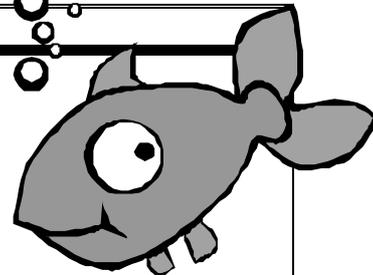


# SNAPPETS



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

April 2009

## FROM THE PRESIDENT

Greetings all and welcome to this edition of *Snappets*. A special welcome to our newest member, Beng Hooi Chua, and previous members, Eleatha Beare and David Fairclough who are rejoining.

As we enjoy this balmy Indian summer, we see our Brisbane contingent for the 2009 National Masters Swimming Championships working hard in the pool at least three times a week. We have 16 members representing Snappers: Cas Brown, Audrey Bullough, David Corney, William Curtis, Elizabeth Edmondson, Helen Green, Barry Green, June Hough, Geraldine Klug, Kim Klug, Eleanor Parsons, Gail Parsons, Marg Somes, Brian Somes, Dee Stephenson and Pat Sugars. On behalf of all members, I wish the team good swimming, lots of PBs and plenty of age group places, as well as a safe and pleasant holiday.

Your committee is still working hard behind the scenes to keep the club ticking along. Marg Watson is again organising club clothing, with track suits a priority at the moment. So far we have insufficient numbers for the long sleeve shirts and other gear. So if you are interested, please let Marg or your captain know of your club clothing needs, and an order can be placed as soon as quotas are reached. New club swimming caps are now available at \$11.00. I know that Pat Byrne has some at the old price of \$10.00 – so bargains to be had if you need a new cap.

Other actions by committee:

- Wording of Participation trophy changed to incorporate a wider range of activities that bring credit to Snappers.
- Calendar of Snappers events finalised – watch the diary for swim and social events so that you don't miss out on the fun!
- Creation of Registrar position (a non-committee position) to work with the Treasurer to prepare membership forms and initiate the membership renewal process so that we are all registered in time for the start of the Open Water Swim series and the first of the BACCs in the new year program. Julie Crowley volunteered and was appointed.
- Healthy club policy revised and submitted with our acquittal of the Healthway grants for first aid and injury prevention workshops.
- Proposal for club rooms submitted to Rob Verboon – no response to our ideas yet.
- Imminent purchase of new Team Manager software for management of our club affairs. Processes and procedures being refined to expedite our swim entries, results and records, as well as membership management. We also need to consider the creation of a Data Base Manager to oversee the operations of the laptop and use of Team Manager.
- We responded, on your behalf, to proposed changes to the National Masters Swimming constitution and fee structure for the next year.
- Offered to mentor the President of another Masters Swimming WA club in meeting procedure by allowing her to audit one of our meetings and giving support as needed.

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We are seeing high numbers coming to the day group session with up to 40 people some days. The friendly nature of Snappers is very evident as new members and guests are made to feel most welcome and comfortable. That initial contact is essential if we are to attract and retain members. It is our "moment of truth": that first 30 seconds wins or loses a member. Keep up the good work and the good swimming! See you in the pool!

Sue Colyer

## MAY BIRTHDAYS

Happy birthday to the big group of Snappers born in the merrie month of May, especially Cathie Plowman and Richard Devlin as they clock up another decade. Although age can be no secret in Masters circles, without giving too much away, Richard is half as old as Cathie!

