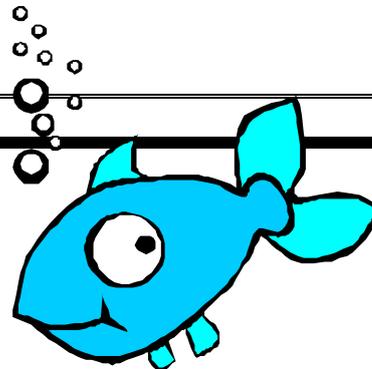


# SNAPPETS



Stadium Snappers Masters Swimming Club Inc [www.stadiumsnappers.net.au](http://www.stadiumsnappers.net.au)

June 2014

## PRESIDENT'S JOTTINGS

Welcome once again to all members, whether active or non-active. Following are some points that came from the last Council of Clubs meeting held in May.

- Masters Swimming WA have recruited 150 new members between February and May 2014 and these are spread through all the clubs. WA has the most Masters swimmers of any State. WA is also doing very well recruiting new coaches and has 67 coaches, as does NSW. Only Queensland is higher with 75. Considering our smaller population this is a great result.
- Carine Masters are not able to run the Australia Day Open Water swim next year. Their number of volunteers is dwindling and the few they have feel they cannot do it again as it costs time and money to run the event.
- The Disabled Swimming Association are running their swim meet on August 2<sup>nd</sup> and are looking for volunteers poolside. If you can help, please contact Dot Shipard via [dot@wadsa.org.au](mailto:dot@wadsa.org.au).
- The Nationals held in Rockhampton were a great success and the new pool was magnificent. The 2015 Nationals will be held in Hobart, in short course. Correspondingly our 2015 WA State Championships will be in short course, on 28<sup>th</sup> and 29<sup>th</sup> March, to give those going to Hobart some practice. Although the Hobart Nationals are in short course, there will be no 25m events. The 2016 Nationals will be in Victoria and in WA in 2017.
- IMG, who Masters Swimming use to run the database, will decrease the amount they take from each member from September 2014, but they will increase substantially the amount they charge MSWA each year to run the program. Therefore there will be a small rise (\$1.00) in the total fee to each member.

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Last week I spoke to the Aquatics manager at the Stadium, to ask when the upgrade to both Ladies change rooms would be started. He said there had been a few hold ups!! They hope to start the outside one late in August. That would take six weeks and then they will move to the inside one. Stay posted.

Geraldine Klug

## DIARY ENTRIES FOR JUNE AND BEYOND

<b>Date</b>	<b>Event</b>	<b>Time</b>	<b>Venue</b>
Saturday 14 June	Snappers Annual Dinner	7 pm	Ocean Gardens Village
Monday 16 June	Committee meeting	7 pm	Regent Park
Sunday 6 July	Swan Hills LiveLighter SC Club Challenge	TBA	Swan Park Aquatic Centre
Monday 21 July	Committee meeting	7 pm	Regent Park
Sunday 27 July	Leisurepark Distance SC 400/800	TBA	Leisurepark Balga
Sunday 3 August	Somerset Distance LC 1500	am	Aqualife East Vic Park
Saturday 16 August	2014 Groper State SC Relay	TBA	HBF Stadium

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## MASTERS SWIMMING WA PRESENTATIONS

Four Snappers were presented with awards at the conclusion of the LiveLighter State Swim in May.

### 2013 Masters Swimming WA Coach of the Year

Tricia Summerfield won this honour for 2013. Tricia is an accredited Club Coach who has coached all levels over many years. In 2013 as part of the LiveLighter Spring into Swimming project she initiated a weekly mid-morning session to cater for young parents using the crèche, retirees and shift workers primarily to increase membership at her club but also to offer another training session for members of other clubs. This has proved successful on both fronts with Stadium Snappers' membership increasing by 9.2% during the spring period after having been stagnant for several years.

Additionally Tricia is the State Director of Coaching and has been invaluable in this role to the extent that WA has been conducting the most accredited courses for several years and our number of accredited Coaches is near the top Nationally. Tricia has coordinated and presented at courses, assesses the course workbooks and mentors Coaches along the way. Congratulations to Tricia.



### Age Group Winners



Pamela Walter tied with one other to win the 60-64 age group at the Livelighter WA State Championships.

Pat Sugars tied with two others to win the 80-84 age group in the 2013/2014 HBF Open Water Swim series.



### Endurance 1000 Top Points for 2013

Eleanor Parsons scored top points (1005) in the distance program last year, one of only four swimmers in WA to achieve this. Other high scorers were Theresa Elliott (985), Andrea Morton (940) and Pamela Walter (905).

Congratulations all!



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## WELCOME

Welcome to Joanna Kagi, our newest Snappers member. Joanna has recently expanded her already strong fitness regime by adding swimming. We hope she's enjoying the cross training and that swimming is less painful than running! Happy times with Snappers, Joanna.

