

SWIMMERS NEWS



**MASTERS
SWIMMING**
Queensland

President's Report

John Barrett

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Edited and compiled by
Helga Ward

It was great to catch up with the Queensland contingent in Sydney at the National 2013 Championships. There were some great swims, especially by George Coronas. The NWS organising committee did an excellent job and are very experienced in putting on big meets following on from hosting the World Masters Games in 2009.

I have travelled to the Whitsunday Club meet in Proserpine and the Cairns Sea Eagles at Trinity Anglican School since the National Swim. Both meets only attracted small numbers, but had a very friendly atmosphere.

The MSQ Board held its 'Face to Face' meeting in Brisbane on 24th and 25th of May 2013 to consider our current arrangements and plans for the future. Thanks to Alan Patterson and JJ Richards for providing the boardroom for our use.

After the Board meeting I took a trip up the range and had a swim with the Toowoomba Masters at the Glennie Pool. As always, the Tadpoles were very welcoming and the coffee and BBQ after a swim was much appreciated. Their club is keen on the Endurance Program for this year and members have been swimming plenty of laps.

Arrangements are progressing with the 2014 National Swim in Rockhampton. Clubs should now have brochures and information is being made available on the web site. There is a wide range of accommodation available in Rocky, but don't leave it too late.



JJ Richards in Cleveland, the Waste Management organisation has kindly given us access to their Board Room, free of charge since 2012. The BMB has met there for the Face to Face Meetings. We are extremely grateful to them and appreciate their support enormously.

NOTE: MSQ website article: Ahlanna Hayes (QLT) - Sports person of the year—2012



“Deep Pool – Slow Pool” Myth

The 50m LC pool at the Olympic Aquatic Centre Sydney depths from 2m to 3m throughout.

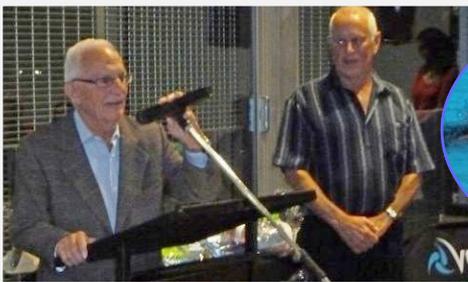
The Slow Pool Myth was “blown out of the water” at the recent Sydney 2013 Masters Swimming National Championships. World and National Records tumbled each day in profusion. The daily Event Newsletter reported that there were Record Attempts in 18 of the 22 Events and that 6 World Records and 38 National Records were newly provisionalised. Throughout the Carnival, announcing such repetitive performances maintained the vocal enthusiasm of the great number of swimmers/spectators.

The credits for a very well run Carnival deservedly go to the Administrators and Volunteers and, objectively, the manner and efficiency of the Marshalling Group merit special mention.

The highlight of the four days was enjoyed at the Presentation Dinner where an enormous body of socialising Masters’ swimmers intermingled throughout the evening. Their enthusiasm erupted at each Trophy presentation and especially for the “Swimmers of the Meet”, Jen Whitely and George Corones each recording World Records.

George at the Nationals 2013—recipient of the Male Swimmer of the Meet

George, adept at more than swimming.



Awards Honour for Clinton Stanley



The Premier, the Honourable Campbell Newman congratulated Cooroy local, swimming champion, Clinton Stanley, on his selection as a finalist of the 2013 Queensland Australian of the Year Awards. Mr Newman said out of 427 nominations, Clinton had been selected as a Queensland Local Hero finalist.

Clinton with coach and fellow member, Ian Robinson from Noosa.



Clinton Stanley

continued



“Each finalist is being honoured for their dedication, passion and commitment in educating, raising awareness and influencing change within our community and as such is incredibly deserving of this recognition.”

Clinton’s selection as a finalist in the Local Hero category recognizes the extraordinary contribution and efforts he has made to his local community and Queensland. He juggles his swimming training around his job at Wimmer’s local soft drink manufacturer and his voluntary lifeguard role at Noosa Aquatic Centre. As a world champion across a range of events including his favorite, the 1500 metres freestyle, Clinton is both an exceptional athlete and an outstanding ambassador for Down Syndrome swimmers.

