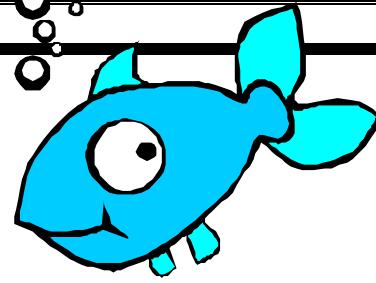


SNAPPETS



Stadium Snappers Masters Swimming Club Inc

www.stadiumsnappers.net.au

February 2014

PRESIDENT'S REPORT

Welcome to all our members for 2014 and I hope after a relaxing January everyone is ready to get fit and enjoy their swimming.

We have 52 members registered so far this year and we continue to try different avenues to gain new members. We are 12 members down on last year, but six of these are due to health issues and three have moved away.

The result for our club for the Endurance 1000 aerobic swims in 2013 was 2nd in WA with 8316 points and 9th Nationally. Challenge Stadium have once again given us the use of two free lanes for an hour on Wednesday and Friday for E 1000 swims and we thank them for this generous offer.

We welcome Merilyn to our committee for 2014 as the Membership and PR representative. All the other positions remain the same for another year.

Geraldine

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ELECTIONS AND APPOINTMENTS FOR 2014

Stadium Snappers Management Committee

These officers were elected to the Management Committee by the members present at the AGM on 29th January 2014.

President	Geraldine Klug	Social Organiser	Dee Stephenson
Vice President	'Tricia Summerfield	Captains: Night	Sue Shilling
Treasurer	Gail Parsons	Day	Geraldine Klug
Secretary	Robyn Wilson	General Members	Anne Edmondson
PR and Membership	Merilyn Burbidge		Bill Woodhouse

Appointments were also made at the AGM to fill the positions listed below. The remaining non-Committee appointments will be made at the February Committee meeting.

Coaches Eleanor Parsons, 'Tricia Summerfield, Gail Parsons, Kim Klug, Barry Green and Stuart Gray

Honorary Auditor Edward Jia

WELCOME

We are very pleased to welcome our newest members, Peter Downey, who is a second claim member, and Mike Curtis, who is our youngest member, and wish them years of fitness, fun and friendship with Snappers.

MEMBERSHIP RENEWALS FOR 2014

Your membership renewal was due by 31 January. If you haven't got around to it yet but do intend to re-join (and we hope you do!), you can find the link by going to Snappers' website and following the instructions.

BIRTHDAYS

February

1 Jean Beaton
4 Dee Stephenson
21 William Curtis
25 Audrey Bullough

March

6 Pamela Walter
21 Anne Edmonson
21 Sue Shilling
23 Geoff Barnard
26 Jenny Petelczyc
27 Trudy Vandewerdt

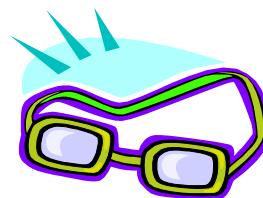


DIARY ENTRIES FOR FEBRUARY AND BEYOND

Date	Event	Time	Venue
Sunday 16 February	Newman Churchlands LiveLighter Club Challenge	8:15 am warm-up	Newman College
Sunday 16 February	Mandurah Masters Ocean Swim	7:30 am check in	Henson St Beach
Monday 17 February	Snappers Committee meeting	7:00 pm	Regent Park
Saturday 22 February	Rottnest Channel Swim	5:45 am	Cottesloe Beach
Sunday 23 February	Snappers beach picnic	from 8:00 am	City Beach
Sunday 9 March	City of Cockburn Jetty to Jetty	8:00 am briefing	Nyerup Circle, Coogee
Friday 14 March	Beatty Park Masters LiveLighter 50s	6:30 pm warm-up	Beatty Park Leisure Centre
Monday 17 March	Snappers Committee meeting	7:00 pm	Regent Park
Saturday 22 March	2014 HBF State OWS	7:30 am check in	Coogee Beach
Sunday 6 April	Melville LiveLighter Club Challenge	TBA	Melville Aquatic Centre
23-27 April	National Masters Swimming Championships	TBA	Rockhampton, Qld

GOGGLE SAW

- a Challenge Stadium employee using a monster machine to clean months of grunge off the walkway between the outdoor pools a few days before the BHP Billiton Super Series and is wondering how long it will be before the next clean
- a blank wall where the cabinet displaying Snappers' trophies and memorabilia once stood. Most of the trophies are in the care of their current holders but our other treasures are virtually homeless.



