



**MASTERS
SWIMMING**
New South Wales



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September 2009

2nd Oceania Masters Swimming Championships

Four of Wyong Wobbygongs' intrepid travellers—Wendy Mclean, Jade Mifsud, Julia Mifsud and Pam Martin—headed off to Hobart in the middle of July for the 2nd Oceania Masters Swimming Championships.

Coming from the NSW Central Coast it was a bit of a shock to them to wake up to freezing conditions complete with a heavy frost on Saturday morning. Wendy was so keen to get into it that she turned up at the pool at 8 am only to find that the first event wasn't until 1 pm. She then commenced her pre-swim warm-up with a bit of sightseeing, including a trip up Mt Wellington. In the meantime Jade, Julia and Pam spent a leisurely morning wandering around the Salamanca markets.

Come Saturday afternoon and it was down to the serious business of the weekend. Julia was the first to race and was very pleased to set a PB in the 400 free, winning a silver medal for her efforts. Not to be outdone by her mum, Jade also had a PB in her first event, the 200 breast, going one step better with a gold

medal. At the end of the first day of competition Julia owned three silver medals, Wendy a gold and bronze and Jade and Pam three gold medals each.

Obviously the celebrations didn't get out of hand Saturday night as they were back into it first thing Sunday morning. Wendy swam in three consecutive events, picking up a gold and two bronze medals. Julia continued her good form, picking up another three medals, one of each colour. Jade and Pam each picked up three more gold medals.

Their tally for the weekend was 23 medals from 23 events. *[Wow! Ed.]* Jade broke four records and set two new ones, Pam broke two records and set four new ones and Julia set one new record. All are looking forward to the next games in 2011.

Everyone commented that the venue was spacious and warm and that the carnival was run in a very friendly and relaxed manner. Well done, Tassie!

Greg Martin



(Left to right)
*Pam Martin,
Jade Mifsud,
Julia Mifsud,
Wendy Mclean*

Take Care of Your Heart! Alan Carlisle's Story

Reprinted from Qld Masters Swimming *Swimmers News* with the kind permission of Alan Carlisle (Miami Masters)

Who would have thought that someone as fit as I was, who doesn't drink or smoke, is not overweight and exercises at a high level, would end up with a blocked artery? Well, I did, and to make matters worse I ignored the warning signs. I am writing this article because it might just save someone else's life in the future.

I first started to feel unwell around June last year. After just competing in the worlds I thought I was just tired. My training was lethargic, I was sleeping a lot and I was feeling bloated in the stomach area, my times were starting to go backwards or I only had one good swim per carnival and after that I felt lethargic and couldn't be bothered.

I went to the doctor and had blood tests and a stomach scan and was diagnosed with a stomach disorder and put onto medication to ease it. I continued to train hard, thinking that all would be OK and I had to get my fitness level up.

The Pan Pacs were only a few months away and I was on a mission to swim well and then take a rest. I swam at Albany Creek and had entered four events. My first swim was the 100 medley. The time was good and a state record as well. I got out of the pool and had a pain running down my left arm and into my jaw and neck. I honestly thought that I had torn a muscle. I warmed down and the pain slowly disappeared. My next swims were very ordinary. Training over the next two weeks was not good and the pain came back several times with that feeling of lethargy. I went to Redlands in October and the first swim was a 200 medley. I completed the swim and got out and felt terrible. I had the same symptoms, but a lot worse. If I could have, I would have just laid down and gone to sleep. A few people commented that I did not look very well and had I had a big night on the town? Once again I kept swimming for the day *and did not let anybody know how I felt.*

The next day I went to the doctor and told him my symptoms and was consequently sent off for stress tests, a chest X-ray and more blood tests. Well, the stress test showed up a problem after eight mins and they advised me to see a cardio surgeon as quickly as possible. I got in within ten days, but meanwhile I kept on training hard as the Pan Pacs were drawing nearer.

My appointment with him went like this:

Doctor: 'You have a blocked artery, which needs to be repaired urgently.'

Alan: 'Sorry, mate, it will have to wait ten days until after I have competed.'

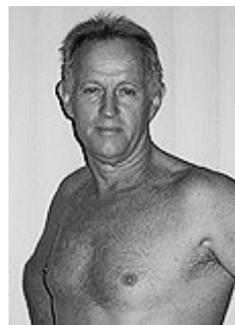
Doctor: 'You won't live that long.'

End of conversation.

Well, it was repaired and I went through twelve weeks of rehabilitation and, fortunately, I was well enough to compete at the nationals.

The other mistake I made was that I did not tell my wife why I was going into hospital that day, but I needed her to drive me as I was having a routine procedure and was not allowed to drive. You can imagine her reaction when they came and told her I was in coronary care. But I had not mentioned any of this to anybody, which I now realise was a terrible mistake.

My trouble was cholesterol, which had always been around 7. My father had by-pass surgery and blocked arteries to his legs, kidneys and carotid arteries. He died from a heart attack after surgery to remove his left leg three weeks after I got out of hospital.



So anybody out there who suffers any of those symptoms I have described, please let somebody know. Deep down I knew what was wrong but could not believe it could happen to me, so I just ignored it.

That nearly cost me my life.

Cap Collection

Now's the time to rummage through your swim bag and turf out all those extra swim caps you've accumulated. But wait, don't throw them out! Dubbo Redfin Masters wants them, and for a good cause. More on this next issue, but right now get 'em out and get ready to hand 'em over. Thanks, everyone.

Let's Get Official

It is good to hear that many NSW Masters swimmers are training for the World Master Games (WGM) and becoming very excited about competing in October. Good luck to all those have entered.

I hope all those who have volunteered in officials' positions for the WGM have started reading the appropriate rules. What are the appropriate rules, you ask? Well, the WGM will be swum to the FINA Rules for Masters Swimming as at 31 July 2009. There is, however, one exception: Rule MSW 5—Relays—does not apply. Relay teams do **not** have to consist of four swimmers from the same club. *Please read Technical Director Gary Stutsel's column for more information.*

Now, back to the day-to-day items. Could all Inspector of Turns and Inspector of Turns trainees note that the log sheet requires trainees to be supervised and signed off by **three** different **referees**.

We now have many officials who officiate perhaps only once a year or maybe once every two years. I'm hoping that, as should every official, these officials will read over their notes the week before officiating or talk to a newly accredited official in the same position who has gained their competencies on the most current notes and rules available. Gary Stutsel works very hard on the candidate notes clarifying confusing points and updating rules, etc., so, as officials, we need to keep up

to date.

Current candidate notes can be found via www.mastersswimmingnsw.org.au. Click on **Links** (in the blue panel at the top of the page), then on **Masters Swimming Australia**, then on **Technical** (in the blue panel on the left-hand side of the page). Scroll down this page and click on the notes you require.

