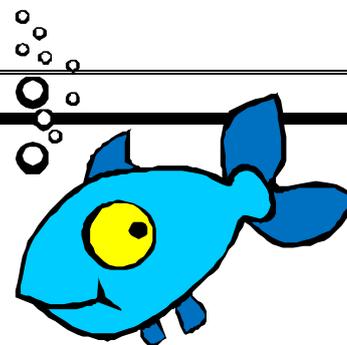


# SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

November 2016

## PRESIDENT



While I was away overseas, the club hosted a Club Challenge, to the acclaim of those who took part, and came third in the All Club Challenge with some fine individual performances. In addition, the sausage sizzle was a great success, so much so, that Bunnings wants us back! Thanks to our swimmers and helpers who supported these events so well.

Thanks to you, our members, fund-raising this year has surpassed expectations so that we can view the future with more confidence. However, it is clear that every year the club will be required to raise funds to make up the shortfall between the income from membership fees and the expenditure, mostly on lane hire. The best way to reduce the need for fundraising is to increase club membership. So I call on each member to see if they can find friends and relatives who would be prepared to “give it a go” by joining the club. Please try!

One high priority is to prepare for next year, and I am thinking specifically of the Management Committee. The club constitution requires that 10 positions are filled: President, Vice-President, Treasurer, Secretary, Club Captains (at present two), Membership and Public Relations Coordinator, Social Organizer, and two General Member Representatives. Currently we have eight committee members doing this. Some members have served the club in this way for several years, and it is now important to attract “new blood” to the committee. A committee member should attend as many as possible of the 10 constitutionally-required meetings in the year. The meetings must have a quorum and a committee member loses his or her position for not attending three consecutive meetings.

In addition to the committee members the club has three coaches and five people in support positions: Webmaster and Registrar, Recorder and Information Manager, Safety Officer, Clothing Officer and Social Member Liaison Officer. All of these roles need to be filled. Please contact me if you feel you can contribute in some way to the running of the club. We all profit from what the club offers, but some people have to make it all happen!

Barry Green

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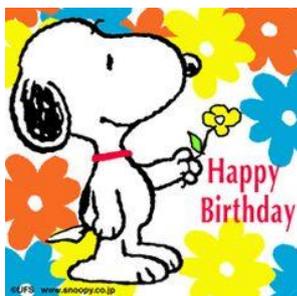
### **Management Committee Business**

The main focus has been to consider ways of increasing Club membership. There is a proposal to run a learn-to-swim course, which hopefully can be realised.

The Christmas/New Year break in formal training is from Monday 19 December to Saturday 7 January inclusive.

There are three Committee meetings left before the AGM on 21<sup>st</sup> January 2017 and lots to be done:

- determining the award winners and runners-up who will be given their trophies and certificates at the Christmas Picnic
- preparing for the AGM
- finalising the Endurance 1000 program for this year
- establishing best internal times and best club swims for entry into the State Top Ten
- analysing the lane usage for 2016
- preparing the Club calendar for 2017.



## BIRTHDAYS

### November

26<sup>th</sup> Ann-Maree Lynch-Calnan

29<sup>th</sup> Helen Green

### December

8<sup>th</sup> Gail Parsons

8<sup>th</sup> Peter Williams

9<sup>th</sup> Thelma McKenzie

## DIARY ENTRIES FOR NOVEMBER AND BEYOND

Date	Event	Time	Venue
Saturday 5 November	Rottnest Triathlon (volunteers)	7:15am	B shed Fremantle
Sunday 13 November	30 <sup>th</sup> Lake Leschenaultia OWS	Rego 8:30am	Lake Leschenaultia, Chidlow
Wednesday 16 November	Council of Clubs meeting	7:00pm	Dept Sport and Rec
Monday 21 November	Breakfast with Claremont group	9:00am	Claremont Pool
Wednesday 23 November	Committee Meeting	6:30pm	Regent Park, Mt Claremont
Saturday 26 November	Swimming WA OWS #6	8:00am start	Coogee Beach
Wednesday 7 December	Committee Meeting	6:30pm	Regent Park, Mt Claremont
Saturday 10 December	Fremantle Ports Swim Thru incorporating LiveLighter MSWA OWS State Ch'ships and LiveLighter MSWA Novice Swim	TBA	South Beach, Fremantle
Sunday 11 December	Hillarys Triathlon (volunteers)	very early!	Whitfords Nodes Park, Hillarys
Sunday 18 December	Last training session for 2016	9:15am	HBF Stadium
Sunday 18 December	Stadium Masters Christmas Picnic	from 11:00am	Lake Jualbup, Shenton Park
Tuesday 27 December	Perth City Open Meet: 100x100m	TBA	Perth College
Sunday 7 January	First training session for 2017	9:15am	HBF Stadium

