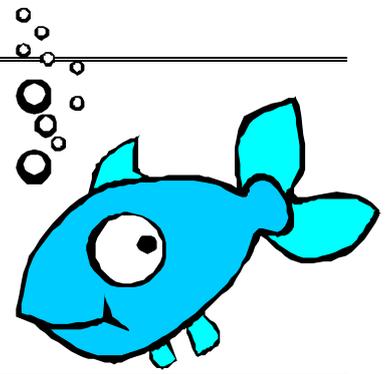

SNAPPETS



Stadium Snappers Masters Swimming Club Inc www.stadiumsnappers.net.au Sep 2013

PRESIDENT'S JOTTINGS

Relay Challenge: thanks to Claremont for a well-run and enjoyable event. Congratulations to all our swimmers and thanks to those who put the teams together and to those who officiated.

1500m Event: Our invitational 1500m swim in June was held on a warm sunny day, in the outdoor 8 Lane Pool. Thanks again to Robyn Wilson, Meet Director, and to Andrew Burbidge, with help from Eleanor, for doing the Meet Manager. Over 30 swimmers competed and Ron Gray thanked us for a well-run meet.

E1000: Many swimmers are doing the E1000 and the day swimmers appreciate the benefit of having two lanes twice a week, a huge advantage. The Recorder, Information Manager and the Assistant to the Information Manager are checking and recording swims on to the portal every three months instead of at the end of the year.

ILFWA: Committee members discussed having a new monthly award in the form of a certificate and this will replace the ILFW Award which has been running for some time. The certificate will encompass all our members and will be awarded each month, as appropriate, to a member who has achieved an above average result in swimming in the previous month.

Founders' Award: The committee have discussed, over the past six months, changes in allocation of points for the Founders Award. The important part of this Award states: 'shows the most commitment and improvement over the year'. The part of the Award that has been changed is 'This shall be measured by allocating points for all timed pool swims, except inaugurals, as follows; personal best time {PB} 4 points, improved personal age group best time {PAB} 1 point. This change was voted on and was passed by 8 votes. This change will start in 2014.

Coaches: I would like to thank Stuart Gray who took over the Wednesday and Friday coaching while Barry and Tricia have been away.

Annual Dinner: Our dinner held in June was a lovely evening. The food was great and we had a wide variety of ages from our members that attended. Thanks to Deirdre and her helpers.

Meet Director: Anne Edmondson has generously agreed to be Meet Director for our Club Challenge in September, with help from Robyn.

New Members: The committee is trying at all times to attract new members and with this end in sight we are trying something new. The Challenge crèche is only open in the mornings so we are going to book a lane on a Wednesday morning for one month, to see if we can attract some younger mothers as well as anyone else interested in joining our club. Tricia will do the coaching and prepare a programme.

Fremantle venue change: One of our allocated Club Challenges is Fremantle in October. The Fremantle pool is undergoing renovations and these will not be complete by October. Therefore the Club Challenge will be held in the new pool at St. Hilda's College.

Webmaster: Beng Hooi Chua has agreed to be our webmaster. Any items for the web are to be sent to Tricia, the Vice President, and then she will forward them on to Beng.

Keep up the swimming.

Geraldine Klug President.

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Birthdays:

September

6 Vic Paul
7 Kim Klug
19 Sally Gaunt
26 Audrey Wren

October

7 Cas Brown
19 Hazel Christie
22 Theresa Elliott
22 Robyn Wilson
22 David Hodby

November

2 Barry Green
26 Ann-Maree Lynch
29 Helen Green



Diary Entries

| Date | Event | Time | Venue |
|------------|-------------------|-------------|-------------------------|
| Sat 7 Sep | Club Swim | 1pm | Challenge |
| Mon 16 Sep | Committee | 7pm | Mt Claremont |
| Sun 22 Sep | LL Club Challenge | am | Challenge |
| 4,5,6 Oct | Masters Games | All weekend | Geelong |
| Sun 6 Oct | Club Swim | 9 am | Challenge |
| Sun 20 Oct | LL Club Challenge | am | St Hilda's Girls School |
| Mon 21 Oct | Committee | 7pm | Mt Claremont |
| Sun 27 Oct | Bowls | 1pm | tba |
| Mon 18 Nov | Committee | 7pm | Mt Claremont |
| Sun 15 Dec | Picnic | 11am | tba |
| Mon 16 Dec | Committee | 7pm | Mt Claremont |

Certificate of Commendation from DSR for Coaching Services:

Awarded to **'Tricia Summerfield**. Congratulations 'Tricia.

