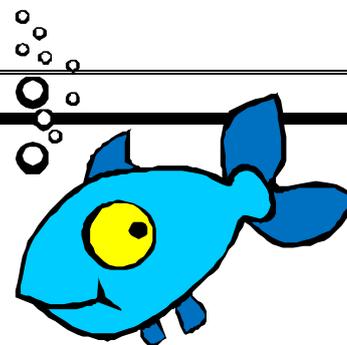


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# SNAPPETS



Stadium Masters Swimming Club Inc

[www.stadiummasters.org.au](http://www.stadiummasters.org.au)

October 2015

## PRESIDENT

Now that the Olympics and Paralympics are over we can get down to some real swimming, inspired by those swimmers who represented our country! Spring is here, the water is fine, and HBF Stadium and Claremont pool lanes await us. Hopefully, more members will take the opportunity to get in the swim!

On September 3 we held a successful club swim in preparation for our LiveLighter Club Challenge on September 18. Unfortunately, I could not be here for the carnival but I know that Meet Directors Peter Lyster and Bill Woodhouse have worked hard to ensure that it, too, is a success.

Club fund-raising has been progressing and the book sale raised \$460.50 for the club. There is a sausage sizzle on October 8 followed by various tri-events at which we can earn money. Please participate in these activities!

I sent to club members two motions regarding fees for 2017, one rescinding the motion approved at the 2016 AGM, which would have raised the club fee component by \$60, and one giving the committee the right to raise this component by "up to \$60." These motions were strongly supported by the 43% who replied and are regarded as approved. In spite of our efforts in fund-raising, and a reduction in the lanes hired, it has been found necessary to raise the 2017 fees, but only by \$35.

The Committee has agreed to these changes in the Bylaws:

- annual accounts are to be audited internally as the Associations Incorporation Act 2015 no longer requires an external audit
- to be able to vote at the AGM a club member must have paid his/her membership fee before the meeting
- Endurance Swim Certificates were previously awarded to a member of the Night Group, and to a member of the Day Group. Now the certificate is awarded to whoever achieves the most points, and if more than one person has the same number of points, then more certificates are awarded
- increases in the registration fees of the state or national Masters Swimming bodies shall be automatically added to the membership fees, without the need for a meeting of members to approve them (this had been approved by a special general meeting in 2010).

Our hard-working recorder/information manager, Anne Edmondson, will be happier now that the club has procured a new version of Meet Manager. The club and Masters Swimming rely heavily on electronic systems, so it is essential to make sure that both the software and the hardware are capable of doing the job.

Barry Green

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## GOGGLE SAW

- an unprecedented high number of swimmers turning up to a training session just after we had reduced the number of lanes hired due to low numbers!
- Coach Stu searching through Lost Property looking for a coat to wear on a wet night when training was outdoors and finding a shapely one designed for a woman. He wore it anyway!
- Geoff Lane, never wanting to miss an opportunity for his beloved Alzheimer's cause, bringing along in his bag a few bottles of his home-made jam to sell – and being successful!



## DIARY ENTRIES FOR OCTOBER AND BEYOND

Date	Event	Time	Venue
Sunday 2 October	Claremont Pre-States Meet Session 1	3:00-4:30pm	HBF Stadium
Friday 7 October	Claremont Pre-States Meet Session 2	7:00-8:00pm	HBF Stadium
Saturday 8 October	Sausage sizzle fundraiser	rostered	Bunnings Claremont
Sat/Sun 15/16 October	MSWA LiveLighter All Club Challenge LC Meet	1:00pm Sat, 9:00am Sun	HBF Stadium
Wednesday 26 October	Committee meeting	6:30pm	Regent Park, Mt Claremont
Saturday 29 October	Club Captains' meeting	1:30pm	Crab Palace
Saturday 5 November	Rottnest Triathlon (volunteers)	TBA	
Sunday 13 November	Lake Leschenaultia OWS	am	Lake Leschenaultia, Chidlow
Wednesday 16 November	Council of Clubs meeting	7:00pm	Dept Sport and Rec



### October

7 <sup>th</sup>	Cas Brown
16 <sup>th</sup>	Madeleine Denness
19 <sup>th</sup>	Hazel Christie
22 <sup>nd</sup>	David Hodby
22 <sup>nd</sup>	Robyn Wilson

### November

1 <sup>st</sup>	Helen Loake
2 <sup>nd</sup>	Barry Green
4 <sup>th</sup>	Ann Ritchie

## WELCOME TO NEW MEMBERS

We warmly welcome our 73<sup>rd</sup> and 74<sup>th</sup> members for this year, Mark Anderson and Raffaele (Raffa) Stellato.

