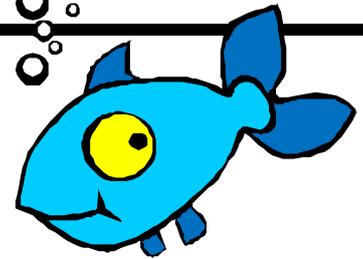


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

August 2017



Life Members, Lynda Joachim and Tricia Summerfield, with Glad McGough (centre) before the cake is cut.

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PRESIDENT

Helen and I were visiting friends and family overseas during June and a few days of July and it has taken a little while to get back into the swing of things. The club seems to have done wonderfully well in our absence, so many thanks to those who kept it “afloat”. There has been plenty of action since our return:

- The Bunnings sausage sizzle on 8th July was a successful fund-raiser. Equally valuable was the way club members rallied to fill the shifts, some who have not participated in such club activities before.
- The Annual Club Birthday Lunch on 23rd July turned out to be a most memorable occasion!
- The Golden Groper State Relay Short Course Carnival on 5th August was an exciting meet. As so often happens at the eleventh hour, we had to make some rearrangements to our teams and had some difficulty communicating the changes to our swimmers. In the end, all of our 24 teams made it to the start, enjoyed their swims and finished without disqualification.

Looking ahead we have our own LiveLighter Club Challenge on 1st October. I hope we will have a bigger team of swimmers for this than at the relay carnival. Also, we will need volunteers to support the organisers.

Throughout the year I have attended club training sessions on Sundays, Wednesday and Fridays, and Thursday nights and find that the swimming is going well. Coach Stuart Gray’s enthusiasm is contagious as he seeks to get each swimmer to fulfil his/her potential. Go Stuart! I also attended a Monday session of the convivial group that swims at Claremont Pool. I have yet to experience a Wednesday morning session at HBF Stadium, but I have spoken to the session coach, Tricia, and with some of the swimmers of this group, and things are obviously going well there, too. While I was overseas, Pamela generously invited the Tuesday/Thursday evening group to a meal at her place. This was very successful as nearly everyone in the group came.

I am pleased to welcome two new club members, Matthew Jones and Lesley Murphy. However it is sad to note the passing of one of our original club members, John Christie, who has been a member throughout the club’s 25-year life. John was a real gentleman and a joy to be around.

Keep swimming and enjoy it!
Barry Green



WELCOME TWICE OVER

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

Matt says:

I was fortunate enough to have a double lung transplant two years ago which has changed my life. As a youngster I swam competitively and now I've made a return to swimming as a way to increase my fitness levels. I work as a nurse and, since my transplant, I have travelled the world and furthered my career. I'm aiming to participate in the Australian Transplant Games on the Gold Coast, Queensland, in October 2018.

Lesley Murphy It's exciting that we also have another new member, Lesley Murphy, who joined just as the last newsletter was issued. We welcome her and hope she enjoys swimming with the Club. The day after joining, Lesley helped during rush hour at our Bunnings sausage sizzle. That's dedication!

BIRTHDAYS

August

26th Pat Byrne

September

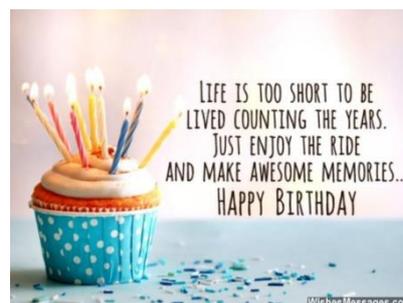
6th Bill Cresswell

7th Peter Marcello

9th Emily Edgar

22nd John Brearley

26th Audrey Wren (oldest member: 92!)



DIARY ENTRIES FOR AUGUST AND BEYOND

Date	Event	Time	Venue
Wednesday 23 August	Committee meeting	6:30pm	Regent Park
Saturday 26 August	Bunbury Sprints and Skins	11:30am to 3:30pm	South West Sports Centre
Saturday 16 September	Mini Golf	3:30pm	Wembley Golf Course
Sunday 17 September	OWS Super Clinic	12:30 – 3:30pm	Perth College, Mt Lawley
Sunday 17 September	Riverton LC 400/800 Distance Swim	1:00pm	Riverton Leisureplex
Sunday 1 October	Stadium LiveLighter LC Club Challenge	8:15 am warm-up	HBF Stadium
Sunday 29 October	Fremantle LiveLighter LC Club Challenge	8:00am warm-up	Fremantle Leisure Centre

TIMEKEEPERS PLEASE

Our LiveLighter Club Challenge is only weeks away, on Sunday 1st October. Masters Swimming WA changed the rules for 2017 and ALL clubs are invited ALL Club Challenges, not just selected clubs. As a result they have also had to introduce a cap on the number of swimmers who can take part. For our carnival we have set the cap at 135, about 20 more than last year. We don't want the meet to last longer so to speed up the events we will use seven or eight lanes instead of six as we have done for the last few years.