There seems to be much confusion about the pathway for completing courses. Please refer to the following table, which takes effect as of 1 September 2009; this means it applies to all courses **conducted on or after this date**. Remember that prerequisites are based on the date you completed your course, so this table does not apply to you if you are currently completing competencies. However, when you do your next course you will need to refer to the following table.

This table can be found, along with more information, via www.mastersswimmingnsw.org.au. Click on **Links** (in the blue panel at the top of the page), then on **Masters Swimming Australia**, then on **Technical** (in the blue panel on the left-hand side of the page). Scroll down this page and click on **Process to Apply to Conduct a Master Swimming Australia Technical Course**.

Diane Partridge, NSW Training Coordinator

<i>Official position (with prerequisites)</i>	<i>Unit No.</i>	<i>Max. candidates per course</i>
Timekeeper (To be done with General Principles of Officiating [GPoO] Module 1)	4.2.1	10
GPoO Module 1. Self-management	4.2.8.1	10
GPoO Module 2. Roles and Responsibilities for Masters Swimming Officials	4.2.8.2	10
The above units 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 three following courses.		
Chief Timekeeper	4.2.2	6
Check Starter / Clerk of Course	4.2.3	6
Marshal	4.2.4	6
Candidates must complete all of the above before starting the following units.		
Starter	4.2.5	4
Inspector of Turns	4.2.6	6
Judge of Stroke	4.2.7	4
GPoO Module 3. Managing Competition Environment	4.2.8.3	4
GPoO Module 4. People Management	4.2.8.4	4
Candidates must complete all of the above before starting the following.		
Referee (Note there are two parts to this position, Event Referee and Meet Referee. Both must be completed before applying for accreditation.)	4.2.9	4

Meet Reports

Wett Ones: Sydney University, 30 May 2009

As a carnival expert (I have participated to at least five carnivals in my life), I was summoned by my club president to produce a report on Wett Ones' 2009 carnival . . .

I would like to firstly give a big thank you to Wett Ones' "sister" club, Brisbane Aqualicious, for supporting our carnival. They came down in big numbers this year with 19 swimmers and as many supporters and it was good to see so many interstate swimmers at our carnival. The post-carnival dinner and drinks was a good opportunity to get to know each other better.

I have decided in this report to talk about two people from my club, but each masters club has similar persons.

My first mention is Peter McGee. Peter has been involved in Wett Ones for many years now and over the years has devoted more and more time to marshalling, time keeping, tumble-turn inspecting . . . I have to be honest, I do not know how you find the energy and motivation to swim and do your official role at the same time . . . but all I can say to all the Peters of any masters club . . . THANK YOU.

The second person I would like to mention is Panos. Panos has joined our swimming club last year. He is not from a swimming background and the carnival was his first carnival ever. Over the final weeks before the carnival I could see the motivation and the fear growing in Panos. Motivation by fear is very powerful!

On the D-day I would say that he was very stressed . . . and the wait between the swims did not help reduce the stress level . . . Anyway as you can guess he did a really good job . . . he improved his training times by a lot . . . but best of all, he was so happy . . . when he got out of the pool I could see the smile and on his face you can read the pride and joy . . . he then ran to his phone to let his partner know about his race . . .

I think this is the perfect example of how rewarding masters swimming is. Thank you, Panos . . . as a swimming veteran (nearly three years of master swimming) you re-inspired me for my next carnival . . . Finally, I think we all need once again to thank the volunteers and the officials for making masters

carnivals possible.

P.S. By the way, the carnival went well . . . great location . . . great officials . . . great swimmers . . . See you next year.

P.S.2. I will try to improve my English writing skills next year.

P.S.3. I nearly forgot . . . thank you, coaches . . .

Pascal Blanquer, Wett Ones

Clarence River Masters: 6 June 2009

Our swimming carnival was held over the June long weekend, 6 and 7 June. Stunning weather prevailed on the Saturday, with Sunday morning being very cold but changing to a beautiful Yamba day in the afternoon. Twenty-three clubs attended with 154 athletes nominating for events. This carnival brings swimmers from Brisbane, Melbourne, Sydney, Port Macquarie, Newcastle and Tweed Heads, to name but a few. All of the competitors stay in Yamba, bringing many benefits to our community.

Several of our club members attended courses in marshalling, clerk of course, inspector of turns, chief timekeeper and timekeeping over the weekend as well as swimming in events, so it was a very busy time for all who participated. Thanks to all instructors for their time and patience.

This year the marshalling area was under shelter with heaters on the go keeping all very cosy and this worked out extremely well. Club members prepared all the food consumed at the pool—sandwich slices, hot drinks, etc. The club put on a sausage sizzle on the Saturday afternoon after the day's swimming, with the odd beer and wine being consumed. What better way to finish the day? Two of our volunteers sizzled the sausages so all was prepared by the end of the day events; they do a great job every year.

Twenty-seven of our club members achieved PBs in at least one of their events. Just goes to show what a great job our coaches are doing. The standout swimmer from our club was Don Lee, who had a blinder, PBs in every event; he also swam in the State of Origin Relay Swim. NSW and QLD selected teams on age and times and this year NSW won, beating QLD soundly. This event brings everyone poolside cheering on their state; it is a terrific spectacle. Unfortunately, the ocean swim

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had to be cancelled due to the conditions of the sea after the recent floods.

Presentation night was on the Sunday night at Yamba Bowling Club, the theme this year “Battle of the Choirs”. We didn’t win, even though our club was really the only true choir in the room!

The Clarence River Masters Club won on points—our total was 1540—beating the nearest contender, Twin Towns, who racked up 1065 points. Congratulations and a big thank you to David Abraham, the meet manager, and all of the many volunteers who made this carnival such a success. We hope to see everyone again next year, making it bigger and better.

Judy King, Clarence River Masters



NSW State of Origin team. (Back row) Jan Klein, Don Lee, Steven Ilsley, Ron Giveen. (Front row) Jade Mifsud, Naomi Watson, Vi Welch, Gordon Creek

Relay Meet: 21 June 2009

The Relay Meet was held a little earlier this year, on 21 June 2009, in the diving pool at Sydney Olympic Park, and we had 265 entries from 17 clubs.

It was wonderful to have Murrumbidgee compete in the Relay Meet for the first time, and I believe they will be back. It was also great to have 22 swimmers from Port Macquarie join us for the day’s competition. We appreciate the extra effort they made to come all the way to Sydney, but it was worth it, as a great deal of fun was had by everyone, as always.

Our thanks to Vicky Watson, who had to survey the pool before we started, since there was no official survey on the length of the diving pool at SOPAC. Fortunately it was the correct length (phew!), so all records will stand.

