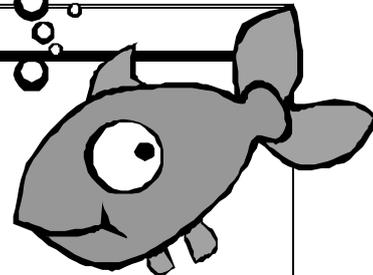


SNAPPETS



Stadium Snappers AUSSI Masters Swimming Club, PO Box 532, Claremont 6910

May 2008

PRESIDENT'S REPORT

The Worlds have come and gone, and only a few weeks ago! Snappers excelled themselves in swimming and especially in volunteering as officials and general helpers. I have heard that Snappers contributed the most volunteer hours of any WA club. Well done, Snappers! Congratulations to all – I hope you all enjoyed the experience. So who is thinking about swimming in National and World events in the next couple of years: Brisbane in 2009, or Sweden in 2010?

The Swimathon is also behind us again and I have written a short account of our efforts for this edition. Well done to everyone who swam, kept time or sponsored a swimmer.

There is also a reminder that it is now time to put all the World's training into good effect and resume your aerobic swims program. If you are timekeeping, you will notice that the new forms have provision for two timekeepers to allow us to comply with the new club policy on timekeeping outside scheduled club swims. Anyone who would like more information about this new procedure is asked to talk to me so that I can explain the purpose and process of this arrangement.

At its last meeting, your committee considered a range of initiatives to support Snappers: investigate the practicability of an early morning swim session and encourage night swimmers to join in the swims and social activities after the Saturday and Sunday aerobic swims. In addition, you will find a reminder in this edition on what to do if one of our swimmers is in need of assistance poolside.

The committee also decided to proceed with the club history to be published for the 20th birthday of the club in 2012. I will give you more details on this project as we develop it. All club members will be asked to help either by chasing up some information on events of the past from Margaret's archives, telling some anecdotes and/or making memorabilia (copies of previous awards, earlier models of club shirts, photos, etc.) available to display.

We have created a new letterhead for club correspondence that now shows the current 'snapper' logo, so that we present a fresh and up-to-date image in our communications. Club records for 2007 should be available shortly. Pamela and I are in the final stages of manual checking, following Eleanor's efforts of reformatting the results recording sheets.

On 18 May, Masters Swimming WA will be presenting awards for the Open Water Swim series, as well as other service and recognition awards. Snappers are hoping to be well represented in the presentations this year!

Until next time, keep well, safe and happy ... and swimming!

Sue Colyer, President

BIRTHDAYS

May 1 Sue Colyer	June 1 Murray McDonald
6 Cathie Plowman	9 Bernard West
7 June Hough	11 John Christie
13 Laiene Maxted	12 Jack Jago
14 Beryl Webb	13 Philip Hoff
14 Sue Trenaman	23 Wayne Davies
15 David Corney	24 Lillian Hadley
15 Michael Musk	29 June Maher
16 Merle Loukes	
19 Richard Diggins	
27 'Tricia Summerfield	

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A very happy birthday to those who were born in May and June.
Special mention and congratulations to our oldest member, Jack Jago, on his 85th birthday and to Bernie West on his 80th.

DIARY ENTRIES FOR MAY AND JUNE

Date	Event	Time	Venue
Saturday 17 May	Snappers 1500 metre LC distance swim	warm-up before 1.00 pm start	Challenge Stadium
Sunday 18 May	MSWA Annual Awards function	10 am to 12 noon	Nedlands Yacht Club
Monday 19 May	Committee meeting		
Monday 26 May	Simpson Cup Golf Day	12.45 pm for 1.00 pm	Wembley Golf Course
Saturday 31 May	Club Swim 50s and 200s	1.00 pm warm-up for 1.30 pm start	
Monday 16 June	Committee meeting		
Saturday 21 June	Snappers Annual Dinner		
Saturday 28 June	Club Swim: 50s and 100s	1.00 pm warm-up for 1.30 pm start	Challenge Stadium
Sunday 29 June	Gosnells SC 400/800		Thornlie Leisure Centre