This means that we will need more timekeepers than last year so we are asking for EVERYBODY who is not swimming to help out with the timekeeping. Please give your name to the Captain or direct to me.

Thanks for your help.

Peter Lyster, Meet Director

0419 909 566 phjl@westnet.com.au.

APHORISM: a short, pointed sentence that expresses a wise or clever observation or a general truth

- The nicest thing about the future is that it always starts tomorrow.
- If you don't have a sense of humour you probably don't have any sense at all.
- There are no new sins: the old ones just get more publicity.
- The trouble with bucket seats is that not everybody has the same sized bucket.

CAPTAINS Pamela Walter and Barry Green

Leisurepark 400/800 SC Distance Swim Sunday 30th July

Congratulations to Pamela Walter on setting a new State record in 400m Backstroke!

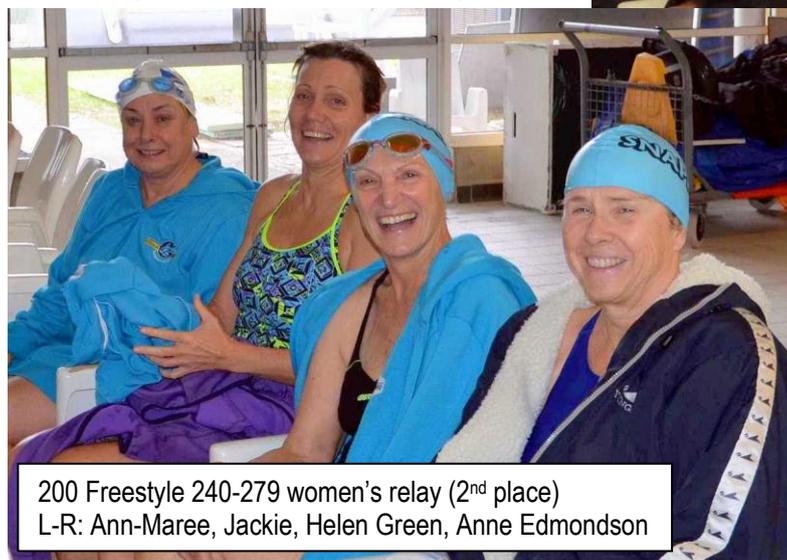
Golden Groper State Short Course Relays Saturday 5th August

Our small team of 11 women and 10 men came in a creditable fifth, as we did last year, in a field of ten clubs. Claremont's finesse in running the events meant no hold-ups and led to an early finish, topped off with pizza and sweet bits in a very crowded Crab Palace.

Just two Stadium Masters teams won their age groups. In the 280-319 Men's 100m Freestyle, Stuart Gray, Bill Woodhouse, Peter Lyster and



100 Freestyle 280-319 winning men's relay
L-R: Stu, Graham, Bill, Barry



200 Freestyle 240-279 women's relay (2nd place)
L-R: Ann-Maree, Jackie, Helen Green, Anne Edmondson

Graham Wimbridge had a meritorious victory over Claremont! Given that the Claremont team had two swimmers who set the record in 2015 and Vic Paul swam the anchor leg, this was a win to savour. Vic acknowledged Stadium's performance at training the next morning with a presentation of four cups to our team. And in the 320-359 Mixed 100m Medley, Pat Sugars, Barry Green, Stuart Gray and

Deirdre Stephenson missed their heat because one member went AWOL! Referee Ron Gray kindly agreed to reschedule the team in Heat 5 as long as the absconder (initials SG) could be found. He eventually turned up, fully clothed, having thought that the relay had been scratched! To his credit he stripped off in double quick time and was there to swim the butterfly leg to allow the three others to enjoy their swim and help the team score 8 points for a win.



Most of our team

Full results are on the Masters Swimming WA website: <http://www.mswa.asn.au/Events/2017-Pool-Events>.