Nicknamed the “Super Fish from Cooroy” Clinton is described by his coach, Ian Robinson, as a truly professional and dedicated competitor. Clinton’s infectious enthusiasm has inspired many other athletes from Masters competitors to tri-athletes and casual swimmers at the Noosa Aquatic Centre. He is also a qualified volunteer patrol member with Sunshine Beach Surf Life Saving Club and considered a great asset to the Club. To his employer of 16 years, Clinton is an outstanding employee doing everything that’s asked of him with joy, determination and commitment. Clinton is a Baden Powell Award recipient the highest award for Scouting. He has represented Special Olympics Queensland several times in the sports of swimming, tennis and ten pin bowling. Clinton’s optimistic will to succeed makes him not only a role model for others with Down Syndrome, but for all Australians. The Australian of the year Local Hero Award was announced on Australia Day and Shane Phillips Indigenous leader from New South Wales was chosen.

Clinton has recently returned home a World Champion from his **final** International Swim Meet. Clinton represented Australia in Italy at the 6th World Down Syndrome Swimming Championships. Clinton was very fit and focused in Italy therefore had a fantastic competition, swimming all personal best times in the heats and backing up to do it again in the evening for the finals. He not only regained his 1500m freestyle world title for the second time but also the 800m world title. He swam faster than the British 800m world record holder winning the title in a negative split time. His outstanding efforts meant that Clinton came home with 6 world medals, 4 Gold, 2 Bronze and 8 World Records. Clinton’s improved swimming performances over the past year have been amazing, considering he is a young 36. He is like fine wine “Gets better with age”.

Clinton can’t stay out of the water for long and is back training and swimming for Noosa Masters in competitions within Australia. Clinton has been a member of Noosa Masters since 2003. Clinton’s International swimming career has given him the opportunity to travel the world. He has met some amazing people and made many wonderful friends. He has lived his dream and finished his International swimming career a **Champion**. This is an amazing achievement for someone who didn’t start swimming competitively until he was 17 years old. It just shows you that with love, support and dedication, there is nothing you can’t do! Clinton was named *Senior Sports Star* of the month and as a result attended annual Sports Awards at the Palmer Resort Coolum. *The Today Show* also did a story on Clinton’s sporting achievements and his Australian of the Year Award.



June Cotter

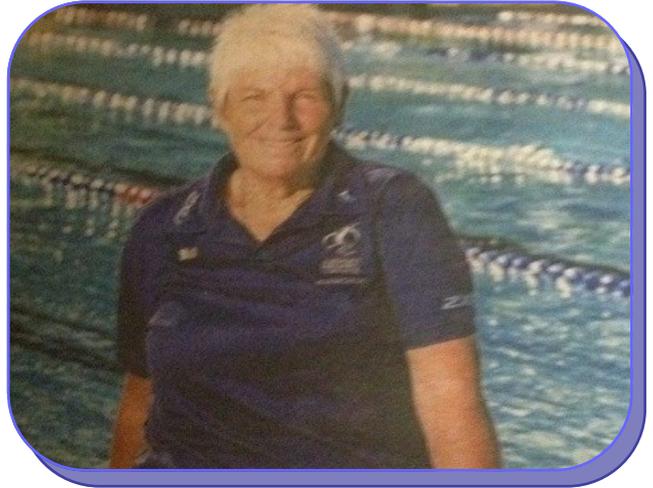
IPC Honour

June Cotter, the Mareeba coach, recently travelled to Sheffield in the UK, for an IPC—International Paralympic Swimming Championships.

She was one of eight in the world chosen for that meet. June is inspirational and one of the quiet achievers, whose swimmers simply found out about her nomination at a training session.

As a coach at Babinda, June taught 78 year old Margaret Russell to swim. Irene Shanks, a member of the club, met Margaret Russell at the 6th Australian Masters Games in Canberra in 1997 and apart from medals galore, she made it in the Canberra Times in a full page spread.