Mark says:

"I have always enjoyed cycling and swimming but have never been a member of a squad and, since I don't run, triathlons were out. Turning 60, combined with working much less, provided the impetus to join Stadium Masters, an easy choice as my wife Helen has been a member for a couple of years. I've been a member at City of Perth SLSC since we moved here 10 years ago and have managed to slip in a few Rotto crossings as a duo, most recently in 2013. I really only do one stroke and at one moderate pace. I'm looking forward to seeing the impact of the discipline and drills, although I already fear any kick drill and watching everyone speed off while I remain stationary (likewise Fly)!"

Raffa swam with the evening group for a few sessions and then went to the Rio Olympics to gain some pointers from the swimmers there! Now he's benefitting from Stuart's dry land and pool drills to improve his freestyle technique. Go Raffa!



## SUPERSNAPPER

Congratulations to Sara Cann for winning the SuperSnapper award for August for improving her times in all three events at the Act-Belong-Commit swimming carnival.

### COACH'S PRIZES

Coach Stuart Gray surprised everyone at afternoon tea yesterday by presenting two awards that he called Coach's Prizes. The lucky recipients of a box of chocolates were Mary Gray for diligently completing all the drills and sets in the program and Marilyn for showing up to four sessions each week, well each week when she's not somewhere else!



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## SWIMMING EVENTS

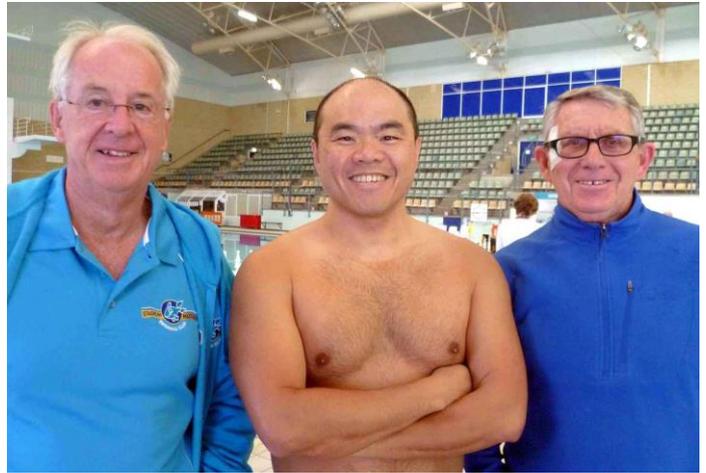
### Club Swim Saturday 3<sup>rd</sup> September

Just eight swimmers entered so heats were full on and the meet finished well before the hour was up! The practice was timely for our Club Challenge two weeks later. Thanks to these people who came to help but didn't swim: Starter Pat Sugars, Chief Timekeeper Elizabeth, Timekeepers Dee and Helen, Marshal Pam (Sara's mum).

### Stadium Masters LiveLighter Club Challenge Sunday 18<sup>th</sup> September

This year we had entries from 125 swimmers representing 12 clubs and were encouraged by the greater than usual interest in our carnival. Except for a delay caused by the starting equipment failing to operate at the beginning of the 50 metre events, the heats ran smoothly, with Claremont leading the points score (230) from Mandurah (156). Our small Stadium Masters team of 13 (4 men, 9 women) finished a creditable fourth (136). Maida Vale scored most points per swimmer. Meet Directors Peter Lyster and Bill Woodhouse are to be congratulated on their careful and comprehensive preparation.

