



Newsletter 5 July 2017

Swimming New England & North West Inc

swimmingnenw@gmail.com

President – Anne Migheli

Vice President – Susanne Kable

Secretary – Tammy Elbourne

Treasurer – Brian Coombs

Registrar – Chelley Johnstone

Development C/O – Mick Migheli

B/Member – Skye Avard

B/Member – Neander Walsh

B/Member – Charles McShane

ATSCC – Jeremy Deasey

NENW Development Officer
Pam Weste

Presentation Night May 2018

AGM – 6th May 2018

Website

<http://www.newenglandnwnsw.swimming.org.au/>

Facebook

<https://www.facebook.com/newenglandnorthwestswimming>

Board Meeting 26th July

Presidents Meeting 27th

July

Welcome to July, Congratulations to all of our members who participated at the NSW Country SC Championships, it was wonderful to see the number competing, the PB's achieved and congratulations to Archie Barnett and Amelia Simm who both achieved podium finishes. We are very proud of you all.

Congratulations to Rod Marshdale (our guest speaker) who recently competed in Spain at the World transplant games and finished 5th in the world with a 12 sec PB in the 200m Free, where he credits Mitch Hayden assisting him with his tumble turns. Rod also had the privilege of leading the men's relay team.

Thank you and well done to Armidale Alligators for hosting our first Winter Meet, and we are looking forward to Gunnedah's and Glen Innes' in the next few weeks.

Could you also please consider how you can assist us at the Area SC championships and email the TO form into Jeremy.

Kind Regards Anne

Club Checklist

- Determine who in your club is a school teacher or holds Cert IV Workplace Training, who after completing some paperwork can become an Assessor and Presenter
- Discuss within your club Technical Official training and who would like to look at which positions.
- Paid your Area affiliation Fees
- Organise a Board member to attend the Presidents Meeting on the 27th July at 8pm.
- Summer meet applications are due 10th August
- Hosting applications for Area LC / Speedo Due 10th August

SNSW Affiliation fees and forms

Have you updated your affiliation forms and submitted them to Swim NSW?

SNSW does not have all complete updated contact details for every club in our Area. Please encourage your own clubs to submit details so we know the information is getting out to the right people in all the clubs, especially if you do not have a 'club' email address and documents are going to private email addresses.

SAT – CS Course

As an Area we are looking at possible venues and potential dates to offer a SAT - CS course. If you are interested could you please email Pam Weste to pass on your EOI.

pam.weste@nsw.swimming.org.au

MPIO Course

Assume that the MPIO course will go ahead Saturday afternoon/evening of 12th August, you will need to complete online training and bring that certificate to the face to face course, (which will cost you \$25, but speak to your clubs).

The link for the online training is:

<https://www.playbytherules.net.au/online-courses/mpio-online-course>

We are simply waiting for confirmation.

Office of Fair Trading Information

Very important information from the Office of Fair Trading - The Office of Fair Trading is waiving fees to update your Club Constitution prior to September 2017.

Is your Constitution dated prior to 2011?

Does your club name have the word "Amateur" included in it?

Have you been submitting annual returns to Fair Trading?

Do you know who your Public Officer is?

If you need any help or have any questions please contact Pam Weste

Don't keep putting it off as it may cost your club \$\$\$ the longer you leave it.

We need you!!!!

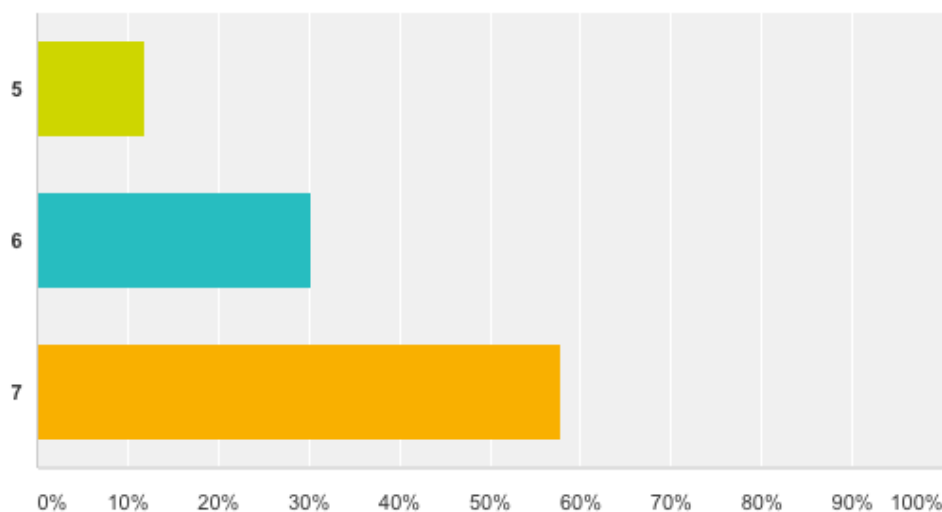
Are you a Mum or Dad who can assist as a **manager** for our Achievers Squad? We will have an experienced manager and would like someone who can assist them and learn the ropes. If you are interested could you please email the Area on swimmingnenw@gmail.com by the 26th July. Please include your WWC number.