1 <sup>st</sup> Sue Colyer	14 <sup>th</sup> Beryl Webb
4 <sup>th</sup> Beng Hooi Chua	15 <sup>th</sup> David Corney
6 <sup>th</sup> Cathie Plowman	16 <sup>th</sup> Merle Loukes
7 <sup>th</sup> June Hough	19 <sup>th</sup> Richard Diggins
12 <sup>th</sup> Richard Devlin	27 <sup>th</sup> Tricia
13 <sup>th</sup> Laiene Maxted	Summerfield

## DIARY ENTRIES FOR MAY AND BEYOND

Date	Event	Time	Venue
30 April - 4 May	34th Masters Swimming Australia National Swim		Brisbane, Qld
Saturday 16 May	MSWA State Swim LC	9.30 am	Challenge Stadium
Sunday 17 May	MSWA State Swim LC	8.00 am	Challenge Stadium
Monday 18 May	Committee meeting	7.00 pm	11 Penryn Ave, City Beach
Tuesday 19 May	Council of Clubs	7.00 pm	WA Sports Lotteries House
Sunday 24 May	Snappers' Swimathon	8.00 am	Challenge Stadium
Saturday 30 May	Snappers' 1500 m invitation swim	early pm	Challenge Stadium
Saturday 6 June	Club Swim	1.00 pm	Challenge Stadium
Sunday 14 June	Mandurah BACC SC	TBA	Mandurah Aquatic Centre
Monday 15 June	Committee meeting	7.00 pm	TBA
Saturday 20 June	Snappers' Annual Dinner and Awards Presentation	TBA	Ocean Gardens Retirement Village
Sat 18, Sun 19 July	2nd Oceania Masters Swimming Championships		Hobart Aquatic Centre
Mon 20 or Tues 21 July	Visit to Perth Zoo	TBA	Zoo, South Perth
10 - 17 October	2009 World Masters Games		Sydney, NSW

## WELCOME NEW AND RETURNING MEMBERS

We are pleased to welcome new member Beng (not Bing as in Crosby or Ben as in Kingsley) Hooi Chua. Beng trained in the same squad as Gail and made his Rottneest Channel Swim debut in a duo this year. And welcome, too, to Eleatha Beare and David Fairclough, who have both rejoined after time out (Eleatha: 1 year; David: 5 years) during which they have both produced daughters. Good swimming to all three.

## ILFWA

Early in April, Beatie Norris was presented with the Improves Like Fine Wine Award for returning to swimming this year after six months out of the pool in 2008. By mid-March, she had achieved the distance of 1200 metres non-stop and has now extended this to 1400 metres. Congratulations Beatie! You're a legend.

## SOCIAL SUMMARY

The after-swimming birthday celebrations have been enjoyed by all of us who swim with the day group. Thanks to those who have baked and bought goodies for afternoon tea.

Dates to jot in your diary:

Saturday 20<sup>th</sup> June: Annual Dinner at Ocean Gardens Retirement Village

Monday 20<sup>th</sup> or Tuesday 21<sup>st</sup> July: Zoo visit - Marg Watson, our zoo guru, is organising an interesting, fun program. More details later.

Jeannine Heinrichs and Marg Somes

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## SNAPPERS TRAINING AS OFFICIALS

A few more feathers were added to Snappers' collective cap recently when two members, Pat Sugars and Theresa Elliott, attended courses as part of accreditation as swim meet officials. The course covered requirements for both Masters Swimming WA and Swimming WA and was run by MSWA officials, Jude Crawford, Gordon Medcalf and Sue Pow. Pat and Theresa found the Chief Timekeeper and Inspector of Turns segments to be very well presented in a clear and practical manner. They took an early opportunity to work under the supervision of mentors at Melville's BACC on 5 April and Osborne Park's 400/800 on 18 April and record some of the hours necessary to complete their qualifications. Theresa said, "I had been quite apprehensive about the IOT but Sue Pow gave us a great introduction by pointing out the practicalities of the theory she had taught us at the course." Elizabeth Edmondson was a marshal at Melville's carnival, so our club was well represented.

If you would like to become an accredited official (and have the chance to officiate at the Masters Swimming Australia National Championships in Perth in 2011), MSWA Technical Officer, Jude Crawford, advises that the next course is on Saturday 9 May and covers Judge of Stroke. Further courses to be held during the year will be advertised in *Different Strokes*.

