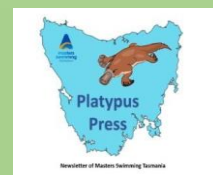




The view looks good for James Belstead (THV) after his 1500 Freestyle at the SCLD

Platypus Press



June 2023

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MST SCLD Championships 2023

Some awesome performances were recorded by a small but enthusiastic group of swimmers at the Launceston Aquatic Centre on Saturday 10th June at MST’s Short Course Long Distance Championships. National and state records were swum by Rosa Montague (Vic, 1500 Fr) and Talays’ Terry Smithurst (1500 Br), and Queensland state records by Tracy Clarkson (1500 & 800 Ba, 800 IM).

Hats off to Chief Technical Officer Ray Brien who had a huge day – first conducting a TO’s training sessions then went on to referee the Meet. On top of all of that he did a media interview and even found time for a swim!

New Tasmanian Branch Records:

TDP	Nina Edwards	1500 & 800 Ba
	Melanie Grey	800 Ba
	Wendy Winzenberg	1500 & 400 Ba
TAC	Brent Walker	400 Fr
THB	Steve Richards	800 Bu, 1500 Br
	Megan Stronach	400 IM
	Fiona Ziegeler	400 Ba
THV	Victoria Wilson	1500 Br, 800 Ba
TTL	Terry Smithurst	1500, 800 & 400 Br
	Mendelt Tillema	1500 Ba

Masters Swimming Tasmania: P O Box 5229, Launceston 7250
 Contact: >> mastersswimmingtasmania@gmail.com



Is this a sign of some fierce rivalry between our two northern clubs? Chief photographer for the LCLD Meet, the devilish Wilma Aherne.



The sun sets on another successful SCLD Meet at LAC

MST Strategic Plan 2023 - 2026



On page 6 of this edition of *Platypus Press* you will see the cover page of MST’s Interim Strategic Plan. This can be best understood as ‘MST’s Plan on a Page’ and encapsulates the content of the entire Plan. It presents our vision and mission, and who **we** think we are. It summarises what is important to us as an organisation, our key objectives to be achieved over the next three years, and above all, the values that underpin our decision making.

The development of any strategic plan is no easy feat and formulating our Plan involved time and effort from representatives from most of our clubs. We thank all those people for their input, imagination and flair!

The summary is reinforced by a range of strategies to achieve our strategic objectives, as well as our key performance indicators, risks and opportunities. Too often, strategic plans are created and then forgotten until the next planning cycle begins. However, our Plan is intended to be a functional and dynamic document that will guide us along a clear roadmap of initiatives, actions and investments required to execute our goals.

We will review the Plan at a face-to-face Club Forum in September - more details of this as they come to hand. The full Strategic Plan is available on the MST website.

MST Swim Meet Sub-Committee

Congratulations to the following members who have been appointed to MST’s new Swim Meet Sub-Committee: Mendelt Tillema (TTL), Philip Tyrell (TAC), Leisl Wylie (THB), Victoria Wilson (THV) and John Pugh (TLC), along with Recorder Pauline Samson and Chief Technical Officer Ray Brien.

The conduct of swim meets is one of the main Branch activities and the purpose of this sub-committee is to:

- a. Review and revise current policies and procedures for the conduct of swim meets, develop new policies and

procedures as deemed necessary, and recommend changes to swim meet policies and procedures to the Branch committee. A key aspect of this task will be to identify the roles and responsibilities of groups and individuals involved in the planning and conduct of swim meets.

- b. Review the current Branch swim meet program and make recommendations to the Branch committee regarding changes to that program.
- c. Coordinate the conduct of Branch swim meets in accordance with Branch swim meet policies.

We look forward to the group’s thoughts about our current swim meet programs, and possibly some suggestions for new and exciting events.

O Performance Swim Clinics – Save the Date

O PERFORMANCE SWIM CLINICS

O Performance Swim Clinics are designed for Triathletes, Open Water and Master Swimmers (T.O.M.S) who are training for events around the world.

IMMERSION

Saturday 08 July - Launceston
Sunday 09 July - Hobart

Session 1: T.O.M.S Freestyle Clinic (2 hours)
Program designed for Triathletes, Open Water and Master Swimmers (T.O.M.S) wanting to fine tune their freestyle.

Session 2: Master Competitors Clinic - All Strokes (2 hours)
Program designed for Master Swimming competitors wanting to fine tune ALL strokes, dives and turns.

Cost: \$85 per athlete

For more details and to register for a session near you click on:

<https://www.operformanceswimming.com>

News from the Lemmings



Each year the Launceston Club conducts their Super Summer Swim Challenge. This year the Challenge was held from 1 December 2022 to 28 February 2023.

This year the Challenge was completed by 14 members (up from 7 last year). A total of almost 1200kms was recorded by these members over the summer months. Three swimmers completed the challenge of swimming the length of the Ringarooma River (124 kms) which is a great effort of nearly 1.4kms average per day. Well done Glen Bryan, Christine Brown and Ceri Weeks.