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## BIRTHDAYS

### June

Margaret Smithson	8 <sup>th</sup>
Joanna Kagi	8 <sup>th</sup>
John Christie	11 <sup>th</sup>
Mary Gray	18 <sup>th</sup>
David Fairclough	18 <sup>th</sup>
Peter Jones	20 <sup>th</sup>
Brian Downing	23 <sup>rd</sup>
Wayne Davies	23 <sup>rd</sup>
June Maher	29 <sup>th</sup>
Mike Curtis	30 <sup>th</sup>

### July

Elizabeth Edmondson	1 <sup>st</sup>
Colin Beaton	4 <sup>th</sup>
Leon Musca	16 <sup>th</sup>

June is by far the most popular month for Snappers' birthdays. Happy birthday to this big bunch! And the same to those who made their entrances in July, too.



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## FROM THE RECORDER'S DESK Kim Klug

The next date for inputting your Endurance 1000 swims is Friday 27 June 2014. Could everyone please have their files ready for collection by this date?

It has been great to see so many of you continuing with your swims. Well done to everyone! Let's keep it up.

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## FROM MASTERS SWIMMING WA Wendy Holtom

Current members must be re-registered by **31<sup>st</sup> December annually** now to ensure membership and insurance from 1<sup>st</sup> January for January swim meets and activities

### CLUB CLOTHING

With winter upon us I have in stock

- 2 fleece jackets:  
1 medium; 1 large
- 3 short sleeved aqua polo shirts:  
1 small, 1 medium and 1 large

Anyone interested can contact me on 9387 5463.

Marg Watson

### SNAPPERS' PHOTOGRAPHIC RECORD

The Club is very appreciative of the efforts of Marg Watson, our Club archivist, who has been diligently gathering memorabilia over the Club's lifetime. She has collected the photos into albums, one for each year. The early albums are stored in the Batty Library. They are available to us but would take time to retrieve. However, Marg has albums from 2008 onwards, which members may borrow. If you're a newer member, or just want to go on a nostalgic journey, you can contact Marg by phone or email via [dmawatson@iinet.net.au](mailto:dmawatson@iinet.net.au).

## Excerpt from MSWA's **ETIQUETTE FOR TRAINING IN A MASTERS SQUAD**

**How to get the most out of your squad training sessions while still getting on well with all your lane mates**

### Session Start / Warm Up – VERY IMPORTANT

**THE RULE:** Once the first person in your lane has finished the warm-up EVERYONE else in the lane must STOP the next time they reach the starting end and be ready to start the Main Set.

If you enter the water AFTER the session start time, please ascertain where the leaders are up to in the warm-up. If the leaders have already done 200 m of a 400 m warm-up, then YOU will only be able to do the last 200 m of warm-up. If that's not enough for you, then just start the Main Set going easy at the back of the lane, so that the first part of that set is like a continued warm-up for you.

If you get in early, do your "own thing" until session start time, and start the official warm-up at that time.

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## POOL SWIM RESULTS

### Thornlie 400/800 Short Course Distance Swim 3 May

Sue Shilling and Pamela Walter both swam in two events and finished first in their age groups each time.

### Narrogin 400/800/1500 Short Course Distance Swim 17 May

Again two Snappers finished first in their age groups in all their events: Eleanor 400 BU and 800 FR; Pamela 1500 BA, breaking a State record (ratification pending) that had stood for ten years!

### LiveLighter 2014 State Championships - Long Course 24/5 May: Report from Sue Shilling

Stadium Snappers – 640 Points – 5<sup>th</sup> Overall

#### Age Group Winner

Pamela Walter 60-64 (tied for first) 59 Points

#### PBs and Inaugural Swims

Beng Hooi Chua	PB 100 Free
Mike Curtis	PB 100 Breast, 50 Free; Inaugural 200 Free
Anne Edmondson	PB 200 Back, 100 Back
Mark Etherton-Bear	PB 50 Back; Inaugural 200 Back, 200 IM
Kim Klug	PB 200 Back
Eleanor Parsons	PB 100 Fly
Gail Parsons	PB 100 Free
Pamela Walter	PB 200 Back

#### Event Winners

Kim Klug	50 Back
Pamela Walter	200 Back, 100 Breast, 200 IM, 200 Breast, 100 Back
Eleanor Parsons	200 Free
Pat Sugars	50 Back, 100 Back

#### Winning Relays

Womens 4 x 50 Free (240-279)	Anne Edmondson, Marilyn Burbidge, Pamela Walter, Eleanor Parsons
Womens 4 x 50 Medley (200-239)	Gail Parsons, Kim Klug, Eleanor Parsons, Anne Edmondson

Thanks to Officials Elizabeth and Pamela, and Timekeepers Marg W, Helen, Cas and Richard D. Elizabeth's admirable effort in the marshalling area was non-stop over the two days!

