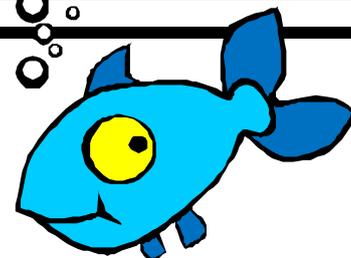


# SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

January 2018



## PRESIDENT

G'day mates!

As outgoing president for 2017 I want to say a big thank-you to all the club members who have supported the committee and me in our attempts to help the club through a most interesting year. We welcomed quite a few new members, we saw the social members flourish in their activities, and swimming performances were good in both training and competition. As lane hire costs are greater than the income from membership fees, fund-raising is an essential part of the life of the club. The financial result of

these 2017 activities has exceeded expectations and thanks are due from all club members to those who participated.

Altogether it has been a most satisfactory year, culminating in the annual general meeting. The decisions made at this meeting, including a reduction in the number of committee members and meetings, offer the club a more efficient management process. However the need for people, who are not committee members, to carry out tasks is still vital. The current situation is as shown in the table.

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### Support Position

Recorder/Information Manager  
 Assistant Recorder (E 1000 swims)  
 Social Organiser  
 Registrar/Membership  
 Public Relations  
 Webmaster  
 Social Member Liaison Officer  
 Clothing Officer  
 Safety Officer  
*Snappets* Editor

### Person in Charge

To be determined\*  
 Peter Lyster  
 To be determined\*  
 To be determined\*  
 To be determined\*  
 Jackie Egan  
 Margaret Watson  
 To be determined\*  
 Stuart Gray  
 Marilyn Burbidge

Finally, a special thanks to all seven members of the Committee, filling the 10 positions in 2017, for their support and hard work, in particular to the outgoing members, Louise Norris, Helen Green and Peter Lyster. Thanks are also due to the holders of the support roles, in particular, to Anne Edmondson. For the last three years Anne has done a wonderful job as recorder/information manager. Now, as she expects to be away for quite a bit of this year, Anne is handing on the baton.

**\*Those who wish to express an interest in helping out should contact Barry Green or Pamela Walter.**



Back to swimming: the water is great. Come and train! For the competitive, we have the Masters Swimming Australia National Championships in Perth in April. Register for them, set your goals and do the preparation.

Av-a-good-weegend and see you at the pool! Ooroo!

Barry Green



### CLUB CLOTHING

Please contact Pamela if you want a Club polo shirt or a basketball style cap. Swimming caps are usually available in the cage, too. Contacts: 9445 1549 [pjdesigns@aapt.net.au](mailto:pjdesigns@aapt.net.au)

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## ANNUAL GENERAL MEETING 13<sup>th</sup> January 2018

This meeting approved the 2017 AGM minutes and accepted the President's 2017 report, the Treasurer's 2017 report and the draft budget for 2018. Three important resolutions were considered.

- Special Resolution 1 was for the adoption of a new constitution required under the WA Government Associations Incorporation Act 2015. After more than a year of consultation and modifying drafts, the final draft was agreed by the committee, sent to the membership for comments and submitted to the meeting. Fortunately, with some proxy votes, the necessary 75% of the membership voted in favour of the resolution. The constitution has now been submitted to the WA Department of Commerce for its approval.
- Resolution 2 concerning the adoption of changes to the Bylaws to bring them in line with the new constitution was carried unanimously.
- Resolution 3 concerning the election of a committee of management in conformity with the new constitution was also carried, allowing the election of a committee of five members. Nominations for these positions had already been received. There were no further nominations and the committee was elected as shown:

Committee Position	Nominee
President	Barry Green
Vice President and Club Captain	Pamela Walter
Secretary	Jackie Egan
Treasurer	Bill Woodhouse
General Representative	Ann-Maree Lynch Calnan

Club coaches for 2018, 'Tricia Summerfield, Stuart Gray and Barry Green, were endorsed by the meeting.

Finally, Helen Green proposed a further motion. Because the pre-2018 Bylaws were not clear on the status of social members and their rights to be committee members and to vote, the meeting was asked to consider the following:

"That all registered members, those who have paid the membership fees required, are to be considered 'ordinary' members, except for second-claim members, social members and any individual who has not reached the age of 18 years, who will be considered 'associate' members. The ordinary and associate classes of membership and the rights associated with them are as defined in the new 2018 constitution." The motion was carried unanimously.