June's protégé collected gold medals at the World Masters Games in Portland, Oregon in 1998.



Congratulations June—from all MSQ members.

AROUND THE CLUBS

compiled by Helen

Twin Towns Masters held a fantastic 25th Anniversary function at the end of April, when the ambience was well worth a credit, the meal was superb and the guest dancer "Tenae" received the accolades of the whole group. Special thanks go to Sue and her organisers, who put out the nibbles, decorated the hall and prepared the souvenir Menu's etc..

Presented at the club's birthday morning were the MSX Awards where 15 members received awards ranging from Platinum to Bronze. Well done everyone! The club had more winners in the State's Lane Warriors' event with Conrad. Michael and Kaye being presented with 1,2 and 3 places in 60+ category.

At the National Championships in Sydney, George C was named *Male Swimmer of the Meet* with 2 world, 4 National and 4 State records for Victoria (as he had swum for a Victorian club). Myola gained 10th place and Robyn, 16th with George coming 2nd. Ken travelled to Sydney to officiate at the meet. Great effort from them all.

A bus load of swimmers etc... then attended the Albany Creek Meet with more success in the pool with Ken, David M and Sue giving valuable time as Officials. What would Masters Swimming do without such great support?

Congratulations QTT.

Miami Masters have followed on from their State Titles' success with hectic training sessions and Swim Meet attendances.

The club has managed to incorporate a few Masterclass sessions this year, focusing on the individual strokes. They have enlisted the guidance from members John C and Mark F in fly; Chris N in backstroke, Mark S and Alan C in breaststroke and former Olympian, Andrew Baidon in freestyle. Andrew currently operates his Superfish Swim Schools. Members really appreciated their time and effort.

On the 18th they hired a bus to travel to Noosa where a great day was had by all. Most of the 15 starters competed and they took home quite a few goodies including the \$200 for guessing a relay time. Noosa ran a great carnival and the trip was well worth the effort of an early start.

After training on 11th May members wished Pauline B all the best for her 90th with a cake etc... It's great to know she is still out there swimming and competing!

Brisbane Southsiders have a newly elected Management Committee following their AGM in April when Michael H took over the reins of President from David H. Narelle B was delightfully surprised to be made a Life Member for her 20+ years of loyal and active service to the club. Well deserved N! The members have been working hard to ensure their Short Course Meet goes well in July and hope for a good showing of support from available clubs.

The club achieved a very creditable 21 MSX

Around the Clubs

continued

Awards - 3xPlatinum, 2xGold, 8X Silver and 8x Bronze. Congratulations to all!

Following on from her success as Female Swimmers of the State Championships in March, Jen T travelled to Sydney with Heather McD to compete in the National Swim Meet. They both swam very well with medals all round including another 7 State and National records for Jen. Congratulations to you both!

At Albany Creek and Noosa the club had more successful competitors with Amy, Heather, Lisa, Albert and Sharon gaining medals at Albany Creek and Jen and Helen at Noosa. Both days were enjoyed by all who attended.

Coach Karen P. has been really working her squads hard and is helping them achieve great distances for their Lane Warriors totals. BSM is very fortunate to be able to swim indoors all year round.

In October 13 members/spouses will be heading to Kyoto in Japan to take part in the International Gold Masters swimming. They will be ably assisted by Tour Guide, Kiku. No doubt there will be some interesting tales to tell on their return?



Heather and
Jen in
Sydney

Brisbane Northside fielded a strong team for the State Titles in March including their newer members who had a good go in several events. Hardest working swimmers were Jon and Grant with 9 events each. Tracy achieved 7 x 1sts, Jon 6x 1sts and Bev 4x 1sts. Well done everyone.

Two swimmers from QBN attended the National Swim at Olympic Park Pool in Sydney with Jon swimming 8 events and gaining third place in his age group and Tracy swimming 7 events and being awarded equal 1st in her age group. A fantastic effort both of you!

