

MSQ Clubs: How to form a new Club - 2013

How did it all start?

AUSSI Masters as it was originally known, was constituted in Sydney as the Australian Union of Senior Swimmers International (AUSSI) on 22nd September 1975.

In 1974, a team of US Masters Swimmers visited Australia for a competition in Sydney. On the 18th October 1974, a meeting was held where the new association was formed.

In 2009, the acronym AUSSI was removed in favour of Masters Swimming in Australia (MSA)

The National Masters Championships are held every year, hosted by a different state each year. Queensland hosted the event in 2009 and will do so again in 2014.

In 1988, the second FINA/MSI World Masters Swim was held in Brisbane. The latter also hosted the World Masters Games in 1994.

The Masters' Swimming stated purpose is *To encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health.*

Getting Started

There are two ways to form a club:

1. **Join an existing Swimming Qld Club and you will need only 3 members to start.**
 - ◆ You choose a name with 3 letters for the club code e.g. QBG
 - ◆ You register the club name with the Board of Management (BMB) for approval. Once approved, you send the Administrator the IMG Bank Details' Form to enable IMG to include your club on the Clubs Online Database.
 - ◆ Once the club has been included, your members can register online via the MSQ website
2. **Form a brand new club and find 5 people to join the club. You need at least a president, secretary, treasurer and 2 members**
 - ◆ Follow the same procedure as per No. 1
3. **More information on committee positions and MSQ programs are available on the website.**



Masters Swimming Queensland (MSQ)
PO Box 1279
CAPALABA BC

Phone: 3245 1571
Email:

administrator@mastersswimmingqld.org.au
<http://www.mastersswimmingqld.org.au>

More information is available on the MSQ Website



MASTERS
SWIMMING
Australia

President: chairs meetings and ensures aims and objectives are met.

Secretary: Keeps minutes of meetings and becomes the club contact for the MSQ Administration

Treasurer: Keeps records of club finances and disburses funds.

Additional Roles: Registrar, Recorder, Captain, Coach, Safety Officer

Why am I a member of Masters Swimming Queensland?

What is MSQ and what do we do?

We are the recognised Queensland State body of Masters Swimming Australia and are therefore responsible for the administration, management, coordination and promotion of Masters Swimming Queensland.

MSQ is affiliated with MSA (Masters Swimming Australia) and FINA the international swimming organisation. Our clubs throughout Queensland are affiliated with MSQ and MSA.

MSQ has a Branch Management Board, led by the President and Board members, responsible for various aspects of the organisation. Swimming Queensland administers our organisation in Brisbane.

Our specific role:

- ◆ Prepare a calendar of sanctioned interclub swim meets in Queensland
- ◆ Promote swim meets hosted by clubs
- ◆ Organise with the support of a host club, the annual State Championships and the Pan Pacific Masters Games every two years
- ◆ Liaise with club contacts on matters relating to MSQ
- ◆ Support clubs with Clubs Online, the registration database.
- ◆ Maintain the MSQ website, Facebook and Twitter accounts
- ◆ Maintain all MSQ documents, policies and procedures
- ◆ A means to liaise with MSA, and the state organisations throughout Australia
- ◆ Represent and promote the interests of MSQ members and the organisation
- ◆ Ensure that policies and procedures are current and applied consistently.

What Clubs Can and Need to Do

- ◆ Every Club has to affiliate with MSQ to be eligible for Insurance Cover and to host a Sanctioned Swim Meet.
- ◆ Set a club fee—taking into consideration the state and national components.
- ◆ Clubs may host a swim meet, which they nominate to do and for which they pay a sanction fee.
- ◆ Create a good working relationship with the pool management and create set training times for your members.
- ◆ Participate in the programs, MSQ and MSA offer.
- ◆ Consider ways of promoting your club within the community.
- ◆ Create social events to engage your members beyond training sessions
- ◆ Encourage your members to nominate for swim meets.
- ◆ Find a coach if necessary or take the opportunity to become an MSQ coach and/or technical official. The latter has no fee attached.
- ◆ Ensure your members access the MSQ website and receive information sent by the administrator
- ◆ Create a website and Facebook page for your club.