## WELCOME TO OUR NEWEST MEMBER

It is a great pleasure to welcome Tuuliki Tulf to Stadium Masters. (Tuuliki's name is shortened to Tuuli and rhymes with Julie.) Tuuli wants to improve her swimming so that she can enter triathlons and is keen to try open water swimming this season, too. She regrets she is unable to participate in the Lake Leschenaultia swim but is looking forward to the one at Fremantle. In the few weeks that she's been training, Tuuli's endurance has developed noticeably while, at the same time, she easily increases the pace when Coach Stu mentions the word "sprint"!

Tuuli enjoys different sports and is seen here post paddle on the Swan. We hope she has fun swimming with us and we look forward to seeing her achieve her goals.



## SUPERSNAPPER

Louise Norris is our October SuperSnapper for her exceptional performance at the All Club Challenge. Louise managed three PBs in her breaststroke swims and topped it off with an inaugural backstroke. Louise is always the bright, happy and enthusiastic one at all the training sessions she attends - which is obviously paying off. Congratulations Louise for being the SuperSnapper of the month. Love your work! Keep it up.

## CLUB CLOTHING

Just a reminder that some new style Club polo shirts, aqua with short sleeves, are available in men's (M, L, XL) and women's (10, 12, 14) styles. Please contact Pamela: 9445 1549 or [pjdesigns@aapt.net.au](mailto:pjdesigns@aapt.net.au).

## CAPTAINS Pamela Walter and Jackie Egan MSWA LiveLighter All Club Challenge 15<sup>th</sup>/16<sup>th</sup> October

At this recent long course meet, 193 swimmers participated from 22 clubs. The youngest swimmer was 18 and the oldest were Tony Stanton from Albany and Bryce Jones from Beatty Park both 86. Claremont and Beatty Park have shared the honours since 2008. This year, with a team of 32, Claremont scored 1584 points to win from Beatty Park's team of 24, scoring 1038 points. Stadium Masters was one of three clubs with 15 swimmers each and we did very well by coming third with 676 points. To our delight, four of our swimmers won their age group: Mat Lovelock (30-34), Pamela Walter (65-69), Stuart Gray (75-79) and Mary Gray (80-84). Thank you to Bill Woodhouse who came to time keep for most of Saturday and Peter Lyster on Sunday.



We were lucky: In the Women's Medley 280+ relay, Mary's backstroke put us in a good position and Cas kept us in the race with her breaststroke. Pamela dived in for the butterfly, did a breaststroke start and thought she had disqualified the team but plugged on! They were behind the other team at the last change-over but Audrey gradually pegged it back and pipped her opposition at the finish for first place. Everyone was so excited! Then Pamela had to tell the three others of her slip and they waited nervously until the results went up. Hurray! What a relief - we got away with it as the officials didn't appear to have noticed the infringement.

### Results

Mat Lovelock	FR50, BU50, BA100, BU100, IM200 (all PB)
Beng Hooi Chua	FR50 and FR100 (both best since '14); BR50 (best since '14, 2 <sup>nd</sup> best time); FR200 (best since '13, 2 <sup>nd</sup> best time); 200IM (2 <sup>nd</sup> best time)
Graham Wimbridge	BU50 and BA100 (both inaugural)
Gavin Cull	FR100 (inaugural)
Stuart Gray	FR100 (best since '15); BA100 (inaugural); IM200 (PAB, best since '11)
William Curtis	FR100 (PAB, best since '11); FR200 (best since '13)
Jackie Egan	BR50 (best since '15); FR100 and BR200 (best since '15, 2 <sup>nd</sup> best time); FR200 (PB)
Louise Norris	BA50 (inaugural); BR50, BR100 and BR200 (all PB!)
Anne Edmondson	BA50 (best since '15, 2 <sup>nd</sup> best time); BA200 (best since '14, 2 <sup>nd</sup> best time); BA100 and IM200 (best since '14)
Eleanor Parsons	BU100 (PAB, best since '03!)
Cas Brown	BR50 (PAB, best since '14); BR100 (PAB, best since '13)
Audrey Bullough	FR50 (PAB, best since '13); BA200 (best since '11)
Mary Gray	BA100 and BA200 (both inaugural)

Analysis of two meets held in September is given here as Pamela was overseas at the time.