Presentations were made after the AGM. Certificates of Appreciation are given for special service to the club and, since their introduction in 2009, only 12 have been presented. Barry Green presented the twelfth certificate to Helen Loake: *In recognition of her quick and decisive action in coming to the aid of, and applying CPR to, a fellow club member. Her efforts were applauded by pool and hospital staff alike.*

### CLUB AWARD WINNERS FOR 2017

Congratulations to the winners and runners-up of the Club awards listed below for 2017 and thanks to all the other swimmers for making the competitions exciting:

**Lynda Joachim Award** for the female Club champion:

Winner **Pamela Walter**  
Runner-up **Mary Gray**

**Cliffe Webb Award** for outstanding performance at the Masters Swimming WA State Swim and Stadium Masters' LiveLighter Club Challenge:  
Joint winners **Mary Gray** and **Barry Green**  
Joint runners-up **Cas Brown** and **Merilyn Burbidge**

**Beatie Norris Endurance Award** for long distance swimming:

Winner **Merilyn Burbidge** Runner-up **Cas Brown**

**Participation Award: Cas Brown**

*For her strong participation in Club Challenges, Club swims and the Endurance 1000 program, and for her efforts made to advance the Club's ideals.*

**Kevin Wren Award** for the male Club champion:

Winner **Stuart Gray**  
Runner-up **Barry Green**

**Founders' Award** for commitment to and improvement of swimming over the year:

Winner **Ann-Maree Lynch Calnan**  
Runner-up **Peter Gray**

**President's Award: Bill Woodhouse**

*For his outstanding contribution to the administration and development of the Stadium Masters Swimming Club, in particular, for his special care of the club's finances.*



*Pamela: Lynda Joachim Award*



*Stuart: Kevin Wren Award*



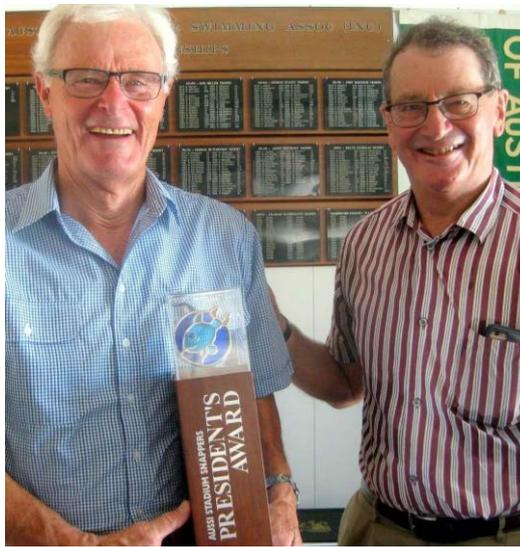
*Ann-Maree: Founders' Award*



*Merilyn: Beatie Norris Award*



*Cas: Participation Award*



*Bill: President's Award*

## Endurance Star Awards 2017

These awards, initiated in 2000, are an 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.

★ Anne Edmondson: Freestyle  
★★★ Cas Brown, Pamela Walter and Marilyn Burbidge: Freestyle, Backstroke and Breaststroke.



## ANN-MAREE LYNCH CALNAN

*Ann-Maree joined the Club in 2012 but missed out on giving us her background at the time. We thank her for this profile and wish her a smooth journey as a newly-elected Committee member for 2018.*



I was motivated initially to join Stadium Masters because I find swimming very beneficial when going through difficult times. Regular swimming quickly reduces stress and improves outlook. Once some gains in fitness are attained I find I need a structure, encouragement and instruction to continue to improve: Masters offers this.

I have been a swimmer just about all my life or at least involved in water activities in some way. My parents had me on skis, water-skiing in rivers and lakes in central and north west Victoria by the time I was three and a half. I love the ocean and took up surfing and SCUBA diving in my early teens. I swam competitively as a teenager and represented my school, school districts and the states of Victoria and South Australia. Eventually swimming twice a day and rising at 4 am became too much, so I settled into a less demanding training environment!