Are you a **coach** who participated in our Development days for Achiever squad? We would like to call for nominations from those coaches that assisted at development to work with our swimmers at the Achievers Squad meet 7th October.

For Managers and Coaches; reimbursement for travel and accommodation is provided by the Area, Coaches will also be paid for coaching as well.

Survey Results :

1. In an effort to reduce the length of time a qualifying meet goes for, it has been suggested at the AGM forum to limit the number of entries per swimmer. What do you think is an acceptable number of entries for a swimmer per meet (to swim in 1 day)?



Therefore: Swimmers will be capped to a maximum of 7 events except in Area LC or SC Championships.

2. Was a question if you wanted MPIO training, we are currently working on that.

3. If you attended presentation night, how could we improve on the night.

Start later. For people that have the day killed by Saturday sport, it was very early.

5/10/2017 6:07 AM

Don't do it again

5/9/2017 8:09 PM

?

5/9/2017 4:40 PM

We thought it was a great night and well run. Thank you.

5/9/2017 2:39 PM

It was a great night

5/9/2017 6:51 AM

Thought it was fab

5/9/2017 6:48 AM

Did not go.

5/9/2017 5:31 AM

It was very well run. We had a great night!! Maybe a menu option sent out previous to the night (especially for those of us that have fussy kids ??)

5/9/2017 5:12 AM

We attended and had a lovely evening. Great guest speaker. Not sure if all the children on the list had been. Origins that they where winning an award. Could have boosted your numbers.

5/9/2017 4:32 AM

I thought it was great just the way it was.

5/9/2017 3:54 AM

With the area records , seeing in most cases the same swimmer is getting multiple records read that swimmers name out once (with all their reords) , other wise a very good night

5/9/2017 3:47 AM

5/9/2017 1:02 AM

Not applicable

5/9/2017 12:29 AM

Age based Area champion and area runner up based on overall success for a swimming season not just on a particular day.

5/8/2017 11:03 PM

??

5/8/2017 11:00 PM

Perhaps just a little tighter with time but otherwise a very good night. The speaker was excellent. Thank you.

5/8/2017 10:46 PM

Unable to attend sorry

5/8/2017 10:42 PM

Apology

5/8/2017 10:03 PM

N/A

5/8/2017 10:01 PM

Didn't attend

5/8/2017 9:58 PM

I thought it was a great night.

5/8/2017 9:55 PM

4. What topics would you like more information on that could be distributed through newsletters or via teleconferences?

Technical errors with strokes / starts that lead to disqualifications

5/10/2017 9:23 PM

NOTE: We are starting to place this information on our Facebook page

Sports nutrition

Note: We did a session at Development, the leaflets are on the website, under newsletters and we are starting to share recipes on our Facebook page.

5/10/2017 6:08 AM

It's sometimes hard to know how other clubs are traveling, and what's working/not working for them... could we sometimes feature an area club and give a snapshot of how they are running things... how they use their facilities, strengths, struggles, demographics etc.

5/9/2017 2:44 PM

Note: This would be a good topic at a President's meeting

club news perhaps highlight one club per newsletter Dietary requirements written for kids to read on its importance and training towards a goal

5/9/2017 1:19 PM

Very good at the moment-cannot think of anything extra at this stage

5/9/2017 8:25 AM

prefer newsletters and facebook

5/9/2017 8:00 AM

Get back to grass root level on the issues that clubs are facing!!!! *do 2 newsletters.... a club level and a member level. *Assist with the TO qualification process. Clubs cant instantly whip up a starter, jot or an iot. *member retention *Governess assistantance for the clubs that clearly don't comply **Note: Please speak to your Club Board and ask them to bring the concern to a President's meeting**

5/9/2017 7:14 AM

You guys are doing a fabulous job now

5/9/2017 6:51 AM

Happy with info that is coming through

5/9/2017 5:14 AM

Online entries- how to set them up etc. Is there certain events that HAVE to be included in Qualifying Carnivals. Definitions of Qualifying Times and Break Times **Note: Online entries information has been sent to club contacts now**

5/9/2017 3:58 AM

For some of our clubs who don't have a huge coach commitment perhaps Training suggestions for kids per their age how many sessions per week is recommended ?? Approx . Something that's important at the moment a good question " winter training and what is enough or

Note: We are looking into asking Jon Shaw swim NSW coach to speak to coaches and small clubs at our Area SC Champs, more information to follow.