Tony B and Jenni L competed at the Whitsunday Long Course Meet in April where Tony was placed 1st in his age group. Jenni attended the swim clinic hosted by Whitsunday Warriors and run by Mark E and Adam B, based on swimming efficiently and the benefits of core strength activities. Nineteen club members received awards in the MSX program run by MSQ in 2012 ranging from 4xPlatinum, 8x Gold, 4x Silver and

3xBronze. A great result for QBN.

The club is pleased to welcome Janice N back to the club after serious illness and a car accident. Janice describes herself as 'a trier with a smile' and was thrilled with her bronze medal from the State Titles. Congrats!

At the Mothers Day fun run on May 12th, Tony, Bev, Julie and Nicki did their bit for Breast Cancer Research. Fine effort.

Nudgee Blue Fins congratulated 9 of their members for their MSX awards. They had one Platinum, 4 Silver and 4 Bronze winners. A fine effort! Sometime in June/July Suki has offered stroke correction sessions in the 25m pool and members will get instruction in two different strokes at each session. Watch for dates in the next club news.

Junior Club Night medal/trophy presentation was held on 19th March to end a profitable and enjoyable season. All swimmers were given a "Brothers Medal" for participation. The Masters Trophy was awarded to Harrison Stanford. A great day, great company and great fun was enjoyed at Albany Creek Meet by the swimmers Deanne, Kathy, Grant, Paul and new swimmer Gary H who swims at night. Everyone swam well with Deanne and Paul taking out 1sts in all their races. Gary found out that he can still swim fly and his short training the night before paid off with a third place. They are now looking forward to Redcliffe in June.

Congratulations to Tiffany and Colin who once again have been selected to swim at the 'Special Olympics' later this year.

The Sunshine Seals congratulated the 15 QSC swimmers who achieved awesome results at the State Titles. It was their best result for some years. To come 4th in QLD out of 30 Clubs and 2nd in the Average category was brilliant! In total the club brought home 92 individual medals and 6 relay placings. Special mention goes to Ailsa D -6 Gold, 2 Silver and 1 Bronze in 80-85yrs; Julie Anne B, 5 Gold 1 Silver and 2 Bronze AND Sue N who earned medals of each colour after, wait for it... swimming one-armed in all her 7 events due to an injured shoulder! A truly remarkable effort!

At their recent Social Day and Presentations at Caloundra many members received their MSX Awards and John M was presented with his Vorgee Million Metre certificate and shirt. Congrats to all the winners!

In April George S represented QSC at the National swim in Sydney and came home as unofficial age group champion in 85-89 yrs. His tally was 4xGold, 3xSilver and, 2xBronze + 1x4th. As well as these fantastic results he drove himself and Beryl to Sydney and back! Wow!

In March Wendy C. competed in the Sunshine Coast and Qld Life Saving Championships and the Qld Dragon Boat Champs and has 22 more medals of all colours to add to her collection. Cross training and competing in a number of sports is great fun but can be exhausting at times! Well done W.

Noosa Challengers had three days of glory at the State Short Course Championships where three members, Jan C, Ian R, and Kerryn S continued a record breaking spree that began in January. Each claimed a State Record and Kerryn and Jan set 7 new National Records between them. What an achievement! All 19 swimmers swam their hearts out and built up an impressive points tally to place them 2nd to the powerful Miami team of 28 swimmers. This is the second time Noosa has been runners-up at these Titles, confirming their position as one of the State's outstanding clubs.

A very pleasing aspect was the fact that every member of the team finished with at least two medals. This showed the talent and determination across a team that ranged in age from 29yrs - Kerryn, to 92yrs- Joyce F who first swam competitively when she represented England in the Empire Games in Sydney in 1938. How inspiring is that?

To cap off the meet... at the presentations on the pool deck, the club received the Queensland Endurance 1000 trophy for 2011 and 2012. This was the fourth consecutive year! This acknowledges the great efforts of Endurance 1000 captains Pat M and Marcia K. Jan C was awarded the Coach of the Year trophy which recognised her outstanding ability to not only fine tune record-breaking athletes but also to mentor swimmers across the whole range of ages. Well done Jan!

A huge turnout after squad on Sunday 24th March saw the big 70 celebration for Jan. Blowing out all the candles on the three home-made cakes was no mean feat.