	Club Swim 3 <sup>rd</sup> September	LiveLighter Club Challenge 18 <sup>th</sup> September
Audrey Bullough		BA50 (PAB, best since 2012); FR200 (PAB, best since '13)
Cas Brown	BR200 (best since 2014)	BA50 (PAB, best since 2012)
Eleanor Parsons		BA100 (best for 2016)
Gabi Diaz	FR100, FR200, BU50 and FR50 (all inaugural)	FR50 (PB)
Jackie Egan		FR50 (best for 2016); FR200 (PB)
Louise Norris		BR50 (inaugural); BR100 (PB); BR200 (inaugural)
Mat Lovelock	IM200 (inaugural); BU50 (best for 2016)	FR50 (PB)
Pat Sugars		BR50 (best for 2016); FR100 (best for 2016 by 9 sec); BA100 (best for 2016)
Sara Cann	FR50 (inaugural)	
Stuart Gray	FR200 (best for 2016)	
William Curtis		FR100 (PAB best since 2011); BA200 (best since 2014)

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## GOGGLE SAW



- Audrey's look of delight when Coach Stu presented her with a Coach's Prize for swimming 50 metres butterfly. Audrey said two factors combined to allow her to achieve this: a coach to keep encouraging her and giving up the grog. And the prize was .... a bottle of bubbly!
- No water supply to the changerooms at HBF Stadium on Tuesday 18<sup>th</sup> October. Jackie spread the news that Stu was giving free beers, and beetroots, to those who turned up regardless of this hardship. Some did but where was the beer and beetroot?
- Sara photographing a family of wood ducks near the 10 lane pool a day or so after the 11 ducklings hatched. Clutch size is generally 8-10 eggs so 11 is pretty good going! Two and a half weeks later all 11 are thriving and are fast approaching adult size.



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## CELEBRATING HAZEL'S 89<sup>TH</sup> from Pamela Walter

Hazel Christie, one of our founding members, had a birthday recently and though we haven't seen her in the pool of late she made a special effort to come to afternoon tea. The rest of us were thrilled as it is the tradition that the birthday person brings afternoon tea. 20 people turned up. Hazel brought John and, appropriately, Johnnie cakes! We missed June Maher's trademark matchsticks on her own birthday, in June, but she brought them for Hazel so our taste buds were satisfied, and we do know they are not so good for the hips.

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## RECORDER Anne Edmondson

December is just around the corner and this means that it's time to work out winners of annual Club awards. So this is your last reminder to finish your Endurance 1000 swims and make sure that you leave your recording sheets, with your Best Times sheet, in the cage by Thursday 1<sup>st</sup> December. You will find a copy of the Best Times sheet in this newsletter and there are some in the cage.

In order to fill in your Best Times sheet accurately you will need to compare your internal times in Endurance swims and your Club Swim times with times recorded at Club Challenges. Then you should enter ONLY internal times and Club Swim times that are your best for 2016. Please do not fill in any times swum at Club Challenges because they already appear on the Masters Swimming Australia results portal. For example, in an 800m Breaststroke you may have swum 400m faster than any of your 400m Breaststroke swims or in a 400m Freestyle you may have swum 200m Freestyle more quickly than a 200m Freestyle swum at a Club Challenge or at a Club Swim.

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## STATE RECORDS

Congratulations to these two star swimmers who have earned State Records: Pamela Walter has broken six so far this year and Stuart Gray broke three last year. Stu is still waiting for his third certificate!



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## SOCIAL SNAPPERS NEWS from Marg Watson

It's great to feel the warmer weather at 8:00am. The downside is that Claremont pool is getting busy. Familiar faces are returning, and school swimming classes have begun. But the Social Snappers remain undeterred! There's a regular turn-up on Monday and Wednesday, with slightly fewer on Friday. We swim between 8am and 9am, then coffee and chat. No lanes are booked, but everyone has a preference of where, what and how!