Being limited by the difficulty of finding Butterfly swimmers, we could field only two medley relay teams, one men's and one women's. Both teams were in the



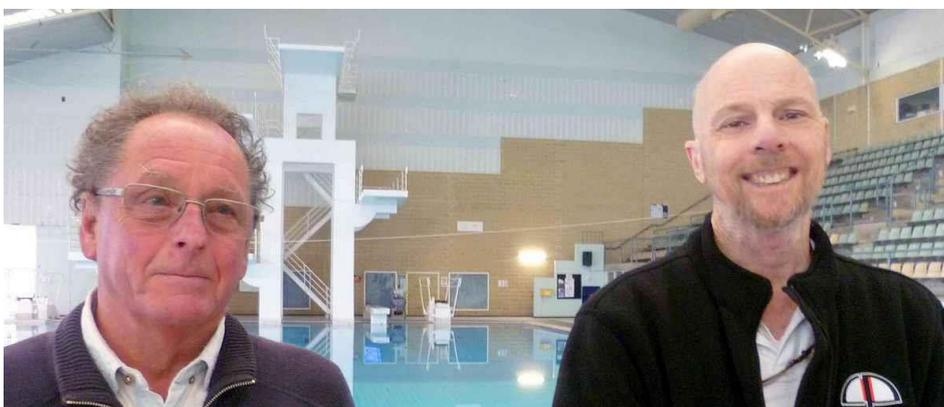
Gun Meet Director Peter Lyster, gun swimmer Beng, gun coach Stuart Gray (under repair)



Experienced marshals Elizabeth, Robyn and Jill



Well-spoken announcers Tricia and Richard



Generous helpers Peter Jones and Graham Wimbridge

240-279 age group and both won! Brilliant breastroker Louise Norris was stoked, achieving three PBs, three first places and swimming for the first time in a relay, and a winning one at that! Mary Gray and Mat Lovelock joined Louise in scoring three first places. And Jackie was ecstatic when she swam under 3:00 for the first time in her 200 Free. Yay!



Some of our team: Pat, Jackie, Louise and William

The well-staffed marshalling team of Elizabeth, Jil, Robyn, Helen Loake, Peter Jones, Peter Downey, Geoff Barnard and Jen and Leisl Petelczyc ensured no hold ups there. Announcers Tricia and Richard kept everyone informed and Anne Edmondson worked well with Julie Stonor in the Recording room. Timekeepers Geoff Lane, Marg Watson, Stuart Gray, Graham Wimbridge and Pam Christie were on the ball all morning.

Our lunch was an impressive banquet and we could safely say that the amount and variety of food meant that everybody went home replete! Helen Green had arranged the catering well ahead. With Marg Somes in charge on the day, Dee, Zee, Ann Ritchie and June Hough kept up the supply in Crab Palace. The raffle, run by Pat Sugars and Marg Watson netted \$327. Our team of non-swimming helpers, gathered from all groups within the club, far outnumbered our team of swimmers and their efforts brought many compliments from visiting clubs. Well done all!



Marg Watson: bag lady, amongst other roles

## COACHING TIPS Stuart Gray

When you train and compete in Masters swimming (according to US Masters) you can learn about champions and about yourself.

Champions **never** say: "It's too late", "It's too hard" or "I can't do it."

Things you learn about yourself:

- You can be more capable than you ever thought imaginable.
- The shared struggle of training can forge bonds that can last a lifetime.
- Fewer things are more satisfying than having a dream, developing a strategy and then achieving it from start to finish.
- How to bounce back from failure.
- Appreciating the value of simple things like training partners who obey pool etiquette and the coach who is always there.
- Like fitness and ability, mental toughness is earned.
- The upsides of mental toughness are practically limitless.

### PRACTISING TURNS AND DIVES

Don't wait until a week before a meet to practise your turns. Make every turn in training the best competition turn you can do.

Start your session with a perfect dive, having first checked that you will inconvenience no one.

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## FUNDRAISING ACTIVITIES



### Garage Sale Barry Green

Our garage was overflowing with books so we decided to bring the sale forward from November to 21<sup>st</sup> August. The venture was a success thanks to members and friends who donated the stock, lent tables and supplied lemon drink and a cake, and the weather gods who held off the rain until late in the day. The \$350.50 taken at the sale swelled to \$465.50 when Elizabeth's Bookshop took some of the unsold titles. A copy of "Fifty Shades of Gray" was NOT one of the unsold titles!