The club's first President, Geoff L, also celebrated his milestone 80th on March 1st with club mates and his No 1 timekeeper, wife, Lorna by his side. Geoff has certainly watched with pride as the club grew over the years.



Brian and Wendy from Noosa, at the Albany Creek Meet.

Hervey Bay Humpbacks must thank Terry, Darryl and Pete for their fabulous work in completing the lining and shelving in their new clubroom.

It all looks terrific with the gear now stored off the floor... nice touch from the girls with the line up of shoes outside on Sunday morning!

Gail and Gary attended an interesting workshop in Maryborough entitled *Pass the Baton* where the focus was on building clubs and membership.

Work has now begun on the construction of the roof over the 25metre pool so there will be no access to the pool for approximately 5 weeks. Arrangements have been made with Penny and Marcus E to use their Elder's complex in Islander Rd. during this time, which is most appreciated by club members.

Congratulations to all who competed in the two Open Water swims in April. It was certainly an added bonus when the weather turned out to be wonderful on the Sunday after the conditions for the 1.6 km swim on Saturday were less than ideal. Good to see a number of non-competitors turn out to cheer the swimmers across the line after the 3.4 km journey.

Winter is a great time to tackle some of the aerobic swims as they keep you moving in the cooler weather. Humpbacks have been given a suggested program borrowed from Darwin Stingers to get them moving.

Pete has come up with a *Whack and Splat* or *Hit and Giggle Golf* for the club's next social activity, which should be a lot of fun.

Eleven members enjoyed the Noosa meet, but results were not to hand for this edition.

Gladstone Gropers will be relocating from John Dahl Pool to the 25m indoor pool at the Gladstone Aquatic Centre as at the 1st May.

Around the Clubs

continued

Mid Year Presentations will be held on June 2nd. Come one, come all and join in the fun! Whether you are a long standing Groper or a recently new member, mid year presentations are a good way of catching up and getting to know the club and its members.- Their club motto is fun, fitness and FUN!

Members have been issued with Masters Swimming qualifying times both male and female. These are a good gauge to see where you sit in amongst your fellow competitors!

Cairns Mudcrabs have successfully introduced Open Water swims thanks to Therese D. Safety kayaks and equipment were secured from two grants and were used in April on Lake Barrine where 24 local swimmers took part finishing with tea and scones at the Teahouse. The next OWS will be held on Lake Eacham on 26th May and is open to all swimmers.

Cheryl attended the NQ Sports Awards as she was selected to represent Masters.

A number of local swimmers took part in the MS swim in April with Muddies raising the most money and receiving a plaque for their club wall. Well done one and all!

Well done also to their swimmers who set new PBs at the Sea Eagles meet. This was the first time back in the water for Cheryl B after a 2.5 year injury recovery. Thelma also swam and it was her first since coming out of hospital.

Endurance 1000 and postal swims are attracting more swimmers, which is always encouraging, not to mention guest swimmers who have now registered as members to compete in meets.

Sadly Mudcrabs farewelled one of its Life Members, Jimmy Nimmo, who passed away recently. He supported the club so gallantly



Cairns Mudcrabs' members at Lake Barrine

The club is not breaking for winter this year as members are busy training for the Great Barrier Reef Games where they hope to catch up with many Masters friends. See you there!

Whitsunday Masters hosted their annual swim meet in Proserpine last month with approximately 40 swimmers participating. Swimmers came from Brisbane, Rockhampton, Townsville, Bowen and Mackay and everyone enjoyed the relaxed and friendly atmosphere of the afternoon carnival. The Rockhampton Caribees were awarded the trophy for the highest club average. Alannah H from Long Tan Legends performed exceptionally well, winning her age group and also being awarded the *Tropical Challenge Trophy* for her 100m Freestyle where she swam closest to her nominated time.



The Whitsunday members at their swim meet

The host club was very impressed with newcomers Bernie, Reid and Nicole who swam in their first swim meet and survived!

Bob C, Meet Director would like to thank all swimmers, volunteers and officials for their support and contributions which made the meet such a success.