Now for some social catch-ups:

- The sausage sizzle at Bunnings was very successful - another superb club effort
- The Melbourne Cup lunch, organised by June Maher, has been popular with tables booked for 24 starters
- The annual Prize awards Picnic has been set for Sunday 18th December
- Rob Shand is competing in the World Masters Athletic championships, in his favourite discipline of javelin. His event is on Monday 31<sup>st</sup> October. Rob is the oldest of nine in his age group and says some have better distances than him. We all know that feeling! Good luck Rob\*. When the athletics is over he will be back swimming.

We plan to have a **breakfast** on Monday 21<sup>st</sup> November. All club members are invited. Come and swim from 8:00 to 9:00, followed by a choice of Coffee and Muffin, or Coffee and 'Bonza Brekky Burger'. Or just come for the brekky. If interested, phone me on 9387 5463, to give some idea of numbers.

Until next bulletin, just KOS (keep on swimming)!

*\*Ed: The results show Rob in 6<sup>th</sup> place. Well done!*

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## FUNDRAISING ACTIVITIES

### Bunnings Sausage Sizzle

It was wet again, but not cold or windy, as the previous two Claremont Bunnings "events" had been. Peter Lyster arrived very early, pleased to escape the stench of raw onions pervading his house. Trade, at first slow, picked up as the rain eased and was fast and furious through an extended lunch period. Bunnings workers bought generously and Bunnings management is keen for us to stage another sizzle.

Thanks to four well-coordinated teams of four, we had a very successful day. By 3:00pm the sausages were looking a bit dry so we knocked \$1 off the price, keeping our customers happy and selling the last sausage at 3:45pm. Special mention is due to organiser Peter Lyster and to Elizabeth who was cashier all day. Calculating the profit is difficult because some of the consumables were paid for at the last sausage sizzle which was rained off, but it's between \$550 and \$570.



### Triathlon Volunteering

We have the opportunity to receive \$45 for each volunteer marshal and station attendant that we provide for triathlons on 11<sup>th</sup> December and next year on 15<sup>th</sup> January, 12<sup>th</sup> March and 9<sup>th</sup> April. If you can spare a morning on any of these dates, please let Jackie Egan know: [jackie\\_egan@westnet.com.au](mailto:jackie_egan@westnet.com.au).

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### STADIUM MASTERS CHRISTMAS PICNIC

Jualbup Lake, cnr Excelsior and Evans Sts, Shenton Park

Sunday 18<sup>th</sup> December at 11:00am for 11:30am

Replies to Helen by 14<sup>th</sup> December please: [helen.green@westnet.com.au](mailto:helen.green@westnet.com.au) or 0437 313 949

The Club will provide sausages, sauces, serviettes and plates. You are asked to provide (by surname)

A-C Nibbles D-O Salads, with servers P-Z Cakes, slices, fruit platters

BYO drinks, glasses, cups, cutlery, chairs or rug

Please join us for a fun end-of-the-year event

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## SNIPPETS FROM COACH STU

### Goggles and Open Water Swimming

In my 'Wilderness and Environmental Medicine Journal' that arrived today is a report of two cases of ocular jellyfish stings with a literature review. In the review only fifteen similar cases had been reported medically between 1940 and 2014. However it took me back to last year when in an ocean swim I had a jellyfish wrapped around my goggles thereby saving me from becoming statistic #16. Also I have stopped wearing my nose clip as the stingers seemed to enjoy hanging from the clip. I won't spoil your breakfast by describing signs, symptoms and treatment; sufficient to say that although hundreds of swimmers don't wear goggles in the ocean, I will not be one of them! You make your own decision.

### Masters' Trips

One of the relatively recent changes in physiotherapy is the increasing number of practitioners making a living at trying to stop us kamikaze seniors from falling over. I don't recall falls being a common problem in our parents' day although they might not have strained the health system enough to be worth talking about. However it could be that they were stronger in limb and more nimble. Neither did they have graduated lenses in their specs. I blame these for a recent fall over a log fence that gashed my leg and caused me to pass inspection again from Ron Gray to allow me to swim wearing a dressing.

Our swimming helps to keep joints flexible but does not help much with lower-limb strength, reflexes or bone density. We are unlikely to match our brothers and sisters who are competing on the athletics track this week but a daily exercise programme will help. Start with kicking hard when you swim, then do some Nordic walking, go dancing, repeat sit-stand exercises frequently during the day, check your specs and watch your steps. And if you would like a personalised programme you only have to ask.



### TWO MILLION METRES

Congratulations to Anne Edmondson on reaching her Two Million Metres goal!

