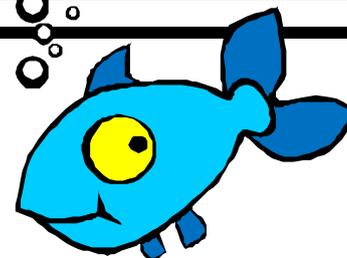


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

July 2017

FROM THE EDITOR

President Barry is making the most of the northern hemisphere summer. His wise words will appear again in the August newsletter.

As adults, most of us have worked out what we're good at. It follows that we also know what we're not good at. Human nature is such that we tend to keep doing the things we can already do well - it's easier, it gives us a buzz and we may even score the admiration of others.

Trying something new is difficult, yet participation brings its own rewards. Clearly, where points are involved, only one person can take first place, but we can all take heart that we can succeed without finishing first.

Success is:

- conquering resistance to change and fear of failure
- taking part and making the event more fun for more people
- broadening the scope of our own experience
- swimming in a team and gaining points for our club. (For those new to Masters Swimming, everyone who finishes an event gains a point. If you are lucky enough to be the only one in your age group, you will score top points! This happens surprisingly often.)

The Golden Groper Short Course Relay Carnival is on 5th August and there are also three more Club Challenges on the 2017 calendar. Let's all sign up, support each other and our club, and give it a go. No need to bust your boiler: just enjoy the swim. Forget the words 'race' and 'compete'. Try 'heat' for 'race' and 'swim' for 'compete' and the whole exercise becomes less threatening. C'mon team!

Merilyn Burbidge



WE'RE AT BUNNINGS HOMEBASE TOMORROW

Tomorrow, Saturday 8th July, our Club is running a "you beaut" sausage sizzle at Bunnings Homebase in Subiaco. Teams of helpers have been organised in shifts for the day but everyone can add to the success of the venture by dropping in and buying our first class food. Hope to see you there!

DIARY ENTRIES FOR JULY AND AUGUST

Date	Event	Time	Venue
Saturday 8 July	Sausage sizzle	rostered	Bunnings Homebase
Sunday 23 July	Club 25 th Anniversary Luncheon	12:00 noon	St Ives Centro, Jolimont
Sunday 30 July	Leisurepark 400/800 SC Distance Swim	12:00 noon	Leisure Park, Balga
Saturday 5 August	Golden Groper State SC Relay Carnival	warm-up 12:45pm	HBF Stadium
Sunday 13 August	Somerset 1500m LC Distance Swim	TBA	Aqualife East Victoria Park
Wednesday 16 August	Committee meeting	6:30pm	
Saturday 26 August	Bunbury Skins	11:30am to 3:30pm	South West Aquatic Centre

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SUPERSNAPPER

Chandra Veliath has won the SuperSnapper award for his dedication to improving his swimming. He could swim just 25 metres when he began and is now swimming for 3/4 of an hour! Congratulations Chandra! You certainly deserve to win this award.

Chandra's reason for working hard on his swimming is so that he can be accepted into the Australian Defence Force. Now he has gone interstate to begin his training. In a recent email, Chandra writes:

"Many, many thanks for your well wishes on my new endeavour. My military training (80 days) will be in Kapooka, near Wagga Wagga NSW. Thereafter, employment training (45 days) will be at the Army Logistics Training Centre, Bandiana, Victoria. I'm very excited about the training and will keep you posted. I am really blessed to be a member of Stadium Masters Swimming Club."



BIRTHDAYS

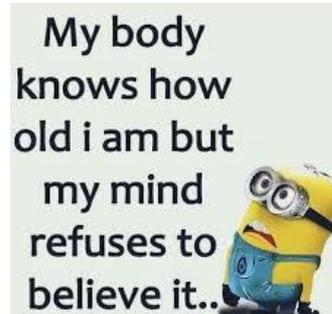
July

12th Tuuli Tulf
22nd Marilyn Burbidge

August

3rd Patrick Cooney
4th Marg Watson
8th Richard Elsegood

Happy Birthday to these winter babies!



