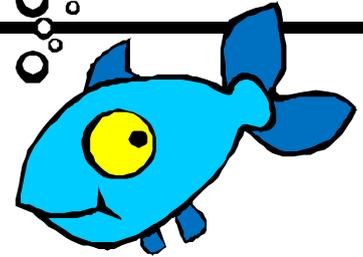


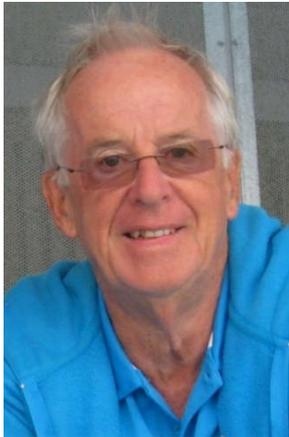
SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

September 2019



PRESIDENT

It's good to be back and it's great that Spring is here and we are again in the outdoor pool in glorious sunshine. A lot has happened while I was away.

- We held a club swim with PBs and records all over the pool.
- Barry stepped in at short notice and ran a very successful "Swim for a Reason" raising over \$5500 for Alzheimer's Research. I am glad the funds are going to research as we have lost too many friends and extended family to this awful illness.
- 20 swimmers made up many teams in the Gropers' Relay. It's always a fun event and enjoyed by everyone.
- Recently our 1500 Metre Distance Swim was held on a beautiful day. Although there was a big drop in the entries, it did mean that all the swimmers had a lane to themselves which is much better.

Masters Swimming WA has formed a new pool committee to look at all aspects of pool events. The first task was to organise the calendar for 2020, mainly done at the Clubs Conference. There is a general feeling that LiveLighter Club Challenges are too long and people are losing interest. Numbers were down this year for our carnival but we think that was partly due to being too close to the Easter/Anzac Day holiday. Also last year our event was used as one round of the National Swim Series and that may have boosted 2018 numbers. Our carnival will move back closer to its traditional date in October in 2020. We are looking at the program that we offer for our Club Challenge. The suggestion is that we cut out the 200m events and include more relays. That will certainly reduce the time but most swimmers will still opt for three swims so the remaining events will be busier. We will watch how the early carnivals go.

Our new coaches are starting to share the coaching. Mark has been running the Tuesday nights and Bill has been looking after the Friday afternoons. It's really good to see them in action. Thank you very much. We still need at least one more to cover when coaches are away or out of action, so if anyone would like to train for a coach's position please contact me.

Finally, three more of Elena's clinics are coming up for Butterfly (25th Sept) and Breaststroke (16th and 30th Oct).

See you in the pool, Peter.

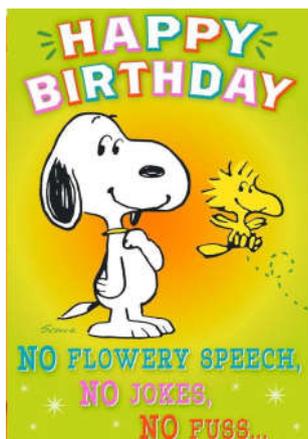
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| | | |
|-----------|------------------|-------------------|
| SEPTEMBER | 16 th | Dale Wilcox |
| | 26 th | Audrey Wren |
| OCTOBER | 7 th | Cas Brown |
| | 16 th | Madeleine Denness |
| | 19 th | Hazel Christie |
| | 22 nd | David Hodby |

For all the advances in medicine, there is still no cure for the common birthday.
John Glenn

CAPTAIN Pamela Walter

Golden Groper State Relay Saturday 4th August

This year's carnival included 284 competitors from 14 clubs, making it much bigger than last year's. We entered a team of 12 women and 8 men and finished eighth. In the 280-319 age group, we came second and, with no competition from other clubs, we won the 320-359 age group. Our swimmers representing that category were William, Ann, Deirdre, Marg, Audrey, Merilyn, Peter, Bill and Cas. In the club's history



The delighted, most senior members of our 320+ team: Marg, William, Ann, Dee and Audrey

we have managed to build up many formidable club records, making it progressively more difficult to break them. Only one club record was broken: the 320-359 4 x 25m Women's Medley team took the previous record that was set in 2015. According to the rules, only the time of the first swimmer in a team is accepted as an individual time. Noteworthy achievements were:

| | | | |
|----------------|-------------------------------|-----------------|-------------------------|
| Debra Wagstaff | 25 FR (inaugural) | Chandra Veliath | 25 BA (PB) |
| Louise Norris | 25 FR (PB) | Pamela Walter | 50 FR (best since 2015) |
| Marg Watson | 25 BA (best since 2017) | Bill Woodhouse | 50 FR (best since 2017) |
| Tania Gregg | 25 BA (PB); 50 BA (inaugural) | | |

Stadium Masters 1500 Metre Swim LC Sat 7th September

Trivia item: The meet was held on National Threatened Species Day commemorating the death of the last known thylacine (Tasmanian Tiger) in Hobart Zoo on 7th Sept 1936!