HOW TO CHECK OUT YOUR SWIMMING HISTORY

To view your times for swims this year follow this link, <http://portal.msarc.org.au/results/results.php?js=on>, enter your name and voilà! To view your times for all years, replace 2017 with All from the drop-down menu and you will have lots to study.

GOGGLE SAW

- Marg Watson buying the last number in the \$10 raffle on two successive occasions and winning the \$10 each time! And in the third week Marg won it again, without buying the last number.
- Three guests at the Annual Club Lunch wearing identical cerise tops! Luckily all were seated at different tables and found the coincidence amusing.
- Graham Wimbridge being the last one out of the water after the Golden Groper Relay carnival because he was luxuriating in the warmth of the dive pool. Bad luck the pizza ran out before he made it to Crab Palace!



SUPERSNAPPER

Congratulations to Cas Brown who is the SuperSnapper for July!

Cas is an inspiration to us all in showing that it's never too late to take on a new challenge. Having never swum more than 400 backstroke, and that begrudgingly, she swam her first 800 backstroke this year. To her surprise, she gained top points in the Endurance 1000 program. That fired her up to continue with backstroke and over a period of two weeks Cas has swum a 1/2hr, 3/4hr, 1500m and 1hr, scoring top points in all of them and amassing 210 valuable points for the club in the National Endurance 1000 Awards.

At <http://www.mastersswimming.org.au/Programs/Vorgee-Endurance-1000> you can find out more about the Endurance 1000 program. Then you can swim some of the distances to see how your times compare with those of others in your age group. You, too, could be surprised and motivated to keep going with the program!

FUNDRAISING ACTIVITIES

Bunnings Sausage Sizzle Saturday 8th July

In contrast to other sausage sizzles that we've run, in lashing rain and freezing wind, this one was a breeze. The weather gods smiled and gave us a cool, calm, dry day, just right for people to be out and about and hungry. Who knows why then, except for a few tradies buying breakfast, the Bunnings Homebase carpark was practically deserted for the first two hours. Richard, cashier on the first shift, suggested that we attract custom by singing

but went on to admit that crowds seemed to dissolve when his harmony group sang at Bunnings Innaloo so we abandoned that idea. Luckily business picked up during the second shift and over the lunch period customers were standing three or four deep waiting to place their orders. At least two people bought sausages for their dogs!

Louise Norris did a magnificent job of liaising with Bunnings, buying the necessities and arranging the roster of twenty helpers. Thanks to all these people the venture was a success. More than \$688 was raised and we hope to run another sausage sizzle in November.



Pamela, Ann-Maree, Wanda and Audrey on the go!

FUN AT MINI GOLF

Enjoy an afternoon for the whole family in the Spring at the Wembley Golf Course
3:30pm on Saturday 16th September
\$20 per adult; \$14 per child

Followed by the option of a meal (at your own cost) at the 300 Acres restaurant at the golf course.

Please indicate your interest before Wednesday 13th September by signing up at swimming or by contacting Helen Green by email helen.green@westnet.com.au or phone 0437 313 949.

SOCIAL: 25th Anniversary Lunch Sunday 23rd July Helen and Barry Green

The lunch was held at the Royal Freshwater Bay Yacht Club, in a delightful room overlooking the Swan River. This venue emerged serendipitously at the last minute when arrangements at the original venue broke down.



Zee, Marg W, Dee, Richard, Barry, Cas, Ann, Marg S, Pat

Festivities began with pre-lunch drinks, followed by the Snapper Toons Revival performed joyously by ten outlandishly attired artists singing the club song penned by Zee Marsland. Zee had led the singers in rehearsals and Geoff Hadley provided the accompaniment.

Barry Green welcomed the guests, seated at tables decorated with imaginative and attractive fishy centre-pieces. The club's first President, Lynda Joachim, had travelled from the Gold Coast for the event and Glad McGough, who had been instrumental in enthusing the original group of learners to form the club, was another honoured guest. The club's two life members, Lynda Joachim and Tricia Summerfield, cut the birthday cake and a buffet meal followed.

Membership certificates were presented by Lynda Joachim: Ann Maree Lynch Calnan (5 years), Richard Diggins, Helen Green and Barry Green (10 years), Cas Brown (15 years), Marg Somes (20 years) and Audrey Wren (25 years).