I’m not sure how long we can keep breaking records, but numerous records were broken again this year. Congratulations to all the record breakers, and particularly to Lyn Stevenson from Blacktown, who

broke a world record in a lead-off swim in one of her relays.

The officials were led well by John Kulhan, and my thanks to everyone who officiated during the day—many hands make light work.

Congratulations to all clubs, you do a great job of putting together numerous relay combinations which are competitive and fun.

The total point score trophy was won this year by Warringah Masters, and the average point score trophy was won by Blacktown City Masters.

Jane Noake, Meet Director

Trinity Masters: 4 July 2009

About 170 swimmers massed on a cool and overcast day for the annual Trinity meet in downtown Summer Hill, representing 27 clubs, all from NSW. As one might expect, there were (slightly) more Trinity swimmers than anyone else but Blacktown, Manly and Ryde weren’t far behind. Blacktown ended up winning total club points (516), with Trinity and Ryde tying (409) for second place. First place in average club points went to Wyong (39.78), well ahead of Cessnock (38.25) and Ryde (37.18), and 17 swimmers who swam four races achieved perfect scores of 40, which must be pretty satisfying [One of these days ... Ed.] One world record was put in its place by Lynette Stevenson, who also set two national records, and Hilda Lindfield started her run of records for this issue of *SPLASH*. All up 14 records went west at the meet, as you will see in the list elsewhere in this edition.

Warringah Masters: 18 July 2009

After holding the 2008 carnival on the October long weekend last year, Warringah Masters made a move back towards the meet scheduling of previous years and held the annual BPS carnival on Saturday 18 July 2009. This year 189 participants from 22 clubs made the trip to the Warringah Aquatic Centre, and it proved to be a great day of racing, with 52 records broken.

The 25m races again proved popular, particularly from a record-breaking perspective, although keeping up with entering all those results proved to be a challenge!

The medley shootout was hotly contested again and saw some great racing from participants—well done

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to all who made the final cut. Congratulations to our medley shootout champions of 2009: Vicky Watson of Ryde and Peter Kerr of Seaside Pirates.

The post-meet refreshments at the Baseball Club were popular and gave swimmers the opportunity to socialise, refresh and refuel after a hard day's racing and, most importantly, find out the meet results.

The host club won the overall points tally, with the visitor's trophy going to Manly Masters and Seaside Pirates in third place. Hornsby Masters won the average point score, with Seaside Pirates in second place and Cessnock Masters third. Congratulations also to Novocastrian on winning the Golden Trophy!

Many thanks go to all officials for their hard work and support before, during and after the meet. Without their assistance we wouldn't have a carnival! Thanks also to the staff at the Warringah Aquatic Centre for their assistance throughout the day, and finally to our carnival organising committee for putting in the work and helping to make this meet happen.

Congratulations to all who competed. Overall it was an enjoyable day and we look forward to seeing you all again in 2010.

Maureen Keary, Warringah Masters

Long Distance Short Course: 26 July 2009

This was for the first time held out of Sydney, to accommodate our country members in particular with a state long-distance meet, but close enough to Sydney for our Sydney members to attend.

The Kurri Kurri pool is a great short-course venue, and great for a long-distance meet as it's intimate enough to be heard and there's plenty of seating for the number of swimmers who go to a long-distance meet. A huge thank you to Phil and Bronwyn Murray from the Cessnock Masters who did the original negotiations with the pool and then helped provide a lunch time feast for our officials on the day.

Time constraints this year (due mainly to the World Masters Games) led us to decide to limit the meet to one day, so we revised the program to allow swimmers to swim either a 1500m freestyle or an 800m form stroke, and then a 400m swim.

We had 85 entrants representing 28 clubs, which is great for this type of meet, and 12 of these were country clubs. Great to see representatives from Armidale and Tamworth joining in our fun.

The meet ran (or swam, actually) extremely well. We managed to swim all heats as races, and finished earlier than expected, thanks to the great marshalling skills of Noel Partridge. The timekeeping roster system worked well most of the time, although it is always hard at the start and the end of the day to find swimmers who are still there to time keep.

There were some great swims and lots of records—listed elsewhere. For some of us, though, it was just a matter of making the distance, and it was really inspiring to see some swimmers attempting distances for the very first time. Special congratulations to those swimmers. I know there were a few of you, and I applaud you for your achievements.

I would like to thank the officials who gave up their day to officiate at this meet. It's a big ask at a long-distance meet, and much harder when we take a state meet out of Sydney.

Congratulations to our winning clubs, which will be presented with their trophies at the State Short-Course Meet in late August. Division 1 was won by Seaside Pirates, not far in front of Manly and Novocastrian (one point separated second and third); Division 2 was won by Hornsby, closely followed by Ettalong and Campbelltown; Division 3 was won by Nelson Bay Dolphins; and Division 4 was won by Armidale. My memory tells me this is the first state trophy Armidale has won, so very special congratulations to the Armidale swimmers.

Jane Noake, Meet Director

Sutherland Shire Sprint Carnival:

1 August 2009

Why would people come out on a winter day for a swimming carnival, especially when it wasn't a BPS carnival?

- Ψ Some came because their club was running the carnival and they were needed.
- Ψ Some came to officiate and we were very grateful for their assistance—without them, there would be no carnival.
- Ψ Some came because they attend every AUSSI carnival.
- Ψ Some came because they were invited—it was great to see the Port Kembla Mermaids and we thank the Oak Flats ladies for telling them about it.

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- Ψ Some came because it was local—they could swim in a Masters carnival without leaving the Shire.
- Ψ Some came to help us even though they weren't swimming themselves—we are especially indebted to those members, former members and family members who assisted.
- Ψ Some came to attempt records and we congratulate the swimmers who set twelve national records and one branch record, all in 25m events.
- Ψ Some came because it was a different type of carnival with handicap events and a fun 10-a-side relay made up of swimmers from different clubs. There is a need in AUSSI for this type of less serious carnival.

Sutherland Indoor is not an easy pool to hold a carnival at—the PA system was ineffective and there isn't much space to assemble swimmers. The carnival was completely heat seeded, so we had no marshalling, only check starting. This seemed to work well and was a change from the usual system at interclub carnivals.

We hope that everyone there enjoyed the carnival and congratulate the prize winners in the 50m handicap: 1. Graham Campbell (NWG); 2. John Moore (NSA); 3. Kim Debrot (NOF); and the winning 10-a-side relay team, the Sharkies.

Beryl Stenhouse, Meet Director

Manly Masters: 9 August 2009

Have you ever had cause to reflect on improved communication methods developing apace with increased meet requirements? How did we ever manage to put on carnivals, as they were once known, without the benefit of emails and mobiles? Not that the facilities now available to us necessarily result in better communication. The human touch is still critical to fire up the pc or go into the message box, and take the extras steps to successfully effect a virtual interface. Sometimes you are left wondering whether we have made any progress at all, despite the gadgetry that abounds.

