

MSX, Participation and Improvement Programs

Masters Swimming Queensland have introduced some new initiative programs, for Queensland Masters Swimmers, aimed at participation, improvement and excellence in swimming. All members are encouraged to participate in the programs, and those who do (and qualify) will have their name submitted for the major prize MSQ prize draws.

The MSX – MSQ Swimmers excellence program: This program recognises swimmers who achieve certain swim times for different events. If you swim a predetermined swim time (reaching a bronze, silver, gold or platinum level, you will receive an award and your name will automatically go into the draw for a trip for two to Italy. Times recorded from swim meets and aerobics are eligible. This program finishes on 31 December 2011. For more info see the notice board or

<https://assets.clubsonline.com.au/assets/console/document/documents/MSX%20Program.pdf>

Toowoomba Tadpoles Participation and Improvement Programs

Participation Program

Purpose

The purpose of the Toowoomba Tadpoles Participation Program is to encourage members to more fully participate in a variety of club swimming activities. The program will run from 1 September 2011 to 31 May 2012.

Criteria

All Toowoomba Tadpoles members are eligible to participate in this participation program, however to be eligible for the final club prize for this program the member must show participation across at least two areas of the program. Members achieving at least 20 points across at least two areas of the program will qualify for entry into the MSQ Participation Program and be eligible for those prizes also (chance to win a trip to Bali). The program is specifically aimed at increasing/rewarding participation.

Areas of Program

1. Club Training Sessions – Over the period of the program, where the member attends training sessions (including on deck or timing aerobics) – 1 point for each session attended.
2. Swim Meets – Where a member attends (this includes helping/supporting but not swimming) a home swim meet 3 points, away swim meet 10 points.
3. Aerobic Swims – Where a member obtains points from aerobic swims – 1 point per swim.
4. Mini Meet - Participate in a mini meet (at training session) – 1 point.
5. Distance – Total distance (km), as recorded in lane warriors, multiplied by age divided by 1000 – number of points (rounded up to next whole number)-

Prizes

The club committee will draw a random prize winner from the point scorers each month (starting January). Prize is to be a \$25 voucher per month.

At the end of the program the club committee will award prizes to the highest three achieving participants.

At the end of the program the club committee will finalise a list of eligible participants to be submitted to MSQ for a chance to win a trip to Bali.

Toowoomba Tadpoles Participation and Improvement Programs

Improvement Program

Purpose

The purpose of the Toowoomba Tadpoles Improvement Program is to encourage members to improve or show consistency in their standard of swimming activities. The program will run from 1 September 2011 to 31 May 2012.

Criteria

All Toowoomba Tadpoles members are eligible to participate in the improvement program, however to be eligible for the final club prize for this program the member must qualify across at least two areas of the program. Members achieving in at least two areas will qualify for entry into the MSQ Improvement Program and be eligible for those prizes as well (chance to win a trip to Bali). The program is specifically aimed at increasing/rewarding improvement and/or consistency in swimming.

Areas of Program

1. Obvious improvement – The member will shows improvement (based on previous records) in swimming, either though PB's, or in aerobic swims, or mini meets, or swim meets.
2. Records – Setting a State, National or World record.
3. Aerobic Swims – Where a member shows consistency or improvement in aerobic swims (each stroke/distance is treated separately).
4. Meet a bronze standard level or higher set in the MSX program.
5. Show improvement or consistency in stroke, technique, or endurance as identified by the coach.
6. Show improvement or consistency in starts or turns as identified by the coach.

Prizes

At the end of the program, a prize will be drawn at random from eligible members who participated in this program.

At the end of the program the club committee will finalise a list of eligible participants to be submitted to MSQ for a chance to win a trip to Bali.