5/9/2017 1:04 AM

Self belief / motivation articles aimed at young females 10-16yrs Physio Tips for knees / shoulders Simple Nutrition tips leading up to meet for younger swimmers to understand

5/8/2017 11:13 PM

Swimming coach assistance to clubs struggling without designated coaches.

5/8/2017 11:05 PM

Cheaper accom for regional travellers .. making it viable for country ppl ...

5/8/2017 10:43 PM

Development over 12 swimmers

5/8/2017 10:08 PM

Carnival dates up coming

5/8/2017 10:03 PM

Maybe a club superstar

5/8/2017 10:02 PM

Q&A for the older swimmers to understand & take with around the meets,time,expectations - but explained at the kids level

5/8/2017 9:59 PM

Succession planning for clubs.

5/8/2017 9:56 PM

Competitions

Due to the number of technical officials we have to be careful in our planning for the Area Calendar. (We currently have Jeremy, Helen and Pam who can commit to some meets) Susanne and Anne are on the path to becoming Referees but will still require probably at least 12 months)

We will be allowing development meets and maximum of 8 qualifying meets for the summer season 2017/18. We are aiming to provide as many as we can staff, however, realistically we may be looking at one qualifying meet per month.

Picnic/Fun Meets

These meets are held by clubs who would like to give swimmers an opportunity for a day of racing and fun. Events may include novelty events such as kickboard, noodle racing as well. It would be great to see events suitable for our Optus Dolphin swimmers at these picnic meets. These meets do not need Board Approval, however we ask that you do not clash with a Board Approved Meet. We will be trying to identify suitable weekends for a Picnic meet in the calendar.

Development Meets

These meets are run to provide swimmers with an opportunity to experience their first meet and to gain qualifying times. It also offers technical officials an opportunity to gain experience and accreditation at a meet.

At a development meet events include 25m, 100m and on occasions 200m. Some might offer 200m Freestyle, another 200m IM, another meet might offer the 200m Back etc.

Although swimmers can enter with No Times (NT), an alternative is to use an e-entry from the club carnival secretary which would allow for club night times to be used. This is up to an individual clubs discretion.

If no qualified Referee and Starter are present at these meets times cannot be uploaded to the national database as an approved time.

If human resources are possible: a Qualified Referee and Starter are present, times can be uploaded and approved to the national database. 25m events cannot be uploaded however 50, 100 and 200m events may be.

These meets allow clubs to train technical Officials and to be assessed when an assessor is available which will allow clubs self-sufficiency and an increased skill set for the club.

Clubs are encouraged to utilize break times for the events at a development meet. A break time means the swimmer must swim slower than the listed time. This then will allow development swimmers a chance to compete without a national / state qualifier in their event.

33m pools will not be expected to enforce break times.

These meets require Board approval.

Qualifying Meets

These meets are held for swimmers with qualifying times. We are looking at spacing these out to give the swimmers a better chance of performing based on recommendations from the coaches. (The recommendation has been 2-3 weeks apart)

If your club nominates to host a qualifying meet, you are agreeing to:

- Qualifying times on the 200m form strokes, 400m IM, 800m Freestyle, 1500m Freestyle events.
- Time trials will be allowed for swimmers to enter with a NT (eg 200m time trial means the swimmer nominates which stroke they are swimming after entering a 200m time trial) We are investigating how this can be achieved using MM.
- Freestyle events 200m and 400m have no QTs
- The Clubs will provide the qualifying time standard. Swimmers cannot enter events without the qualifying time.
- Qualified technical officials officiating
- Swimmers will be limited to 7 events per one day meet.

These meets require Board approval.

Championship Meets

These are held by the Area Board and hosted by clubs annually; we offer a LC and SC championships throughout the year.

For the Area LC championships in Feb 2017, the qualifying standard is Country plus 50%, as we progress into 2017/18, the qualifying standard will be moved to Country plus 35%.

The entries per swimmer will not be limited for championship events.

Speedo / Area LC

2017 / 2018 Area LC Championships will be held on 10th and 11th February, starting in the afternoon, for the first time they will incorporate the Speedo Sprint series. For swimmers aged 7 – 12 years, the 50m events will serve as Speedo Sprints and Area LC Championships.