### Snappers 1500 Metre Distance Swim 7 June: Report from Pamela Walter

The day of our first Snappers meet held at the newly named HBF Stadium was overcast (great for Backstrokers!) but not cold. We managed to time 35 swimmers (17 from Claremont!) in three hours in four hired lanes which included seven record attempts – quite miraculous. In order to achieve that we consistently needed 14 or 15 timekeepers as there were many freestylers swimming two to a lane. Five Snappers swam and many more came along to help.

As Meet Director I would like to thank the army of Snappers who helped make the meet run smoothly:

Deirdre, Mary and Pat: organising the afternoon tea

Stuart: Safety Officer

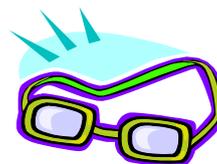
Elizabeth: Registration

Jackie, 'Tricia: Marshalling, Runner, Timekeeping

Sue: Meet Recorder

Marg W, Marg S, Jil, Stuart, Cas, Barry, Anne, 'Tricia, David F and Marilyn: Timekeeping

*Ed: And thanks, too, to Pamela for so capably coordinating the event.*



#### GOGGLE SAW

At Snappers' 1500 Metre Distance Swim, in timing a swimmer for a National record attempt, one watch of three fail and, wonder of wonders, the remaining two watches recording exactly the same time!



## OPEN WATER SWIM RESULTS

With only 10 members taking part in the 2013-2014 HBF Open Water Swim series, Snappers finished 12<sup>th</sup> on total points scored and a creditable 4<sup>th</sup> on average points scored per team member.

Swimmer	Age group	Position	Points
Jackie Egan	45-49	3 <sup>rd</sup>	24
Sue Shilling	50-54	6 <sup>th</sup>	27
Andrea Morton	50-54	10 <sup>th</sup>	17
Maree Crouch	50-54	20 <sup>th</sup>	7 (1 swim only)
Eleanor Parsons	55-59	2 <sup>nd</sup>	48
Pamela Walter	60-64	3 <sup>rd</sup>	46
Merilyn Burbidge	70-74	4 <sup>th</sup>	35
Pat Sugars	80-84	1 <sup>st</sup>	10
Leon Musca	40-44	2 <sup>nd</sup>	30
Barry Green	70-74	5 <sup>th</sup>	39

### ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Geraldine Klug, Sue Shilling, Marg Watson, Tricia Summerfield, Kim Klug, Pamela Walter and Mark Etherton-Ber for contributing to this issue of *Snappets*. Your input is most welcome, too, so please send items for the next issue to me at [amburbidge@westnet.com.au](mailto:amburbidge@westnet.com.au) by **Friday 11<sup>th</sup> July**.

Merilyn Burbidge



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## PROFILE: Mark Etherton-Beer

I joined Snappers in 2013 to get back into swimming regularly. I had been avidly swimming up to Y2K and had participated in local open water swims, including Rotto 1999 and 2000 (quad team), as well as swimming in national and international Law Enforcement Games events, being fortunate enough to complete open water swims in Stockholm and pool events in Birmingham Alabama and Washington DC. We had a lot of fun in Washington DC as we also formed a water polo team to compete in the Games! Some of our team members struggled to swim 25 metres, however we managed a bronze medal (must admit there were only 3 teams competing LOL).

In 2000 I had to complete my country tenure as a police officer and accepted a transfer out to the large City of Eucla near the border of South Australia. The water down there was stunning and I had a little Suzuki Sierra to zip down along the beach. Unfortunately I wasn't too eager to do any long open water swims there: one of the local characters, a keen fisherman "Coops", used to rock up at the police station with his rusty ute and usher me outside to view the large sharks loaded on the back tray which had been pulled from his nets close to the shore. Not a great incentive!

I returned to Perth in 2004 and struggled to swim regularly. In 2010 I had a further set back, being knocked off my bicycle while riding to work. Then, living in Dianella, I eventually joined the Terry Tyzack sports centre in Inglewood and started a bit of gym and swimming, but not in a club. When Zahra arrived Chris and I agonised about moving from our awesome, or crazy, 70s house which you may have seen pictures of (the Dianella Disco house) and with Caia on the way we decided it was time to move to a more practical home. Hence we ventured over to the western suburbs a couple of years ago and I was looking for a local sports centre that would suit. I checked out the Claremont pool but was disappointed that there wasn't a crèche for Zahra and Caia to enjoy while I exercised. Hence I obtained a membership at the Stadium.

I commenced a bit of a gym program and started building up to a kilometre swim in the outdoor pool. However I didn't seem to be progressing and knew I needed the boost that joining a swim team could provide. Since joining Snappers my family have been calling the Stadium our second home and I think most of the staff can hear when Zahra and Caia have left the crèche and are enjoying exploring the venue!

The camaraderie, support and friendship offered by Snappers is sensational. Vic, I am the 'snapper' at your heels – well, at least I can pretend!



That's Mark on the left in the photo