On a perfect day for swimmers, timekeepers and other helpers, some from Claremont Masters, this was the first event in the 10 lane pool after its two-week closure for maintenance. Meet Director Peter Lyster said the entry of only 13 swimmers from five clubs was a bit disappointing but he was pleased that we were able to finish at a very reasonable time. Three records were broken: Paul Blackbeard (60-64) - State and National records for 1500m Free and Vivienne Anthony (60-64) - State record for 1500m Backstroke. Thanks to everyone who helped at the meet. We look forward to seeing you all again next year.

CLUB SWIM

There's a sign-up sheet for the Club Swim on Saturday 12th October in the cage. Remember to put your name on it!



FROM ASSISTANT RECORDER Bill Woodhouse Endurance 1000 points earned to 30th August 2019

It's great to see new members Sophie, Brett and Dale involved in this national program and scoring points for our club. Last year, with 19 members participating, we did better than we've done for a while. Let's aim to maintain our fourth place in WA and 24th in Australia in 2019, even though we have a few less swimmers. Also, not everyone has handed in their file, so we've actually amassed more points than 1851!

| | | | | | |
|--------------------|-----|-----------------|----|------------------|-------------|
| Cas Brown | 481 | Bill Woodhouse | 90 | William Curtis | 10 |
| Pamela Walter | 418 | Chandra Veliath | 82 | Sophie Wilkinson | 8 |
| Merilyn Burbidge | 190 | Sara Cann | 59 | Gavin Cull | 5 |
| Jackie Egan | 161 | Barry Green | 55 | Graham Wimbridge | 3 |
| Audrey Bullough | 130 | Dale Wilcox | 55 | | |
| Tricia Summerfield | 91 | Brett Jago | 13 | Total | 1851 |

OUTCOMES OF MANAGEMENT COMMITTEE MEETING 14TH AUGUST

Peter Lyster

- Financial report on Swim for a Reason: Raised \$5,584 for the Australian Alzheimer's Research Foundation and there was a small surplus of \$231 after the various expenses. Agreed to run the event in 2020 but to get the planning underway much earlier.
- Amalgamation of Wednesday sessions: decision delayed as so many people away. To be resolved after our 1500 Metre Meet.
- Treasurer's report. All good and all expenses paid.
- A sausage sizzle is booked for 5th October at Bunnings, Homebase. December booking has been cancelled.
- A lot of work has been carried out on the website, tidying up and simplifying.
- SuperSnapper awards to Chandra and Graham for great achievements at the July Club Swim.

DIARY ENTRIES FOR SEPTEMBER AND BEYOND

| Date | Event | Time | Venue |
|------------------------|---|---------------|--------------------|
| Wednesday 25 September | Butterfly clinic | 9:15 am | HBF Stadium |
| Saturday 5 October | Sausage sizzle fundraiser | as per roster | Bunnings, Homebase |
| Saturday 12 October | Club Swim | 1:00 pm | HBF Stadium |
| Wednesday 16 October | Breaststroke clinic #1 | 9:15 am | HBF Stadium |
| Sunday 27 October | Fremantle LiveLighter LC Club Challenge | TBA | Fremantle |
| Wednesday 30 October | Breaststroke clinic #2 | 9:15 am | HBF Stadium |
| Friday 29 November | Beatty Park Masters LiveLighter LC 50s | TBA | Beatty Park |

INAUGURAL CLUBS CONFERENCE, 17TH AUGUST 2019 Pamela Walter and Peter Lyster

Masters Swimming WA held this conference to help clubs become better organised and to share experiences. Peter and Pamela went for the whole day and Barry came for the afternoon session. There is far too much information to put into *Snappets* but I have listed the highlights here. If anybody would like more info, please contact Peter on 0419 909 566 or phjl@westnet.com.au.

In the introduction, Sophie Row advised that MSWA had changed its mission statement to: "We are here to help the Clubs". That was a good start!

Troy Kirkham, from the WA Football Commission, works with youth in football but most of his talk can be applied to adults too. His main message is that sport must involve the players and it must be fun. Without those key points clubs fall apart in the long term. The most important encouragement a parent can give to their child is "I love watching you play/swim/compete". His final point was that in junior sport only 0.04% become elite players so the vast majority of the coaching has to be directed at future club members, future volunteers, future parents and future coaches.

Gilda Davies from Volunteering WA gave a very clear presentation about the importance of volunteers. She suggested some good websites to follow up on.