This year's meet preparation proceeded smoothly, in the main. The deadline for securing officials has the virtue of requiring action well before the big day. Most of the officials from prior years were able to commit again. Our program, with the 200s and 100s alternating year to year, appears to have its followers, and the

Abbotsleigh staff are keen to have us at their venue, one of the best short-course facilities available. St John advised that the City2Surf would take up most of their resources, and hence we should make other arrangements. The pool staff are appropriately trained and as it turned out there were no incidents. What was different this year was the absence, through hospitalisation, of Liz Wallis, in the few weeks prior and on the day. As many Masters swimmers would know, Liz has been an integral player in or about the rucks and mauls and, to expand the analogy, the ball-ups of Manly Masters, and beyond, for many years. Liz's comprehensive notes and other pre-meet assistance meant we were well prepared. Her recuperation is progressing well and we look forward to seeing her, reinvigorated, back in the pool soon.

At least with a City2Surf clash we were all but guaranteed fine weather, and so it proved. Not that there was much time for taking in the fresh air under the towering Wahroonga gums. All ran slightly ahead of time until the relays (more on that later). What your measure of a successful meet is will vary from one participant to another. If records are any indication a good number would have headed home well satisfied. In that regard, Jenny Whiteley deserves special mention for breaking two world records and equalling another. That pool survey required for Tony Goodwin's world mark two years ago will come in handy again. Brendan Foley is also to be congratulated on a world record for the 100 IM, in a disabled category.

My thanks go, in the first instance, to our officials. I have found without exception a keenness to attend, matched by reliability and expertise. They might consider they have jobs for life. My further thanks go to my club mates and related parties, ie spouses and partners, and kids, namely Sasha and Amy. The lead-up and staging of a meet is like completing a jigsaw of not insubstantial proportions: a slow start, with a crescendo-like quickening of the pace leading to a conclusion. Whether the contribution was small or large, the pieces came together to produce the desired outcome. That said, there are always matters to be worked on and in that regard I offer an apology for the hiatus between the last event and the relays, and the outstanding announcement of the average points winner.

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Congratulations to Warringah for taking out the visitor's trophy and Cessnock, with five swimmers, winning the average contest, from Novocastrian, with eight.

Thank you finally to all competitors for your

attendance, support of the raffle and ensuring no leftovers at the après swim. We look forward to hosting again in 2010.

Stephen Lamy, Meet Director

In the Papers

The *Leader*-Tynan Sportstars

Anita Saviane of Cronulla-Sutherland Masters has been selected as one of the first winners in the seniors section of the *Leader*-Tynan Sportstar of the Year award for 2009. The particular achievements mentioned in her citation were winning gold medals in all six events she contested—50, 100 and 200 butterfly, 200 and 400 individual medley and 200 backstroke—a the Australian Masters Games. She is shown here flanked by a medal-winning young cyclist (*left*) and a ten-year-old State swimming medallist (*right*).



This photo appeared in *The Leader* on 7 May 2009

Recognition for Contribution

Nulkaba's Diane Partridge has been recognised for her contribution to Masters swimming with the Masters Swimming NSW Gary Stutsel Award.

Diane has been a member of the Cessnock Masters Swimming Club for 13 years, and juggles her roles as treasurer and coach with the Cessnock club with the NSW training coordinator's position, overseeing more than 200 officials across the State.

The award, first handed out in 1984, is presented to the person who has contributed the most to the advancement of Masters Swimming NSW in the previous year. Gary Stutsel is a founding member of Masters Swimming NSW, a past president who is still active in the national association.

Diane was nominated by masters Swimming NSW president Jane Noake, who was herself a recipient of

the award in 1999.

'Without such an enthusiastic training coordinator, there would not be so much interest amongst the members of our association to become an official,' Jane said in the nomination.

Diane became involved in swimming after her children took up the sport, and she joined Cessnock Masters Swimming Club in 1996 for the fun and health aspects. She took up a coaching role and then took the next step to officiating, now qualified in all nine official positions.

As the training coordinator, Diane's role involves keeping officials up to date, reaccrediting, presenting courses, encouraging people to become officials and helping them complete their hours, signing off on all log sheets, and much more.

While Diane and her husband Noel are seen officiating at carnivals all over NSW, they rarely make it into the pool at these meets—however, she is in the water at Cessnock pool at 6 am most days over the summer.

Diane and Wollongong Masters' Sue Johnstone will be the meet referees at the World Masters Games, which is being hosted by NSW Masters Swimming in Sydney in October.



This article and photo appeared on page 40 of *The Advertiser*, Wed 24 June 2009.

TOP HONOUR: Diane Partridge with the prestigious Masters Swimming award.

Recent Disqualifications

There have been 32 disqualifications in the last seven meets leading up to the 2009 Short Course Championships. The major problem has been false starts (9), which along with early relay takeoffs (4) could be due to nerves. This probably indicates a lack of practice in these skills.

Previously I have written of the need for coaches and club captains to hold special sessions for starts and changeovers, especially for swimmers entering their first swim meet. However, swimmers need to actually participate in those sessions when they are organised.

One swimmer recently false started, then a few races later did a one-hand touch at the end of the breaststroke leg in the individual medley. For whatever reason, this swimmer had missed participating in relevant sessions at club training. It seems that turns in the individual

medley is an area needing more attention, especially the finish of the backstroke leg.

Breaststrokers incurred 9 disqualifications: 6 for one-hand touches, 2 for incorrect leg movements, and one for incorrect arm movements. With backstroke 6 illegal turns and 2 illegal touches were executed. Only one butterfly swimmer was disqualified, this being for incorrect arm movements. Finally, one swimmer was disqualified for interference.

In summary, there were only 5 disqualifications for stroking, but 14 for touches and turns and 13 for early take-offs. This is a clear indication of how important the position of Inspector of Turns is, as it covers turns, finishes and relay takeoffs.

Gary Stutsel, Branch Technical Director

Newsletter 2009

Copies of our quarterly branch newsletter *SPLASH* will be available to members in the week ending:

December issue Sunday 13 December 2009

As of this September 2009 issue, members will receive an electronic notification as soon as *SPLASH* is available. You can still receive your copy by mail if you'd prefer, but you will need to ask your club registrar to indicate this in the Clubs Online database, otherwise we won't know.

Copy deadline for December 2009

Please submit copy **at the very latest** by the following date, as copy received after this date will **NOT** be accepted:

December issue 20 November 2009

- ❖ Mail your contributions to Sue Wiles, 6 Cook Rd, Wentworth Falls 2782; phone 02 4757 1065; or
- ❖ Email them to splasheditor@mastersswimmingnsw.org.au; or
- ❖ Send them by snail mail, fax or email to the state office one week before this date.

