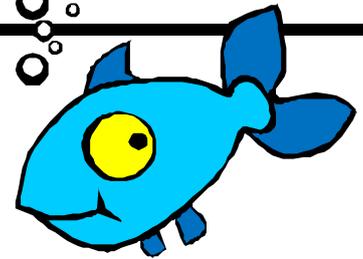


# SNAPPETS



Stadium Masters Swimming Club Inc

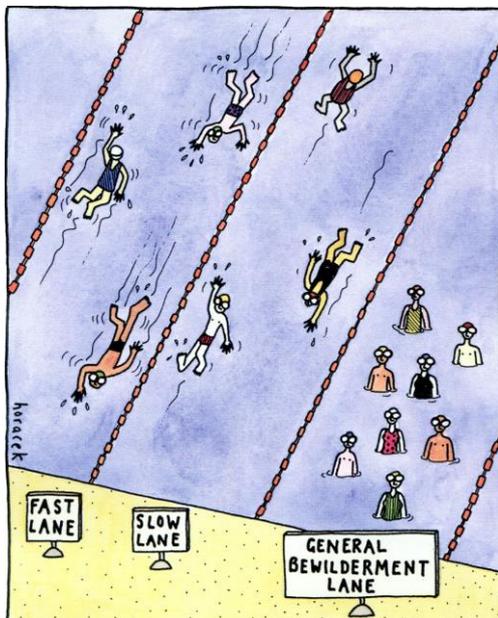
www.stadiummasters.org.au

August 2018

## PRESIDENT

With the Golden Groper relay carnival over, we now look forward to a series of Distance Swims. The Leisure Park 400/800 has been cancelled, so do look at the MSA website for events that are current. Note that we will need lots of volunteers to run our Stadium Masters 1500 Metre Distance Swim on 21<sup>st</sup> October! Meet Director Peter Lyster will certainly be in touch with you about this.

This year our Swimathon for Alzheimer's Research takes a different form. It will be a one-hour relay challenge open to mixed teams of four from our club and from outside. Stuart Gray has initiated this "Swim for a Reason" to be held on 18<sup>th</sup> November and Ann-Maree Lynch Calnan is helping to organise it.



Training in the indoor pool will continue in August after which all training will be outdoors. One great development is Mat Lovelock coaching at the Friday afternoon session every other week, when his fly-in fly-out work allows him to be in Perth. Mat has had considerable coaching experience with Superfins and a Junior Squad and, from his first appearance on deck, swimmers have reacted very positively to his suggestions! Thank you Mat. I am looking after the Wednesday morning sessions while Tricia is away.

On the fund-raising side we have a Bunnings sausage sizzle on 2<sup>nd</sup> December and will be looking for volunteers to "man the shop"! Unfortunately, a good source of fund-raising revenue has disappeared because TriEvents Event Management, which usually hired us, has gone out of business. Fund-raising is an essential part of keeping the club afloat financially, so we will have to plan how to cope for next year.

In the last issue of *Snappets* I made a call for people who were interested in acting on the Club's five-person Management Committee. With the exception of Ann-Maree Lynch, the present incumbents have been at it for some time and it is important to include more new people with new ideas. On the practical side, the experienced hands will provide support for new members. Please contact one or more of the present Committee: Secretary Jackie, Captain Pamela, Treasurer Bill, General Representative Ann-Maree, President Barry if you feel you can help.

See you at the pool!  
Barry Green

## GOGGLE SAW

- Stu presenting a Coach's award to Lesley Murphy for her commitment to rehab and Lesley returning the trophy to have the spelling of her name corrected!
- Geoff Barnard not feeling like swimming one Wednesday afternoon. Instead, he spent the hour replacing the perished rubber tubing in the Club's hand paddles with new tubing. Thanks Geoff!
- Margaret Smithson getting dressed ready to go home after her swim in Event 2 at the Golden Groper carnival. She hadn't realised that she was in more events! Fortunately she overcame the desire to slip home for a mug of soup between events and stayed, making everybody happy.