After the meet Adam B and Mark E facilitated a swim clinic and core strength workshop, which the 25 participants found very worthwhile.

Di O'D has been jetsetting through Europe for the past few months and having a great time whilst Freya and Cliff H just arrived back from their American trip in time for the club meet.

Over the past three months Andre, Jude, Margaret and Bernie celebrated their birthdays with family and club friends.

Take your Mark!

Mark Erickson



Recently, I attended the national coaching (ASCTA) conference on the Gold Coast. It was great meeting other coaches from around Australia and overseas. During one of the lectures I attended the speaker described a swimmer as a Formula One racing car. I had heard the analogy before but thought it might be worth sharing.

Every human being is born into this world “perfect” like a Formula One racing car. All winning Formula One racing cars are fuelled on the best oils. The winning cars are regularly serviced by the best specialists and fixed with the best equipment. The winning cars are regularly tested and tuned for high performance. The pit crew all work together and communicate effectively. Every part of the race is practiced... and practiced until it is practiced perfectly... down to the split second. Setbacks are avoided or prevented by careful planning.... So you too can become a FORMULA ONE RACING CAR!!! I guess we can strive to be the best we can using the same tips:

Eat the best food (nutritious and healthy)

Keep active and fit (if you find it hard to motivate yourself then find a club, a training session or coach or a buddy.

Rest (and sleep well) e.g. balance your life

Surround yourself with positive and supportive people –e.g. team mates and coaches

Focus on what you want - and strive for it e.g. set goals

Try your best (work hard) e.g. attend training sessions regularly and give it 100% effort!

Remember – practice makes perfect – but perfect practice makes for perfect performance!

Be respectful and communicate well to others. Hope you all zooom into success!

Want to Add Variety into Your Swim Training?

Try a **Pyramid**.... Try to hold the same pace through the pyramid, example (rest 5- 10 sec for each 50m swim)

Example 1 – aerobic Free-style in long course pool	Example 2 – short course pool – Freestyle swimming up the Pyramid and Form stroke back	Example 3 - Mixed activities
400m Free 300m Free 200m Free 100m Free 100m Free 200m Free 300m Free 400m Free	25m Free 50m Free 75m Free 100m Free 125m Free 150m Free 175m Free 200m Free	400m Freestyle 300m Backstroke 300m Backstroke 200m Breaststroke 100m Butterfly (with fins) 100m Butterfly drill 200m Breaststroke kick 300m Back drill/kick 400m Free Pull

Try a **Faertlek**...

Examples:

swim long distances at a comfortable speed with bursts of speed work

swim 3 - 5 minutes easy, then 1 minute hard

swim 150m easy, 50m hard

swim 400 – 1500m and randomly include some speed sections (can also change strokes and speed)

Try **Broken Sets (or Stimulators)** – Progressively halve distance and rest (intensity increases as set progresses)

Example: 400m Freestyle with 2 minute rest
200m Freestyle with 1 minute rest
100m Freestyle with 30 second rest
50m Freestyle in 15 second rest

Example: 200m Freestyle on 4 minutes
2 x 100m Freestyle on 2 minutes
4 x 50m Freestyle on 1 minute

Masters Swimming Coaching Courses

There are two phases to the Masters Swimming Coaching courses – phase one is the **Intro Coach** course which is approx. 8 hours (contact hours). The Beginning Coaching General Principles free online course which is run by the Australian Sports Commission is the pre-requisite for the Intro Coach course. It is also beneficial to complete a CPR certificate. The second phase is the **Club Coach** course which is only approx. 5 hours (contact hours) + completing modules from the Intermediate Coaching General Principles course (correspondence course). To gain the Intro and Club Coach qualifications, participants must complete coaching hours with a mentor coach/club official.

If you have coaching experience or qualifications, then you may be able to have those skills/qualifications recognised (RCC) towards a Masters Swim Coaching certificate.

Tony Keogh will be presenting Masters Swimming Coaching courses in Brisbane (and South East Queensland) over the next few months. If you are interested in attending the courses or need further information, please don't hesitate to contact me.