I love the Australian bush and bush walking. Walking has, however, been seriously restricted since I badly

fractured an ankle in 2014. I am actively involved in conservation and environmental issues, am a passionate Western Bulldogs supporter and love AFL!

I find Stadium Masters to be a very friendly and supportive club. People are genuinely interested in each member. The coaching is exceptional and individually tailored.

I think the club would benefit from attracting new members across a wide range of age groups, resulting in a larger group who are keen to swim competitively.

My aims are to attempt to continue to improve my fitness and techniques across all strokes and to see what times I can achieve in various strokes and distances. I have recently taken up OWS and am enjoying this very much.

*Ed: It is my custom to ask new Committee members to give me three statements, two of which are true and one which may or may not be true. Here are Ann-Maree's statements. Quiz her about them and discover the truth!*

- I lost my son in the Zimbabwean bush when he was 20 months old and found him some time later along a bush track in the company of monkeys.
- I am colour blind.
- I spectacularly wiped out at Pipeline in Hawaii in 1975.



**January**

27<sup>th</sup> Mark Anderson

**February**

4<sup>th</sup> Dee Stephenson

21<sup>st</sup> William Curtis (80!)

25<sup>th</sup> Audrey Bullough



T shirt appropriate for the ageless William!

**DIARY ENTRIES FOR FEBRUARY AND BEYOND**

Date	Event	Time	Venue
Sunday 4 February	MSWA Super Clinic #1 (for swimmers)	1:00 – 3:00 pm	HBF Stadium
Sunday 11 February	Swimming WA OWS – bonus round	6:30 am rego	Shorehaven
Wednesday 14 February	Council of Clubs meeting and AGM	7:00 pm	Dept Sport and Recreation
Saturday 17 February	Club Swim, long course	1:00 pm	HBF Stadium
Saturday 24 February	Rottneet Channel Swim	5:45 am	Cottesloe Beach
Saturday 3 March	MSWA State OWS	8:30 am rego	Rockingham
Friday 9 March	Beatty Park 50s and relays	warm-up 6:15 pm	Beatty Park Pool
Saturday 10 March	Club Swim, short course if possible	TBA	HBF Stadium
Sunday 11 March	Coogee Jetty to Jetty	6:45 am rego	Coogee Beach
Sunday 11 March	Volunteering at Women's Triathlon	6:00 am	Whitfords Nodes

**GOGGLE SAW**



- Bill setting off for home, then retracing his steps and standing by the afternoon tea table waiting for the penny to drop. We had all helped demolish Wanda's luscious cake and completely overlooked honouring Bill by singing the Birthday Song! Sheepishly we remedied that, with Bill lustily joining in.

- Stuart Gray adding woodwork to his many skills. He carved and painted this fun trophy to be given to the club scoring most points per swimmer at our LiveLighter Club Challenge in May.



**FUNDRAISING ACTIVITIES**

**City of Joondalup Triathlon Sunday 17<sup>th</sup> December**

Stadium Masters volunteers were in two parties, one of 6 and one of 7. The bigger group was sent to the most distant water station, had plenty of time to set up and then waited for two hours before the first runners came past. Pamela kept herself busy by stomping on Portuguese millipedes. The smaller group were assigned to a water station more central in the course. They were flat out from the start trying to keep up with the demand – very strong winds had led to the swim leg being cancelled and the event changed to run/cycle/run, a change that didn't involve the far-off water station because only relatively few athletes had entered the longer course! What a farce!

A female competitor asked to have the cup of water thrown in her face. After four tries, one of our cup-holders scored and she was delighted! There's another opportunity on 11<sup>th</sup> March for each volunteer to earn \$45 for the Club. Put your name on the list and be prepared for anything!



**AUSSIE MONIKERS**

We're all Aussies but each State has its own identity. Western Australians are *sandgroppers*; Northern Territorians are *top-enders*; Queenslanders are *banana-benders*; Victorians are *gumsuckers*; New South Welshmen are *cornstalks*; South Australians are *croweaters* and Tasmanians are *apple islanders*.

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## STADIUM MASTERS' ACHIEVEMENT IN THE ENDURANCE 1000 PROGRAM IN 2017

Sure it's sometimes hard to think about aerobic swimming after the Christmas break, but it's never too soon to start recording your times. For those who haven't begun, how about teeing up a timekeeper and breaking the ice with a 400 in your favourite stroke? Then, if your time was slow, use it as an incentive to improve, soon!

