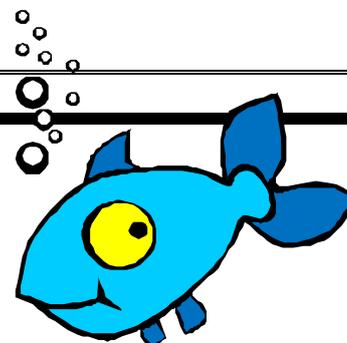


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

April 2015

PRESIDENT'S JOTTINGS

Seventeen enthusiastic Stadium Masters members participated in the All Club Challenge short course event on March 28-29 and came a very creditable fifth in a field of 25 clubs. Carmen Harrison, a member since 2002, swam in her first competitive event and discovered that it really isn't so daunting after all. Eleanor Parsons was the 60-64 age group winner with seven State records to add to her achievements. Eleanor has also recently swum in the Nationals in Hobart where she won a haul of medals and a National record. Well done to all participants.

Our next event is the LiveLighter Club Challenge hosted by Melville Masters on Sunday 3 May. Sign up and have a go.

On the social front, Helen Green organised the annual beach picnic which features in this edition of *Snappets*. Our next get together was a sundowner at the Boulevard on Sunday 19 April. Not as many came to this one. Could it have been that it coincided with the AFL football derby?

Things are quietening down at HBF Stadium now that all the school carnivals are completed, so we can look forward to regular swimming sessions and some use of the indoor pool. The Wednesday morning coaching session has returned to its 9:30-10:30 time slot which suits more swimmers – and the coach.

The committee has just about bedded down the annual review of the timeline and duty statements and the calendar has been drawn up by Jackie and will be updated regularly. Elizabeth Edmondson has produced our new website at: <http://www.stadiummasters.org.au>. Take a look. We are now in planning mode for the 1500 Metre Distance Swim that we will be hosting in June.

Our Recorder Anne Edmondson has loaded the first three months' Endurance 1000 swims on the MSA results portal so make sure yours are there – and correct.

Enjoy your swimming.

'Tricia Summerfield
President

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BIRTHDAYS

April

Danielle Vlahov	17 th
Lynda Joachim	27 th
Carmen Harrison	30 th

May

Sara Cann	3 rd
Beng Chua	4 th
June Hough	7 th
Katya Anderson	19 th
Richard Diggins	19 th
'Tricia Summerfield	27 th

June

Margaret Smithson	8 th
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Best birthday wishes to all these members!

WELCOME NEW MEMBERS

Ann Ritchie

Ann's name goes down in the history of Stadium Masters because she is the first Social/Associate Member who has never been a "swimming" member of the Club.

Ann says: "I have pretty well no credentials as a swimmer! Just for exercise I swam at the UWA pool for 25 years, then switched to Claremont Pool where I met the Snappers. I am very happy to be the inaugural Associate member of the club, conscious that, as the Chinese would say, I'm a bit of a "dry duck" as far as swimming is concerned. And lacking the competitive edge in the wet stuff! So in order to pull my weight I have put my hand up for the cake stall in May."



Sara Cann

Sara says: "This is my horse Choco.

I have been riding since I was 6 years old and have done very well over the years. Last year at the Special Olympics National Games I won two gold and two silver medals in equestrian events. I also competed in Taiwan and won two 2nd places in dressage and a silver medal for Australia. My swimming goal is to get fit for going to Los Angeles in July for the 2015 Summer Special Olympics World Games. I am keen to be involved in swimming and to meet new friends. Competing for Stadium Masters would be great fun.

When I go to Los Angeles my goal is to bring home four gold medals for Australia. Representing my country is a great honour and I am very excited and will have lots of fun!"

We also welcome new first claim members Helen Loake, Danielle Vlahov and Peter Marcello and second claim member Katya Anderson. More from them in the next issue!

DIARY ENTRIES FOR APRIL AND BEYOND

Date	Event	Time	Venue
Saturday 25 April	Stadium Saturday Special Swim Session	1:15 pm	HBF Stadium 10 lane
Sunday 26 April	Committee meeting	11:00 am	HBF Stadium
Sunday 3 May	Melville LiveLighter LC Club Challenge	warm-up 8:15 am	Melville Aquatic Centre
Saturday 9 May	Thornlie 400/800 SC Distance Swim	12:00 noon	Leisureworld Thornlie
Saturday 16 May	Cake stall	8:30 am	Bunnings Claremont
Sunday 17 May	Committee meeting	11:00 am	HBF Stadium
Tuesday 19 May	Council of Clubs meeting	7:00 pm	Claremont Clubroom
Saturday 30 May	Sausage Sizzle	TBA	Bunnings Claremont
Saturday 6 June	Stadium Masters 1500 Metre LC Distance Swim	1:00 pm start	HBF Stadium