AND GOGGLE HEARD

- Andrea Morton singing "Advance Australia Fair" before the Australia Day open water swim

CALVIN & HOBBES



I BET THE LIFEGUARD IS INVOLVED IN SOME INSURANCE SCAM, AND SHE'S GOING TO LET US ALL DROWN LIKE RATS! OH NO! OH NO!



FROM THE RECORDER'S DESK

Kim Klug

Procedure for recording internal backstroke splits

Just a reminder to all swimmers who will be doing Backstroke times in the Endurance 1000 program this year. For internal splits to be legal, the timekeeper must initial and write TOB (Turned On Back) at each recognised interval. Long Course intervals are 100m, 200m, 400m, 800m and 1500m and Short Course includes all of these plus 50m. It is the responsibility of the swimmer as well as the timekeeper to make sure that this procedure is followed correctly. At a sanctioned 400/800m or 1500m meet it is up to the swimmer to make sure that the timekeeper has initialled and put TOB at each applicable interval. It is clear that in recording Backstroke swims timekeepers must be vigilant in observing that the swimmer does indeed turn on the back!

Vorgee Endurance 1000

There are two national awards each year:

- Vorgee Endurance 1000 Champion Club
- Vorgee Endurance 1000 Award



The Vorgee Endurance 1000 Champion Club is awarded each year to the club scoring the highest number of points, using the national point score tables. In 2013, with 8316 points, Snappers came ninth in Australia and second in the State to Somerset (13 396). Somerset pipped us in 2012 as well, but by a much narrower margin. With just a few more Snappers participating in Endurance 1000 we can do better!

The Vorgee Endurance 1000 Award is presented to the club that scores the highest average points per registered member each year. In 2013 we finished 14th in Australia and sixth in WA, with 45% of our members recording times. Albany had 78% member participation and came first in WA.

AEROBIC SWIM PRESENTATIONS

These annual aerobic awards were presented at the AGM

Aerobic Swim Awards 2013

The Aerobic Swim Award was introduced to encourage members to participate in the National Aerobic (now Endurance 1000) program. It is presented annually at the AGM to the swimmers who have gained the most points. Points are given for each distance swim completed regardless of the time taken by the swimmer. Snappers who achieved Aerobic Swim Awards in 2013 are:

Night Swimmers

Eleanor Parsons

Day Swimmers

Theresa Elliott

Although Andrea Morton and Theresa Elliott both gained Four Star awards (see below), Theresa completed more Butterfly swims than Andrea, thus accruing more points.

Aerobic Star Awards 2013

Aerobic Star Awards, initiated in 2000, are another incentive to swim longer distances. A One Star Award is given for completing the Endurance 1000 program in any one stroke, a Two Star Award for any two strokes, etc.

★ Audrey Bullough and Cas Brown: Freestyle; Pat Sugars: Backstroke

★★ Dee Stephenson: Freestyle and Backstroke

★★★ Elizabeth Edmondson, Pamela Walter and Merilyn Burbidge: Freestyle, Backstroke, Breaststroke

★★★★ Theresa Elliott and Andrea Morton: Freestyle, Backstroke, Breaststroke and Individual Medley

★★★★★ Eleanor Parsons: Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley

ONE MILLION METRE AWARD



Congratulations to Andrea Morton on achieving her one million metres in what must be record time!

