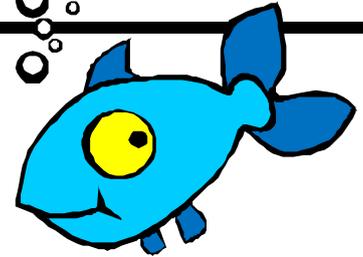


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

November 2018

PRESIDENT

I missed the September issue of *Snappets*, but our trusty editor, Marilyn, supplied some well-chosen words on frogs with the punch line “Never give up”! This is a great exhortation for our personal goals, our swimming performances and as a club.

Thanks to Meet Director, Peter Lyster, and all the helpers who ensured that our 1500 Metre Distance Swim was well hosted. The next challenge is to experience the 2018/19 open-water series in its new community swim format, beginning with the Lake Leschenaultia OWS on 11th November. One more not-to-be-missed date for this year



A tip for the upcoming OWS season: riding piggyback!

is our “Swim for a Reason” on 18th November which Stuart Gray and Ann-Maree Lynch Calnan have organised. The money raised will go to the Australian Alzheimer’s Research Foundation. This is the club’s way of giving back to the community and I hope that all club members will be involved in some way. Endurance 1000 swims are in full swing as people strive to complete their programs before year’s end.

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With summery weather on the horizon, I hope that more club members will attend training sessions. The lanes are hired for you – please use them! The club still needs another coach and is willing to pay training costs. If you feel that this would be a valuable addition to your knowledge base, please contact a member of the committee.

End of year break in lane hire at HBF Stadium

Last 2018 session: Friday 21st December
First 2019 session: Sunday 6th January

Our social members are enjoying life! We are very grateful to this group who in the main were former swimming members and who have retained their interest in the club.

Sadly, our essential fund-raising activities have taken a hit as the triathlon company which paid us to act as volunteers for some of its events has gone out of business. This makes our Bunnings Sausage Sizzle on 2nd December even more important, so please keep the date free to help at Homebase!

Shortly, nomination forms for the 2019 club committee will be sent out, and also a notice of the Annual General Meeting which will be held on a date to be confirmed in January 2019. The idea of making an introductory offer of lower fees to new members has found favour. Lane hire arrangements will remain as they are until the membership situation for 2019 is clear. Club membership is a crucial issue. We wish to retain all members - please re-register on line from 1st December. Of course, we are keen to attract new members. If you have friends or relatives who want to give it a try, bring them along.

See you at the pool
Barry Green

SUPERSNAPPER FOR SEPTEMBER

Congratulations to Chandra for completing more of his Endurance 1000 swims and for his amazing improvement in distances and times compared to last year.



CAPTAIN Pamela Walter

Maida Vale 400/800/1500 Metre SC Distance Swim 6th October

Ann-Maree Lynch 800 Free 15:12.21 (2nd best time ever)

Pamela Walter 1500 Back 31:55.09 (PAB/CR/State Record!)

Club Swim LC 13th October



Hang on a minute Bill!
Let's wait for "Go!"

Ann-Maree says:

"This was a very pleasant swim for 10 swimmers in bright warm sunshine in the 10 lane pool. It was my first time acting as Starter, as became evident at the start of the first 200m which had to be swum again! Audrey and Cas graciously handled the mishap. Fortunately, Cas subsequently demonstrated a natural talent as Starter."



I would like to thank Marg Watson for her great assistance and for her efficiency managing all the forms. Dee Stephenson, Audrey, Chandra and Mat were swimming well, Chandra particularly so. And Mary looked good, too, considering her recent illness."



Marg Watto clearly in charge!

Notable achievements at the Club Swim

Ann-Maree Lynch 100 BR and 200 BR
(both inaugural)

Audrey Bullough 50 FR (Best since 2017)

Chandra Veliath 50 FR (PB by 5 sec); 50 BR (PB by 3.5 sec); 200 BR (PB by 13.5 sec)

Mat Lovelock 50 BU (Best since 2016)

Stadium Masters 1500 Metre LC Distance Swim 21st October

The event was set for outdoors but, with rain forecast, we were lucky to be able to use the indoor pool instead. Only 16 swam which was disappointingly low compared to previous years. This may be due partly to the new State Distance Championships being held at Riverton two weeks after our carnival and partly to holding the event on a Sunday afternoon instead of Saturday. If anybody has any other suggestions, please let Peter know.