Mark Erickson (MSQ Coaching Director)

Email: swimboy62@hotmail.com

F stands for Official

*In Masters we have the motto, "Fitness, Friendship and Fun".
But it's more than just a motto; it's the way our movement is run.
There's another one, yes another "F", that I've discovered comes into play;
better in the background it comes out on competition days.*

The "F" stands for 'fficials", you'll see some out on the pool decks strutting around and lording it with those things around their necks. While others sit behind a desk giving discs to gals and chaps who've volunteered to get stripped down and swim for one or more laps. Others will tell you where to sit and when to get on your feet to go and stand behind a block to get ready for your heat. Others sit in a room somewhere keeping tallies of results which swimmers eagerly refer to as if they're missives from a cult.

There are those who blow a whistle and wave their arm about and that other one with nothing to do but press starting buttons and shout. Some can seem a little strict and aren't slow to issue DQs (at least that's the way it seemed to me, has it ever seemed so to you?). But the message that I'm seeking to get across in this little ditty is not that your balladeer's clever, or even a little witty. It's to encourage you to take the plunge, take those steps initial, and put your hand up to do a course and become a Masters 'fficial.

Being a 'fficial ain't that onerous, it's actually a lot of Fun and you have the pleasure of contributing to helping competitions run. With 'fficials from the other clubs you'll develop Friendships new and keep yourself rather Fit walking the poolside fro and to.

*In Masters we have the motto, "Fitness, Friendship and Fun".
It describes the spirit in which we aim our movement to be run.
We who are already 'fficials would welcome anyone who
will help us to 'fficiate, and keep events going. Will you?*

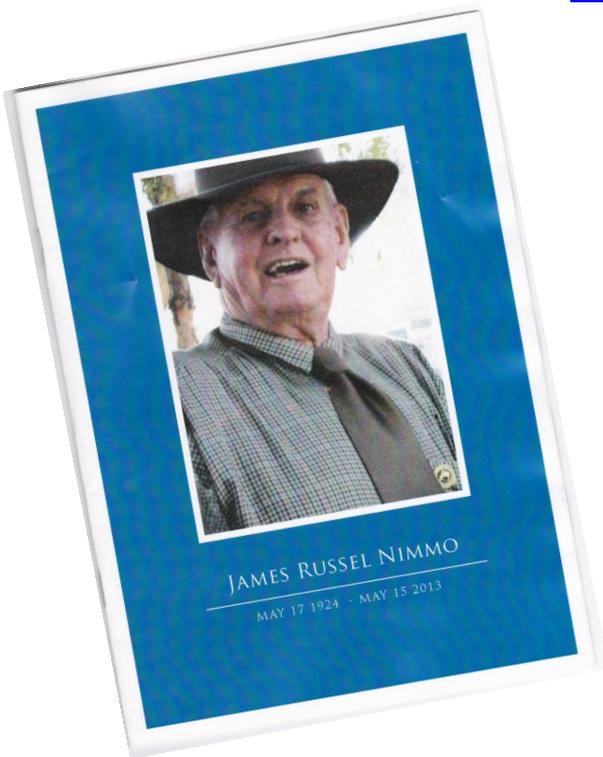
PATHWAYS to becoming an OFFICIAL

The table below outlines each of the positions and courses required to become an accredited MSA official. SAL and overseas officials can fast track the process. Refer to Cross Accreditation and Re-accreditation document at beginning of TECHNICAL/TECHNICAL COURSES on the National website.