Annual State Government Sport and Recreation Industry Awards.

Masters Swimming WA congratulates:

2012 Swimming Coach: Pamela Hall from Bunbury

2012 Swimming Official: Ron Gray from Thornlie

MSWA Coaches and Officials were awarded Commendation Certificates from the Department of Sport and Recreation for their ongoing volunteer efforts over the past year:



- Coaching – Elena Nesci (Claremont), Kim Tyler (Fremantle), Katya Anderson (Superfins) and 'Tricia Summerfield (Stadium Snappers)
- Officiating – Sue Pow (Beatty Park), Pamela Walter (Stadium Snappers), Ivan Wingate (Mandurah), Ken Phillips (Mandurah) and Des Seery (Mandurah)

Swim Results

Claremont Short Course State Relay

Snappers, with a team of 17 swimmers, came equal fifth. Every team swam like champions and achieved success in various fields.

Congratulations to Beatty Park who, with 43 swimmers, took home the Groper Award.

Claremont, Fremantle and Mandurah came ahead of Snappers' 5th position. A great day was had by all and we thank Claremont for the efficient, cheerful organisation and hospitality.

Special thanks to the Officials, Snappers among them, who helped the event run so smoothly.

Thanks to Sue and those who put the teams together and to Marg Somes, Jean Beaton and

'Tricia Summerfield who generously timed for us.



Mandurah Live Lighter Club Challenge

13 swimmers, 10 women and 3 men enjoyed the Meet at Mandurah on 23rd June and swam some very good times. The 240+ Mixed Medley Relay, Leon, Merilyn, Eleanor and Bill, won first place and the 280+ Mixed Freestyle, Theresa, Audrey, William and Bill, won 2nd place.

Outstanding swimmers were Leon, Eleanor and Pam with three 1st places, Robyn with two 1sts and a 2nd and Gail and Pat with a 1st and two 2nds. Bill and Theresa won points for 1st, 2nd and 3rd places.

Our overall placing was 5th and with 125 points; we were just two points behind 4th place.

Pamela and Theresa officiated between swims. Mandurah Club lived up to their reputation for hospitality and provided a generous, fresh and nourishing luncheon together with some attractive raffle prizes.

Distance Swims at Balga, Somerset

Snappers Elizabeth, Pamela, Andrea and Theresa swam at these events. Thanks to those clubs for their hospitality.

- **Sun 22 Sept. Snappers to host Live Lighter Club Challenge**

Meet director: Anne Edmondson. Hampers are being prepared for the raffle so please be generous with your donations. Thanks to those who are assisting in the preparation.

- **Wed 9.30am Coaching**

To attract new members, the Club is running a Wednesday morning session from 9.30-10.30. This has run successfully through August and will continue through September. The Challenge Stadium crèche is open mornings only, so this is an ideal time for parents of young children to swim. 'Tricia Summerfield is providing the programs and pool deck coaching; all are welcome to join.

- **Swimathon update**

Motor Neurone Disease Association received a donation of \$1978 from Snappers. Thank you to the eight energetic swimmers and their generous Swimathon sponsors.

Goggle saw

Sign at public pool in Cairns:

This pool is operating under low patronage guidelines.

There is no roving lifeguard on duty. For emergency assistance please see staff.

Social Events

Croquet Meet

13 August 2013

Twelve Snappers had a great day playing croquet on Tuesday, 13th August. The weather was perfect, with a cloudy sky but dry and comfortable for play. All Snappers played, together with one friend, while Elizabeth was the official score keeper.

Six teams of two players played three games each, all at the same time. The day was won by the team of Bill Woodhouse and Pat Sugars, followed, with only one point difference, by Don Lane and Audrey Wren.

Thanks go to Elizabeth for collecting people's scores and to Basil and Robyn, the Croquet Club members who helped us and demonstrated the technique of the strokes.

A very nice afternoon tea was served after the play, and small prizes presented to the winners and runners-up. Perhaps we can look forward to the event next year.

Thanks to Pat Sugars for organizing the Croquet event.

Bowls Day is on Sunday 27 October and usually a day enjoyed by many. Deirdre will be providing the details.