Andrea says:

"When Theresa and Elizabeth first told me about recording a million meters I thought there was no way I could achieve it... but I started recording anyway. I really liked the shirt and thought it would be a nice memento of my swimming time down under. However, I thought I would have approximately 18 months to complete it! So the first months I did about 50 km a month. In January 2013 I sat down and figured out just how much I needed to do to complete by December 2013 which worked out to be about 70 km a month. This didn't seem to be an issue and I even did above that for several months. **HOWEVER**, in August I found out that in order to get my lovely shirt before leaving Australia I had to submit my application by November 1st. This put on a little more pressure as it meant I had to swim 318,000 meters in 3 months! All up it took 55 weeks, from October 8th to October 30th. All this because I liked the shirt and wanted it before I left Australia!" Andrea adds that 1,000,000 meters equal 1,093,613 yards!

STUART'S SURVEY AND EXERCISE PROGRAM

Coach Stuart Gray recently carried out a survey amongst the day swimmers. The results are tabled below.

Criterion	Summary of Responses
Fitness	Most important
Fun, Friendship, Improvement of Strokes	On a par as moderately important
Competition	Least important
Main swimming objective	Fitness for health (59%), stroke improvement (24%)
Change of routine	81% willing to change; 13% unwilling; 6% undecided
Dry-land exercise	56% in favour; 44% against

Observation shows that as swimmers age their stroke rate decreases and they kick less effectively, indicating a decline in strength and in fast twitch muscle fibres. Weight-bearing activity helps to counter this and adding cognitive exercise is also beneficial. With this in mind, Stuart has developed some simple dry-land exercises for anybody to do at home.

Thanks for your initiative, Stuart. We hope you keep the whip cracking to keep us working and thinking, both in and out of the pool!

ROTTNEST STARTERS

Snappers (and immediate past Snappers!) are again tackling the Rottnest Channel Swim this year on Saturday 22 February. They've been training hard so come to Cottesloe Beach and wave them off. Solos leave at 5:45 am, before sun-up! We wish our swimmers a safe and quick crossing.

Solo: Leon Musca

Duo: Gail Parsons and friend: *Wonder Women*

Andrea Morton and Briohny Smith (Bold Park): *Team Australia and America*

Team: Anne Edmondson, Kylie Leaman, Robyn Wilson and Robyn Smith (Bold Park): *FOD*

Anne and Andrea are making the crossing for the first time. Oh, and there's a prize for correctly guessing what the initials FOD stand for. One entry per person without inside information!

OPEN WATER SWIM RESULTS

2014 Minara Resources Swim Thru Perth Sunday 19 January 2014

Swimmer	Age Group	Time	Age Group Place
Leon MUSCA (4 km)	40-44	0:54:54	2
Eleanor PARSONS (4 km)	55-59	1:04:08	1
Jackie EGAN (1.6 km)	45-49	34:27	2
Sue SHILLING (1.6 km)	50-54	32:48	3
Stuart GRAY (1.6 km)	70-74	34:26	1
Barry GREEN (1.6 km)	70-74	36:50	2
David HODY (1.6 km)	70-74	42:01	3
Merilyn BURBIDGE (1.6 km)	70-74	40:48	2

Australia Day Swim 2 km Sunday 26 January 2014

Swimmer	Age Group	Time	Age Group Place
Leon MUSCA	40-44	27:45	3
Andrea MORTON	50-55	35:13	2
Stuart GRAY	70-74	40:50	1
David HODY	70-74	54:56	3

Cottesloe to Swanbourne Ocean Classic 2.2 km Saturday 1 February 2014

Swimmer	Age Group	Time	Age Group Place
Leon MUSCA	40-49	24:34	2
Stuart GRAY	70+	35:46	2
David HODY	70+	45:08	4

FROM MASTERS SWIMMING WA

UPCOMING TECHNICAL OFFICIATING COURSES

Swim meets and open water swim events are some of the important Masters activities that members enjoy each year. These events cannot be conducted without Technical Officials. We have a dedicated team of officials but we need more, especially from the larger clubs.