EXERCISE FOR PEOPLE OVER 50

- Begin by standing on a comfortable surface, where you have plenty of room at each side.
- With a 2 kg potato sack in each hand, extend your arms straight out from your sides, and hold them there for as long as you can. Try to reach a full minute, and then relax.
- Each day you will find that you can hold this position for just a little bit longer.
- After a couple of weeks, move up to a 5 kg potato sack. Then after a while try 20 kg potato sacks. Eventually try to get where you can lift a 50 kg potato sack in each hand and hold your arms out straight for a full minute.
- After you feel confident at this level put a potato in each of the sacks.

This useful tip comes from Rob Shand – no wonder he looks so fit!

NATIONAL AEROBIC TROPHY RESULTS FOR 2007

You might remember that last year, after the announcement of the National Aerobics Trophy results for 2006, we were a little disappointed that our standing on the points table had slipped. The results for 2007 have just been released and we are very pleased to see Stadium Snappers almost back to our position at the end of 2005. Well done to all those who contributed.

For our 2007 efforts, we came 12th nationally and 2nd amongst WA clubs. Somerset was the one WA club to finish ahead of us. However, we had a partial victory over Somerset: of their club's total of 4953 points, Somerset women scored 2114; of our total of 3169 points, Snappers women scored 2708!

	SNAPPERS' ACHIEVEMENT	
	2006	2007
National ranking:		
on points alone	17 th (2800 points)	12 th (3169 points)
on points per club member	26 th (35.44 points per member)	21 st (38.18 points per member)
State ranking:		
on points alone	5 th	2 nd
on points per club member	9 th	8 th

There is evidence that members are very keen to swim aerobics as well as the shorter distances: 17 hopeful Snappers signed up for our 1500 metre distance swim. Keep this up and we'll have a good chance of improving our standing in the National Aerobic Program even further in 2008.

A group of university students was asked to write a concise essay and include the following topics: Religion, royalty, sex and mystery. The winning essay reads: "My God!" said the queen. "I'm pregnant! Who did it?"

Cheers from Elizabeth

2008 SWIMATHON

The launch of MND Awareness Week on Sunday 4 May 2008 coincided with Snappers' annual swimathon to raise funds for the MND Association of WA. The slogan of the week, Australia wide, was "Living better for longer".

It was my job to be coordinator, but Marilyn willingly responded to my request for help when I had to go to Melbourne at short notice two weeks before. Many thanks to Marilyn and everyone who came to timekeep, swim and timekeep, or just to swim.

So how did we do this year, especially just after the FINA World Masters?

Twenty swimmers swam distances from 400 metres to 5250 metres. Elizabeth wanted to outdo Pamela's 5100 metre swim, and we had difficulty getting her out of the water. In fact Elizabeth did 3100 metres Freestyle in the morning, went off to a party in the park, then came back to the pool for another 400 Breaststroke, half an hour Backstroke and a few more laps for good measure and a grand total of 5250 metres.

Our overall total was 48.2 km, in eight hours. We didn't achieve the goal of surpassing our previous best efforts of 26 swimmers in 1999 (51.5 km), or 56 km in 2007 (21 swimmers), and we don't know what our fundraising efforts will be yet. Some money (\$26.00) was collected in our cornflower tin at the foot of the entrance stairs from passing swimmers.

Distance in metres	Swimmer	Distance in metres	Swimmer	Distance in metres	Swimmer
400 - 1500	Beatie	1550 - 2999	Barry	3000 - 3999	Barbara Stuart
	Pat Sugars		Gail		Kim
	Marg Watson		William		Tricia
	Audrey Bullough		Lillian		Marilyn
	David		Marg Somes		Sue
	Rob			4000 - 5250	Eleanor
	Helen				Pamela
					Elizabeth

Sue Colyer



From left:
Sue Colyer, Marilyn
Burbidge and
Barbara Stuart with
Stadium Snappers'
MND Swimathon
Tally Board at
Challenge Stadium
on 4 May 2008.