Breaking News

Anita Saviane (Cronulla Sutherland) should be very proud of her latest butterfly record in the 65–69 age group. At the State Short Course Long Distance Championships at Kurri Kurri recently Anita set a new record for the 800 butterfly of 18:55.74, taking 58 seconds off the existing record. This was no

accident, however, as last year she set her mind to breaking this 21-year-old record, set in July 1988 by Eileen Price. Oh, and on the way through Anita broke her own 400 fly record by two seconds. Way to go, Anita!

John Stacpoole

The sudden death of John Stacpoole, of Sandbern Masters, was a great sadness to his friends and family.

An obituary will appear in the next edition of *SPLASH*.

Branch, Australian and World Records

CESSNOCK MASTERS: 21 FEBRUARY 2009

Women

1500 Free
Pamela Nix (NNB) 40-44 20:07.62 B

800 Back
Jenny Whiteley (NRY) 50-54 12:55.59 N

1500 Back
Jenny Whiteley (NRY) 50-54 24:16.71 N

50 Fly
Clary Munns (NBT) 65-69 39.02 N

Men

50 Breast
Leon Bobako (NMM) 60-64 36.64 N

400 Breast
Bill Walker (NNC) 80-84 10:32.58 B

Relays

Women's 400 Medley
200-239 Novocastrian 6:56.25 B
J. Raper, W. Gordon, R. Brossmann, K. Donnan

Men's 400 Medley
200-239 Cessnock 7:21.59 B
P. Halliday, P. Johns, D. Moore, P. Murray

Men's 400 Medley
200-239 Novocastrian 6:30.17 B
B. Hall, K. Phillips, J. Walker, P. Farmer

Mixed 400 Medley
240-279 Blacktown 5:47.10 N
S. Morrissey, L. Stevenson, C. Munns, B. Devenish

CLARENCE RIVER MASTERS: 6-7 JUNE 2009

Women

25 Free
Sarah Daley (NCM) 30-34 15.13 B
Georgiana Hamer (NPM) 35-39 14.47 B

25 Back
Sarah Daley (NCM) 30-34 18.12 B

25 Breast
Robyn Wattus (NCM) 55-59 19.97 B

Men

25 Breast
Bill Walker (NNC) 80-84 25.01 B
Bill Patton (NPM) 80-84 24.88 B

25 Fly
Bill Walker (NNC) 80-84 24.70 B
Doug Campbell (QTT) 85-89 26.40 N

Relays

Women's 100 Free
240-279 Novocastrian 1:08.85 N
R. Carson, C. A'Dison, W. Gordon, J. Raper

Women's 100 Free
280-319 Miami Masters 1:22.15 N
D. Robertson, M. Fittock, P. Marshall, K. Watt

Women's 100 Medley
280-319 Miami Masters 1:50.03 N
M. Fittock, D. Robertson, M. Watts, P. Marshall

RELAY MEET: 21 JUNE 2009

Women's 100 Free
120-159 Seaside Pirates 57.23 B
H. Wallace, N. Domonkos, C. Fuller, R. Ireland

Women's 200 Free
80-99 North Sydney 1:56.77 B
G. O'Mara, M. Beames, L. Stevenson, M. Speet

Women's 400 Free
80-99 North Sydney 4:15.86 N
G. O'Mara, M. Beames, L. Stevenson, M. Speet

Women's 400 Free
160-199 Seaside Pirates 4:29.67 N
N. Domonkos, V. Allen, C. Krenkels, C. Codling

Women's 400 Free
200-239 Warringah 5:08.65 N
M. Earp, J. Atkins, M. Peacock-Smith, P. Appleby

Women's 100 Medley
160-199 Seaside Pirates 1:06.88 B
C. Codling, L. Price, C. Fuller, R. Miller-Walton

Women's 100 Medley
280-319 Port Macquarie 1:47.00 N
C. Carter, J. Cain, G. Carden, J. Brien

Women's 400 Medley
120-159 North Sydney 4:45.74 N
C. Echols, L. Stevenson, G. O'Mara, M. Speet

Women's 400 Medley
160-199 Seaside Pirates 5:13.99 B
C. Krenkels, L. Price, C. Codling, V. Allen

Women's 400 Medley
200-239 Seaside Pirates 7:24.56 B
B. Grindley, S. Batchelor, J. Noake, S. Rigby

Women's 400 Medley
240-279 Warringah 6:37.78 B
J. McLean, M. Peacock-Smith, M. Earp, V. Head

Men's 100 Free
320-359 Warringah 1:44.07 N
T. Ryan, J. Steen, R. Muir, G. Hannon

Men's 200 Free
160-199 North Sydney 1:42.40 N
L. Ranson, J. Butler, A. Godfrey, J. Kain

Men's 400 Free
320-359 Warringah 9:29.45 N
T. Ryan, J. Steen, R. Muir, G. Hannon

Men's 400 Medley
120-159 Seaside Pirates 4:10.92 N
S. Wensing, S. Goldschmidt, P. Kerr, J. Bates

Men's 400 Medley
160-199 Blacktown City 4:30.29 B
J. Hawton, S. Hay, S. Gough, A. Priday

Mixed 100 Free
240-279 Blacktown City 56.02 N
B. Devenish, C. Munns, G. Timm, L. Stevenson

Mixed 200 Free
200-239 Ryde 1:56.95 N
C. Lock, J. Whiteley, V. Watson, R. Ferguson

Mixed 200 Free
240-279 Blacktown City 2:02.05 N
B. Devenish, C. Munns, L. Stevenson, D. Aynsley

Mixed 200 Free
280-319 Warringah 2:28.47 N
M. Van Gelder, S. Levett, J. McLean, B. Harris