One swimmer continued to not only swim the length of the Mersey (158 kms) which was the bonus but kept on going to finish the North Esk as well (255kms). This was an average of over 2.8 kms per day. WELL DONE Glen!



John Pugh and Alwynne McMahon proudly display their Super Summer Swim Challenge Certificates and Kay Bailey with her E1000 Completion Certificate.

Certificates and awards were handed out at breakfast on 15 April. In addition, the following members were presented with their Vorgee Million Metres and E1000 completion certificates at our post training breakfast recently. **Congratulations to:**

- Diana McHenry: 4 million metres
- Tim Shaw: 1 million metres

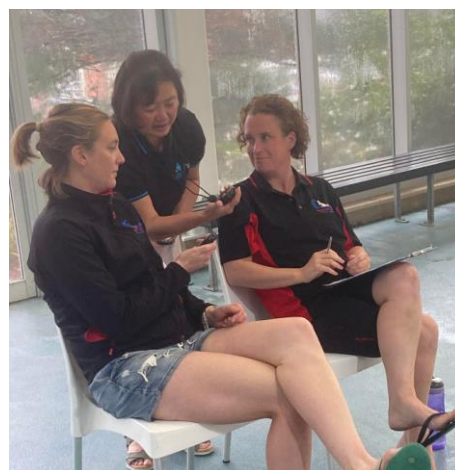
And both Kay Bailey and Alwynne McMahon successfully completed all 62 swims in the E1000 program.

A fantastic effort from all these Lemmings Legends!

Adrienne McMahon, President, Launceston Masters Swimming Club

Technical Officials Deck Training

Did you know that MST has a Memorandum of Understanding (MOU) with Swimming Tasmania to facilitate the accreditation of members of MST as technical officials?



Once you have completed the relevant MSA technical course delivered by an accredited MSA presenter you will be able to work under supervision at any ST meet, and have your log sheet signed off. MST will then finalise your Technical Accreditation.

Nationals 2023 Souvenir Caps



Nationals 2023 Caps

Just \$5.50

Order online when you enter the Winter Championships

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More Grant Success for Devils

The Devonport Devils recently celebrated with the opening of gift-wrapped boxes of coaching and training equipment made possible by a Devonport City Council Community Grant. The club has been proudly supported with a 50/50 grant from Devonport City Council that has enabled to purchase badly needed new equipment.

Club Captain Nina Edwards is confident that 'the club can now support existing and new members better with their goals of getting fit and linking up with like-minded people, while enjoying the experience. Our new equipment will add different facets to our training sessions, challenging our bodies and minds alike.'

Coach Peta Ajkunic agrees, noting that 'There are a range of benefits associated with using training equipment whilst swimming. Ultimately, the use of this equipment can help to improve a swimmer's stroke, whether that is through technique or speed.

'We now have available to club members pull buoys, hand paddles, fins and kickboard training aids to allow the swimmer to isolate and place focus on different muscle groups. The equipment purchased includes the forearm fulcrum, which promotes the desired early vertical forearm in swimming by not allowing the wrist to bend during training sets. It is beneficial for all four competitive strokes.

'Also included are Tempo Trainers, a variable-speed electronic metronome that transmits a beep that you can hear while you're swimming. It is placed under your swim cap or attached to the goggle strap and allows the swimmer to work on stroke rate by teaching self-awareness of their stroke. The tempo trainer is not an item that is generally affordable to the average swimmer.'



Christmas in June - Devils members opening their 'presents'

Devils Treasurer David McIvor knows swimming equipment is expensive and says that without the support of the Council Community Grant to finance 50% of the costs the club would not have been able to provide these items for coaching and training purposes. 'We acknowledge northwest Tasmania is a low socio-economic region. So, for those not able to afford swimming equipment, we would have these items available to use during club training sessions', said David.

The most expensive item of equipment purchased with the grant is the GoPro underwater camera with extension pole. This provides opportunities to allow the swimmer to see body and head position, arm and leg actions both in and above the water.



Marilyn Brack who submitted the application to Council says, 'as one of the older swimmers in the club I understand how the support water gives to a body makes it easier to exercise. Using buoyancy aids such as kickboards further assists the body to exercise. Using fins/flippers and pull buoys allows the swimmer who has a limited range of movement or strength to feel more comfortable in the water. Age or disability should not stop anyone from enjoying a friendly training session with Peta and the Devils'.

It is hoped that with the availability of this equipment there will be increased participation in swimming and membership by our community. The membership of Devonport Devils is ethnically diverse, and they welcome any adult swimmer regardless of age, sexuality, religion, or gender.

To learn more about the Devonport Devils Masters Swimming Club visit their Facebook page: <https://www.facebook.com/devonportdevilsmastersswimming>

Marilyn Brack, Devonport Devils

Club Coach Qualifications



By 31 January 2024, all MSA coaches will need to be accredited. Make sure your club has an accredited coach(es) on deck.