Lanes are available Wednesdays and Fridays from 12:30pm to 1:30pm for recording Endurance 1000 swims. Any member is welcome – contact Pamela. Timing is also possible on Saturdays, 12:30pm to 1:30pm – contact Jackie.

Look below to see how Stadium Masters have been faring in the Vorgee Endurance 1000 national program. Let's make it our goal for this year to arrest the decline in our performance!

### Vorgee Endurance 1000 Top Scoring Club Award

	2012	2013	2014	2015	2016	2017
Points	12282	8316	7528	7627	5070	3933
Points/member	178	130	134	125	99	80
No. of participants	30	29	27	21	23	17
Total membership	69	64	56	61	51	49
Place in WA	2	2	3	3	4	7
No. WA clubs participating	24	26	27	27	24	26

## STUGRUMPY'S OBSERVATIONS from Stu himself

When I first started coaching Snappers in 2014 I conducted a short survey of the daytime group to get a rough idea of their goals. Seven selected maintaining fitness as their main objective; five said having fun was most important; four were in it for friendship, two to improve their technique, while two were most motivated by competition.

It is interesting to observe the changes that have occurred in the club over the last four years and how our main four groups have their own personalities.

- The evening group are mainly professional working people who tend to be our fastest swimmers to whom fitness is more important than competition.
- The Wednesday morning set is our fun group that we inherited from the Claremont Friday morning session. They are mostly competent but not overly competitive swimmers who boost our bank balance with their \$2 before having a laugh over their caffeine shot.
- The Wednesday/Friday daytime group are from 12:30 to 1:30 our keen E 1000 aerobic swimmers, while the 1:30 to 2:30 swimmers are on average older and slower club members, who provide most of the competitors in the LiveLighter carnivals.
- The social (associate) members group, who average 80+, meet three times a week at Claremont or Bold Park to swim and water-walk before a very social chat over coffee. Arguably this is the most important group from a health and fitness perspective. The latest research confirms that getting out of the house and socialising with a bit of exercise is very beneficial to health and fitness in later years.

Having spent most of my working/coaching life dealing with people with an extremely competitive mindset, even in rehabilitation, I am still coming to terms with those who do not take drills seriously or who just go with the flow. This can trigger off my Stugrumpy side quite often but the social coffee is relaxing and I have to admit that even swimming badly exercises the heart and lungs!



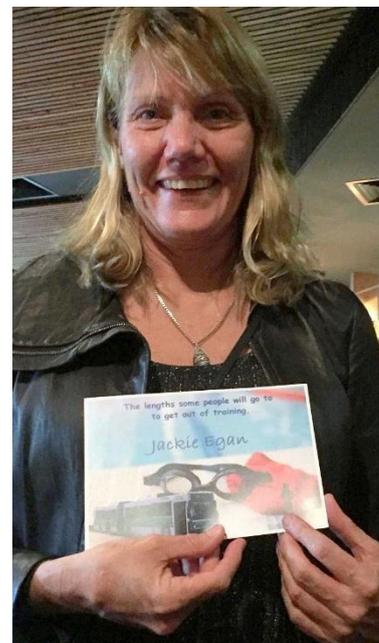
*Beach cricket on Australia Day is another way to get your heart pumping!*

## SOCIAL

### Sundowner at the Boulevard, Sunday 17<sup>th</sup> December

Wet weather sent us indoors to the games room at the Boulevard Hotel where 26 people mingled, ate pizza and enjoyed a few bevies. Barry presented Marg Watson with a Certificate of Appreciation for her diligence in looking after the Claremont Pool group: *In recognition of her strong support of the social members of the club, not only in swimming but in assisting in arranging the functions that bind this group to the club.*

Pamela gave out some fun awards: Stuart was named Torturer of the Year for creating torturous toys to challenge his charges, Barry was Masochist of the Year for asking for the green teletubby when the set demanded swimming against a resistance even though he knew the teletubby became much heavier in the water than the usual featureless bits of foam, Bill received the Agony Award for the anguish showing on his face in a breaststroke event, Craig was singled out for never letting golf get in the way of swimming and Jackie for going to extreme lengths to get out of training.