Sat 15th March: 8.30am – 12.30 pm: Timekeeper, Chief Timekeeper, General Principles 1 and 2

Sat 15th March: 1.00 – 5.30 pm: Check Starter, Clerk of Course and Marshal

Sat 12th April: 12.30 – 5.00 pm: IOT, JOS, General Principles 3 and 4

Please encourage your members to participate in our technical education program which is coordinated by one of our dedicated volunteers, Ken Phillips, Technical Education Coordinator in Peter Maloney's Board portfolio. Contact Ken direct via kandgphillips@iprimus.com.au or 0416 824 667 for any queries and for registering your members to attend.

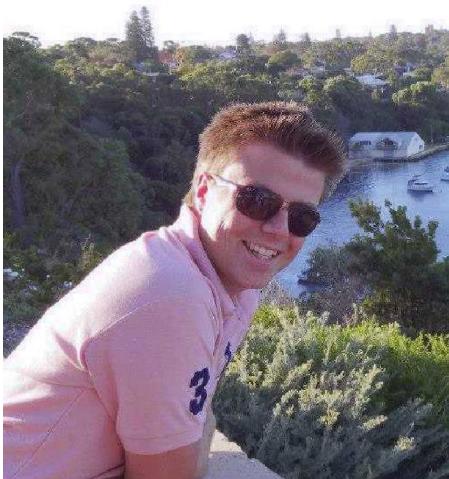
OR get a few members together and Ken will come to your Club!

LETTER TO THE EDITOR

The last Snappers AGM was memorable for being completed quickly, without fuss or dissention. It could have been the shortest AGM of any group in my memory. A big thank you to our Committee for good work, and to the President for competent direction.

Brian Downing

PROFILE: Mike Curtis



G'day!

I'm Mike Curtis, 25 years young (apparently), and a recent Stadium Snapper. I was born on the 30th June 1988, in Dulwich Hospital, London. Sensibly, my parents, despite many tears and tantrums over my adverse shock at being involuntarily dumped into a bathtub the size of a house, decided it would be best for me to learn to swim as early as possible. For this, I am now extremely grateful. I went through primary and secondary school much as any other boy does, keeping up interests in music (choirs and orchestras) and watersports (sailing and swimming). It was through family holidays, to the British coastline and spectacular mountainous areas that I cultivated a passion for the outside world, and geology in particular. I studied geology at Bristol University and graduated in

2010. Within weeks I was on a plane headed to Perth, proud to have secured a job in the WA's then booming mining industry.

Cut to October 2013

On a chilly Saturday afternoon back in October, my housemate and I decided to warm up by heading out for a swim. It was only on our way home, that we noticed the Snappers flyer blue-tacked to the wall of the changing room. It promised a warm reception to swimmers of all standards, a lively social crowd, and a means of keeping fit. Having recently been made unemployed (the fate of many a junior geologist in a mining downturn!), it seemed a good way of forcing myself out of the house to do something productive, so I sent an email off to Tricia and arranged to meet for the Sunday morning session the following day.

I have since attended as many of the coaching sessions as I can (usually 3 to 4 per week) and feel much better for it. My stroke and technique have improved no end, thanks to the brilliant coaches on the pool deck. I'm now far stronger and fitter than I have been in a long time, and am finally getting the early signs of the 'beach body' I only thought existed in movies! I haven't ventured as far as the open water swims yet (maybe a resolution for 2014?) but I'm looking forward to competing in the Newman Churchlands meeting in a few weeks.

What quickly became the best part of being a Stadium Snapper was everyone else who was one too! My favourite sessions are easily the Wednesday & Friday lunchtimes, as they are the most fun and very social. Despite being youngest there by 'a good number' of years, I have been made extremely welcome by everyone. Being away from my family in the UK, I sometimes feel I've adopted a new set of parents and grandparents! I also really appreciate this opportunity I've had to make friends with those I wouldn't naturally tend to.

Thank you everyone.

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Theresa Elliott for the care she took in editing Snippets during 2012 and 2013. Stuart Gray, Geraldine Klug, Kim Klug, Mike Curtis and Andrea Morton have provided material for this issue of Snippets. Their contributions are most welcome and I encourage them and others to send items for the next issue to me at amburbidge@westnet.com.au by **Friday 14 March**.

Merilyn Burbidge