Maestro Geoff Hadley



Helen Green and Lynda



Hazel Christie and Lynda

The other two eligible "pioneers" were Hazel and John Christie. Sadly, John passed away two days before the lunch, but Lynda visited Hazel at home and presented her 25 year certificate and John's as well.

Glad McGough spoke of the early days in 1991 when she coached the keen group in a Swim to a Healthy Lifestyle program. Glad admired the courage of the 19 starters, especially those who had never learned to swim nor even to put their faces in the water, because the sessions were

all held in deep water. Their will to improve never waned and Glad was thrilled, years later, to see some of her flock swimming in interclub carnivals for Stadium Snappers.



Audrey Wren and Glad McGough

Lynda was overcome by the wonderful surprise of meeting Glad again! She praised Glad's encouragement of those attending the classes which made them feel that they were learning skills like Olympic swimmers. They had fun with challenging drills and were quick to celebrate one another's achievements.

After coffee and more conversation, the participants slowly departed into the wintry outdoors. Much fun seems to have been had by all. Many thanks to everyone who helped make the function enjoyable, particularly Marg Somes and her daughter, Christine, Marg Watson, June Maher, Pamela Walter (decorations and table quizzes) and Geoff Hadley and Zee Marsland with their very talented troupe.



FROM MASTERS SWIMMING WA

Open Water Super Clinic

MSWA will be holding an Open Water Super Clinic on **Sunday 17th September** at Perth College, Mt Lawley to assist those members who will be participating in the 2017/18 open water series as either swimmer or coach.

- Coaches (12:30pm – 3:30pm) \$33.00
- Swimmers (2:00pm – 3:30pm) \$16.50

More qualified officials needed

Masters Swimming meets cannot be conducted without qualified people serving as officials. The Bunbury Sprints and Skins event had to be rescheduled because of lack of officials. For every heat at a sanctioned meet a number of Inspectors of Turns and Judges of Strokes are necessary. These are not onerous roles. Members are encouraged to attend training sessions when next offered by MSWA so that they can help out where needed.

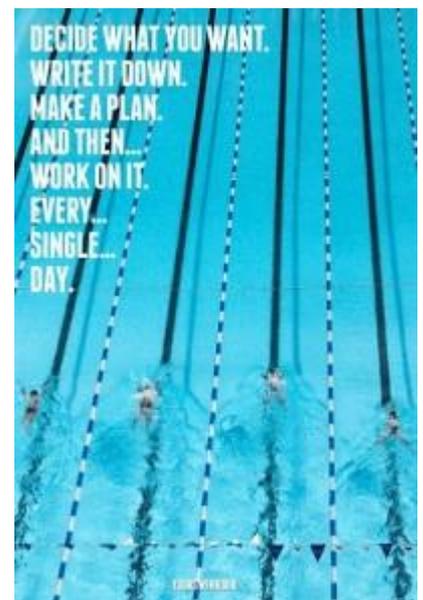
SOMETHING TO AIM FOR

A precis of *Mastery: the keys to success and long term fulfilment* by George Leonard (from Terry Laughlin's website Total Immersion)

Life is not designed to hand us success or satisfaction, but rather to present us with challenges that make us grow. Mastery is the mysterious process by which those challenges become progressively easier and more satisfying through practice. The key to that satisfaction is to reach the nirvana in which love of practice for its own sake (intrinsic) replaces the original goal (extrinsic) as our grail. The antithesis of mastery is the pursuit of quick fixes.

Steps to Mastery

1. Choose a worthy and meaningful challenge.
2. Seek a master teacher with expertise in that field to help set you on the right path and establish priorities.
3. **Practise diligently, striving tirelessly to learn or improve key skills and to progress incrementally toward new levels of competence.**
4. Love the "plateau". All worthwhile progress occurs through brief, thrilling leaps forward followed by long stretches when you feel you're going nowhere. Though it seems as if you're making no progress, learning continues at the cellular level. Follow good practice principles and you will turn new behaviours into habits.



Remember, mastery is a journey, not a destination. True masters never believe they have attained mastery. There is always more to be learned and greater skill to be developed.

JOHN CHRISTIE

Approaching the venerable age of 90 and well aware that his heart was failing, John gave thought to his memorial service and issued firm instructions that there was to be no sorrow on that occasion, only memories. About 40 Club members and associates were present at the service on 29th July and heard anecdotes and recollections given with admiration and amusement by family members and friends.