MEMBERSHIP UPDATE

At 23 April 2015, membership of Snappers stood at 67, made up as follows:

Ordinary members	43	Second Claim members	6	At age 26, new second claim member Katya Anderson replaces Mat Lovelock as our youngest member!
80 years and over	10	Associate members	6	
Life members	2			

NEW MEMBER INCENTIVE

Elizabeth has kindly donated this very good quality backpack, especially designed for swimmers, as a prize for a lucky new full member who has joined Stadium Masters in 2015. At the Club's annual dinner, the winner will be drawn from the names of all full members joining before 1st July.



CAPTAINS' CALL Jackie Egan and Pamela Walter

LiveLighter All Club Challenge Saturday 28 and Sunday 29 March

The All Club Challenge was a pretty impressive weekend with Stadium finishing in fifth place out of 25 clubs. Our team swam plenty of PBs. It probably helped being short course... but we won't mention that!



- Mary Gray again won the day with a “make you want to dance” HUGE PB by 1:35.99 in her 200 Free, another fantastic PB by 26.81 in her 50 Free and inaugurals on her other 3 swims.
- Wayne was on a bit of a roll, taking 16.31 sec off his previous time for 200 Free, followed nicely by another PB taking 0.19 sec off his 25 Free! Shame he only swam 2 races.
- That Egan woman did PBs in all her swims except for an inaugural in the 100 IM. (*Ed: Jackie is being super-modest here in understating her achievements: 38.57 sec improvement in 200 Free and 22.25 sec in 100 Free are exceptional. She puts it down to drinking beer! Stuart's still trying to convert her to beetroot juice!*)
- Barry had a great PB in his 100 Back improving by 2.16 sec.
- Eleanor is still doing PBs with two: 100 IM and 25 Fly.
- Anne did a PB in her 200 Breast and swam an inaugural 200 Back.
- Merylyn did a couple of PBs in the 100 Back, by 2.25 sec, and 25 Back, by 0.84 sec.
- Pamela was fired up and did a PB in the lead-off to a relay by 1.88 sec for 25 Free.
- All Beng's swims were inaugural, being new to short course, and some of his times were fantastic: 1:09.00 for 100 Free and 29.62 for 50 Free... and he was complaining his head off that I had entered 1:12 for him for the 100 Free. Left that behind didn't he!



- Mark swam 3 inaugurals in Breast: 25, 50 and 200.
- Carmen's swims were both inaugural: 200 Free and 25 Free.
- Marg Watson: inaugural 25 Back.
- Cas: inaugural 25 BR.

Well done to our Women's Freestyle relay dreamteam of Marg Somes, Pat Sugars, Mary Gray and Marg Watson who repeated their performance at

the Newman Churchlands carnival by winning the 320+ age group!

A big thank you to these people for their huge contributions over the weekend: Elizabeth for marshalling, Pamela for officiating, Helen Green for much timekeeping and Bill for supervising the warm-up and timekeeping on Sunday. Geraldine also helped supervise the warm-up, Marg Watson took photos and Lisa Dwyer, Jenny Petelcyc and Dee Stephenson all did some timekeeping as did some of the swimmers in between their events.

Quote: *“There would be no competition for swimmers if there were no generosity from volunteers.”*

40th Masters Swimming Australia National Championships 8-11 April 2015

Congratulations to Eleanor on her remarkable achievements, albeit swimming for Claremont Masters, in Hobart recently. On her 60th birthday, she scored a PB and a National record in the 800 Free and a 3rd in the 100 IM. At the end of the meet she had to struggle home with a suitcase full of medals: 4 gold, 4 silver and 2 bronze!

Stadium Special Saturday Swim Session

The second of these is on this Saturday 25th April from 1:15pm to 2:30pm in the outdoor 10 lane pool.

The focus will be on 100 m times and it's a good opportunity to learn from Coach Eleanor (weighed down now with all those medals from the Nationals!), record some times, practise dives and learn about warm-ups, cool-downs and lactic acid flushing!

We have 3 lanes and two sessions will be run side by side, one supervised by Barry and the other by Eleanor, to cater for all abilities and ages.

SOCIAL NOTES from Helen Green

Beach Picnic 22nd March 2015

The weather was a little cool to start but turned into a perfect sunny and warm late summer morning for the 23 people who came. The advantages of having the picnic a month later than usual were the slightly cooler temperatures with fewer people vying for the space and the barbecues. The disadvantage was that no-one was inclined to go for a swim. The venue was changed to Floreat Beach due to a big event at City Beach – this may also have had something to do with the reluctance to swim as Floreat Beach is not considered as pleasant.