### MELBOURNE CUP

Some went out to lunch on Melbourne Cup Day; some went swimming. Of the swimmers, 'Tricia received from Vic Paul the "Melbourne Egg Cup" for swimming closest to nominated time in a 400m fun event.



## MOWANJUM CONCERT

About 15 Snappers and friends were part of a big audience entertained by Geoff Hadley and three other musicians last Sunday. The performers presented a well-rehearsed program and deserved the standing ovation they tricked the audience into giving them! The \$2957 raised will be supplemented by a Lotterywest grant to provide play equipment for children in the Mowanjum community near Derby. A sumptuous afternoon tea was served after the performance and, as they are so good at doing, Snappers rearranged the furniture so that they could enjoy each other's company without having to juggle a cup of tea and a chunk of cake!

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## TRIP TO ITALY

Helen and I recently attended a reunion with people we worked and lived with (1993-2003) on an international fusion energy project at one of its design centres in Japan, about 120 km north of Tokyo. This large experiment, ITER, is now under construction in St Paul-lès-Durance, 35 km north-east of Aix-en-Provence, in the south of France. In fact, on September 30 this year, the ITER Organization comprising China, European Union, India, South Korea, Japan, Russian Federation and the USA, signed a technical agreement with Australia, the first such agreement signed with a non-member! You can imagine how happy I feel because since my return to Australia I have assisted in the lobbying for this. But I digress.

The reunion was in Sorrento on the Bay of Naples from which we explored Pompeii, the isle of Capri and the Amalfi Coast. New member Raffaele is from Naples and agrees that this is a beautiful area! We also took some sight-seeing tours of Tuscany and Sicily and visited a friend in Padua, a lovely city near Venice.

Because the editor is looking for a water angle to this



story, I show the picture of the beach at Positano on the Amalfi Coast. I didn't swim there, but on the other side of the peninsula at Sorrento. I have to say, I prefer our golden sand!

### **ACKNOWLEDGEMENTS AND DEADLINE**

*Thanks to Barry Green, Marg Watson, Stuart Gray, Pamela Walter, Jackie Egan, Helen Green, Peter Lyster, Anne Edmondson, Sara Cann, Elizabeth Edmondson, Tuuli Tulf and Tricia Summerfield for their valued contributions to this issue. The deadline for the last issue for the year is **Friday 9<sup>th</sup> December 2016** and I really do hope to receive your item.*

*Merilyn Burbidge*

[mburbidge@westnet.com.au](mailto:mburbidge@westnet.com.au)

Stadium Masters gratefully acknowledges a donation from BGC Concrete



## Best Internal Times – ENDURANCE 1000 swims plus 3000m and 5000m and Club Swim Times (Best time for 2016)

NAME: .....

Registration No: .....

Year: 2016

		Long Course			Short course		
	Event	Date swum	Which swim?	Time	Date swum	Which swim?	Time
<b>50m</b>	FREESTYLE						
	BACK (Club Swim Only)						
	BREASTSTROKE						
	BUTTERFLY						
<b>100m</b>	FREESTYLE						
	BACK (Club Swim Only)						
	BREASTSTROKE						
	BUTTERFLY						
<b>200m</b>	FREESTYLE						
	BACK (Club Swim Only)						
	BREASTSTROKE						
	BUTTERFLY						
<b>400m</b>	FREESTYLE						
	BREASTSTROKE						
	BUTTERFLY						
<b>800m</b>	FREESTYLE						
	BREASTSTROKE						
<b>1500m</b>	FREESTYLE						
	BREASTSTROKE						
<b>3000m</b>	FREESTYLE						
	BACKSTROKE						
	BREASTSTROKE						
<b>5000m</b>	FREESTYLE						
	BACKSTROKE						
	BREASTSTROKE						

**Notes:** This form allows you to submit valid times for: 1) any best internal time from E1000 swims or best times from club swims, and 2) any 3000 and 5000m swims. All other valid swims should now have been recorded from either sanctioned events or as E1000 swims. The results from these should now appear in either the Masters Swimming Results and/or e1000 Results portals. PLEASE DO NOT INCLUDE ANY INTERNAL TIMES FOR BACKSTROKE. Please complete the form, submit your e1000 sheets and send to Anne Edmondson either via email paul\_edmondson\_au@yahoo.com.au or by hand no later than 1st December 2016, if you wish to be considered for the Club Awards, or by 31st December 2016 if not.