

## News from the **Technical Swimming Committee**

Welcome to the **February** Edition of the Technical Swimming Committee Newsletter.

### **Vale**

It is with great sadness that the TSC notes the passing of Val Fenbow, Life Member of Blacktown City Swimming Club and NSW Service Excellence Award recipient. Val made a significant contribution to swimming in NSW over many years.

The TSC extends their sincere condolences to Gordon and family.

### **Sympathy**

As most of you are by now aware, highly respected KRB Aquatics Coach, Hamid Mobarrez, and his family, were involved in a serious car accident on 11<sup>th</sup> January. Hamid, his wife Tamara and their 5 year-old son were travelling back to Sydney after attending a swim camp on the NSW South Coast when they were involved in a collision with another vehicle. Tragically, Hamid's wife passed away at the scene. Both Hamid and his son were airlifted to hospital, where, thankfully, their conditions continue to improve.

For those who wish to make a donation, a Go Fund Me page has been set up to assist the family. The link can be found [HERE](#).

The TSC would like to pass on its best wishes to Hamid and his son for a speedy recovery and extend its sincere sympathies to Hamid and family on the tragic passing of Tamara.

### **Country Regional Meets**

The NSW Country Regional Meets were held in Goulburn, Orange and Port Macquarie on 27<sup>th</sup> and 28<sup>th</sup> January 2018. Numerous assessments were carried out and from all reports the three meets ran extremely well. Thank you to all Officials involved and for making the TSC representatives feel most welcome.

### **Australian Open Water Championships**

Congratulations to the following NSW Technical Officials who were appointed to the Australian Open Water Championships in Adelaide over the January long weekend –

Suzanne Bergersen  
Brian Hosford  
Brett Patrick

Dave Cooper  
Phil Jobling  
John Rohloff

Jann Fathers  
Cheryl Knapp

### **SNSW Technical Swimming Committee**

The SNSW Office has called for Expressions of Interest for all Management Committees, including the Technical Swimming Committee. The EOI can be found [HERE](#) and closes on Friday 23<sup>rd</sup> March.

A very big thank you to Chris Hayes who has elected to stand down from the TSC, effective last month. Chris has worked tirelessly on the TSC and has made significant contributions to the Committee, particularly in relation to the Technical Officials Development Program. Thank you for your commitment to the TSC over many years.

## 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.



### **Online Gaming Course**

A reminder to Technical Officials of the requirement to complete the online Match Fixing Course. It is recommended for all Technical Officials, who should, on completion of the course, forward a copy of their certificate to the SNSW Office so that SNSW can maintain accurate records of all who have completed the course.

The SNSW Technical Committee previously agreed that all Level 2 candidates for Referee and Starter are to send a copy of the Certificate of Completion of this course to the SNSW Office prior to the candidate undertaking a Level 2 practical assessment.

The course can be found [HERE](#)

### **The “Blue Book”**

Following a number of changes to the Rules agreed to by the Board, including recent Rule Changes adopted by FINA at the 17<sup>th</sup> FINA World Swimming Championships, updated editions of the “Blue Book” (SNSW Constitution, By Laws and Rules) were printed in late January and will be distributed over the coming weeks. The latest version can be found on the website, or by clicking [HERE](#).

### Mentor Course

NSW Sport and Recreation have requested that SNSW inform Technical Officials about their upcoming Mentor Course which is being held at Olympic Park on 25<sup>th</sup> February. This is an excellent opportunity, especially for a small group from a Club or Area Level to participate in the training. Any Technical Officials who complete this course should forward of copy of their certificate to the SNSW Office so that SNSW can maintain accurate records of all who have completed the course.

More information can be found [HERE](#).

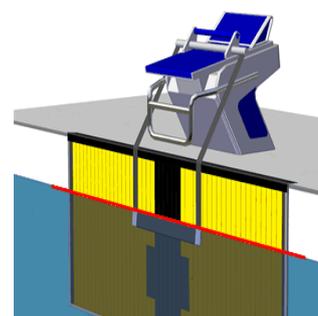
### Thank You

The last few months has been an extremely busy time, so a big thank you to all who officiated at the recent NSW Open Water Championships, NSW 10U-12 years Age Championships, 13-18 Years Age Championships, NSW Open Championships and the NSW Country Regional Meets at Goulburn, Orange and Port Macquarie.