David Watson, Colin Beaton and Bill Woodhouse did a wonderful job on the hamburgers, hash browns and onions. Pamela arranged some fun and challenging games which were enjoyed by all. Food was kindly supplied by Margaret Somes, Margaret Watson, June Maher, Jean Beaton, Pat Sugars and Zee Marsland. Pat Byrne kindly allowed us to use her folding tables.



Sundowner at the Boulevard



The second Sundowner for the year was held at the Boulevard Hotel on 19th April. A baker's dozen turned out to enjoy each other's company. Two presentations were made: 'Tricia was nominated Granny of the Month for helping to encourage our youngest potential member and Elizabeth received a certificate from Masters Swimming Australia acknowledging her qualification as a Timekeeper, Chief Timekeeper, Clerk of Course and Marshal.



AN INNOVATION: The Beatie Norris Endurance Award from Pamela Walter



Mum learnt to swim at 70 and later joined Snappers. She seldom competed in interclub or even Club swims but found her niche in the endurance (aerobic) program. At the age of 85 Mum completed all 14 swims in the backstroke program and at 87 she managed 10 swims.

In order to encourage older members to stay swimming my sisters and I have created the Beatie Norris Endurance Award heralding our extraordinary mother. The existing points system for assessing Club endurance awards will be used for scoring. Bonus points will be given for each swim completed in the Endurance 1000 program, regardless of the time taken. The bonus points are weighted by age and range from 1 point per swim for the 65-69 age group to 30 points for 90-94! Clearly the older you are the greater chance you have of receiving this award.

So, focus on doing more endurance swims and improve your health and fitness too!



GOGGLE SAW

- Jil Mogyorosy becoming a grandma for the second time with the arrival of Tahnee Mia
- about 12 Snappers stretching and sprinting at the first Stadium Special Swim Session on 14th March
- a Japanese woman becoming the first 100 year-old to complete a 1500 metre Freestyle swim in a 25 metre pool. Pamela might need to add extra age categories to the Beatie Norris Endurance Award if this trend catches on here.



CLUB CLOTHING from Pat Sugars

We have the following items, all in excellent condition, just waiting to be worn again. You can try them for size and, for a small donation to the Club, they can be yours.

Shirts: (Note: All shirts and jackets are in "men's" style)

- 1 new (never worn) white long-sleeved polo shirt – Small
- 1 aqua short-sleeved polo shirt - Large
- 2 aqua short-sleeved polo shirts – X Large

Jacket:

- 1 navy with white piping trim on collar and sleeves - Small

Contact Pat Sugars: 9387 5463 or psugars@iprimus.com.au.

FROM MASTERS SWIMMING WA

Wendy Holtom

OFFICE UPDATE

We are now in the office at 565 Hay Street Daglish but no phone or internet to date. Hopefully within the next week or so. The phone from Sports House is still redirected to my mobile although we don't get too many calls – interested swimmers are directed to Clubs and the website through all our promotions!

ANZAC POPPIES

The ANZAC poppy project that Snappers contributed to is being unveiled in Federation Square, Melbourne, on Friday 24th April. The organisers have received an overwhelming number of poppies (in excess of 250 000!) from more than 50 000 contributors across Australia and some from overseas as well. That means that about 17 in every 10 000 poppies in the installation are ours!

Expressions of interest are being taken from those wishing to apply to exhibit the display over the next four years. *It is exciting news that at least 80 display panels are planned to go to Perth for Remembrance Day this year!*

For more details of this project, visit <https://5000poppies.wordpress.com>. See back page for one image.

Elizabeth says:

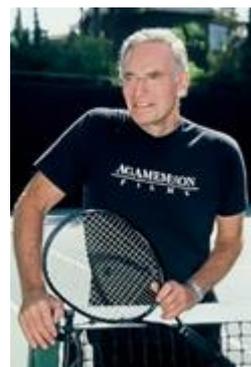
I would like to thank Marilyn for giving us the chance to knit poppies for such a wonderful cause.

Before you put your knitting needles or crochet hooks away, some of us are knitting and crocheting squares to make into knee rugs or blankets for needy people. Very simple pattern, using 8 ply wool and garter stitch (I will be using red from all those poppies I never got round to knitting) loosely cast on the number of stitches with the gauge of needle to give a square of 24 cm side and then cast off loosely. It is important that the squares are as close as possible to the same size so that they tessellate (that's one for you to look up) accurately to make a big square when sewn together. So far we have about 10 finished squares and look forward to adding yours to the collection.