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## SNAPPERS' COMMITMENT TO MASTERS SWIMMING WA

Another Snapper recently stepped up to serve Masters Swimming WA at State level. Gail Parsons has taken on the position of Book-keeper. To the credit of the Club, five Snappers now hold administrative positions. The others are 'Tricia Summerfield (Director of Swimming), David Corney (Director of Finance), Lillian Hadley (Records Officer) and Robyn Wilson (Swim Meet Coordinator).

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## POOL ETIQUETTE AND SAFETY INFORMATION

The Management Committee has asked that members be reminded of some points of pool etiquette. Here are two to be observed to make your swim safe, enjoyable and satisfying while always showing consideration for other swimmers.

1. When entering the pool, please do not dive in, but 'slide' in without too much of a splash. This is for the safety of others in your lane, compliance with insurance policy and comfort of those on deck and in adjacent lanes. Diving should occur only in a controlled training setting. Whiteboard markers and water don't mix – another reason for advocating the 'no splash' entry, especially when the duty coach is writing up the program!
2. At all times be aware of what is going on in your lane. If you wish to overtake a much slower swimmer in the middle of the pool, first look to see if the coast is clear. Wait if another swimmer is approaching. Then make sure you have the speed and distance to overtake safely. Once past, ease back to the left. Do not cut off the other swimmer or kick water in his or her face. If you are being overtaken, do not speed up or attempt to race. This will cause confusion and may cause injury.

### Storage of swim fins

Now that the number of fins being stored in the cage has increased, swimmers are to be responsible for retrieving their own fins at the beginning of the session. Importantly, even if "Derek" has been kind enough to put fins out, swimmers must return their own fins to the cage at the end of the session or take them home.

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## EXERCISE IN THE PARK

If you want to work out on exercise equipment but don't want to join a gym, you can now do it at Perry Lakes. Eight pieces of equipment, including a shoulder press, rowing machine, butterfly press, lat pull-down, and cycle seat, are located west of the lakes. Why not give it a go?

A thought for the day: <i>Except when learning to swim, it's good to start at the bottom.</i>
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## SNAPPERS' SWIMATHON

Just a reminder to sign up for the Swimathon to be held on Sunday 24 May 2008, starting at 8am and finishing by 4pm. The sign-up sheet is now in the cage. There is still space for an early start! What about getting a team together to challenge Geraldine's team of Neil Ross, Patrick Cooney, Richard Diggins and Geraldine? Swimmers in a team need only swim a distance that is comfortable for them, eg 100m, 200m, etc. You can still get some sponsors! Your sponsorship sheet is included with the newsletter- so sign up as many sponsors as you can, from outside the club as well as from other members. You still have some time to train up for any distance or time, but why not aim for a longer distance this year?!

What is the Swimathon all about?

### **Purpose**

This annual event commenced in 1999, initially to raise funds for the Paralympics' Swim Team. In 2004 the Club selected MNDA as its permanent charity in honour of two club members who succumbed to the disease. A complete history of Swimathon results is shown in Appendix A of the Handbook. Club swimmers use this event to swim the longer distances and elapsed times of the Aerobic Program: ½ hour, ¾ hour, 1 hour, or 3000 metres, even 5000 metres. Swimmers find sponsors to contribute money per lap or just a straight donation for their swim. We also collect money on the day at a display near the lanes in which we swim. In the last seven years we raised over \$37,800, and in 2008 we raised \$6300.00. ALL money raised goes to the MND Association.

### **What to do**

Each swimmer who participates in this Swimathon nominates a distance or period of time to swim. Sponsors can choose to pledge an amount of money based on the number of laps the swimmer completes, or simply a lump sum to cover the entire swim. A record is kept of the distance and time for each swimmer. Last year 20 swimmers completed 48.2 km in 7 hours. Can we do better in 2009?

### **What is Motor Neurone Disease?**

Motor Neurone Disease (MND) is the name given to a group of diseases in which the nerve cells (neurones) controlling the muscles that enable us to move around, speak, breathe and swallow fail to work normally. With no nerves to activate them, muscles gradually weaken and waste. The patterns of weakness vary from person to person. At present there is no cure, but co-ordinated research is being carried out across the world and some progress is being made.