FROM COACH STU

Since the 1950s I have coached swimming at every level and I must say that coaching Masters is probably the most demanding because of the range of ages, abilities, fitness, and the occasional element of 'competition'. My wish is that members **inform the coaches of any goals** (perhaps related to the 2018 National Masters Swimming Championships that will be held at HBF Stadium over four days from 18th to 21st April), **turn up to training regularly and on time and do their best.**

Stadium Masters 25th Anniversary Annual Club Lunch

St Ives Centro, 6 Tighe St, Jolimont

Sunday July 23rd, 12:00 noon for 12:30 pm

\$40 per person for a buffet meal with a generous selection of dishes including dessert.
A pre-lunch drink will be included but drinks during lunch will be BYO.

Names and money by Friday July 14th, please.

If you need transport, please let me know and we will make arrangements.

Helen Green: Email: helen.green@westnet.com.au Tel: 9285 2968 Mob: 0437 313 949

Marg Watson: 9387 5463

Bank details below if you prefer to pay by bank transfer:

Stadium Masters Swimming Club

Westpac Floreat

BSB: 036063

Acc No: 162984 (Mark as "lunch")

FROM THE RECORDER

Our Recorder Anne Edmondson has entered Endurance 1000 swims for those who left their files in the cage at the end of June and the files are already back in the cage. If you missed the deadline, please put your file in the cage for Anne asap.

CAPTAINS Pamela Walter

Stadium Masters 1500 Metre Long Course Distance Swim Saturday 10th June

How do you run a successful meet in an outdoor pool in winter? Easy! You get Peter Lyster to direct it, Elizabeth to collect entry fees, Bill to organise the timekeepers, Jackie to allocate swimmers to lanes, Anne to record the results, Pamela to referee the meet, put Marg Watson in charge of catering and gather another fifteen or so helpers for timekeeping and so forth. Oh and you make sure the weather gods are on side with dry weather, cloud for the backstrokers and no wind. The stars were aligned perfectly on the day of the event and all went according to plan. Rain forecast earlier in the week didn't eventuate and about 40 swimmers were timed.

Before he left the next day for an overseas trip, Peter sent this email to his many helpers:

"Just a short note to say a big thank you for all your hard work today. It was really appreciated. The event seemed to go very smoothly and we had lots of good remarks from the swimmers. Without our team of volunteers, events like this just cannot happen. Six WA State and three National 1500m records were broken and internal 400m and 800m records will be ratified in due course. For me the highlight of the day was Helen Bird's relaxed backstroke style in which she absolutely smashed the existing State and National records for Womens' 80-84.

Thanks again, I will see you all in 5 weeks.

Cheers Peter

Club Swim Saturday 17th June

Just as well our members are an understanding lot! When we arrived at 1:00 pm for our Club Swim, a Swimming WA event was in progress and we had to wait almost an hour before we could start our warm-up. The important thing was that nobody spat the dummy and left. Everyone accepted the state of affairs, stayed on and made the meet worthwhile. Thanks to Pamela for working out the heats and Elizabeth for giving up more of her time than anticipated to be both Marshal and Recorder, and also Starter occasionally. It was all good short course preparation for the Golden Groper State SC Relay carnival in a few weeks.

Ann Ritchie	BA25 (inaugural)
Ann-Maree Lynch	BA25 (PB); BU25, BU50, FR50, FR100 (all inaugural)
Bill Woodhouse	IM100 (PAB/best since '13)
Cas Brown	BR50, BR100 (both PAB best since '12); FR100 (best since '16)
Marg Watson	BA25 (first since '15); BR50 (PAB/first since '07); FR100 (PAB/first since '08); FR50 (best since '15)
Mary Gray	BA25 (first double arm); BA50 (PB)
Merilyn Burbidge	BA100 (PAB/CR); FR25 (PAB/best since '15/CR); FR50 (PAB/ best since '12/CR)
Pamela Walter	BA100, BA50 (both PAB/CR); BR100 (best since '16); BR200 (PAB/best since '13/CR)
Pat Sugars	BA25 (PAB/best since '15/CR); FR50 (PAB/best since '16)
Stuart Gray	FR200 (best since '15/CR); FR25 (PB/CR)



Pat Sugars showing off her new club beanie

GOGGLE SAW

- Chandra Veliath initiated into timekeeping at our 1500 Metre Distance Swim, after a five-minute crash course in the basic operation of a stopwatch. Unperturbed by his complete lack of experience, he was assigned to a lane in which three record attempts were conducted. His superb handwriting made him the obvious choice for scribe. The recording sheets that he filled in were absolute bliss for Recorder Anne and should be framed!
- A flurry of media interest in Australia's first 4 x 50 metre Freestyle 360+ Mens relay team which swam in the MSNSW State Championships in April 2017. The Warringah team included Ray McGimsey 90, Ossie Dougherty 91, Jon Sheridan 92 and Max Van Gelder 87. The world's first Women's 360+ relay team swam for the Victorian club, North Lodge Neptunes, in 2012.



