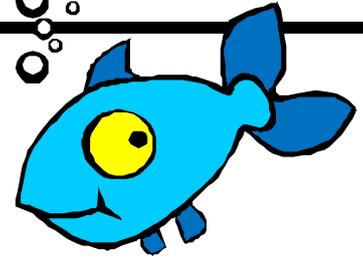


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

July 2018



L-R: Craig Barnard, Pamela Walter, Barry Green, Louise Norris, Mark Anderson, Sophie Row, Peter Lyster, ? , Lesley Murphy

PRESIDENT

I hope those club members who have been giving Perth medical practitioners some work to do recently are now back in the water and enjoying our wonderful sport!

Meet Director Peter Lyster once again organised a wonderful LiveLighter Club Challenge on 20th May. It was appreciated by all and thanks are due to our many club members who helped.

On Wednesday 6th June, MSWA Executive Officer Sophie Row swam with the Wednesday morning group coached by Tricia Summerfield and joined them for coffee afterwards. Sophie is getting to know WA Masters swimmers by visiting clubs and swimming and socialising with them. She finally presented Pamela Walter with her 2017 National Official of the Year Award.

The Endurance 1000 program is well underway. If you haven't started yet, it isn't too late. Every swim gains points for the club. Let's give it a go as we enter the season for distance events: 400/800/1500 m. There are many willing helpers to time your swims. Please contact Captain Pamela or Secretary Jackie.

Now for some not so good news: Venues West has given notice that lane hire fees will increase from \$16.50/lane-hour to \$17/lane-hour from 1st July. This may not seem like much but the club uses a lot of lane-hours! Training has moved to the indoor pool, except for the Sunday session, but numbers are significantly down. This is not a good look. Neither is it good for training for those who come and certainly not for those who stay away. Swimmers, don't let the winter deter you. Come to training!

On the business side, Club members will be pleased to know that, because of your amazing fund-raising efforts over the past few years, the committee is considering a reduction in fees for 2019! Our new constitution, passed at the AGM last January, has been approved by the Department of Commerce. The present "slimmed-down" committee has found the new method of working a lot easier than under the old constitution. However, now is the time to look for new committee members for next year. Volunteers to guide the club into the new era are essential!

MSWA is keen to increase participation at its events and has initiated a discussion of the competition swim program for next year. The trial this year of running open water swims early in the year, then Club Challenges from March to August and finally distance swims from August to November **was not welcomed** by all Masters clubs. A meeting of club representatives will soon be held to see what can be done about it.

See you at the pool! Barry Green

In this issue

Regular features

President.....	1
Captain.....	2
SuperSnapper.....	3
Diary entries.....	3
Birthdays.....	3
Council of Clubs.....	4
Recorder.....	4
Goggle.....	4
Social.....	5
Coaching.....	5
From MSWA.....	6
Deadline next issue....	6

Special features

Elizabeth, a Legend....	5
-------------------------	---

CAPTAIN Pamela Walter**Club Swim Saturday 5th May**

Ann Ritchie	100 FR (best time since '16); 50 BA (inaugural)
Cas Brown	200 BR (best time since '12)
Dee Stephenson	50 FR (best time since '14)
Sara Cann	100 BR (inaugural); 50 BR (best time since '16)
Bill Woodhouse	100 FR (best time since '14); 50 FR (best time since '13/PAB); 200 FR (best time since '17)
Chandra Veliath	100 BR, 50 FR, 50 BR, 200 BR (all inaugural)
William Curtis	100 FR (best time since '16/PAB)

Stadium Masters Long Course LiveLighter Club Challenge Sunday 20th May 2018

Our carnival this year was an outstanding success but Meet Director Peter Lyster faced a few challenges all the same. A gremlin struck at the entrance when patrons were denied access and, as the queue grew longer and longer, the people in it became testy at the delay. Finally the doors opened and that battle was won. Then Peter learned that there was disquiet in the recording room. HBF Stadium had updated data the day before, wiping the Meet Manager program essential for running the day's events. A fraught phone call later and the first heat was underway, 15 minutes late. Talk about a baptism of fire for Recorder Chandra Veliath in his first official role! Peter was very grateful for the strong support given by his big band of helpers, most of whom worked all morning. Thanks to Marg Watson for a great effort with the raffle which raised \$401.05.