MSQ Member Benefits as a registered member

The following is a summary of the benefits of being a member of MSQ:

- ◆ Coaching and technical officiating opportunities
- ◆ Coaching clinics
- ◆ Coaching, training and technique correction opportunities
- ◆ Access through participation in MSQ programs:
 - ⇒ Endurance 1000
 - ⇒ Million Metre Program
 - ⇒ Lane Warriors
 - ⇒ Participation and Improvement Programs
 - ⇒ MSX—Swimming Excellence Program
 - ⇒ Travel interstate, throughout Australia and internationally
- ◆ Management of Member database
- ◆ Website, newsletters and social media access, managed by MSQ
- ◆ Competing at sanctioned interclub, state, national and international swim meets and championships
- ◆ Verification of state, national and world records
- ◆ Access to the Results Portal on the MSA website
- ◆ Quality assurance for events
- ◆ State and national safety standards
- ◆ Insurance
- ◆ State governance and Policy Management
- ◆ Member of MSA
- ◆ Affiliated with FINA
- ◆ Membership of an affiliated club
- ◆ Social activities organised by clubs

Fees and Insurance

The individual registration fee is made up of the state, national and club fee. It means that you have a three-tiered system of support.

Your Insurance:

Masters Swimming Australia provides insurance cover to all members.

The Insurance cover includes Public Liability and Personal Accident Insurance

Members are covered as:

Competitors at swim meets; postal swims; during training or coaching sessions; as a volunteer or technical official at swim meets; club coach, guest swimmer, (latter) for a period of one month.

For more information on Masters Swimming, visit the MSQ website and the MSA website on:

www.mastersswimmingqld.org.au

Look Better, Feel Better and be more Relaxed

Swimming is an ideal activity for people of all ages and ability. When swimming, your body is supported by water so that there is no excessive stress on any one set of muscles or joints.

Experts state that swimming is one of the most effective forms of exercise. It improves:

- Lung capacity
- Blood pressure
- Muscle tone
- Posture
- General physical appearance
- Ability to relax
- Physical and mental well-being

You have to be 18 to join MSQ, but there is no limit to age beyond that.

You might say that you are not a champion swimmer, or you may feel a little embarrassed about swimming, especially swimming competitively. You will be happy to know that the vast majority of Masters' members are not champion swimmers. Yes, we do have some who have competed at major meets including Commonwealth and Olympic Games, and they of course are welcome in our organisation, but they are also the minority.

The majority of our members are keen swimmers, but not all are interested in competing. Most members who do compete try to better their own personal best times rather than be the first place-getter. Of primary importance is the fact that we are here to gain a better and higher level of fitness and enjoy the friendship and fun associated with Club membership.

MSQ Activities

We have a range of swimming activities to suit all members.

- ◆ Competition Events: Interclub, State, National and World Championships and the Pan Pacific Masters Games
- ◆ Endurance 1000
- ◆ Million Metre Swims
- ◆ Lane Warrior
- ◆ MSX – Excellence Program
- ◆ Participation and Improvement Program
- ◆ Swim Training
- ◆ Coaching and stroke correction
- ◆ Technical officiating opportunities

The MSQ website has more detailed information.

The MSA and MSQ Programs

Vorgee Million Metre Program:

This is an MSA (Masters Swimming Australia) program. On a spread sheet (website) record the distance you swim every time you swim—regardless of the stroke you swim. You will be rewarded for the One Million, Two Million etc. distances you've accumulated.

Endurance 1000 (MSA Program)

This program offers you an opportunity to swim the distance events— 400, 800, 1500, 1/2 hour, 3/4 hour and 1 hour events in most strokes. A record of your swims and times are kept and loaded onto the Endurance 1000 Portal.