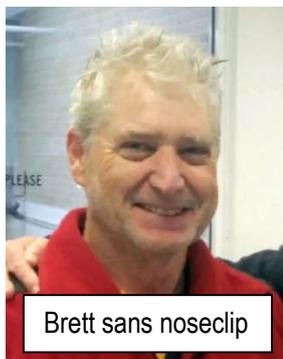
There was a presentation on using online tools and social media but it tried to cover too much ground rather than explaining one feature in detail.

We engaged in a workshop discussing all the ways by which clubs had raised money and increased membership. While most of these were well known there were a few interesting variations.

Busselton Masters gave a terrific presentation on a recruitment drive they had run. They have gone from forming the club to 90 members in 5 years!

Finally we split into two groups, Pool events and Open Water Swims. The OWS was essentially an information session but the Pool session was to establish dates for interclub events. It was accepted that the plan for the last two years has not been successful. Our traditional dates have been reinstated for 2020, with our 1500m Distance Swim on 2nd May and our LiveLighter Club Challenge on 25th October. Masters Swimming Australia has agreed to include two additional events in the National Swim Series. Our Club Challenge will be the WA event. The State Championships will be in short course at Mandurah on 4th and 5th April. The Nationals will be in short course in Sydney from 15th to 18th April.

The conference was well run and we were kept busy for the whole day except for a very good lunch and morning and afternoon teas.



GOGGLE SAW

- Brett Jago investing in a noseclip so that he could try synchronised swimming and then putting it to better use in learning how to tumble turn. He had been inspired by watching Pamela tumble turn effortlessly 119 times in a short course 3000 metre endurance swim! Go Brett!
- Peter catching up with Craig Barnard, who is wintering in Broome in his new caravan. Craig is swimming four times a week at the Leisure Centre and is looking very fit. He probably won't be back until



November but sends his regards to all!

- Elizabeth Edmondson (on the left), at age 14, becoming the youngest Australian to claim an individual gold medal for swimming at either an Olympics or Paralympics. That was in Tokyo in 1964 and the record still stands today.



TOUR OF NEUROSCIENCE BUILDING AND TALK Barry Green

This year's Swim for a Reason was a great success and resulted in us making a significant donation to the Australian Alzheimer's Research Foundation. The Foundation has offered the possibility of interested club members and friends visiting them in the Neuroscience Building, listening to a researcher speak of the progress being made and touring the site. This

should take about 90 minutes and could take place in October or early November. Would those interested please contact me? Email: barryjohnngreen@yahoo.com.au.



THE SHARK
 How many scientists have written
 The shark is gentle as a kitten?
 Yet this I know about the shark:
 His bite is worser than his bark.
Ogden Nash

JULY SUPERSNAPPERS

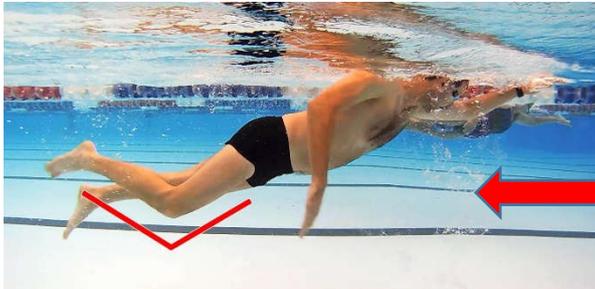
Once again two people share the honour of receiving a SuperSnapper Award. Congratulations to Chandra Veliath and Graham Wimbridge! At the Club Swim on 13th July, Chandra achieved 4 PBs and 1 inaugural result and Graham achieved 4 PBs and 3 club records.



That's Chandra but where's Graham?

USING FINS TO IMPROVE YOUR SWIMMING (Adapted from a Swim Smooth blog)

Perhaps the single best tool you can buy to help you develop your freestyle is a good pair of swimming fins. They give you extra propulsion and support in the water, allowing you to focus on developing a particular area of the stroke much more easily. While short fins fit more easily in your swim bag, generally they are not recommended for age-group adult swimmers as they don't provide enough propulsion and their stiffness can place unnecessary stress on your ankles. A better choice is longer rubber fins.



Kick with a straighter leg

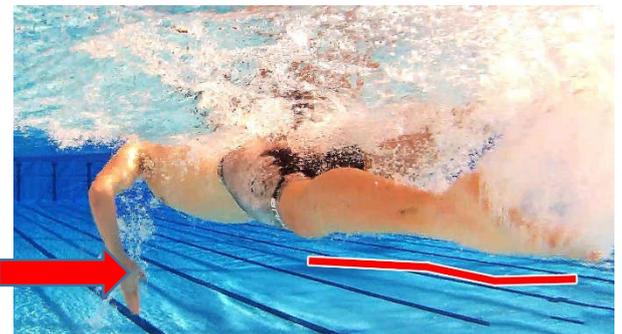
Many adults new to swimming bend their knees excessively when kicking. This causes the legs to sink low in the water and burns a lot of oxygen and energy.