MND Awareness Week is held this year from 3 to 9 May 2009, just a couple of weeks before our swim. Look out for the publicity.

Sue Colyer

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## THE CHANGING IMAGES OF MOTHER

4 years of age	My Mummy can do anything!
8 years of age	My Mum knows a lot! A whole lot!
12 years of age	My Mother doesn't really know quite everything.
14 years of age	Naturally, Mother doesn't know that, either.
16 years of age	Mother? She's hopelessly old-fashioned!
18 years of age	That old woman? She's way out of date!
25 years of age	Well, she might know a little bit about it.
35 years of age	Before we decide, let's get Mum's opinion.
45 years of age	Wonder what Mum would have thought about it?
65 years of age	Wish I could talk it over with Mum.

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## NEWS FROM THE FENTIMANS

"Have heard quite a few quotes recently about sharks being sighted at open water swims – more than in past years. I shall never forget my experience in the Cottesloe OWS several years ago when they put divers down after a man had been taken the previous year. I was not aware of this and when I saw a black apparition appear below me I thought my time was up.

We are enjoying some real spring weather and the garden looks colourful with daffodils, primroses and other flowers in bloom. Summer is coming after a very cold, snowy winter.

Good to hear you still have big numbers turning up to Snapper swims - wish the same could be said for my Bromley club, however it has compensations as we can usually have a lane to ourselves on training nights. Work has started on a new 25m 6-lane pool in Biggin Hill and hopefully it will be open early next year. It will be great for me as I will have somewhere to swim on my doorstep instead of having to travel at least an hour each way to my nearest pool!

I am very disappointed with my progress. I still get pain, not bad enough to take tablets, mostly affecting my knee to top of my thigh. I have had an X-ray of my hip and my doctor is arranging for a course of intensive physio, so hope that will do the trick. I have always been very disciplined about exercises and have done those to help recovery from the operation three times a day religiously. I have been swimming quite regularly but even in the water my right leg does not want to do what it is told and I seem to have no control over it. I had set my sights on competing again in our GB championships in May but that has gone by the board and my target now is our Nationals in October - surely I will be ready to compete by then? If not I think I will give up competitive swims. The last event I competed in was in Perth in April 2008.

Derek is coping and is quite an expert now with the home duties. I have one of the best there. The bowls season starts in a few weeks' time and it will be good for him to start playing again.

Regards to our friends at Snappers.

Barbara and Derek."

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## Euro English

The European Commission has announced an agreement whereby English will be the official language of the European Union, rather than German, which was the other possibility. As part of the negotiations, the British Government conceded that English spelling has some room for improvement and has accepted a 5-year phase-in plan to be known as 'Euro English'.

In the first year, 's' will replace the soft 'c'. Certainly this will make the sivil servants jump for joy. The hard 'c' will be dropped in favour of 'f'. This should clear up konfusion and keyboards kan have one less letter.

There will be growing publik enthusiasm in the sekond year when the troublesome 'ph' will be replaced with 'f'. This will make words like fotograf shorter.

In the third year, publik akseptanse of the new spelling can be expected to reach the stage where more komplikated changes are possible. Governments wil encourage the removal of double letters which have always ben a deterrent to akurate speling. Also, al wil agre that the horibl mes of the silent 'e' in the languag is disgrasful and it should go away.

By the fourth yer peopl wil be reseptiv to steps such as replasing 'th' with 'z' and 'w' with 'v'.

During ze fifz yer, ze unesesary 'o' kan be dropd from vords kontaining 'ou' and after ziz fifz yer, ve vil hav a rel sensibl ritien styl. Zer vil be no mor trubl or difikultis and evrivun vil find it ezi tu understand ech oza. Ze drem of a united Urop vil finali kum tru.

Und efter ze fifz yer, ve vil al be speking German lif zey vuntd in ze forst plas!