Our team of eight men and eleven women came second to Claremont's strong team with Mandurah third. Fremantle won the groovy new trophy, cleverly handcrafted by Stuart, for the most points per swimmer. The lunch table was laden with a phenomenal feast to feed the record number of swimmers. As it happened, some who had entered didn't come to the carnival so not all of the fine fare was eaten. Helen served Barry sandwiches every day for the next week, developing ideas for the book she's writing: "101 Ways to Disguise a Sandwich"!



Hiroko Shimoda	200 BR, 100 BR, 50 BR (all inaugural)
Jackie Egan	200 FR, 50 FR (both best since 2016); 100 BA (PB)
Ann-Maree Lynch Calnan	100 FR (PB); 50 FR (2 nd best time ever)
Pamela Walter	200 BR (best since 2014/PAB/CR); 100 BA (best since 2016)
Cas Brown	200 BA (best since 2017); 100 BA, 50 BA (both best since 2012/PAB)
Helen Green	50 FR (best since 2017)
Merilyn Burbidge	200 BA (best since 2016/PAB/CR)
Ann Ritchie	50 BA (PB - beat previous time by 7 sec!); 50 FR (best since 2016)
Marg Watson	50 FR (best since 2008/PAB)
Craig Barnard	200 FR (PB); 50 FR (best since 2017)
Barry Green	50 BA (best since 2017)
Bill Woodhouse	50 BA (best since 2013/PAB)



Hearty congratulations all! The club is proud of you.

Volunteers Evening Friday 25th May

At this Masters Swimming WA function during National Volunteer Week several awards to the club and its members were made:

- Pamela Walter - 2017 National Official of the Year award (Pamela was given a bottle of wine in lieu because the trophy had been left at home!)
- Stuart Gray - 2017/8 OWS top male swimmer
- Ann-Maree Lynch Calnan, Pamela Walter and Stuart Gray - 2017/8 OWS age-group winners
- Stadium Masters Swimming Club - 2017/18 OWS average points award.
- William Curtis - Winner 80-84 age group Nationals (State section)

SUPERSNAPPER FOR JUNE

Congratulations to Jackie Egan! Jackie wins the award for: Achieving one PB and two "best since 2016" at Stadium Masters LiveLighter Club Challenge and for her inspiring approach to rehab and persistence in training after her injury.



The long and the short of it!

DIARY ENTRIES FOR JULY AND BEYOND

Date	Event	Time	Venue
Saturday 14 July	Annual Club Lunch	12:00 noon	La Vela, Scarborough
Saturday 21 July	Club Swim	1:00 pm	HBF Stadium
Saturday 4 August	2018 Golden Groper State Short Course Relay Meet	12:45 pm warm-up	HBF Stadium
Sunday 12 August	LeisurePark 400/800 Metre SC Distance Swim	TBA	Leisure Park
Sunday 19 August	Somerset Masters 1500 Metre LC Distance Swim	TBA	Aqualife, East Vic Park



Apologies! The editor had a brain fade when compiling the last newsletter and omitted some important birthdays. I hope Mary, Peter Jones, Craig, Brian and Lillian will forgive me and had wonderful times on their special days. In fact at least two did: Mary had her seat upgraded to business class on her return flight from the UK and Craig was enjoying a northern summer in Greece! Happy birthday to everyone mentioned here. We are sorry that Marg Watson will be missing from our most senior teams at the Golden Groper Relay carnival. She'll be in Sydney celebrating turning 80 for the fourth time on 4th August!

June

18th Mary Gray
 20th Peter Jones
 21st Craig Barnard
 23rd Brian Downing
 24th Lillian Hadley
 29th June Maher

July

1st Elizabeth Edmondson
 13th Tania Gregg
 22nd Marilyn Burbidge

August

3rd Patrick Cooney
 4th Marg Watson (80!)
 8th Richard Elsegood



80? No way!