Instead you should kick more from the hip with a straighter leg, keeping a slight softness at the knee to allow a small amount of bend. The good news is that swimming freestyle with fins naturally pushes your legs into a straighter position. Swimming steady paced freestyle with your fins on for 200m to 400m allows you to get the feel of a better kick technique.



Gently Stretch Your Ankles

Not only do fins help you keep a straighter leg as you kick, they also push your feet into a straighter (plantar flexed) position. This reduces drag and helps bring the legs higher in the water. Stiff plastic fins will force you into this position aggressively, so are best avoided. However a pair of soft rubber fins will apply a light stretch and gently increase your ankle mobility over time. After a few months of regular use (little and often) your ankles will be better able to achieve a good kicking position.



CLUB SWIM CAPS

Tania has plenty of good quality silicon club swim caps for sale at \$10 each. Please contact her on tania_gregg@hotmail.com or text 0418 900 931 to buy one.

ON THE SOCIAL SIDE

Waiting for pizza

The tables are set and the famished Tuesday night swimmers are more than ready for pizza.





Claremont in winter Marg Watson

Congratulations to the hardy Claremont group who persisted over winter and benefited from the pool, the company and the coffee afterwards. Mondays averaged a good roll-up of ten or so swimmers, while Wednesday had the die-hard five or six regulars. Patrick preferred to swim at 6:30am(!) and then come back for coffee at 9:15am at the Teebox Cafe, Claremont golf course. Our colourful hoodies made quite an impression with the early morning golfers and dog walkers!

One special treat was having coffee and profiteroles at Ann's house and enjoying her garden with its fine display of bluebells. Spring has sprung at last!

The Bold Park group continued to enjoy the warmth of the indoor pool on Fridays at 2pm.

A peep of happy spring chickens celebrating with Ann!



That's not swimming!

No, but a small group who sometimes swim made the most of the beautiful spring weather to meander through Warwick Bushland on the last day of winter. They found lots of wildflowers in bloom and were especially taken with the variety of orchids.

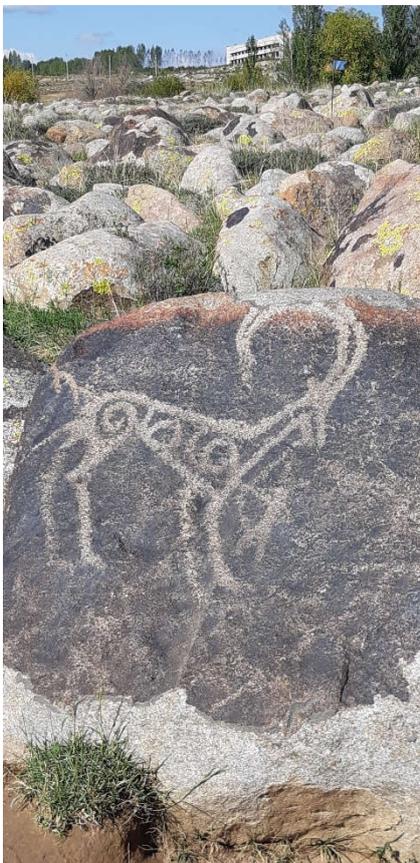
- 1 Rabbit
- 2 Donkey
- 3 Jug
- 4 Cowslip
- 5 Redbeak
- 6 Carousel Spider



PAMELA'S PROGRESS

6th September Beijing

Here we visited the Forbidden City and Tiananmen Square and walked on the Great Wall. At night we walked around the streets near our hotel. One amazing thing was to see many groups practising dancing in the street, preparing for their national day on 1st October. A bullet train, travelling at up to 304 kph, will take us to Xi'an from where we start our Silk Road journey west.



15th September Kashgar

Initially we had lots of travelling each day - 6 hr bullet trains, 5 hr coach rides - as we headed west over the huge expanse that is China, staying in a different hotel each night. Thankfully in Kashgar we stay for 3 nights. The people don't look Chinese.

19th September Kyrgyzstan

So far the country has vast, wide grazing land with rugged mountains either side in muted colours of beiges, greys and browns and snow-covered mountains beyond. Shepherds on horseback look after herds of cows, yaks, sheep and horses. The petroglyphs date from 5th century BC to 2nd century AD. In Bishkek, the capital, it's clean, organised and not too big or busy.

ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Peter Lyster, Pamela Walter, Barry Green, Marg Watson, Bill Woodhouse and Elizabeth Edmondson for their contributions to this issue of *Snappets*. The deadline for the next issue is **Friday 25th October** and I welcome items from anybody!

Merilyn Burbidge
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