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## GOGGLE SAW

Two Snappers wearing their swimming togs in innovative ways and achieving their aims:

- ◆ One who achieved a PB by 24 seconds in 800 Breast at Osborne Park's 400/800 swim put her success down to wearing her bathers inside out! Nothing illegal there but wouldn't the lining be a giveaway?
- ◆ Wonder Woman 'Tricia was seen on a Sunday morning wearing her rashie *underneath* her bathers, giving her extra power for swimming. X-men and women watch out!



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## SYDNEY 2009 WORLD MASTERS GAMES 10<sup>TH</sup>- 17<sup>TH</sup> OCTOBER

Do you like Sydney? Have friends or family in Sydney? Love swimming? Over 25?

Have you answered yes to any of the above questions?

If yes, have you considered swimming in the World Masters Games? There are no qualifying times and all strokes and distances are being offered. Competitors can enter a maximum of five individual events, four relay events and the open water swim. The swimming events are being held at Sydney Olympic Park Aquatic Centre, Homebush. There are 28 different sports being offered at these games including archery, athletics, golf, tennis and weight lifting. For further information go to [www.2009worldmasters.com](http://www.2009worldmasters.com) or see Elizabeth Edmondson.

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## XIII FINA WORLD MASTERS CHAMPIONSHIPS 2010

Are you ready for the world's biggest swimming event? The Swedish Swimming Federation and the Organising Committee invite you to the XIII FINA World Masters Championships, 27 July to 7 August 2010, in Göteborg, Borås and Mölndal, Sweden. The friendly championships! The on-line registration is now open. The newsletter from the World Masters 2010 may be read at <http://www.2010finamasters.org/>.

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## THE PARABLE OF THE WHITEBOARD

It came to pass on a Friday afternoon that the elder and shorter of the two silver-locked day coaches was on duty and she did labour long to inscribe on the whiteboard the training programs for the day. It followed that the Captain, whose countenance bore a broad grin, said unto the coach, "When the whiteboard be raised, your lettering appeareth upside-down."

Whereupon the coach did mouth obscenities (relatively minor!) and took up the eraser and did most vigorously remove the script and did once more labour long to inscribe it, heeding not the cries of the milling throng who did seek sunscreen and fins that were within the cage. In the fullness of time, it came about that the lid was raised and lo, the lettering did appear the right way up and all was well.

*Morals to coaches:*

1. *Keep your sense of humour with you at all times.*
2. *In the event that this Senior moment recurs, refrain from rewriting the programs, but laugh and say you did it intentionally to increase the challenge for the swimmers.*

Merilyn

*An eye for an eye makes the whole world blind. Mahatma Gandhi*

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## RESULTS OF POOL SWIMS from Recorder Pamela Walter

### Club Swim 4 April 2009

Audrey BULLOUGH	100 FR (missed PB by 0.49 sec)
Merilyn BURBIDGE	100 BR (PAB50 by 3 sec), 50 BR (PAB50 - missed PB50 set in '06 by 0.14 sec)
Patrick CARDEN	50 BA (inaug), 50 BR (PB50)
Sue COLYER	50 BA (PAB50), 100 FR (PAB50), 50 FR (PAB50 - missed PB by 0.29 sec)
Julie CROWLEY	100 FR (PAB50), 50 BA (inaug), 50 BR (PB50), 100 BR (PB50 by nearly 2 sec)
Elizabeth EDMONSON	100 BR (better than best '08 time)
Theresa ELLIOTT*	50 BA (PB by 6 sec), 50 BR (PB50 by 13 sec), 50 FR (inaug50)
Barry GREEN	50 BU (best for '09)
Lillian HADLEY	100 BA (missed best '08 time by 0.32 sec)
Geraldine KLUG	50 BR (best for '09)
Kim KLUG	100 FR (PAB50 - missed PB by 0.76 sec)
Eleanor PARSONS	50 BA (better than best '08 time)
Cathie PLOWMAN	100 FR (PAB50), 50 BA (PB50), 50 FR (PAB50)
Marg SOMES	100 BR (PAB50), 50 BA (PAB50), 50 FR (PAB50)
'Tricia SUMMERFIELD	50 BR (better than best '08 time)
Pamela WALTER	50 BR (PAB50, best since '04)
Peter WILLIAMS	50 BA (PAB50), 50 FR (PAB50)

\* Swimmer of the Meet material here

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## SNAPPERS ENTRIES FOR THE STATE SWIM

Stadium Snappers has entered a good-sized team of twenty female and ten males (154 individual swims) in the Masters Swimming WA State Swim to be held at Challenge Stadium on 16 and 17 May. This should give us plenty of scope for arranging lots of relay teams as well.