Three State 1500 metre records were broken. The hard luck story of the day was second claim member David Hodby's. He broke the State record for the 1500m Backstroke only to see his record broken again very shortly afterward by Richard Fox. But well done, David! Three of our club members swam the event as Freestyle, all performing well: Travis O'Neill (inaugural), Gavin Cull (CR for 800 and 1500!) and Craig Barnard (PB by 2 minutes!).

Support from Club members was outstanding - volunteers outnumbered swimmers! Meet Referee Rowena Burch was very impressed with the standard of timekeeping and how smoothly the event ran. At the last three distance meets there have been all sorts of problems so she was relieved that this one went well. Meet Director Peter Lyster thanks everyone for a sterling effort poolside and later providing afternoon tea. However it was Peter's careful preparation for the event that ensured its success. Thanks Peter!

Fremantle Masters LiveLighter LC Club Challenge 28th October

This last Club Challenge for the year attracted 182 entries from 18 clubs. Stadium Masters' team of 15 finished on a high just 6 points ahead of Melville, coming second to Fremantle.

Fremantle has often been unlucky with the weather for their meets. It has been very cold, the rain horizontal and the wind blowing whiteboards into the pool. Once it was so bad that the carnival had to be moved indoors to the 25 metre pool. Happily this year the weather was fine and warm. The only downer was that there was insufficient time to complete the program and the Freestyle relays were canned. Our 320-359 Medley relay team of Mary Gray, Marg Watson, Stuart Gray and William Curtis was thrilled to win their heat and our 320-359 Freestyle team would have brought home the bacon too. Full marks to Dee Stephenson who had swum a 50 Free in order to qualify for our senior Freestyle relay team and then waited patiently, only to be disappointed when the event didn't happen.

Thanks to Peter Lyster for coming to photograph our swimmers in action and to Pamela for her role as an official.

Notable achievements

Bill Woodhouse	200 FR (PAB/best since 2013)
Barry Green	50 BA (best since 2017)
Jackie Egan	50 (best since 2017)
Cas Brown	50 FR (best since 2017)
Audrey Bullough	50 FR and 50 BA (both best since 2016)
Pamela Walter	200 BA and 50 BA (both best since 2017)
Merilyn Burbidge	50 BR (PAB/CR)
Ann-Maree Lynch	200 FR (PB), 50 FR (missed PB by 0.5 sec)
Mat Lovelock	50 BU and 50 BA (both PB/CR), 50 FR (equal PB/CR)



SWIM FOR A REASON, 9am – 1pm Sunday 18th November Stuart Gray

Our Swim for a Reason is all about club spirit and supporting one of our own. The event to raise funds for Alzheimer's Research, or for the support group Alzheimer's WA, started some years ago in response to wanting to help a club member. History is repeating itself this year and we will have a person in mind when we swim our laps or donate to the fundraising page.

You will have been inspired by the ultimate example of esprit de corps seen during the Invictus Games. The Games have a special meaning to Mary and me as we both served in the Military Medical Services and know the effect of once very fit young people suddenly becoming disabled. Team spirit in the military is paramount for obvious reasons and the rehabilitation given to injured service men and women is impeccable. However ultimately they are medically discharged to miss their mates and maybe feel abandoned by their employer, the government and sometimes society in general. Prince Harry, after watching the Warrior Games in the US, had a genius moment to initiate the Invictus Games. These Games have given a new focus to many injured servicemen and women which has gone on to inspire millions in the world to lift their game and help others to do the same. To quote HRH the Duke of Sussex, Patron of the Invictus Games Foundation:

"These Games have shone a spotlight on the 'unconquerable' character of servicemen and women, their families and the Invictus Spirit. These Games have been about seeing guys sprinting for the finishing line and then turning around to clap the last man in. They have been about team mates choosing to cross the line together, not wanting to come second, but not wanting the other guys to either. These Games have shown the very best of the human spirit".