## **CAPTAIN Pamela Walter**

### **Club Swim Short Course Saturday 21<sup>st</sup> July**

A good roll-up of 17 swimmers took part in the swim held in the indoor pool in short course mode. The day was very wet so we were pleased to be indoors! Heats were either 25m or 50m to prepare for the Golden Groper relay carnival and as we wanted times for multiple strokes and distances, we allowed swimmers to enter more than the usual three events. Hence the results table is longer! William and Bill demonstrated correct race procedure in responding to whistles and commands and everyone followed with excellent starts. Improvements can still be made by ensuring that goggles and nose clips are in place before mounting the block so that you don't hold up the start of your heat. You may be DQd for this infringement!

Thanks to Lesley Murphy who marshalled swimmers to their heats, Elizabeth who recorded the times and Sara's mum, Pam, who was a constant timekeeper, the meet was well organised and ran smoothly. Many heats were close and times were fast. Afterwards the group met at Chicchi in Swanbourne for coffee and cake.

Ann Ritchie	25 FR, 50 FR (both best since 2016); 25 BA (inaugural)
Ann-Maree Lynch	50 FR (PB by 3 sec); 25 FR, 25 BU (both PB); 50 BA, 50 BR (both inaugural)
Audrey Bullough	50 BA, 25 BR (both PAB/best since 2010)
Cas Brown	50 BA (PB); 50 FR (PAB/best since 2011)
Dee Stephenson	25 FR (PAB/best since 2010); 50 FR (PAB/best since 2012)
Helen Green	25 FR (best since 2016)
Louise Norris	25 FR, 25 BA, 25 BU, 50 BA (all inaugural)
Margaret Smithson	25 FR, 50 FR, 50 BA (all inaugural)
Mary Gray	25 FR (best since 2016)
Merilyn Burbidge	50 BU (inaugural/CR)
Pamela Walter	25 BR (PAB/best since 2016)
Barry Green	25 BR (PAB/ best since 2015 ); 50 FR, 25 BU (both best since 2016)
Peter Lyster	25 BU (PB/CR); 25 FR (equal PB)
Stuart Gray	25 FR, 25 BU (both best since 2016)
William Curtis	50 FR (PAB); 50 BA (PAB/best since 2013); 25 BA (PAB/best since 2016)

### **Golden Groper State Short Course Relay Carnival Saturday 4<sup>th</sup> August**

With a solid representation of 22 swimmers we were able to enter 26 teams. Chandra Veliath and Margaret Smithson swam confidently in their first inter-club. Peter Gray showed dedication by driving 12 hours from Leinster to be part of our team. We finished fourth, which is our best placing since 2012! Well done all. Maybe next year we can do even better. Claremont ran a smooth carnival and deserved their win. The table shows the close scoring between the next five clubs. The full results are on available at [www.mswa.asn.au/Events/2018-Pool-Events](http://www.mswa.asn.au/Events/2018-Pool-Events).

<b>Club</b>	<b>Score</b>	<b>No of swimmers</b>	<b>Club</b>	<b>Score</b>	<b>No of swimmers</b>
Claremont	768	36	Stadium	410	22
Beatty Park	435	22	Fremantle	406	22
Mandurah	432	24	WestCoast	402	21



320-359 age group trophy winners: Ann Ritchie, Mary Gray, Pat Sugars (holding trophy), Dee Stephenson, Stuart Gray, William Curtis

Here are the achievements of some of our swimmers. As chance had it, they were all first swimmers in their teams. Others probably swam just as well but in a relay event only the time of the first swimmer is officially accepted.