Club Coach Accreditation is fully online using the Dita Solutions Learning platform.

You can become an MSA Accredited Club Coach, complete your Re-accreditation, or up-skill through the Professional Development pathway, whenever you want and wherever you are located.

The Professional Development Course is open to anyone from any organisation, anywhere in the world who wishes to gain skills in adult coaching.

Please select from the links in the MSA Coaching web page at <https://mastersswimming.org.au/become-a-club-coach/> for more information and registration.

MSA Coach Education Team (Reference: MSA Circular 18/21)

MSA Coach Survey

MSA manages our coaching qualifications and online learning courses through the Dita platform. The organisation aims to provide ongoing services and resources (including PD opportunities, online meetings, MSA coach-specific communication and more) to all coaches.

MSA is seeking to capture information about our coaching cohort, and so asks all clubs to complete the MSA Coach Survey at:

<https://mastersswimming.org.au/club-coach-survey/>

All information gathered will be done so in accordance with MSA’s privacy policy.

Upcoming Events 2023

MST Events

MST Winter Championships: Launceston 19-20 August

MST State-wide Forum: Campbell Town 24 Sep t.b.c.

MST LCLD Championships: Hobart 18 November

MST Christmas Meet: Oatlands, 2 Dec 2023

MSA National Swim Series

MSSA Interclub 3 (LC): Marion, SA, 13 August

MSNT Long Course Championships: Darwin, NT, 19 September

MSV SC Championships: Melbourne Vic, 24 September

2023 Act Belong Commit Club Challenge Series Meet: Perth WA, 22 October

ST/MST Dual Sanctioned Meets

Swim Tas SC Qualifying Trial: Hobart 22 July

Swim Tas SC Qualifying Trial: Launceston 30 July

Swim Tas SC Qualifying Trial: Hobart 5 August

Swim Tas SC Qualifying Trial Launceston 12 August

Swim Tas SC Qualifying Trial: Launceston 26 August

Swim Tas LC Qualifying Trial: Hobart 14 October

Swim Tas LC Qualifying Trial: Launceston 21 October

Swim Tas LC Qualifying Trial: Hobart 28 October

Swim Tas LC Qualifying Trial: Launceston 11 November

Swim Tas LC Qualifying Trial: Hobart 9 December

Other Events

FINA World Masters Championships: Fukuoka, Japan 2-11 August

Australian Masters Games: Adelaide 7-8 October

20th FINA World Masters Championships: Doha, Qatar 2-18 February

Editors’ Note: Thanks to everyone who contributed to this edition of Platypus Press, and we hope all our members have enjoyed reading about the activities of our busy Branch. We would love to hear from YOU too!!

Recent photos

A selection of recent photos can be found at the [MST website Photo Gallery](#).



Interim Strategic Plan 2023 – 2026

Vision	Masters Swimming Tasmania will inspire and support adults in Tasmania to swim for life.			
Mission	To facilitate a network of clubs in Tasmania that encourage and sustain adults, regardless of ability, to swim regularly, to improve their general well-being.			
What we do	<ul style="list-style-type: none"> We provide a supportive, safe, and friendly swimming environment. 	<ul style="list-style-type: none"> We promote fair play and positive participation in swimming. 	<ul style="list-style-type: none"> We train with the option to compete in swimming competitions. 	<ul style="list-style-type: none"> We engage socially with members and friends.
How we operate	<ul style="list-style-type: none"> By encouraging participation in swimming by all adult Tasmanians to improve health and fitness. We are a not-for-profit community-based sporting association and member clubs. We uphold the highest standards and ideals of fair play, competitive spirit and camaraderie amongst our members, with members of our community, and with member clubs. By working with like-minded swimming organisations and sporting groups to promote healthy lifestyles, participation and inclusion. And we regularly evaluate our performance. 			
Strategic pillars	<ul style="list-style-type: none"> Developing Our People 	<ul style="list-style-type: none"> Member Engagement 	<ul style="list-style-type: none"> Member Services 	
Strategic objectives	<ul style="list-style-type: none"> To deliver a range of high-quality training programs to support our clubs, coaches, technical officials, volunteers and members. To enrich our engagement with members and work to enhance the profile of our organisation to appeal to a wide audience. To provide interesting and enjoyable programs and competitions, in partnership with clubs and external organisations. 			
Key performance indicators	<ul style="list-style-type: none"> Provide pathways for ongoing, high quality training for BMC, Coaches, TOs, swimmers and members. Ensure succession planning for key BMC positions. Maintain communication networks to ensure members are well informed about all our activities. Promote Masters swimming and our organisation to the broader community. Encourage greater participation in a range of swimming competitions. Develop and nurture partnerships with key organisations. 			
Values	Our values of fun, fitness, friendship, integrity, collaboration, respect, and community will underpin decision making, by helping us to evaluate and prioritise initiatives.			

Developed February 2023, for review September 2023