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RELAY MEET: 21 JUNE 2009

Mixed 400 Free		
120–159 North Sydney	3:58.35	N
G. O'Mara, M. Speet, J. Butler, L. Ranson		
Mixed 400 Free		
160–199 Ryde	4:00.70	N
T. Dolphin, V. Watson, J. Whiteley, R. Ferguson		
Mixed 400 Free		
240–279 Blacktown City	4:40.46	N
L. Stevenson, C. Munns, B. Cherrie, B. Devenish		
Mixed 400 Free		
280–319 Warringah	5:53.29	N
M. Van Gelder, S. Levett, J. McLean, B. Harris		
Mixed 100 Medley		
240–279 Blacktown City	1:03.50	N
C. Munns, D. Aynsley, B. Devenish, L. Stevenson		
Mixed 100 Medley		
280–319 Warringah	1:15.39	N
J. Martin, S. Levett, M. Earp, M. Van Gelder		
Mixed 200 Medley		
200–239 Ryde	2:11.11	N
C. Lock, J. Whiteley, G. Henry, V. Watson		
Mixed 200 Medley		
280–319 Warringah	2:50.00	N
J. Martin, S. Levett, M. Earp, M. Van Gelder		
<i>Splits</i>		
25 Back		
Melissa Beames (NNS) 25–29	16.70	B
50 Free		
Gillian O'Mara (NNS) 30–34	27.86	N
Lynette Stevenson (NBT) 60–64	30.90	B
Val Lincoln (NGS) 85–89	1:01.21	B
50 Back		
Jon Hawton (NBT) 45–49	30.49	N
100 Free		
Lynette Stevenson (NBT)	1:09.69	W
 TRINITY: 6–7 JUNE 2009		
<i>Women</i>		
50 Free		
Lynette Stevenson (NBT) 60–64	30.90	W
100 Free		
Lynette Stevenson (NBT) 60–64	1:10.47	N
200 Free		
Louise Stevenson (NNS) 25–29	2:11.34	B
50 Back		
Lynette Stevenson (NBT) 60–64	36.17	N
200 Back		
Hilda Lindfield (NHL) 90–94	8:15.56	N
200 Breast		
Robin Henze (NWL) 70–74	4:06.70	B
50 Fly		
Clary Munns (NBT) 65–69	38.84	N
100 IM		
Robin Henze (NWL) 70–74	1:47.69	B
<i>Men</i>		
100 Free		
David Lawler (NML) 80–84	1:25.64	N
200 Free		
Jon Hawton (NBT) 45–49	2:07.72	B
Bill Devenish (NBT) 55–59	2:13.99	B

David Lawler (NML) 80–84	3:08.74	N
50 Back		
Jon Hawton (NBT) 45–49	30.79	N
Stephen Lamy (NML) 60–64	34.03	N

NIB HUNTER FESTIVAL OF SPORT: 11 JULY 2009

<i>Women</i>		
25 Free		
Melissa Beames (NNS) 25–29	14.14	B
<i>Men</i>		
400 Free		
AJ Newman (NDB) 25–29	4:30.65	B
Tony Curran (NET) 55–59	4:55.93	B
Bill Devenish (NBT) 55–59	4:54.94	B
25 Breast		
Leon Bobako (NMM) 60–64	16.95	B
50 Breast		
Stuart Ellicott (NHS) 55–59	32.69	N
100 Breast		
Stuart Ellicott (NHS) 55–59	1:15.14	N
400 Breast		
Bill Walker (NNC) 80–84	10:16.04	N
25 Fly		
AJ Newman (NDB) 25–29	12.16	B
100 Fly		
Bill Walker (NNC) 80–84	2:16.99	N

WARRINGAH: 18 JULY 2009

<i>Women</i>		
25 Free		
Melanie Speet (NNS) 25–29	13.97	B
Christina Echols (NNS) 35–39	14.57	B
Georgiana Hamer (NPM) 35–39	13.84	B
Vicky Watson (NRY) 40–44	13.47	B
Sue Kearney (NML) 50–54	15.01	B
Kim Brennan (NPN) 50–54	14.41	B
Jenny Whiteley (NRY) 50–54	13.19	N
Suzanne Levett (NWG) 65–69	16.25	B
Joan Morgans (NWG) 85–89	37.55	B
Hilda Lindfield (NHL) 90–94	51.82	B
25 Back		
Catherine Todd (NRY) 20–24	16.79	N
Jacqueline Watson (NML) 25–29	15.84	B
Vicky Watson (NRY) 40–44	16.30	B
Jenny Whiteley (NRY) 50–54	16.25	N
Robyn Burton (NNS) 55–59	19.38	B
Jennifer McLean (NWG) 65–69	19.87	B
Hilda Lindfield (NHL) 90–94	53.22	B
25 Breast		
Lilian Whiteman (NHS) 25–29	19.19	B
Melissa Beames (NNS) 25–29	18.75	B
Vicky Watson (NRY) 40–44	17.11	N
Kim Brennan (NPN) 50–54	17.96	B
Jenny Whiteley (NRY) 50–54	16.22	N
Joan Morgans (NWG) 85–89	44.58	B
100 Breast		
Joan Morgans (NWG) 85–89	3:43.39	B
25 Fly		
Catherine Todd (NRY) 20–24	14.99	N

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(Continued from page 11)

WARRINGAH: 18 JULY 2009

25 Fly		
Noemi Domonkos (NSP) 35-39	16.21	B
Naomi Watson (NCK) 35-39	15.73	B
Jenny Whiteley (NRY) 50-54	14.22	N
50 Fly		
Clary Munns (NBT) 65-69	38.60	N
100 Fly		
Clary Munns (NBT) 65-69	1:29.85	N
<i>Men</i>		
25 Free		
Andrew Aebi (NNS) 25-29	12.53	B
Brann James (NBM) 25-29	12.32	B
Peter Kerr (NSP) 30-34	11.16	B
Haydn Wood (NWO) 40-44	11.85	B
Arthur Lith (NWG) 70-74	15.54	B
Max Van Gelder (NWG) 75-79	15.00	N
David Lawler (NML) 80-84	16.75	N
John-William Steen (NWG) 85-89	28.06	B
100 Free		
David Lawler (NML) 80-84	1:22.84	B
25 Back		
Jon Hawton (NBT) 45-49	14.25	N
25 Breast		
Hugh Rothwell (NWG) 25-29	15.13	B
Peter Kerr (NSP) 30-34	13.52	N
Simon Goldschmidt (NSP) 35-39	14.34	N
Stuart Ellicott (NHS) 55-59	14.66	N
Peter Harvey (NPN) 60-64	18.21	B
Bill Walker (NNC) 80-84	24.77	B
John-William Steen (NWG) 85-89	28.81	B
100 Breast		
Simon Goldschmidt (NSP) 35-39	1:09.47	B
25 Fly		
Haydn Wood (NWO) 40-44	12.82	B
Jon Hawton (NBT) 45-49	13.19	B
John Notley (NLC) 80-84	29.24	B
<i>Relay</i>		
Men's 100 Medley		
320-359 Warringah	1:46.61	N
J. Steen, G. Hannon, N. Peters, T. Ryan		