FROM THE ENGINE ROOM!

At the April Snappers' Committee meeting a number of items were raised for members to consider and provide feedback to any of the Committee members or to Sue at sco61637@bigpond.net.au.

Early Morning Swims

Some night swimmers have asked if an early morning swim session is a possibility. I have asked Challenge and await a response on the availability. We do not know the extent of the demand from Snappers. If this idea is of interest please let me know and I will pursue the matter with the Committee and Challenge to see if a lane can be made available one day per week from 6.30 am to 7.30 am.

Missing our night swimmers

The day swimmers have a social afternoon tea after each day swim session, but it is harder for the night swimmers to wait around after a swim at 8.00 pm, and the café is closed anyway.

So night swimmers, why not change your routine, and join Snappers at the Saturday afternoon swim, 1.30 am - 2.30 pm or the Sunday morning session 9.30 am - 10.30 am? Saturday and Sunday sessions are set aside for completing the aerobic swims and other members are there to record your times.

What to do in an emergency at poolside!

If a Snapper is injured or becomes unwell at a swim session and needs more assistance than you can provide, follow this procedure:

1. One person is to stay with the injured or unwell Snapper.
2. Ask another person to notify the Lifeguard, for Lifeguards are trained to help in an emergency.
3. Ask for a Snapper (or any other person present) who is qualified in first aid to assist you and check the sick person.

Don't attempt to lift the person. Leave them on the ground; make the person comfortable (eg towel under head, towel over them for warmth). If you know first aid put the person in the coma position ... and wait.

Give the person reassurance, talk to them, hold their hand ... and wait.

Aerobic Swims

The Worlds will have distracted us from completing our aerobic swims for the last couple of months, but I know that some who were in training were swimming very fast times! Don't forget to get back into the routine of completing your aerobics.

The day group has a regular aerobic swim lane about twice a month, and anyone can attend Saturday and Sunday sessions.

Let's see if we can improve our aerobics points standing this year by 10%!

Sue Colyer
President

News to come:

We look forward to reading Julie Crowley's account of her experiences in the Byron Bay (NSW) open water swim held earlier this month.

IMPROVES LIKE FINE WINE AWARD

Lucky Neil Ross was allowed to hold onto the ILFWA for an extra few weeks because no award was made in April, due to the intervention of the Worlds. Who will be the next to be honoured to wear the badge?



XII FINA WORLD MASTERS CHAMPIONSHIPS 2008

What excitement the XII FINA World Masters Championships generated amongst the swimming community in Perth from the 17th to the 25th of April! Challenge Stadium was busy from dawn to dusk, and beyond on the day of the 800m Freestyle, with

swimmers, divers, water polo players, synchro participants and volunteers all enjoying their involvement in the performance. The standard of marshalling was one of the highlights of the meet, coming to a peak on relay day. On that day the competent marshalling team mastered the extra challenge of mustering four per lane instead of the usual one and allowed events to run very smoothly within the time allocated.

Snappers' 26 individual swimmers and 15 relay teams came up with stand-out performances. PBs and PABs were frequently achieved and Club records tumbled, especially on relay day. A summary of individual achievements appears on page 6. Medal winners were:

Colin Beaton	200 FR (5 th), 50 FR (6 th), 100 FR (7 th)
Lillian Hadley	100 BR (5 th), 200 BR (9 th), 50 BR (10 th)
Barbara Fentiman	OWS (bronze), Women's 280+ FR relay (bronze), 800 FR (4 th), 400 FR (5 th)
Marg Somes	Women's 280+ FR relay (bronze)
Audrey Bullough	Women's 280+ FR relay (bronze)
Geraldine Klug	Women's 280+ FR relay (bronze), 100 BR (10 th)



MEDAL WINNERS

Back: Audrey B, Geraldine, Lillian, Barbara F.
Front: Colin, Marg S

The medals, as well as souvenir swim caps, teal championship tops (most appropriately coloured for Snappers!) and of course photos, will be lasting reminders of this one-off stimulating and happy experience.