John and Hazel were both in the group trained by Glad McGough that was the catalyst to forming our Club, then known as Superdrome Snappers. John served as the first Vice President. This is to his great credit as swimming didn't come easily to him. He laughed off his efforts in the pool and was generous with praise and encouragement for the achievements of others. John was an accomplished singer, though, practising and performing with the West Coast Barbershop Chorus for over 30 years. His perfect pitch was put to good use at afternoon tea after training when it was someone's birthday. John was usually the one to lead the rest of us in singing the Birthday Song. John's interests were diverse: he was a wordsmith and dedicated time with Hazel each day to solve the cryptic crossword in the newspaper, he was a skilful bookbinder and calligrapher and a Mr Fixit for good measure! We are all the better for having known John Christie.



John: sedate, modelling new club swimwear in 1995 and in full voice

THANK YOU FROM HAZEL

To all my dear friends at Snappers, please accept my thanks for all your care, cards, phone calls and attendance at my John's memorial service. It has been a great comfort to me and the family to have your support at this sad time.

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Pamela Walter, Barry Green, Marg Watson, Helen Green, Peter Lyster, Hazel Christie and Matt Jones for their words and photos contributed to this issue. The deadline for the next issue is **Friday 22nd September**.

Merilyn Burbidge
mburbidge@westnet.com.au

MANAGEMENT COMMITTEE PROCEEDINGS

Barry's summary of the meeting of the Management Committee held on Monday 24th July:

- Past events were reviewed and possible improvements were discussed.
- Fund-raising: The club is well on the way to achieving its 2017-budgeted figure of \$4,000. To fill the gap between expenditure (mainly on lane hire) and income (mainly from members' subscriptions), significant fund-raising is essential. Action taken by the committee to reduce lane hire and to increase fund-raising has put the club in a much better financial situation. It is unlikely that the fees for 2018 will increase.
- Swan Hills LiveLighter Club Challenge: It was agreed that future club entries to meets should be submitted as early as possible to avoid being excluded because the cap on participant numbers has been exceeded. *This means that members who wish to swim must commit earlier than some have been doing!*
- Provisional dates were agreed for the three events that we will host at HBF Stadium next year.
- Preparations for Stadium Masters LiveLighter Club Challenge on 1st October were discussed.
- The purchase of a small, used, portable printer for the Recorder was approved.

SUMMARY OF BARRY'S REPORT ON THE COUNCIL OF CLUBS MEETING ON 16TH AUGUST

Nationals 2018 (April 18-21 2018, Perth) Update

Entries are to be made by individuals on-line from September. 400/800 events will be gender-separated.

Finances and Membership Fees

The MSWA board predicts about a \$2,000 loss for this year. The proposed 12-month MSWA fee increase is \$4. I voted against this, but all other club representatives approved it! Details will be available in the next MSWA e-Alert.

Proposal for Pool Events Programme 2018

The Masters WA swim programme would consist of 4 periods:

1. OWS (finish of 2017/8 OWS season)
2. Preparation (pool swims) for the Nationals in April
3. April to August - Interclub competition, both long and short course
4. August to early November - Distance competition (400/800/1500)

MSWA will provide Coaching clinics in the lead-up to Nationals. For Stadium Masters this would mean that our 1500m event would be in September/October and our Club Challenge would be in May/June. A final pool programme for 2018 will be agreed at the Club Captains' meeting on 9th September.

Open Water Swim Programme 2017/8

Two new events are being considered:

1. 10 km at Coogee on 17th December 2017 - the last chance to qualify for a Rottneest solo.
2. 2 km at Rockingham on 3rd March 2018 - the State OWS Championship.

Details of the OWS programme will be made available in the next MSWA e-Alert.

Constitution Updating

The MSWA board is looking for an appropriately-trained person to advise them on this.

Insurance Update, and Cover for Social Functions

Mandurah Masters had requested an answer as to why Directors and Officers Insurance (part of the MSA insurance policy) would not apply to clubs, and an "explanation" was given. I asked whether members and friends were covered by the MSA insurance policy for swim-club social functions. No clear answer was given.

Meet Manager Course

At the last three Council of Clubs meetings I have asked for MSWA to offer this course and have received some support from other clubs. At this meeting State Recorder Sandra Mutch said that she could give a course covering the operation of both Meet Manager and Team Manager software.