Margaret Smithson	25 FR (PB by 4 sec); 50 FR (PB by 9 sec)	Pamela Walter	25 FR (PB)
Jackie Egan	50 BA (PAB/best since 2012) 25 BA (best since 2015)	Peter Gray	25 FR (best since 2016) 50 FR (best since 2016)
Stuart Gray	25 FR (best since 2016) 50 BA (PAB/best since 2012)	Cas Brown	25 BA (PB)
William Curtis	25 FR (PAB/best since 2017)	Barry Green	25 FR (best since 2016)
Mathew Lovelock	25 BA (inaugural/CR)		

## SWIM FOR A REASON Stuart Gray

### Stadium Masters 1 Hour Mixed Relay Challenge for Alzheimer's Research 18 November, HBF Stadium

For a number of years the club has held an event to raise money for Alzheimer's research or their support group. This year we are inviting other teams to join us in swimming as many laps as they can in one hour and asking them to find sponsors for their swim.

A team comprises four swimmers and must include both male and female, either 2/2 or 1/3. As we expect to have a team or two made up of children and grandchildren of members we have introduced two younger age groups in addition to the standard Masters Swimming Australia age groups up to 320-359. If the majority of participants raised just \$25 each, plus the team registration of \$40, we should reach our target of \$1200.

Take-home trophies will be awarded to the team in each age group that swims the most laps and a trophy will be awarded to the club/group that raises the most money in donations. I will donate an intra-club trophy to the team that combines the most laps with the most money raised; this not as generous as it sounds as my 320+ team is the outright favourite! So please start thinking of forming your mixed teams, who you might get to sponsor you and which of your business contacts can sponsor a trophy.

On-line donations can be made at [aarcommunityfundraising.everydayhero.com/au/swim-for-a-reason](http://aarcommunityfundraising.everydayhero.com/au/swim-for-a-reason). Please be sure to add **Stadium Masters** to your own name when making a donation so that we know which club/group has donated each sum received. For further information contact:

Stuart Gray 9381 7939 or [stu.gray@bigpond.com](mailto:stu.gray@bigpond.com) Ann-Maree Lynch [summa@westnet.com.au](mailto:summa@westnet.com.au)



## BIRTHDAYS

### August

26<sup>th</sup> Pat Byrne

### September

6<sup>th</sup> Bill Cresswell

7<sup>th</sup> Peter Marcello

9<sup>th</sup> Emily Edgar



## DIARY ENTRIES FOR AUGUST AND BEYOND

Date	Event	Time	Venue
Wed 15 August	Council of Clubs meeting		
Sun 19 August	Somerset Masters 1500 Metre LC Distance Swim	8:30am warm-up	Aqualife, East Vic Pk
Sun 9 September	Leeming Masters 400/800 Metre SC Distance Swim	12:00 noon start	Cockburn Aquatic and Rec Centre
Sat 15 September	LiveLighter South West Skins LC Event	11:15am warm-up	SW Sports Centre Bunbury
Sat 6 October	Maida Vale Masters 400/800/1500 Metre SC Distance Swim	TBA	Darling Range Sports College
Sun 21 October	Stadium Masters 1500 Metre LC Distance Swim	afternoon	HBF Stadium
Sun 18 November	Stadium Masters Swim for a Reason Relays	9:00am-1:00pm	HBF Stadium

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## COACH'S CORNER Barry Green

At present, I am attempting to coach sessions on Tuesdays, Thursdays and Fridays. Stuart prepares the Wednesday program and swims it. For the Sunday session there is no coach on deck but a program is always prepared. 'Tricia coaches on Wednesday mornings. When a coach cannot be present, others try to fill in. Clearly the club would be better off if there was another coach or two. **Would anyone care to volunteer to train as a coach?** An alternative is to hire a professional coach for specialised training sessions every so often.