### Bacon and egg sandwich breakfast, Wednesday 20<sup>th</sup> December

After our last swim at Claremont Pool before Christmas, social members indulged in a hearty breakfast.



### WHAT'S A BIT OF WATER? Marg Watson

Monday 15<sup>th</sup> January - first day of the deluge to hit Perth from cyclone Joyce that hit Broome a few days earlier.

Monday 15<sup>th</sup> January - registration day for the second fortnight of school vacation swimming lessons.

Monday 15<sup>th</sup> January - usual day for Social Snappers to swim at Claremont Pool.

It all came together at 8am on Monday the 15th! Summer bliss turned to a quagmire of parking problems, the blue sails that shade the lawns were dripping and empty of spectators. Mums and dads huddled under whatever shelter they could find, excited children sought out their new group and teacher and nine Social Snappers took up ownership of lane 3! For us the water temp was relaxing, the rain was a soothing massage and the feeling of childish pleasure did wonders for the psyche! Not to mention the coffee 'n chat afterwards.

So: what's a bit of water?



### ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Barry Green, Pamela Walter, Stuart Gray, Marg Watson and Ann-Maree Lynch Calnan for their well-timed words and photos contributed to this issue. The deadline for the next issue is **Friday 23<sup>rd</sup> February**.  
Meryllyn Burbidge [mburbidge@westnet.com.au](mailto:mburbidge@westnet.com.au)



## 2018 National Championships Super Clinic Sunday 4th February at HBF Stadium

If you are planning to swim, officiate or coach your swimmers to glory at the upcoming 2018 Masters Swimming Australia National Championships here in Perth in April then the National Championships Super Clinic on Sunday 4th Feb is for you!

- Technical Officials will undertake a theory session from 11:00am to 12:50pm and be provided with rule changes and updates for reaccreditation.
- Coaches will be provided with the same information and relevant documentation at their meeting with the Technical Officials from 11:50am to 1:00pm followed by pool deck training in stroke improvements and rule enforcements with the swimmers.
- Swimmers will be provided with technical correction in a 2-hour pool session and any updates on rule changes where necessary.

Registration forms with payment due by Thursday 1st February

Details from [projectcoordinator@mswa.asn.au](mailto:projectcoordinator@mswa.asn.au)

### OPEN WATER SCENE

#### Swimming WA Round 4 Leighton Saturday 16<sup>th</sup> December

	Age Group	Distance	Time	Age Group place
Ann-Maree Lynch Calnan	Super Legends 50+	2.5km	55:06	5

#### Swimming WA Round 5 Mullaloo Saturday 30<sup>th</sup> December

	Age Group	Distance	Time	Age Group place
Ann-Maree Lynch Calnan	Super Legends 50+	1.25km	28:15	1
Stuart Gray	Super Legends 50+	2.5km	50:50	17

#### Cottesloe Classic Mile Saturday 13<sup>th</sup> January

	Age Group	Time	Age Group place
Mat Lovelock	30-34	27:56	5
Peter Gray	50-54	23:03	1
Ann-Maree Lynch Calnan	60-64	32:58	6
Stuart Gray	75-79	31:29	2

This swim was on the morning of the Club's AGM and all four of our swimmers showed up at the meeting in a stiflingly hot Crab Palace!

#### Swim Thru Perth, Swan River at Matilda Bay, Sunday 21<sup>st</sup> January

	Age Group	Distance	Time	Age Group place
Mat Lovelock	30-34	2.5km	44:45	2
Ann-Maree Lynch Calnan	60-64	2.5km	53:02	2
Pamela Walter	65-69	2.5km	56:32	1
Stuart Gray	75-79	2.5km	51:34	1
Peter Gray	50-54	5.0km	1:13:46	3



Australian spotted jellyfish

Conditions were good with not many jellyfish and buoys were easy to find. All swimmers improved their pace since their pre-Christmas swim and two won spot prizes!

Ann-Maree says, "It was a beautiful morning in a beautiful place and the event was very well organised. It was my first river race. I spent many years in rivers and lakes in Victoria as a youngster, but never in an organised event. The jellyfish are beautiful creatures that thankfully do not sting."