Two special mentions should be made. Sue Colyer had been training hard and was swimming at her peak when filial duty took her to Melbourne after only one swim. We were very pleased that Sue made it back to Perth in time for the Swimathon. David Corney entered the Worlds simply as a swimmer in the relays, giving lots of others the chance to swim in the relays too.

As volunteers, Snappers again excelled. Ours was the biggest volunteer contribution from a Masters Swimming WA club. We fielded a team of 38, comprising 15 members who also swam, 18 who volunteered and didn't swim, four husbands of members and one prospective member.

Congratulations to all involved for fine performances in every arena.



Jeannine (Volunteer) and Kim (Non-Technical Volunteers Coordinator)

PERSONAL ACHIEVEMENTS BY SNAPPERS SWIMMING IN THE WORLDS

AUDREY BULLOUGH	BA50 (best '08/1st swimmer in relay), BA100 (best for '08), BA200 (PB50), FR100 (PB50)
BARBARA FENTIMAN	FR400 (best since '04), FR800 (best since '04)
BARRY GREEN	BA50 (PB50), BA100 (PB50, CR50), BR50 (PB50, CR50), FR50 (PB50, CR50)
BRETT MACHIELSEN	BR50 [in 100] (PAB50), BR100 (PB50, CR50), BU50 (PB50, CR50), FR50 (PB50), FR100 (inaug50, CR50), IM200 (inaug50, CR50)
CLIFFE WEBB	BA50 (PAB50, CR50), FR50 (PAB50)
COLIN BEATON	FR100 (PAB50, CR50), FR50 (1st swimmer in relay - PAB50, CR50), FR200 (PAB50, CR50)
ELEANOR PARSONS	FR50 (PAB50, CR50) (.15 sec off PB), FR100 (.36 sec off PAB), FR200 (PB50, CR50), FR400 (PB50, CR50 by 10 sec), FR800 (best since '05)
ELIZABETH EDMONDSON	FR800 (PB50)
GAIL PARSONS	BA50 (PB50, CR50, 1st swimmer in relay), BA100 (PB50, CR50 by 3 sec), BU100 (best since '05), FR50 (=PB50, 1st swimmer in relay), FR100 [in 400] (best since '05), FR200 [in 400] (best time since '05), FR400 (PB50, beating an '03 time by 5 sec), IM200 (.26 sec off PB), IM400 (PB50, CR50)
GARY STEENKAMP	BR50 [in 100] (PAB50, CR50), BR100 (PB50, CR50)
GERALDINE KLUG	BA100 (.42 sec off PB), BA200 (PB50, PB by 5 sec), BR50 (best since '05), BR100 (best since '05), FR50 (1st swimmer in relay - best time since '05)
HELEN GREEN	BR50 (PB50), FR50 (.01 off PB)
JULIE CROWLEY	FR100 (PB50), FR200 (PB50)
KIM KLUG	BR50 (best since '06), BR100 (PB50, CR50), BR200 (PB50, CR50 by 4 sec)
LEON MUSCA	BA50 (PAB50, CR50), BU50 (PAB50)
LILLIAN HADLEY	BA100 (PAB50, CR50), BR50 (PAB50, CR50, best since '06), BR100 (PAB50, CR50), BR200 (PAB50, CR50)
MARGARET SOMES	FR400 (PB50 by 12 sec, beating an '04 time)
MIKE KANE	FR50 (PB50, 1st swimmer in relay), FR100 (PB50)
PAMELA WALTER	BA50 (PAB50, 1st swimmer in relay), BA100 (PAB50, CR50), BA200 (PAB50, CR50), BR100 (PAB50, CR50), BR200 (PB50, CR50), IM200 (PB50, CR50)
PATRICK CARDEN	BR100 (PAB50 - .27 sec off PB), FR50 (PAB50 - .10 sec off PB)
ROBYN WILSON	BU200 (PAB50), FR100 [in 400] (best since '05), FR800 (best since '06)
SUE COLYER	FR100 (highest placed 64 year-old!)
TRICIA SUMMERFIELD	FR50 (best since '05), FR100 (best since '05), FR200 (PAB50, beating an '05 time by 5 sec), FR400 (best since '05), FR800 (PAB50, beating an '05 by 13 sec)
WILLIAM CURTIS	BA50 (PAB50, 1st swimmer in relay), BA100 (PAB50 by 7 sec), FR50 (PAB50, 1st swimmer in relay), FR100 (PAB50, best since '05)
WYVERN REES	BR100 (PAB50, CR50), BR200 (best since '06)