It is my hope that the Stadium Masters Swim for a Reason will also reveal the very best of human spirit.

Afterthought: Anyone planning to do the Rottnest Channel Swim and looking for incentive or needing a target, why not swim for a reason? If you would like to swim to raise funds for Alzheimer's Research send a line to Amanda Beardmore Amanda.beardmore@alzheimers.com.au and make her day.

DIARY ENTRIES FOR NOVEMBER AND BEYOND

Date	Event	Time	Venue
Sat 3 November	Round 1 Swimming WA OWS	7:30am	Leighton
Sun 4 November	Inaugural 2018 State Distance Championships Long Course 400/800/1500m	EVENT CANCELLED	Riverton Leisureplex
Sun 11 November	Lake Leschenaultia OWS	Rego from 8:00am	Lake Leschenaultia
Wed 14 November	Council of Clubs meeting	6:30pm	Beatty Park Club Room
Sun 18 November	Stadium Masters Swim for a Reason Relay	9:00am – 1:00pm	HBF Stadium
Sat 8 December	Fremantle Ports Swim Thru	Rego from 6:30am	South Beach, Fremantle
Sat 23 December	Perth City 100 x 100s on 100 LC	TBA	Perth College
Sat 19 Jan 2019	Stadium Masters AGM	2:00pm	Crab Palace

COACH'S CORNER Barry Green

In the last two issues of *Snappets* I covered some items that I feel are important for swimmers attending training sessions. Here I continue the explanation of what I, as a coach, am trying to do.

The programs prepared for each session should take into account upcoming events: are swimmers preparing for sprints, medium distance, long distance or open water? Because of the spread of age and ability it is usually necessary to write two programs, one for each lane. Nevertheless, within a lane there is also a range of skills and some swimmers have to self-monitor what they can cope with, while taking care not to obstruct others. Remember, it is not necessarily the distance you swim in a session that counts, it is how well you swim the sets.

In general, each program consists of a warm-up, drills, a main set, and a cool-down. Quite often there will be “toys” for the drills such as fins, hand-paddles and pull buoys. Although the club has a supply of these in the cage, it is better for swimmers to have their own equipment which suits them best. One of the advantages of swimming is that it doesn't require a lot of expensive equipment. Depending on your aims, one training session per week is not enough! No “pain”, no gain!

BIRTHDAYS

Happy birthday to those members born in November! You may be excited, delighted or neither of the above to know that you share your birthday with other notable people, mostly of good repute.



November	Birthday person	Born on the same date
2 nd	Barry Green	Mahatma Gandhi, pacifist and spiritual leader
4 th	Ann Ritchie	Tony Abbott, budgie smuggler
23 rd	Lesley Murphy	Ludwig Leichhardt, explorer and naturalist
26 th	Ann-Maree Lynch	Hillary Clinton, politician and US First Lady
29 th	Helen Green	Louisa May Alcott, American novelist

GOGGLE SAW

- Richard Diggins making an appearance at afternoon tea after a long break and winning the \$10 raffle! Good luck to him though as he's still recovering from a bout of shingles.
- Marilyn sweating through four hours of a memory study at Australian Alzheimer's Research, then rushing to swimming to do some Endurance 1000 timekeeping. Simultaneously she “started” the two watches by pressing the left hand buttons and was flummoxed when the watches failed to record! Luckily the swimmer, Pamela, saw the funny side and was happy to start again.



ENDURANCE 1000 FILES

Please make sure your Endurance 1000 file is in the cage by **Friday 16th November** for me to upload your times. There will still be a further four or so weeks left in the year for you to record the last of your swims.

Thanks,
Peter Lyster, Assistant Recorder

FROM MASTERS SWIMMING WA

Win a FREE membership for 2019 campaign

All members who bring a friend to your club for a trial and who joins as new member before 31st December 2018 will be eligible to go into the draw to win their full membership fees for 2019 refunded by MSWA. In addition, the new member will win a FREE Vorgee Swim Pack. To be eligible, the friend MUST be a new member. The winning entry will be drawn on Tuesday 15th January 2019.