SWIM TREK TOUR OF THE DALMATIAN COAST, CROATIA Jackie Egan



Check out the colour of the Adriatic. And it's cold, too!

Spending the most amazing fun-filled week ever on my Swim Trek tour of Croatia made me remember one thing - Swimming is Awesome! How better could you enjoy a week around the unspoilt islands of Croatia with beautiful turquoise water, plenty of sea life, fish and starfish? And the best thing was - no sharks! The scenery varied from day to day as the fourteen in the group swam in deep ocean channels or along shorelines around the islands. The highlight for me was swimming through the tunnels that Hitler used during the war to hide submarines and ships. They were dark, eerie and magnificent to swim through.

The tour provided a good challenge every day with distances of five or six kilometres to swim! I didn't know I could do that before the trip but I managed it, fuelled by the many pints of beer consumed at the bar the night before! (See Stu I told you beer works!) Each night after our long swims we had time to enjoy the most amazing Croatian dinners with fresh fish, octopus, squid, cheese, olives and all the local cuisine. Delicious! It was truly one of the most fascinating experiences of my life. The guides were wonderful, very well qualified and professional and took our safety very seriously. I totally recommend this adventure tour. It's one I will never forget and we are already planning a destination for next year!

MESSAGE FROM JENNY KOHAN

In an email to Pamela on 22nd June, Jenny writes:

"Thank you for the birthday wishes. We are in the USA, Colorado at the moment. We spent the first week in Colorado Springs and are now coming to the end of our week in Vail. Colorado is a real outdoor adventure area at high altitude also. There are a lot of fit people around. We are heading to Yellowstone National Park then across Wyoming to Mt Rushmore. Then to Nashville Tennessee for about 3 weeks. This trip is to celebrate my husband's 60th birthday in July. I hope everyone is enjoying their swimming. X Jenny."



In the Rockies

SOUNDS BETTER

Snappets is the title of the Stadium Masters newsletter. The emphasis is on the first syllable: **Snappets** as in **Muppets**. In 1999 a competition held to name the previously untitled newsletter was won by Thrym Kristoffersen, then Captain, who suggested that Snappers' snippets be called "*Snappets*".

WELCOME

We are delighted to welcome Matt Jones as our newest member of the Club and wish him stacks of good swimming with us.

APRÈS SWIM

Merilyn

Snappers love to kick and swim,
Emulating Gould and Klim,
But afternoons are not complete
Without a coffee, strong or sweet.
Two-thirty is the magic hour
When Snappers rush from pool to shower.
In the cage they stow the toys
(Paddles, kickboards, fins and buoys),
Then shower at speed and dress in haste,
Not letting seconds go to waste.
They scale the stairs in record time -
Consummate athletes in their prime.

Where will the party be today?
In coffee shop or far away?
On concrete concourse at the top,
A longish hike from the coffee shop?
Where'er it is, they can't be late:
There's someone's birth to celebrate!
Could be matchsticks there to eat
And no-one wants to miss that treat.
First things first: they join the queue.
It's way too long, but then "What's new?"
As seniors, hearty guys and chicks,
Line up to get their caffeine fix.

On concourse, temperature is cold,
Chairs mismatched and trestles old.
For Captain, though, this site's preferred:
Her words of wisdom might be heard.
As Pamela starts to say her bit,
Shouts of "Can't hear!" muffle it.
Rejoinder's quickly, loudly made,
"Turn up your flipping hearing aid!"
Someone raises high the baton
To toast the one with birthday hat on.
We sing the birthday song with gusto,
(Though pitch and tempo rarely 'just so').
Some passers-by hoot, wave and cheer:
They could be joining in next year!



No man is an island – it just looks that way.

ACKNOWLEDGEMENTS AND DEADLINE

*Thanks to Pamela Walter, Jackie Egan, Peter Lyster, Stuart Gray, Jenny Kohan, Chandra Veliath and Elizabeth Edmondson for their words and photos contributed to this issue. The deadline for the next issue is **Friday 11th August**.*

Merilyn Burbidge
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