FROM ASSISTANT RECORDER Peter Lyster



Here are the Endurance 1000 points up to 31st May 2018. There has been a big increase over the last two months, from 521 at the end of March to 1516 at the end of May. Quite a few 60, 45 and 30 minute swims pushing up the total. Cas is still leading, with Jackie making up ground or is that water?

Cas Brown	365	Stuart Gray	85	Barry Green	25
Jackie Egan	299	Audrey Bullough	70	Craig Barnard	13
Merilyn Burbidge	230	Anne Edmondson	65	Sara Cann	4
Pamela Walter	165	Ann-Maree Lynch Calnan	60		
William Curtis	95	Bill Woodhouse	40	Club Total	1516

COUNCIL OF CLUBS 16TH MAY: Report from Barry Green

LiveLighter Club Challenges

- **Late payment of entry fees for LiveLighter Club Challenges**
The consensus was that the flyer should state that payment must be received with entries, with no refunds for no-shows. If an entry is received without payment an immediate communication should be sent to the offending club threatening not to register its swimmers until payment is received.
- **Cost of Club Challenges**
MSWA cannot apply pressure to venues to reduce the cost to host clubs of running a carnival.
- **Length of event program**
There is a critical number of entries above which a full meet cannot be run in the time available. Organisers and officials should do everything possible to speed up the meet.

Constitution update

Masters Swimming WA (MSWA) is still drafting its new constitution and finds that the model rules have to be modified (i) to include the club/MSWA relationship and (ii) to allow life members a vote.

Video link for regional clubs at MSWA meetings

This is being looked at and may require a change of venue from MSWA at Beatty Park to the Department of Sport and Recreation offices where facilities are available.

Trainee coaches from MSWA courses

I will follow up with MSWA executive officer Sophie Row the possibility of trainees doing some of their accreditation time on deck at Stadium Masters.

Club captains meeting

The meeting to establish the pool program for 2019 will be held in early July. Statistics on LiveLighter Club Challenge participation numbers in 2018 will be available to see if (i) allowing all clubs to enter all carnivals and (ii) running all the carnivals in the early months of the year has made a positive/negative difference to attendance.

GOGGLE SAW

- New member Hiroko stopping at the 75 metre mark in the 100 Breast at our Club Challenge to look around for the rest of the field and escaping a DQ. Many others weren't so lucky!
- 'Tricia Summerfield achieving her first DQ after 24 years as a Masters swimmer when the starter held the swimmers for a long time and she fell in!
- That, for the 400 Freestyle at the Nationals, timekeepers were given carefully prepared sheets with boxes marked 100, 200, 300 and 400. Each timekeeper was also given a pen and instructed to tick off each box as the swimmer reached that distance. But someone in their wisdom had laminated the sheets, possibly so that they wouldn't go soggy if splashed, and the pen absolutely refused to write on the shiny surface!



IMPROVING FITNESS

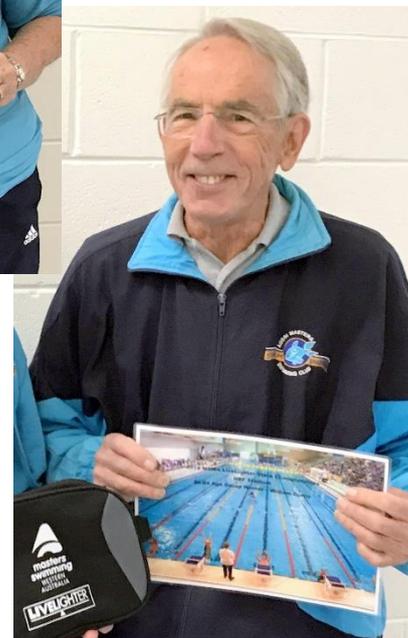
Google 'Why bodybuilding at age 93 is a great idea: Charles Eugster at TED X Zurich'. If this motivates you, you can meet Stuart in the gym at 4:15 pm Tuesdays and Thursdays.