Many, many thanks to our Recorder, Pamela, for the hours she spent in compiling this list by comparing raw times with swimmers' times already on record. There is a list of swimmers' times in the cage. Please check your own times on it and notify Pamela if you find any discrepancies.

OWS ANZAC DAY

The World Masters Open Water Swim, called Perth Water Pursuit, was held on Anzac Day, 25 April! The challenging 3 km course in the Swan River ran from the Wests Rowing Club (just east of Barrack St jetty) upstream for 1.5 km and back. About 720 nominated for the event, but only 674 actually started and 659 finished the course. Rumour has it that radio announcers had joked too heartily about the fearsome jellyfish that a bunch of swimmers opted out. Most locals would say that, although repugnant to the touch, jellyfish are harmless. However, some swimmers reacted to them and had to be treated for stings. Three Snappers were brave enough to tackle the swim: Barbara Fentiman, Gail and Eleanor.

Luckily for all involved in activities on Anzac Day, the weather turned out to be the best it had been all week and the sun shone all day. This was not so good for the older swimmers, who

were started in the last waves, because they were looking right into the setting sun on the return leg and could see no markers. Quite a few appeared to be heading for the zoo and had to be shepherded back to the course. Marshalling the swimmers on the crowded riverbank was a slow process and the planned 5 minute gap between starting waves soon extended to 15 or 20. The water temperature was reported to be 21°C, but Eleanor and Barbara would argue that this was an overstatement: they took ages to stop shivering. There were other hazards, too. Gail stopped suddenly when she swam into a floating log. The final ordeal was for the swimmers to haul their exhausted bodies up onto the temporary giant 'Lego' block floating dock at the finish. Well done to our three, who all made it in good times. Pamela and Barbara Stuart were on the dock to see them in: they spent the afternoon as finish judges. And David, having helped put the 'Lego' together, was busy in the boatshed for the rest of the long day.

Age group	Swimmer	Time	Age group place
45-49	Gail Parsons	53:59	22
50-54	Eleanor Parsons	50:59	17
70-74	Barbara Fentiman	1:03:28	3



At the Worlds, Goggle had a very entertaining time seeing and hearing lots and lots:

- A little Japanese woman trying to swim down the narrow gap between the side of the pool and the last lane rope. She was wondering if the lane rope could be moved a little bit to make a wider lane!
- All the men ogling a young competitor who did her warm-up in a G string! That freestyle lane was VERY crowded.
- All the women ogling the Nouvelle Calédonie team before the relay. Warm-up staff created a special lane just for them. They had to be kept an eye on - a very disobedient team but good to look at!
- At 8.15 am on a day when starting time was 9 am, a non-Russian-speaking warm-up official telling a Russian that he needed to exit the pool so time pads could be tested. The big fella's body language clearly told the official that she was being sworn at in Russian!
- On the last day a French woman still crashing into one of our star breaststrokers as she insisted on swimming anticlockwise!
- A 90+ NZ woman stopping four laps short in the 800 Freestyle when she heard the crowd applauding a faster (and younger!) swimmer who was coming in to finish. When the inspector of turns asked her if she was OK said she was. The IOT told her she still had four laps to go and she set off to finish them, thereby winning gold. Later in the week the same woman was in the lead in the 400 Freestyle. However, her timekeepers had not kept track of her laps and didn't stand to stop watches and buttons after the correct distance, so she was forced to swim an extra 100 metres. Nor did she touch firmly enough to activate the electronic timing system! However, justice prevailed and she added another gold medal to her collection.
- A male backstroke swimmer complaining that he had not been disqualified for misjudging the distance at the turn and turning onto his front too soon. He had thought the false start rope was the backstroke signal rope.
- A volunteer who had helped out every day of the competition setting out to go shopping on the day after the championships had finished. She just remembered in time that she no longer needed to wear her ID tag!
- Kim Klug being presented with a huge bouquet by Meet Coordinator Fiona Wilkins and Swimming Committee Chair David Corney. Earlier that day she had carried out CPR (in the mens' changeroom) on a Russian man who had a heart attack, keeping him alive until the medical team arrived.
- A member of the marshalling team telling his story: he was a trifle piqued when the man in the lane next to him in the 100m Backstroke swam the whole race with his lanyard and ID tag on and still beat him!
- A group of older women in the changeroom discussing the severity of their knee complaints and resultant surgery. Nearby, another woman stripped off her bathers before hopping under