Lane Warriors (MSQ Program)

This program complements the Vorgee Million Metre Swim with the addition of pool accessories. Record every distance you swim every time you get into the water, including with flippers, pool buoys and kickboard. The latter two cannot be used for Million Metre Swims.

MSX—Excellence in Swimming (MSQ Program)

MSX is appealing to the competitive swimmers, who are challenged to beat the qualifying time standards based on the Results Portal points' system. To be eligible for a Platinum, Gold, Silver or Bronze standard, you would need to beat the times set in the events and distances 3 x.

Swim Meets

MSQ offers its members up to 30 swim meets throughout Queensland hosted by clubs throughout the state. A calendar of events is posted on the website.

Coaching and Technical Officials' Courses

Become an adult coach or technical official. Flyers are sent to clubs promoting courses being offered in the 4 regions.

Registrations

- ◆ The registration year is from 1 January to 31 December.
- ◆ Members must be registered to be eligible to enter swim meets and participate in the programs.
- ◆ A club must be affiliated with MSQ to enable club members to compete.
- ◆ We offer two types of membership: a standard and a Health Care Card Holder membership.
- ◆ Registrations must be done online by individuals or a club member may offer to register members on a member's credit/debit card.
- ◆ Registration details on the IMG database must be updated regularly.
- ◆ The name you choose as your registered name is the one you must use for all entries to swim meets. Example Robert Burns (database) and not Bob Burns

Information on club related matters see the MSQ website: [Clubs/Club Information](#)

2013/2014 Registration Fees

Standard and Health Care Card Holder Fees (HCC)

	National Amount	MSQ Amount	Total
4 months: 1 Sept— 31 Dec 2013	\$17	\$20	\$37
16 months: 1 Sept 2013—31 Dec 2014 (Standard)	\$43	\$45	\$88
16 months: 1 Sept 2013—31 Dec 2014 (HCC)	\$43	\$37	\$80
12 months: 1 Jan—31 Dec 2014 (Standard)	\$35	\$37	\$72
12 months: 1 Jan—31 Dec 2014 (HCC)	\$35	\$30	\$65

You may join another Queensland club or an interstate club as a second claim member.

Clubs must send a list of its members who hold a Qld/NSW Health Care Card, with the name of the card and the expiry date.

Club Affiliation Fees for 2014—due by end of October 2013:

Club Membership numbers:	3—20 members: \$45
	21—60 members: \$100
	61—80 members: \$160
	81 + members: \$180

NOTE: A new club does not pay an affiliation fee in its first year as a club.

Nomination for a sanctioned swim meet (SSM):

A club may wish to host a swim meet, which is a great way of raising funds for the club and it gives members in the region another opportunity to swim competitively. To register a swim meet with MSQ, a club needs to pay a sanction fee of \$80. Applications to host a swim meet are sent to clubs in July every year.

Once the swim meet has been sanctioned, the club is notified of the sanction number and the event is listed and promoted on the MSQ website, via Facebook, in newsletters and via email to clubs.

Club Registration Documents and useful information

1. New Club Application Form (Website: Information/Form)
2. IMG Bank Details Form (Website: Information/Forms)

Open a bank account for your club if it's a new club or submit the bank details of the existing SQ Club

Consult the MSQ website for information on all matters relevant to our members and Organisation.

We have four regions in Queensland:

North—north of Mackay: Whitsundays (Proserpine), Herbert River, Townsville, Mareeba, Atherton and Cairns.

Central— north of Noosa: Maryborough, Hervey Bay, Bundaberg, Gladstone, Rockhampton and Mackay

Sunshine— north of the Brisbane River: University of Qld, the northern suburbs of Brisbane, Caboolture, Redcliffe, Sunshine Coast, Noosa and South Burnett (Nanango)

South—south of the Brisbane River, Redlands Bayside, Ipswich, Gold Coast and northern New South Wales—up to Lismore.