LONG-DISTANCE SHORT-COURSE: 26 JULY 2009

<i>Women</i>		
1500 Free		
Catherine Todd (NRY) 20-24	20:19.49	B
Ann Campbell (NNC) 60-64	22:06.71	B
400 Back		
Pam Martin (NWY) 50-54	5:54.34	N
Jenny Whiteley (NRY) 50-54	5:48.63	N
800 Back		
Helen Wallace (NSP) 25-29	12:11.50	B
Kathryn Dobson (NBM) 50-54	12:56.30	B
800 Fly		
Anita Saviane (NCS) 65-69	18:55.74	N
400 IM		
Ann Campbell (NNC) 60-64	7:03.21	B
800 IM		
Pam Martin (NWY) 50-54	12:44.52	N
Jenny Whiteley (NRY) 50-54	11:45.89	N
<i>Men</i>		

1500 Free		
David Robins (NAM) 65-69	23:37.20	B
400 Back		
Paul Lemmon (NET) 40-44	4:46.40	N
800 Back		
Stephen Lamy (NML) 60-64	12:34.37	B
400 Breast		
Jack Mathieson (NSH) 90-94	16:31.38	N
800 Breast		
Bill Walker (NNC) 80-84	21:20.61	B
800 IM		
Paul Lemmon (NET) 40-44	10:02.72	N
<i>Splits</i>		
400 Free		
Ann Campbell (NNC) 60-64	5:46.70	B
800 Free		
Ann Campbell (NNC) 60-64	11:39.85	B
Michael Heeks (NSP) 45-49	9:52.30	B
David Robins (NAM) 65-69	12:38.29	B
200 Fly		
Jenny Whiteley (NRY) 50-54	2:43.43	N
400 Fly		
Anita Saviane (NCS) 65-69	9:08.48	N

SUTHERLAND SHIRE SPRINT CARNIVAL: 1 AUGUST 2009

<i>Women</i>		
25 Free		
Jenny Whiteley (NRY) 50-54	13.59	N
Clary Munns (NBT) 65-69	14.97	N
25 Back		
Lynette Stevenson (NBT) 60-64	17.18	B
Clary Munns (NBT) 65-69	17.75	N
100 Back		
Lynette Stevenson (NBT) 60-64	1:23.18	N
25 Breast		
Jenny Whiteley (NRY) 50-54	16.92	N
Robin Henze (NWL) 70-74	22.31	B
25 Fly		
Lynette Stevenson (NBT) 60-64	15.49	N
Clary Munns (NBT) 65-69	16.47	N
Robin Henze (NWL) 70-74	23.47	B

<i>Men</i>		
25 Breast		
Allan Dufty (NSP) 80-84	23.23	B
25 Fly		
Tony Goodwin (NML) 70-74	16.71	B
Allan Dufty (NSP) 80-84	21.29	N

MANLY MASTERS: 9 AUGUST 2009

<i>Women</i>		
200 Free		
Val Lincoln (NGS) 85-89	5:01.74	B
50 Back		
Val Lincoln (NGS) 85-89	1:19.96	B
50 Breast		
Jenny Whiteley (NRY) 50-54	35.08	W
100 Breast		
Jennie White (NWY) 25-29	1:17.93	N

(Continued on page 13)

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MANLY MASTERS: 9 AUGUST 2009

50 Fly		
Lynette Stevenson (NBT) 60-64	35.05	N
200 Fly		
Jenny Whiteley (NRY) 50-54	2:38.19	W
100 IM		
Jenny Whiteley (NRY) 50-54	1:09.22	W
<i>Men</i>		
200 Free		
Bill Devenish (NBT) 55-59	2:12.44	N

100 Back		
Jon Hawton (NBT) 45-49	1:05.50	N
50 Breast		
John-William Steen (NWG) 85-89	1:08.84	B
200 Fly		
Bill Walker (NNC) 80-84	5:13.09	N

B = Branch record
 N = National record
 W = World record

Progressive Club Points for 2009 (including Manly Masters meet)

The progressive tally of club points is updated regularly on the Masters NSW web site

<i>Place</i>	<i>Club</i>	<i>Points</i>	<i>Place</i>	<i>Club</i>	<i>Points</i>		
Division 1			Division 3 (cont'd)				
1	NWG	Warringah Masters	6,257	4	NMT	Maitland AUSSI	509
2	NBT	Blacktown City	4,283	5	NTR	Trinity AUSSI	448
3	NNC	Novocastrian Masters	4,148	6	NTN	Tuggeranong Vikings	441
4	NML	Manly Masters	3,753	7	NCS	Cronulla Sutherland AUSSI	374
5	NSP	Seaside Pirates	3,532	8	NRT	Raymond Terrace AUSSI	326
6	NRY	Ryde AUSSI	2,133	9	NMM	Myall Masters	227
7	NWO	Wett Ones	2,089	10	NSW	Swansea Masters	211
8	NWY	Wyong Wobbygongs	2,070	11	NLP	Liverpool Leatherjackets	198
9	NNS	North Sydney AUSSI	1,929	12	NSH	Shoalhaven Seahawks	134
10	NCK	Cessnock Masters	1,920	13	NDB	Dubbo Redfin	0
11	NPM	Port Macquarie Masters	1,307	Division 4			
12	NBM	Blue Mountains Phoenix	1,031	1	NNB	St George Masters	346
Division 2			2	NPT	Picton Masters	330	
1	NCM	Clarence River Masters	1,718	3	NLC	Lane Cove Masters	202
2	NCT	Campbelltown Collegians	1,514	4	NCB	Caringbah AUSSI	188
3	NET	Ettalong Pelicans	1,262	5	NSA	Sandbera Aquadot	129
4	NHS	Hornsby Masters	1,222	6	NMR	Merrylands Swimming Club	94
5	NCR	Coogee Randwick Masters	1,012	7	NBR	Bush Rangers	86
6	NGS	Gosford City Seagulls	799	8	NAM	Armidale AUSSI	69
7	NWS	West's Auburn Masters	591	9	NCN	Molonglo Water Dragons	27
8	NHL	Hills Masters	556	10	NCH	Coffs Harbour Masters	0
9	NOF	Oak Flats AUSSI	517	10	NCP	Cook & Phillip Masters	0
10	NMS	Lake Macquarie Crocs	367	10	NHN	Hunter Masters	0
Division 3			10	NOP	SOPAC Swimteam	0	
1	NPN	Penrith AUSSI	1,666	10	NPW	Prairiewood AUSSI	0
2	NSG	Nelson Bay Dolphins	564	10	NTM	Tamworth AUSSI	0
3	NWL	Wollongong Masters	530	10	NTS	Tattersalls Club	0

Calendar to the End of 2009 (see your Vorgee fridge magnet for details)

September	19	Ryde
	26	Lake Macquarie
October	10	World Masters Games
	31	Novocastrian
November	7	Hills
	14	North Sydney
	21	Tuggeranong
	28	Port Macquarie
December	5	Raymond Terrace
	12	West Auburn LD

—World Masters Games 2009—



Sydney is set to host the largest World Masters Games ever, and the swim meet entries are the largest ever as well. Entries to date are 1,906 swimmers in the pool and the open water swim at Chowder Bay at Mosman, with a fantastic contingent from Australia, and many overseas entrants.