*Ed: We appreciate Barry and Helen's generosity in providing their garage and organising the sale. Well done, Barry, for taking the many remaining items to ParaQuad Industries and Save the Children.*

### Bunnings Sausage Sizzle

Peter Lyster has organised teams of helpers for our sizzle next Saturday 8<sup>th</sup> October outside Bunnings in Claremont. Please drop by and support us by sampling our savoury fare!

### Entertainment Book

It's not too late to buy a copy of the 2016/17 Entertainment Book and add a little more to Club funds. The easiest way to order the book or app is by using this on-line link for our club only [www.entbook.com.au/9x28667](http://www.entbook.com.au/9x28667).

### Triathlon Volunteering

There's a possibility to earn \$50 per volunteer on Saturday 5<sup>th</sup> November at the Rottneest triathlon, with food and a ferry ride thrown in! How good is that? Family and friends are welcome to volunteer as well. Later this year we have the opportunity to receive \$45 for each volunteer course marshal and station attendant that we provide for triathlons on 11<sup>th</sup> December and next year on 15<sup>th</sup> January, 12<sup>th</sup> March and 9<sup>th</sup> April. The tasks are often fun.

Please contact Peter Lyster ([phjl@westnet.com.au](mailto:phjl@westnet.com.au)) about the Entertainment Book and to sign up as a triathlon volunteer email Jackie Egan ([jackie\\_egan@westnet.com.au](mailto:jackie_egan@westnet.com.au)).

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## FROM MASTERS SWIMMING WA Sam Noall

### 2016/17 LiveLighter MSWA Open Water Swims Series Calendar and State Open Water Swim

The calendar is now available online at [mswa.asn.au](http://mswa.asn.au). We have also combined with some of the Swimming WA Open Water events to give you more options for scoring points towards your overall LiveLighter MSWA Open Water Swim Series tally.

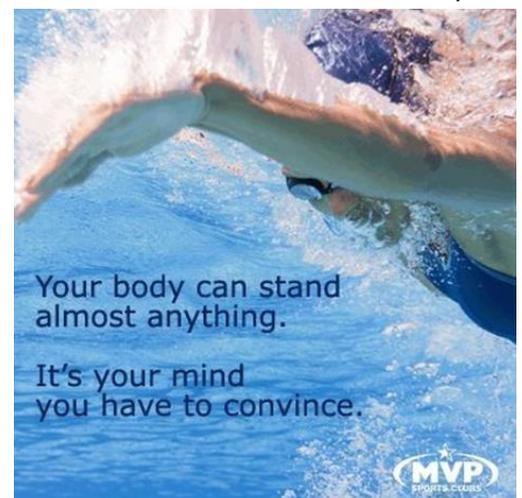
Our LiveLighter State Open Water Swim is getting a revamp! We are looking to invigorate and expand on this event and have decided to combine it with the very popular and successful Fremantle Ports Swim Thru on Saturday 10<sup>th</sup> December. Don't forget to put this in your diary as there will be plenty of options for distances on the day.

### 2017 GOLD COAST NATIONALS 8<sup>th</sup> – 11<sup>th</sup> March 2017

There are only about 22 weeks until the 2017 Masters Swimming Queensland Nationals on the Gold Coast. This is set to be a fantastic event at the Gold Coast Aquatic Centre, Southport. For details go to [www.masterswimmingqld.org.au](http://www.masterswimmingqld.org.au).

### TECHNICAL OFFICIALS

A number of long serving MSWA Technical Officials have retired recently and **we really need more TOs** coming through the ranks to replace them. If you can contribute here please contact [info@mastersswimmingwa.asn.au](mailto:info@mastersswimmingwa.asn.au).



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## BACK PAIN MYTHBUSTERS from the Chartered Society of Physiotherapists

**Myth #1** Moving will make my back pain worse.

**Fact** People fear twisting and bending but it's essential to keep moving. Gradually increase how much you are doing, and stay on the go.