Who would have thought?

SOCIAL

On 1st June there was a special afternoon tea after training to celebrate our successful Club Challenge. Certificates were presented to Mary Gray, Marilyn Burbidge, Marg Watson and



Dee Stephenson recognising the State record that they set at the Nationals in the 320-359 age group 4 x 50 medley relay. Captain Pamela presented Craig Barnard with his SuperSnapper award and William Curtis was announced as the State Age 80-84 group winner determined by his performances at the Nationals.

The annual club lunch will be at La Vela restaurant in Scarborough Beach Rd on 14th July, Bastille Day for Francophiles. Certificates will be presented to members who have been in the club for 5, 10, 15, 20 and 25 years!

ELIZABETH EDMONDSON, A LEGEND



Congratulations to Elizabeth, who was one of two people inducted into the inaugural Swimming WA Hall of Legends at the 2018 Westpac Swimmer of the Year Awards ceremony on Saturday 26th May. The new category recognises outstanding swimming performances at an international level. These performances are deemed to have inspired the nation and to have established the name of the athlete, their State and their country on the world stage.

The honour took Elizabeth by surprise! She won WA's first swimming gold medal at the Tokyo Olympics in 1964 in 50m Multi-class Freestyle. The other inductee into the Swimming WA Hall of Legends was Lyn McClements who won a gold medal in 100m Butterfly at the Mexico Olympics in 1968.

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 swimmers make it clear what their 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 speeds 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 performed. Swimmers should challenge themselves with the program. **Aim for quality!**

Those 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!**

Candidate for a Pullet Surprise by Jerrold Zar

"Candidate for a Pullet Surprise" is a fun play on words using homophones. More than 50% of the words in the poem are incorrect, yet they are all spelled correctly. It endures as a cautionary tale for all those who place too much trust in spell checkers.

I have a spelling checker,
It came with my PC.
It plane lee marks four my revue
Miss steaks aye can knot sea.

Eye ran this poem threw it,
Your sure reel glad two no.
Its vary polished in it's weigh.
My checker tolled me sew.

A checker is a bless sing,
It freeze yew lodes of thyme.
It helps me right awl stiles two reed,
And aides me when eye rime.

Each frays come posed up on my screen
Eye trussed too bee a joule.
The checker pours o'er every word
Too cheque sum spelling rule.

Bee fore a veiling checker's
Hour spelling mite decline
And if we're lacks oar have a laps,
We wood bee maid too wine.

Butt now bee cause my spelling
Is checked with such grate flare,
Their are know fault's with in my cite,
Of nun eye am a wear.

Now spelling does knot phase me,
It does knot bring a tier.
My pay purrs awl due glad den
With wrapped word's fare as hear.

Too rite with care is quite a feet
Of witch won should bee proud,
And wee mused dew the best wee can,
Sew flaw's are knot aloud.

Sow ewe can sea why aye dew prays
Such soft wear four pea seas,
And why eye brake in two averse
Buy righting want too pleas.

HOODIES FOR WINTER

It's true: we are going to have winter this year after all. So you may want a Club hoodie to keep you warm on the short, cold days. Pamela is not officially in charge of uniforms, has numerous other responsibilities and would love someone to put up their hand to help here. However, she has generously agreed to look after this LAST uniform order and you can contact her at pjdesigns@aapt.net.au.

Dare to be different.



FROM MASTERS SWIMMING WA

If you enjoyed the atmosphere at the Nationals in Perth, here are some meets to consider for next year:

- Masters Swimming Australia Nationals, Adelaide 19-23 March
- FINA World Masters Championships, Gwangju, South Korea 5-16 August
- Australian Masters Games, Adelaide 5-12 October

ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Pamela Walter, Barry Green, Helen Green, Marg Watson, Peter Lyster and Stuart Gray who have contributed to this issue. The deadline for the next issue is **Friday 3rd August**.

Merilyn Burbidge

mburbidge@westnet.com.au