Swimmers come to training sessions for a wide range of reasons and should be aware that the coach is there to help. Help can be provided only if you make it clear what your goals are. **Be motivated!**

A training session is much more effective, and fun, if swimmers perform the sets *together*. **Be punctual!**

Because there is a range of swimming levels in our squads it is good for each swimmer to "customise" the program so that everyone starts each set together. Remember it is not about the distance swum, but how well the drills are carried out. Challenge yourself with the program. **Aim for quality!**

Swimmers who attend training regularly are doing well and forming well-knit training groups. Those who are not training as often are denying themselves these benefits. You are always welcome. **Try it!**

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## IS HYPOXIC TOXIC? Stuart Gray

Recently one of our coaches introduced a drill wherein swimmers were asked to breathe on every fifth stroke. This is termed a hypoxic drill. A couple of people had not heard the term before and asked me for an explanation.

We are all familiar with the term 'aerobic' which means 'in the presence of oxygen', that is, slow swimming where the dominant fuel is oxygen; the equivalent when jogging would be a pace at which you could comfortably hold a conversation. 'Anaerobic' events, such as short sprints, are those where the intake of oxygen is insufficient and the deficiency is made up by heavy breathing after the event. 'Hypoxia' or 'anoxia' means a low tension or weak concentration of oxygen in any tissue. Originally it was thought that hypoxic training would have the same effect as training at altitude but the objectives are a little different today.

There are some common misunderstandings related to hypoxic swimming drills which are risk factors significant enough for Swimming Australia and many other organisations to produce a position statement. When the techniques are not understood or are inappropriate the result can range from a carbon dioxide headache through to blackout and death. The most common mistake is to think that hypoxic drills are about holding your breath whereas they are intended to *control the rate of expiration*. Controlled expiration can be used to correct stroke flaws which mostly occur when we take a breath ie, dropping the elbow, pushing down on the water to lift the head, over-rotation, scissor kicking, etc. The coach might ask you to breathe on every third, fifth, or even seventh stroke and the objective is to make your breathing out (exhalation) last that long. Distance swimmers are better at this controlled breathing than sprinters whose breathing is often explosive to get carbon dioxide out and oxygen in as quickly as possible.

Hypoxic drills are a bigger risk in Masters swimming where many have high blood pressure and other cardio-respiratory disorders. The rules therefore are:

- Hypoxic training has no place in the learn-to-swim environment.
- Even in young swimmers it should only be performed under the strict control of a properly qualified coach.
- It should involve easy progression with efforts over 5m, 10m, 15m etc.
- Never ignore the urge to breathe.
- Ensure adequate rests.
- Never hyperventilate before a race or any underwater effort.

Lung capacity is one of the functions that tends to diminish with age and no amount of hypoxic training will reverse this. The hypoxic effect of a young swimmer breathing every seven strokes may be similar to an older swimmer breathing every three.

Stay comfortable and enjoy swimming safely.

Stugrumpy

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## OPEN WATER

### Fannie Bay Swim Classic on Sunday 8<sup>th</sup> July

A week before this event a big saltie had been spotted cruising nearby, not to mention box jellyfish and a strong headwind on the day. Even so a record 153 entrants swam.

There were 38 lifesavers on guard and swimmers would have felt comfortable always being able to see a lifesaver. Congratulations to Peter Gray who won his age group and finished fourth overall.

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## SOCIAL

### Annual Birthday Lunch Barry Green

On Bastille Day 14<sup>th</sup> August the club held its 26<sup>th</sup> birthday

celebration lunch at "La Vela" Italian restaurant on Scarborough Beach Road. Thirty-seven attended, with a good representation of social members. Also joining us were Mary Williams, from Malvern Marlins in Victoria, and her husband, Tom. As is usual for this function, club membership certificates were presented:



- 5 years: Mary Gray, Stuart Gray
- 10 years: Brian Downing, Patrick Cooney (8 years as a swimming member and 2 as a Social member)
- 15 years: Pat Sugars
- 20 years: Marilyn Burbidge, Geoff Lane (18 years as a swimming member and 2 as a Social member)
- 25 years: Marg Watson

Geoff and Marilyn were unable to attend so their certificates were presented later.