Awards: Improves Like Fine Wine Award (ILFWA)

- May: Brian Downing was awarded the *Improved Like Fine Wine Award* for his return to improved swimming. Well done Brian.
- June: Pamela Walter was awarded the ILFWA for being an Age Group Winner at the States Masters Swim. Congratulations Pam.



SuperSnapper Award

After nearly twenty years of encouragement and acknowledgement the ILFWA has been retired and a new award, the SuperSnapper Award, takes its place. Winners will be acknowledged with a certificate.

SuperSnapper for June: Wayne Davies for his PB in the 1500 Free in the Snappers 1500 Distance Meet. Wayne also achieved a PB in the 800 Free on the way through. A clearly delighted Wayne, with tongue in cheek, thanked the committee, timekeepers, supportive coaches, dedicated colleagues in the night swimming squad and his family, for making his win possible! Well done.



SuperSnapper for July: Anne Edmondson who achieved PBs in 800 Back LC, 17 seconds, 400 IM SC, 3.5 seconds, 100 Fly SC, 4 seconds, and 50 Fly SC, 0.2 second. Anne has been working hard at training and it shows in her results. Congratulations Anne.

Council of Clubs Points of Interest

- Fees will remain unchanged for 2014.
- Short Course Nationals will be swum within every four years where possible.
- 2014 States will be Long Course.
- 2015 States will be Short Course before Nationals SC which will be held in Melbourne.

Breaststroke Kick: Notes from Coach Stuart

As a sports physiotherapist and coach, I have always been intrigued by the evolution and challenges presented by breaststroke. I vividly remember as a youngster being amazed seeing a German lady recover her arm cycle over the water instead of through the water. Butterfly breaststroke was invented in 1934 but not allowed for a couple of years then forgotten during the war years. It became a separate event in 1952 and soon after the dolphin kick was invented with the usual historic argument about who was first. Then it was found that you could do the stroke much faster under-water, and if you entered the stadium 10 seconds after the start of a race you could be excused for thinking that there was nobody in the pool. Seconds later a head would pop up and the last close to the 50m end. Swimming officialdom put a stop to that with the rule of one full stroke under-water and the next bringing the head to the surface on starts and turns. The stroke then became narrower and more streamlined before coming almost full circle with the arm recovery being at least part out of the water to surf the wave. When correcting the screw kick performed by the young it was sometimes found that they had an unequal range of hip movement and occasionally an undiagnosed slipped epiphysis (growth centre) was discovered. The latter usually leads to osteoarthritis by the early twenties. In the older swimmer an asymmetrical kick might be because they already have OA of the hip or knee. Assuming healthy joints and the will to improve, the secret to changing neural pathways is FEED-BACK. The swimmer needs to SEE the correct leg cycle as in sitting on the edge of the pool and/or using video. It is also necessary to FEEL the corrected movement. Flexible youngsters can be asked to sit in the 'M' position as they often do anyway. Older adults might find this a bit painful to say the least but may be able to do an 'M' sit on a Fitball, large cushion or on the corner of a bed; a little bounce to feel the pressure on the shin and inside of the feet is the direction of pressure in propulsion. Frog kick on the back will encourage heels to bum rather than knees to tum. Latest research into neural plasticity indicates that we can open up new pathways no matter how old as long as we persevere. However, if you develop pain in your knees or hips seek some specific advice from your physiotherapist.

- Special Welcome to Stuart Gray who is now a 2nd Claim member of Snappers.

Membership Certificates awarded at the Annual Dinner 2013:

| | |
|----------|--------------------------------------|
| 20 years | Marg Watson, Pat Byrne, Gail Parsons |
| 15 years | Ken Bruce and Marilyn Burbidge |
| 10 years | Leon Musca and Pat Sugars |
| 5 years | Brian Downing |



Farewell from Joan Sheppard

It is with sadness that Joan leaves the Snappers in the West for bigger swimming pools in the East:

I have been offered a national role that is Melbourne based - my home town - and have already relocated. I will however be back in Perth regularly. I am very grateful for the friendship that has been offered through the Club and for the support to improve my swimming and reconnect with a sport that was always my passion but took second place to other priorities. I intend to keep swimming and to improve and will try, when finally settled in late October, to connect with another Masters Club. Thank you especially to the night swimming group and the Sunday morning group and whenever I am back in Perth I will endeavor to bring goggles and swimmers along and join you.