**Myth #2** I should avoid exercise, especially weight training.

**Fact** Back pain should not stop you enjoying exercise or regular activities. In fact studies have found that continuing with these can help you get better sooner – including using light weights where appropriate.

**Myth #3** A scan will show me exactly what is wrong.

**Fact** Sometimes it will, but most often it won't. Also even people without back pain have changes in their spine so scans can cause fear that influences behaviour, making the problem worse.

**Myth #4** Pain equals damage.

**Fact** This was the established view but more recent research has changed our thinking. Modern physio takes a holistic approach that helps people understand why they are in pain.

### GOOD NEWS AND BAD NEWS

#### Good news for coffee drinkers

We have known for decades that caffeine helps to liberate free fatty acids during endurance exercise, but this week's conclusion is that it cuts cancer risk and boosts memory.

#### Bad news for those taking calcium supplements

Calcium supplements are linked to post-stroke dementia in women. Women who took supplements are seven times more likely to develop dementia according to a Swedish study. Discussion with the doctor is necessary but weight-bearing exercise is essential to keep bones strong.

## SOCIAL SNAPPERS NEWS from Marg Watson

The hardy group who meet at Claremont pool has remained constant throughout the winter months. Usually between 6 and 10 gather for about an hour in the water and another hour for coffee afterwards! Monday is still the most popular day, being a mixture of swimming members and social members - a marvellous way to start the



Claremont group wearing their new hoodies: Bill Creswell, William Curtis, Patrick Cooney, Pamela Walter, Marg Watson, Elizabeth Edmondson, Ann Ritchie, June Maher, Geoff Hadley, Lillian Hadley

week. Wednesday and Friday groups are a little smaller, but just as enthusiastic. Marg Somes and Zee Marsland meet with others on a Friday at 2pm at Bold Park. Contact Zee for details on 9387 1957 if you'd like to join them. The epithet for both groups is "KOS" (Keep On Swimming)!

With regard to our recent interclub, our wonderful social members were generous with their pool-time and their catering. Many thanks to Lillian and Geoff Hadley, Brian and Heather Downing, Hazel and John Christie, and Zee Marsland for their catering. And social member Jenny Petelczyc and daughter Leisel who shared marshalling duties, and Geoff Lane who did time-keeping for the whole carnival and declared he had a great time! Well done all!

### ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Barry Green, Marg Watson, Stuart Gray, Mark Anderson and Lillian Hadley for their valued input. The deadline for the next issue is **Friday 4<sup>th</sup> November 2016** and I will be immensely pleased to receive contributions.

Merilyn Burbidge

[mburbidge@westnet.com.au](mailto:mburbidge@westnet.com.au)

## A MUSICAL TREAT

All Saints Uniting Church has a special relationship with the Mowanjum Aboriginal Community near Derby and is very keen to raise money to upgrade playground equipment for primary-aged children. Lillian and Geoff Hadley are members of All Saints and invite everyone to this concert to help advance the church's important project.

# CONCERT & AFTERNOON TEA



**WHEN?**

**2.30PM**

**SUNDAY 30 OCTOBER 2016**

**WHERE?**

**ALL SAINTS FLOREAT UNITING CHURCH  
CNR BERKELEY CRES & KIRKDALE ST  
FLOREAT**

**WHAT?**

*Organ  
Two pianos  
Vocal &  
Violin music*



**WHO?**

*Rachel Brayshaw  
Glenn Coughlan  
Geoff Hadley  
Joseph Lunardi*

**ADMISSION? DONATION BOX AT ENTRY**

### PURPOSE OF THE CONCERT



All money raised will go towards the purchase and upgrade of playground and climbing-net equipment for primary aged children in the Mowanjum Community, which will then form part of an overall upgrade of the Community Centre.

The Centre currently provides no safe energetic activities for children to engage in. The whole project will cost more than \$2,000.00, but once a start has been made the Boab network will be well placed to apply for further funding assistance from the different agencies.

***Come along and enjoy an afternoon of sheer delight!***

Stadium Masters gratefully acknowledges a donation from BGC Concrete