### Backstroke Ledges

A reminder that a video showing how to insert the Backstroke Ledge into position on the starting blocks can be found [HERE](#). For safety reasons, the Ledge should not be put into the water until the swimmer in the water is clear of the wall.

*The Backstroke Ledge Protocol* requires that the Inspector of Turns sets the ledge to zero before each race. It is the swimmer's responsibility to select and change the Ledge to any other desired setting.



Note that the use of a Ledge by a swimmer is not compulsory and the Ledge should be removed from the water if not required. The Official should remove the Ledge, not the swimmer.

Additionally, please remember that on the Referee's second whistle, the Inspector of Turns should step up to observe that at least one toe from each foot is in contact with the touchpad. Where necessary the Inspector of Turns should quickly indicate this requirement to the swimmer and, when satisfied that the swimmer is complying, should step back and stand upright to indicate their satisfaction to the Referee.

The updated Pool Deck Protocol document can be found [HERE](#)

### Backstroke Starts

Please note that the SAL Assessment document for Starters includes the following: "In a timely manner moved swimmers down the lane rope in the backstroke events when over the top starts are in place "(2.2)

Thus, the Starter should promptly instruct the swimmers in the water to "move down the lane ropes" after the conclusion of each backstroke heat. There is no longer a requirement to confer with the Referee prior to making this announcement.

### Commonwealth Games Trials

Congratulations to John Williams and Jacqui Currey on their appointments to the Commonwealth Games Trials. These appointments are in addition to the 11 NSW TOs who have been appointed to the Games themselves.

### SAL Overseas TO Participation Policy

SAL has recently introduced a Policy for Overseas Travel. The Policy applies to Technical Officials participating at Overseas Partner Federation Meets and also covers Officials from Partner Federations participating at Swimming Australia Meets.

The SAL Overseas Technical Official Participation Policy can be found [HERE](#)

### Next SNSW Meets

Nominations are open for the following SNSW Meets.

Meet	Location	Dates	Closing Date for Nominations
2018 NSW Country Championships	SOPAC	23 <sup>rd</sup> -25 <sup>th</sup> February 2018	13 February 2018
2018 Speedo Sprint Finals	SOPAC	10 <sup>TH</sup> March 2018	26 <sup>th</sup> February 2018
2018 NSW MC Meet No.1	SOPAC	11 <sup>th</sup> March 2018	1 <sup>st</sup> March 2018
2018 SNSW National Prep Meet	SOPAC	24 <sup>th</sup> March 2018	13 <sup>th</sup> March 2018
2018 SNSW LC Nationals Meet	SOPAC	14 <sup>th</sup> April 2018	3 <sup>rd</sup> April 2018

To nominate, please click [HERE](#).

### The QUIZ

#### December Quiz Answer

To recap on the December question – You have been appointed to Referee Session 2 of the SNSW Metro Long Course Championships. During the second heat of the Women’s 800m Freestyle the IoT assigned to Lane 9 at the Turn End has reported to you that as the swimmer in Lane 9 was about to turn at the 150m mark, an adult male (who you find out to be the swimmer’s father) hands the swimmer in your lane a pair of goggles.

On questioning, the IoT advises that, after receiving the replacement goggles, the swimmer touched the wall at the 150M mark (SW5.2 – “Some part of the swimmer must touch the wall upon completion of each length....”) and did not take a step (SW10.4 – “Standing on the bottom during freestyle events.....shall not disqualify a swimmer, but he shall not walk”). As Referee, what action do you take?

### Answer

As Referee, it would be unreasonable to disqualify the swimmer as she has not done anything wrong. The swimmer has touched the wall at the 150M mark and has not taken a stride. Furthermore, on further questioning you understand that she did not pull on the lane rope (SW 10.5 “Pulling on the lane rope is not allowed”) or become completely submerged whilst receiving the new goggles (SW5.3 “Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface”).

The Referee should thank the IoT for the Report and then make a notation in their programme. The Referee should then advise the Technical Manager of the circumstances.

### February Question

As Technical Manager, having received advice from the Referee, what would you do?

If you have any comments, questions or suggestions, please email Josh Karp:  
[josh.karp@nsw.swimming.org.au](mailto:josh.karp@nsw.swimming.org.au)

**Swimming New South Wales Technical Swimming Committee**  
February 2018