FUNKITA SWIMWEAR

Robyn reports that we have been offered an exciting Fundraising opportunity by Australian Swimwear brands Funky Trunks and Funkita. They are offering all of our members 20% off all swimwear, underwear, beachwear and T-shirts on www.funkytrunks.com and www.funkita.com For every purchase made on their websites Snappers will receive 10% of those sales, so the more you buy the more our club can earn.

Our discount code: SNAPPERS2013. It just needs to be applied during the checkout process when ordering from www.funkytrunks.com or www.funkita.com

1. Go to www.funkytrunks.com or www.funkita.com
2. Place items in cart by selecting the required size and then click 'Add to cart'.
4. Enter code SNAPPERS2013 into the promo voucher field and click 'Apply'
5. Once you've finished shopping click 'Continue to your details'
6. Sign in or create an account
7. Continue to your Delivery Address
8. Continue to Shipping
9. Continue to Payment and fill in your details
10. Confirm your order

Overheard during a TV interview on 7.30 Report:

The subject was education, and educating the teachers to locate each child's special talent or interest.

In a class, a teacher saw a 6-year-old child bent over a drawing for about 20 minutes. She bent over the child and asked, 'What are you drawing?'

'I'm drawing a picture of God', the child said.

'But nobody knows what God looks like', said the teacher.

The girl replied, without stopping her drawing, 'They will in a minute!'

Thanks to Pat for this contribution

***Endurance 1000** sheets will be collected and collated at the end of September.

*Thanks to Lillian Hadley who continues to prepare our State Record Certificates.

Holidays and Swims

Queensland

Merilyn and Andrew recently visited Queensland and discovered that an inaugural Open Water Swim is being hosted at Magnetic Island's Alma Bay on 8th September for those who may be in the area.

Magnetic Island lies about 8 km from Townsville. Alma Bay, shown in the photo, is a small, attractive bay with a sandy beach. This year is the first time for the Alma Bay swim but it is to become an annual event. Masters Swimmers are grouped in the 30+ Age Group!

Full Lycra suits are advised for ocean swimming off the Queensland coast from November to March as protection from the nasty box jellyfish stingers but suits are not necessary in September.

If combining the swim with a holiday on Magnetic Island, other attractions are snorkeling in the bays or further afield on the Great Barrier Reef, walking on well-formed bush tracks, taking a boat trip around the island, fishing and many other activities according to your choice and desire.

Check out details at www.bestofmagnetic.com



The Green Trip to Europe

With children and grandchildren living out of Australia Helen and Barry Green enjoy the travel to visit them:

Helen and I left Perth at the end of May and after 2 days break in Kuala Lumpur landed in Paris to stay with friends. The highlight of our sightseeing was the Museum Quai Branly. This is a relatively new museum, 2006, of indigenous cultures and Australia is well represented in the Oceania section. In fact, they were preparing to paint an aboriginal painting on its roof, which it will be possible to see from the Eiffel Tower.

We took a rental car and visited Reims, to see how they put the corks into the champagne bottles, Chablis, to taste the wonderful white Burgundy wine, Vienne, to explore this most interesting of cities just south of Lyons, before ending up not far from the large international fusion energy project, ITER, which is being built about 80 km north-east of Aix-en-Provence. There we met many former colleagues and friends. Before taking the train to London, we spent a couple of days in the southwest at Carcassonne, the mediaeval fortress city, and Albi, home to a museum of one of the city's favorite sons, Henri Toulouse Lautrec.



In England we spent time with our daughter, who lives and works in London, and with our son and his family who live in Oxford. The three children were just finishing the academic year and so we went to the end-of-term activities including sports days! We lived 20 years in Oxford so it was a wonderful chance to see old friends and revisit the area. The weather was unusually hot which we enjoyed but, unfortunately, I had to remain rather silent on Australian sporting prowess as the Lions had just beaten Australia at rugby, 2-1, and the Australian cricketers were not providing a consistently strong opposition to the English side. Swimming was not entirely forgotten on this holiday, but we didn't do enough to be able to slot back in to the Snappers 'fierce' training regime! However we are nearly up to speed now!

Thanks to all our contributors: Geraldine, Robyn, Sue, Merilyn, Pat Sugars, Tricia, Stuart, Barry and to our photographer, Marg Watson. Comments and contributions are welcome. Next items by Oct 20th 2013. Please send material to elliott.theresa@johnxxiii.edu.au