Marg Some was unlucky to fall when about to leave the restaurant. However, the news is good - no breaks, just soreness and understandably, shock! Get better soon, Marg!

### Social Snappers après swim Marg Watson

Winter blues are washed away by the group that swims at Bold Park! Zee and Marg Some make the most of the massaging effect of the warm water. You can join them at 2pm on Fridays.

Meanwhile the group that swims at Claremont has found a new source of coffee and toasties. Bilbies has closed and new operators haven't yet been confirmed, but the golf course coffee shop is only a short walk across the carpark, is warm, cosy AND serves its coffee in china cups! Everyone is welcome to join in at 8am Monday and Wednesday. It's a great way to start the day!



## TRUE SPORT

True Sport is a campaign recently launched by the Department of Sport, etc.

It supports local sporting clubs and associations using eight values to share the benefits of sport and recreation to the community.



Here is a Good News item illustrating how the Stadium Masters 320-359 Women's 4 x 50 Medley Relay team at the Nationals embodied the values of True Sport.

1. **Bring your best**  
They all put in a bit of extra training leading up to the Nationals, especially practising relay changeovers.
2. **Play fair**  
They must have as they weren't DQd although the Butterflyer struggled to get her arms clear of the water.
3. **Show respect**  
They *tried* to listen carefully to their coaches and put into practice the hints to improve their technique.
4. **Have fun**  
They sure did, especially when they scored gold medals.
5. **Be healthy**  
Lady Luck was with them on the day of the event enabling our club to find four women fit enough to field a medley team in the 320-359 year age group when other clubs could not.
6. **Include all**  
They would have happily included others but, in this instance, limits were set: the event was for women who also had to meet the age requirement and could complete 50 metres in a specific stroke.
7. **Give back**  
They do: Mary often timekeeps, Marg is a perfect mother hen who looks after social members' interests, Dee makes magnificent cakes for our special occasions and Merilyn edits the club newsletter.
8. **Be safe**  
To swim is to engage in one of the safest forms of exercise.

The eight principles are sound and are worthy of following in whatever endeavour people are engaged in.

## FROM ASSISTANT RECORDER Peter Lyster



Here are the Endurance 1000 points up to 31<sup>st</sup> July 2018. There has been a further big increase of more than 1000 points since the end of May. A couple of people haven't yet handed in their files so the total could be even more impressive! Remember, the long swims score most points and you need only do them once.

Cas Brown	560	William Curtis	140	Barry Green	35
Merilyn Burbidge	455	Audrey Bullough	135	Craig Barnard	18
Stuart Gray	400	Anne Edmondson	65	Peter Lyster	15
Pamela Walter	340	Ann-Maree Lynch	60	Sara Cann	6
Jackie Egan	299	Bill Woodhouse	50		
<b>Club Total</b>					<b>2578</b>

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Quite a few people have said they enjoyed a giggle over some alternative definitions for medical terms included in a previous issue. We all know the value of laughter as a cure-all so here are some more to tickle your fancy.



### **MEDICAL TERM**

Cat scan  
Cauterize  
Fester  
Labour Pain  
Node  
Pelvis  
Post-Operative  
Tablet  
Tumour

### **REDNECK DEFINITION**

A search for Kitty  
Made eye contact with her  
Quicker than someone else  
Getting hurt at work  
I knew it  
Second cousin to Elvis  
A letter carrier  
A small table  
One plus one more

### **ACKNOWLEDGEMENTS AND DEADLINE**

My thanks to Barry Green, Marg Watson, Peter Lyster, Pamela Walter, Stuart Gray, Helen Green, Elizabeth Edmondson and Audrey Bullough who have contributed to this issue. The deadline for the next issue is **Friday 7<sup>th</sup> September**.

Merilyn Burbidge

[mburbidge@westnet.com.au](mailto:mburbidge@westnet.com.au)