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### DEADLINE

Many thanks to Sue Colyer, Pamela Walter, Elizabeth Edmondson, Marg Watson, Theresa Elliott, Pat Sugars, Geraldine Klug, Marg Somes and Jeannine Heinrichs for contributing to this issue of *Snappers*. Please send your contributions to [amburbidge@westnet.com.au](mailto:amburbidge@westnet.com.au) by Friday 22 May for the next issue. My joke supply is low and I'm always on the lookout for Goggle items!

Thank you  
Merilyn

Stadium Snappers values the support received from our sponsors



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## OPEN WATER SWIM RESULTS

### State Open Water Swim Coogee 28<sup>th</sup> March 2009 1km/2km

Event	Age Group	Swimmer	Time	Age Place
1 km	65-69	Theresa ELLIOTT	26:52.84	2
2 km	50-54	Eleanor PARSONS	27:54.86	1
2 km	45-49	Gail PARSONS	30:39.72	6
2 km	65-69	Sue COLYER	37:56.93	3
2 km	65-69	Merilyn BURBIDGE	38:45.84	5
2 km	60-64	Julianne CROWLEY	38:55.15	4

Consistent with most open water swims throughout the series, conditions were good. In this swim, open only to Masters Swimming WA members, there were 149 entrants. Although this was an overall increase on the previous year, Snappers fielded only five in the 2 km event – six were needed to qualify for the team prize. It really isn't very far to travel to Coogee, so let's aim for a bigger team next season. Eleanor swam well to win her age group. Remarkably, after an enforced lay-off from training, Sue took 2 minutes off her time for the same event last season. Theresa continued her steady progress from 400 m at Fremantle and Leighton, to 750 m at Coogee Jetty to Jetty to 1 km at this swim. She's confident now to tackle a 1600 m event at the beginning of the next OWS season. Marg and Brian Somes were there to cheer us on.

### Southern Ocean Classic Mile Denmark 12<sup>th</sup> April 2009 1600m

Event	Swimmer	Time	Duo Place
Duo	Pamela WALTER Merilyn BURBIDGE	54:58	5

Wild water can often be found on the south coast of WA, as happened this year on the day of the Albany Harbour 4 km Swim, which no Snappers entered. Margaret Moylett (75), from Bunbury, said it was the hardest swim she's ever done and that her shoulders were too sore after swimming for 2 hours to start at Denmark the next day, so she came to watch instead. Through surf that was worthy of respect, 78 swimmers took to the water at Denmark's Ocean Beach.



*The oldest duo in the Southern Ocean Classic Mile*

Pamela and Merilyn entered as a duo, both swimming 800 metres (more like 900 metres as the changeover was on the beach and the course was a long way off the beach). Merilyn swam first and surfaced some long time later, waving her arms in uncoordinated fashion, trying to extricate herself from the tentacles of a bluebottle. (Their sting isn't as sharp as those of the smaller 'stingers', but they leave blisters that make your skin itch and weep for the rest of the day.) Pamela looked very small and lonely waiting on the beach. She hadn't done an open water swim since the memorable very rough State OWS at Geraldton about five years ago and was a touch apprehensive about the coldness of the Southern Ocean. As it happened, she was so intent on not being swamped by the waves or swept away by the current that she didn't notice the temperature.

Pamela certainly has grit. And, later, a fair pile of grit fell out of the duo's bathers in the shower. This exciting event, the last in the 2008/2009 series, bordered on being an Extreme Sport.