RETRACTION

For a Meet Your Committee segment in the January issue of *Snappers*, the members of the 2015 Management Committee were asked to provide three statements about themselves, two of which are true and one which may or may not be true.

You may remember that one of the three statements provided by Robyn was "I played tennis with Charlton Heston at White City, Sydney, in 1967." Robyn was away last month when any falsehoods were revealed. Now she's owned up: she didn't play tennis with Charlton Heston. All she did was follow him down the steps to the tennis courts at White City in Sydney in 1967! However Charlton Heston was once considered the best tennis player in Hollywood.



OPEN WATER SWIM SCENE

HBF State Open Water Swim, 2 km, Saturday 21 March 2015

	Age Group	Time	Age Group Posn
Leon Musca	40-44	27:48	2 nd
Eleanor Parsons	60-64	31:48	2 nd
Pamela Walter	60-64	42:34	7 th
Barry Green	70-74	43:39	3 rd

Congratulations all! Leon did very well indeed to finish 6th overall, only 30 seconds behind the leader. Barry said he wasn't happy about his time but a comparison with times these four swimmers recorded last year reveals that Barry was the only one to improve on his time!



HBF Albany Masters Harbour Swim, 4 km, Saturday 4 April 2015

	Age Group	Time	Age Group Posn
Pamela Walter	60-64	1:27:56	3 rd

Pamela was the sole Stadium Masters representative this year. She said she was cold waiting in waist-deep water for the start but OK once underway. The course began at the sailing club 4 km across the harbour and finished on the town side, giving the supporters the chance to enjoy coffee and cake before the swimmers beached.

SunSmart Southern Ocean Classic Mile, 1.6 km, Sunday 5 April 2015

	Age Group	Time	Age Group Posn
Pamela Walter	60-64	39:29	2 nd
Merilyn Burbidge	70 and over	40:19	2 nd

Conditions were markedly different the next day for the swim at Denmark. Pamela and Merilyn ducked their heads to keep the rain out of their eyes as they lined up to start the 10th anniversary swim at Ocean Beach. The hooter failed to sound and the field set off. The editor of the *Denmark Bulletin* was one of the swimmers. Here's how she saw it:

"Swimmers battled to stay on course in the outer leg of the Southern Ocean Classic Mile on Easter Sunday as a stiff south-westerly buffeted them in choppy conditions. Though only a 2-3m swell, the chop made for tough swimming, difficult viewing of markers and reports of nausea. The safety crew was kept busy, ultimately assisting three swimmers back to the shore who had pulled out of the race. The 116 who completed the swim enjoyed the challenging and exhilarating event which Perth swimmer Andrew Donaldson finished in 19:22!"



The Dockers-supporting cheer squad

Merilyn's two claims to fame were (1) she finished in 100th place and (2) she was the oldest swimmer in the event. No prize for that!

A BAD DAY from Marg Watson

I didn't get to swimming on Wednesday but I meant to. I locked the front door as I left at 1:05 pm. When I got to the car I didn't have the key! It was still in my handbag inside the house. The car key was inside the house and the house key was in the car! Both house and car were locked. David was out and didn't take his mobile phone. Never mind, I thought, he'll be back before long and have his key. And it was a beautiful afternoon to sit in the garden - the sun, the birds, the watering-can. A pity that the coffee and my book were out of reach. When David got back at 4:30 pm, I'd long given up the idea of swimming!

But in that time it had dawned on me that it was Wednesday, 1st April: April Fools' Day. And didn't I feel a fool?!

There are many morals and lessons to be learned from this little escapade, I daresay.

FOLLOW THE GOLDEN RULE: *Treat others as you would like others to treat you*

This age-old maxim is just as relevant to swimming as it is in every other pursuit in life. Here it is related to the swimming coach.

Our Club coaches give their time and energy to help us so we should respect them by

- making an effort to arrive fifteen minutes early for every training session to allow the coach to explain the program and answer questions and
- listening carefully to instructions so that time is not wasted in repetition.

By so doing you will not only show courtesy to the coach but you will be fair to the squad as well. Everyone will know what to do and the session will run without annoying hold-ups so that everyone gains the most from it.



ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Tricia Summerfield, Pamela Walter, Jackie Egan, Elizabeth Edmondson, Helen Green, Pat Sugars, Marg Watson, Sara Cann and Ann Ritchie for their contributions used in this issue of *Snappets*. Please send your items for the next issue to me at amburbidge@westnet.com.au by **Friday 29th May 2015**.

Merilyn Burbidge

Stadium Masters gratefully acknowledges a donation from BGC Concrete