Official Position [and unit number] (with pre-requisites in Blue)	Supervisors must have following current accreditation to supervise trainees	Maximum candidates per course	No. of assessments per activity
Timekeeper [4.2.1]	Timekeeper	10	2 (at club or meet)
GPoO Module 1. Self-Management [4.2.8.1]	Course Presenter must be approved by Branch Officer	10	None
GPoO Module 2. Roles and Responsibilities for Masters Swimming Officials [4.2.8.2]	Course Presenter must be approved by Branch Officer	10	None
<i>The above must be completed before proceeding to any one of the following. Note that GPoO Module 2 may be done at the same time as any of the 3 following courses.</i>			
Chief Timekeeper [4.2.2.]	Chief Timekeeper	6	2 at meets
Check Starter/Clerk of Course [4.2.3.]	Check Starter	6	2 at meets
Marshall [4.2.4.]	Marshall	6	2 at meets
<i>Candidates must complete all of the above before starting the following</i>			
Starter [4.2.5.]	Starter/Referee	4	3 at meets
Inspector of Turns [4.2.6.]	Referee	6	3 at meets
Judge of Stroke [4.2.7.]	Referee	4	3 at meets
GPoO Module 3. [4.2.8.3] Managing Competition Environment	Course Presenter must be approved by Branch Officer	4	None
GPoO Module 4. [4.2.8.4]	Course Presenter must be approved by Branch Officer	4	None
<i>Candidates must complete all of the above before starting the following</i>			
Referee [4.2.9] There are two parts to this position, EVENT REFEREE and MEET REFEREE. Both must be completed before applying for accreditation	Referee	4	3 at meets

For information re officials see [www.mastersswimming.org.au/Technical/Technical Course](http://www.mastersswimming.org.au/Technical/Technical%20Course)

VALE JIM NIMMO



James Nimmo, much loved and respected by family and friends, passed away peacefully on Wednesday 15th May just two days short of his 89th birthday.

Many people from all walks of Jim's life attended his funeral to pay their respects to a true "gentleman".

Jim was a loyal Carins Muddies' member with a wonderful sense of humour and he will be truly missed by us all.

This and That

At the recent Branch Management Board Face to Face meeting, some of the issues discussed were:

- ◆ The Service Level Agreement with Swimming Qld is being reviewed, which is likely to lead to a reduction in the administration fee MSQ will pay SQ. That may have an impact on the amount of work that can be achieved in the office. Support from members as volunteers would be welcome.
- ◆ Our Director of Recording, David Findlay will take over all matters relating to results and records. Clubs will be notified when to start sending him all your backup files.
- ◆ The MSX program will continue, but the calculations for 2013 are being reviewed and trialled by David. The awards will be the caps in the 4 different levels. Continue checking your qualifying time standards. You will have to beat the times more than once, but the final arrangement is yet to be determined and will hinge on the outcome of the calculations.
- ◆ Clubs need to consider the sanctioned swim meets for 2014 and the programs they will offer their competitors if they wish to attract larger numbers at their meets.
- ◆ There will be no increase in the MSQ individual registration fee, but club affiliation fees and the nomination fee for hosting a sanctioned swim meet, will be increased:
The SSM will be \$80 and the club affiliation fees will have four levels:
3—20 members: **\$45** 21—60 members: **\$100**
61—80 members: **\$160** 81+ members: **\$180**
Clubs will receive more notification.
- ◆ Club affiliation and detail' information will be done online via the MSQ Website. Information to follow.
- ◆ The 2014 Qld State Championships will be held in conjunction with the National 2014 Championships in Rockhampton. Check the MSQ website for information.
- ◆ The 2015 Qld State Championships will be hosted by Long Tan Legends in Townsville
- ◆ Vice Presidents in the four regions will be the contact for clubs. Some information will still be available from the office. Club contacts are responsible for making contact with VPs on behalf of members. More information to follow.

UPCOMING MSQ INTERCLUB SWIM MEETS 2013

⇒	16 June	Caboolture & Redcliffe Peninsula—Long Course
⇒	13 July	Brisbane Southside—Short Course
⇒	27 July	South Burnett—Short Course
⇒	9—11 August	Great Barrier Reef Masters Games—Long Course
⇒	17 August	Rum City—Short Course
⇒	24 August	Brisbane Northside
⇒	1 Sept—31 October	Aqua Jets—Postal Swim
⇒	7 September	Toowoomba—Short Course



Registrations for the games opened on the 12th February 2013. The entries close on 12th July. We will keep you up to date with registration details. The GBRMG web page is: www.gbrmg.com.au

Details will also be on the Cairns Mudcrabs Facebook page as they become available.

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