The meet is being swum under FINA Masters Rules as at the closing date of entries (31 July 2009). Please have a look at the article below outlining any differences you may encounter with the rules.

We have been inundated with volunteers both from inside our organisation and from outside as well. It really is heartening to have so many people willing to

give up their time to be part of such an event.

We have also had lots of interest from interstate and overseas officials, so it will be exciting for us to be able to work with others. I am indebted to our NSW officials, most of whom have put up their hand, many for the entire seven days of pool swimming and some even for the open-water swim. It is going to be a huge task but I know we will do an excellent job of showcasing Masters Swimming NSW.

Good luck to everyone who has entered. Enjoy the fun and friendship of an international event—it will be a long time before Sydney gets to host an event like this again.

See everyone at SOPAC in October.

Jane Noake, Meet Director

World Masters Games—What Is Allowed

The WMG will be swum to the FINA Rules for Masters Swimming as at 31 July 2009, the one exception being that *MSW 5 Relays* does not apply: relay teams do **not** have to consist of four swimmers from the same club.

The FINA Masters Rules state at *MSW 3 Technical Swimming Rules: The Swimming Rules in Part III of this Handbook shall apply to Masters with the following exceptions . . .* The exceptions are:

- ❖ All events shall be conducted on a timed final basis.
- ❖ When using the forward start, the referee's whistle shall indicate that the swimmers may take their positions with at least one foot at the front of the starting platform or pool deck, or in the water with one hand having contact with the starting wall.
- ❖ A breaststroke kick is allowed in butterfly swims whether they be in butterfly, individual medley or medley relay events.

Freestyle. The FINA rule for freestyle allows any stroke to be swum except in medley events. *SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.* Swimmers who elect to do breaststroke in all or part of a freestyle event will have their time recorded as a

freestyle time. Please note that the warning whistle when there are two laps plus five metres to swim is given only in the 800m, not in the 400m. Likewise, laps to swim will be displayed at far end of the pool in the 800m but not the 400m (as you swim your first lap, the lap counter will display 15 indicating 15 laps to swim).

Backstroke. The FINA rule for backstroke states at *SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.* As there is no mention to the contrary a double arm action is allowed.

Backstroke swimmers need to be particularly careful of their touches and turns. If you are not a competent turner stick with the touch on the back, swivel round and push off the wall on the back.

Finally, of particular interest to many swimmers will be the position regarding swim suits:

- ❖ Only one swimsuit may be worn for each event you enter.
- ❖ In the absence of any other rules, any suit may be worn.

Gary Stutsel, Branch Technical Director

From the Administrator's Keyboard

Thank you to the NSW branch and the national body for jointly funding travel for me and other branch administrators to a workshop in Melbourne at the end of July. It was great to meet other branch administrators as well as the new staff at the national office. The two days were an exhausting talk fest with great ideas being exchanged and can only be a positive step in streamlining processes on a national level.

To date, just over 1650 registrations have been processed for 2009. It's that time of year when club registrars need to update membership fees for the coming season on Clubs Online. The database will be rolled over to 2010 on 1 December, when members will be able to renew their registration. We would ask clubs to encourage their members to register online for 2010—I believe some clubs even entice their members with a special early-bird registration fee. A checklist of tasks has been forwarded to registrars, whose cooperation will be invaluable in streamlining the processes.

The most recent Vorgee Million Metre award winners were announced at the Manly meet. Frank Funibaldi achieved his one million metres and Peter O'Sullivan his two million metres, both swimmers members of Trinity AUSSI Masters.

Aileen Williams of Wyong was presented with the Betty Grant Award at the Trinity meet. This was a deserved win against very stiff competition from four other worthy contenders.

Under the auspices of NSW Training Coordinator Diane Partridge, many courses have been conducted over this quarter, no less than six of them held over the June long weekend at Yamba. Others were held at Blue Mountains, Campbelltown, Cessnock, Cronulla Sutherland, Ettalong and Warringah. Remember, even if you don't host a meet, your club can assist in an official capacity by encouraging members to attend these courses and to become accredited, especially in timekeeping.

Di Coxon-Ellis, NSW Branch Administrator

Accreditation Update

Congratulations to the following new officials, who gained accreditation between June and August 2009:

Phil Bridge	Wett Ones	Inspector of Turns
George Brown	Wyong	Referee
Graham Campbell	Warringah	Marshal / Check Starter / Clerk of Course
Carol Dawson	Cronulla-Sutherland	Referee
Regina Haertsch	North Sydney	Inspector of Turns
Sue Heins	Campbelltown	Chief Timekeeper
David Lynch	Ettalong	Timekeeper
Pam Rodwell	Maitland	Timekeeper
Owen Sinden	Campbelltown	Inspector of Turns
Richard Thorpe	Gosford <i>Volunteer</i>	Chief Timekeeper
Lynda Wilson	Raymond Terrace	Timekeeper
Gail Wright	Cessnock	Check Starter / Clerk of Course

Di Partridge, NSW Training Coordinator

The NSW Association of AUSSI Masters Swimming Clubs Inc

NSW Board 2009/10

President	Jane Noake
Vice President	Remy Reinker
Vice President Country	Neil Keele
Treasurer	Stuart Meares
Ordinary Members	Stuart Ellicott, Tony Tooher, Sue Wiles

Something to keep in mind

In addition to regular training sessions, mental preparation will give you some basic principles to improve your swimming performance:

⇒ **Establish** goals or targets

⇒ **Develop** self-confidence, correct any errors

⇒ **Keep trying**, forget failures, remember successes

⇒ **Have faith**, don't wait for proof; *let* your creative mechanism work, don't *make* it work

Thanks to Dr Paul Hutinger of Maverick Masters for these pointers, submitted by Dawn Thompson.



“SPLASH”

Newsletter of the NSW Branch AUSSI Masters Swimming in Australia Inc.

The views expressed in *SPLASH* are not necessarily those of the editor or the Board of Masters Swimming NSW. We try to give all members a fair say in their own magazine, and welcome the views and correspondence of ALL members.

Advertising rates

Full page	\$180
Half page	\$100
Quarter page	\$80

The rate for club meet ads is \$45 (one-sixth of a page)

Clubs wishing to advertise their meets must have them sanctioned by the newsletter deadlines.



Websites

AUSSI Masters Swimming Australia
NSW Branch
Australian Masters Games 2009
Sydney 2009 World Masters Games
Ocean swims

www.mastersswimming.com.au
www.mastersswimmingnsw.org.au
www.australianmastersgames.com
www.2009worldmasters.com
www.oceanswims.com



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