Fees Update 2019

Fees for 2019 will remain the same as for 2018:

12-month membership	National component \$42; MSWA component \$38
16-month membership for new members	National component \$51; MSWA component \$49

MSWA New Website under construction

Masters Swimming Australia and all states will be transitioning to new websites in the coming weeks. This will be an exciting new look for MSWA. Please bear with us while we are migrating to the new website as our existing website may not always be kept up to date until we make the move to the new site.

ROYAL LIFE SAVING BRAVERY AWARDS 2018

The Royal Life Saving Society WA held a ceremony at the State Reception Centre in Kings Park on 3rd October to honour people who had taken extraordinary actions to save another person's life. Club member, Helen Loake received a gold medallion.

"Helen Loake provided CPR to a fellow swimmer, Lesley, who had become ill and passed out during a swim training session at HBF Stadium in Mount Claremont. She was supported by lifeguards Roko Sango, Erica Irvine and Chris Hardie who also provided CPR, oxygen and a defibrillator, while ensuring paramedics were quickly called to care for Lesley. The quick response by all involved saved her life."



DORIS KIMBER

We remember with fondness founding member, Doris, who died in September.

Following her retirement from teaching at Floreat Park Primary, Doris joined the Swim to a Healthy Lifestyle program run by Glad McGough in 1991. At the conclusion of the program, participants were asked why they wanted to continue swimming. Doris's reason was that she wanted "to keep her bones strong". Swimming regularly on Wednesdays and Fridays, she pursued this goal as a loyal Club member for 20 years.

Although quiet by nature, Doris had an incredible memory for jokes. Occasionally, out of the blue at afternoon tea, she would surprise and amuse everyone by relating a joke, telling it without hesitation and with a very straight face. Here is one of her favourites:

One day a traffic cop pulls over a van and when he walks up to the window he sees ten penguins in the back. The cop asks the man, "Are those your penguins?"

The man says, "Yes, they're my pets."

The cop replies, "You need to take them to the zoo right now!"

So the man agrees and drives off. The next day the cop pulls over the same van and he walks up to the window and sees the ten penguins all wearing sunglasses.

A bit miffed, the cop says to the man, "I thought I told you to take those penguins to the zoo."

The man says, "I did and they had such a good time that today we're going to the beach!"



MELBOURNE CUP LUNCH REMINDER

Marg Watson

Spring means wildflowers in Kings Park, the AFL Grand Final, warmer days and greater enthusiasm for swimming. It also means **The Melbourne Cup!**

As per club tradition, June Maher has booked a table:

at The Roundhouse Tavern, Balcatta
from 11:00am on Tuesday 6th November
costing \$50 for three courses.

Transport: We can arrange car-pooling. Contact me on 9387 5463.

RSVP: To me or June Maher on 9383 4639, **before 30th October!**

Last year about 24 of us enjoyed a really good day out. Hope to see you there this year.



IMPORTANT MESSAGE FROM HBF STADIUM

In order for us to provide a safe environment for all visitors to HBF Stadium, please be aware that as of Wednesday 31st October unattended bags will no longer be permitted in the change rooms of the aquatic centre. Bags can take up valuable space as well as becoming a trip hazard.

When you are in the change rooms showering and changing you may of course have your bag with you. When you leave the change room to participate in an activity at HBF Stadium, you must take your bag with you. Unattended bags may be removed by Stadium staff. Additional chairs have been placed on pool deck for you to store your bag.

Thank you

Judy Bickley

Bookings Officer, HBF Stadium

The rain it raineth on the just
And also on the unjust fella;
But chiefly on the just, because
The unjust hath the just's umbrella.

Charles Bowen



ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Barry Green, Pamela Walter, Marg Watson, Stuart Gray, Peter Lyster, Ann-Maree Lynch, Helen Green and Jackie Egan for their contributions to this issue of *Snappets*. The deadline for the last issue for the year is **Friday 7th December**.

Merilyn Burbidge

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