

## My Lane – Ben Ramsden

### 1. What Club did you start your swimming career?

#### What Club are you with now?

I just follow my kids. They started at Terrey Hills and they're now at Abbotsleigh. Hence so am I!

### 2. What was your first TO credential and what year did you attain that credential?

I've been Timekeeping / Marshaling / Check Starting since about 2010, but it was several years before I became officially accredited to do those roles.

### 3. Why did you become an official? Why do you still officiate?

That regular announcement at meets... *"Please could anyone come and help with time keeping so we can get started?"* Officiating beats sitting in the stands, and I have the opportunity to work alongside some great and passionate people. I now have a group of good friends in swimming. There's also a part of me that hates watching poorly run meets - I just feel as if I have to do my bit to fix it!



### 4. What is the highest credential attained?

I'm not hierarchical, but I understand the question. (I believe that Timekeeping is one of the most important roles at a meet, although I'm not sure that many people see it that way). I am a level 2 Starter, level 1 Referee and recently gained my AOE credential.

### 5. What is your goal(s)?

I want to keep learning and gaining new experiences, so I don't stagnate or get bored. Ensuring the long-term sustainability of the swimming sport is a passion of mine.

### 6. What is the highest-level meet at which you have officiated?

I officiated at the 2017 NSW State Open. It was a fantastic meet - many of the Australian team were there having their first hit out after Rio, and there were a number of Internationals. Someone put an extra coin in the meter and all the lights were on so the water really sparkled.

I particularly enjoyed that meet - most positions were filled, there were excellent briefings/debriefings from the Refs, and things seemed to run really well. I really enjoy working as part of a large team of enthusiastic people who all know what they are doing.

Also, last September I was very fortunate to join the SAL Technical Officials National Training Camp in Canberra and officiate at the State Teams event. A particular highlight was *nurturing my inner geek* by running the High Speed Video overhead camera timing system! Checkout [my blog](#) for a full camp report.

**7. With respect to your answer to Question 6, can you please pass on some of the strategies/tips you used to help you achieve your appointment?**

In general what I find has worked for me is:

- Know my boundaries. Immerse myself so that I enjoy it, but don't over commit and get burned out.
- Be reliable, consistent, follow instructions and do a good job.
- Be positive. Avoid negative people and attitudes. Offer solutions not problems.
- Be proactive and don't be satisfied with the status quo.
- Enable others to succeed, not make them dependent.
- Have objectives and keep learning - ideally from experts, of which there are many in NSW. Participating in the SNSW training program has been particularly beneficial, but unofficial debriefs after every meet are also invaluable.