the shower, revealing her obvious double mastectomy, at which point the others chorused, "OK, you win!"

- A US swimmer complaining bitterly that her nominated time was different from that of her published heat time. This meant that she wasn't swimming where she thought that she should. When asked what the impact was, she responded (almost in tears) that she had been allocated lane 5 when she should be in lane 4. There was in fact no error in her time and further, she had no sympathy for the swimmer allocated to lane 4, a swimmer that she demanded be moved, as "she should have known that she was in the wrong lane"! In the end she didn't formally protest so didn't have to pay \$100. But the arbitrator kicked himself that he didn't ask for the money at the start of her story as that might have shut her up earlier.

Note: If these scenes trigger others that you observed, please pass them on to add to the record.

FROM THE ARCHIVES

Extract from an early issue of our Club newsletter, before it became known as Snappets:

"CLUB MEMBERSHIP DOUBLES IN SIX MONTHS

At the beginning of the year only 32 people were paid up members of the Snappers. Since then we have had a steady flow of new membership each month and at last count there were 64 financial members - a 100% increase in just six months!"

That was 1994 and one of those new members was Margaret Simpson. Terry, her husband, had been transferred to WA as State Manager of Qantas. Our club was young and vibrant and they both settled in famously, Marg to her swimming and Terry to his golf at Royal Perth Golf Club, or to time-keeping when required.

Other Snappers also played golf regularly so, in 1997, purely for fun and friendly rivalry, the social committee organised an Ambrose golf day: the "Heiniken Cup" in April or the "Claret Cup" in October. It became a yearly social event, with a bottle of beer or a robust red as the prizes.

In February 2000, Terry's stint in Perth was over and they transferred to Brisbane. We lost a great club member in Marg and a cheeky benefactor in Terry. He never professed to being a swimmer but did enjoy the club activities. So, as a parting bit of fun he presented the club with a Qantas corporate give-away - a kitschy golf trophy. It was duly named "The Simpson Cup", became an annual social event, and is proudly displayed in our trophy cabinet.

In 2005, seven Snappers went to the AUSSI National Championships in Hobart, and there in the Salamanca Markets Marg Somes saw a small metal sculpture - a stick-man golfer. She donated it to the club and it sits prominently in the cabinet as the "Somes Trophy" for the runners-up.

(Note: In her six years with the Snappers Marg Simpson did two-year stints as Vice President, Day Captain and Newsletter Editor. Three years in a row Terry managed to get us Mystery Flights for Two as the prize for our interclub raffles, and our reputation as an interclub host was made!)

Marg Watson, Club Archivist

DEADLINE

Laughter is one medicine that can be shared: let's all enjoy your jokes! Please send them and any other contributions in by Thursday 5 June for a brief edition of Snappets to be released just before 11 June, when the editor leaves for 5 weeks in France.

Thanks again to those who provided items for Snappets in May.

Merilyn

Email: amburbidge@westnet.com.au

Stadium Snappers values the support we receive from our sponsors

