERE](#)

*Please let the branch office know if you're planning on going to Budapest, there is already a list of over 20 NSW members and coaching sessions are planned prior to departure. What else can we do to make sure you get the most out of your World experience? **Let us know!***



**FINA**  
WORLD  
CHAMPIONSHIPS



## Conduct at swim meets and Protest procedure

☞ Slow responses by swimmers to the double whistle at the end of a 50m race(long course) or 25m (short course) indicates that clubs need to advise members of procedures i.e. you must clear the pool immediately on completion of a 50m or 25m race. The swimmers must respond to the double blast of the whistle.

☞ Move away from the wall for an over-the-top start.

☞ Do not ask the timekeepers for your time from the water, they have a job to do and, to respect the next heat, must not be distracted at this time. Your time is posted as soon as possible.

☞ CHECK your time as soon as it is posted, you have 30 minutes to lodge a protest.  
<http://www.mastersswimming.org.au/Information/Forms>

☞ If you have a pre-existing medical condition and choose to swim knowing the risks please inform the Referee. Officials are required to step in if something untoward happens (duty of care). Carnival officials need to be prepared to wear the psychological and emotional consequences while continuing to encourage swimmers to participate and enjoy their swimming. There is an At Risk form you can lodge—found here <http://www.mastersswimmingnsw.org.au/Downloads/Forms>

## Wagga Wagga Masters Games—7-8 October

The inaugural Wagga Wagga Masters Games has had to change its dates and now clashes with Warringah Masters annual swim meet. MSNSW had planned to assist in the organising and management of the swimming event but this clash, as well as now being only a week from our Short Course Championships at the AIS in Canberra, takes our Officials and organising team out of the running. There is only so much that we can ask our volunteers to take on, especially when there is such distances to travel. We will be promoting the event however and can be advisors to the local Swimming NSW representatives on all things 'masters' should they need our help.

## No Late Entries

Late entries are no longer accepted for swim meets. Having listened to the membership the Board agreed that a standard time of day was appropriate so midday (high noon) is the point where entries shut down in the portal. One benefit of online entries is that the closing date will move to only one week out from the meet. But this is for meets where there are ONLINE entries only, (there are still a few meets in 2017 where both options will be offered). Entries are open as early as possible, often months ahead, there is plenty of time to log on to the portal and choose your swims and times. Please don't leave it until the last minute, you may just miss out.

Race Secretaries, your vigilance with closing dates and gentle reminders to your members becomes even more important now, please make note of closing dates and send those prompter emails as you have done in the past.



## Australian Masters Games — October

Launceston, Tasmania is hosting the swimming events for the AMG over the weekend of 21/22 October 2017 and entries are now open. 21 other sports are also involved so include your active family and friends in the holiday planning. There is something to suit everyone so get involved!

## What's on a little closer to home?

Flyers are on the website for Manly 25 June (**entries close 9 June**), Relay meet 9 July, Ryde 2 September, Seaside Pirates 24 September, and both the Short Course 14-15 October and Long Distance 5 November Branch Championships.

**North Shore Masters Solstice swim** Sunday 18 June 0845 at Aquabliss Normanhurst. Lane space is limited so please enter by email to [northshoremasters@gmail.com](mailto:northshoremasters@gmail.com) or through their facebook page [www.facebook.com/northshoremastersswimming](http://www.facebook.com/northshoremastersswimming) An inaugural event for this growing club with donations going to support the *Prostate Cancer Foundation of Australia*

**Novocastrian** swim meet date change to 18 November—due to a double booking at the pool Novos has been forced to change their date. Please note this in your diary.

### POSTAL SWIMS

For those keen enough to do timed swims over the winter season why not get involved in postal swims? Bunbury Stingers (3 x 400m) is on until 30 June as is the Baddaginnie Animal, 5 swims in one day! You can also look across the pond to NZMS for the Shear Magic ½ hour.

The next Board meeting is scheduled for Monday 19 June 2017. This meeting is open to any member of Masters Swimming NSW. Please notify the branch office at least two days before the meeting of your intention to join us.

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