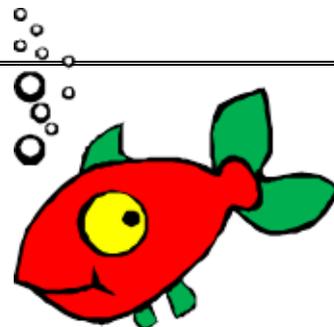


# SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

December 2019



## PRESIDENT

Another year has almost gone, we know not where. However we're very happy to have welcomed some keen new members during that year.

I would like to pay a special tribute to our coaches. Early in the year we lost the services of two coaches, Stuart and Mat. Tom Brown helped out until he went on his annual walk-about and then Barry took up the load coaching up to four sessions some weeks. 'Tricia, our

most experienced coach, looks after Wednesday mornings. Her sessions draw the biggest numbers including some swimmers from other clubs. Very enthusiastic new coaches, Bill and Mark, are working through their training, doing a great job and should gain their accreditation in 2020. We are backing up the coaching with professional clinics from Elena Nesci. A huge thank you to all.

A lot of people contribute to the smooth running of the club. My thanks to the members of the Management Committee: Barry, Pamela, Bill and Jackie. Jackie has decided to resign as Secretary, having done a very professional job for seven years. Thanks also to all the support "staff": Chandra, Elizabeth, Gavin, Marg, Tania and a special thank you to Merilyn who edits these newsletters.

The year has ended on a very sad note with the passing of Helen Green. Helen was a lovely warm lady with a great laugh and a love of life. She made a terrific contribution to the club over many years. You can read more on the next page.

Have a great Christmas and a wonderful New Year.

See you in the pool,  
Peter Lyster

## RE-REGISTRATION FOR 2020

Membership fees are due by 31<sup>st</sup> December. To renew, go to Masters Swimming WA at <https://mswa.asn.au>, click on "Membership", then "Re-registration" and follow the prompts.

**Despite an increase in the MSWA levy, our fees have not increased.**

## AGM AND MUCH MORE

The date of the 2020 AGM has had to be changed. As we already had a club swim booked for 1<sup>st</sup> February, we have decided to hold both activities at Bold Park, and add a BBQ to complete the occasion.

Here's the plan:

- |                |                                 |
|----------------|---------------------------------|
| 1:00pm         | Warm up in public lanes         |
| 1:30 to 2:30pm | Club Swim with extra fun        |
| 3:00pm         | AGM                             |
| 3:30pm approx  | Bring your own food to barbecue |

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## END OF YEAR BREAK IN LANE HIRE AT HBF STADIUM

Last session for 2019: Sunday 22<sup>nd</sup> December; First session for 2020: Sunday 5<sup>th</sup> January



## HELEN GREEN

We were all shocked and deeply saddened to learn that Helen had suffered a burst aneurysm on 3<sup>rd</sup> December, a few days after her 75<sup>th</sup> birthday, and could not be saved. It was typical of Helen’s generous nature that she had previously stipulated that, in such a circumstance, her organs were to be donated to others to improve their quality of life.

With Barry, Helen joined our club in 2007. From that time she has remained a staunch supporter of the club and was especially valuable in arranging and catering for social occasions. Poised, elegant, polite and ever thoughtful of the needs of others, Helen was the ultimate hostess, making sure everyone had the best chance to enjoy themselves. She served on the Management Committee as Social Organiser from 2015 to 2017 and continued unofficially for two years after that.

At the beginning of 2015, the newly-elected members of the Management Committee were asked to provide, for *Snappets*, three statements about themselves, two of which were true and one which may or may not be true. Here are Helen’s statements with a note about their veracity:



1. I sang "Little Wooden Head", from Pinocchio, on a radio show (*True, as a child in the 1950s*).
2. I did a Cordon Bleu cookery course. (*False. Helen was a super cook and didn't need to take the course*).
3. I was a magistrate (*True, when the Greens were living in Oxford, UK*).

Helen had a natural ability with languages and was fluent in Serbo-Croat, Italian, English, French, German and Japanese. She learned German by watching and listening to TV news reports. This was a great skill to have as it meant that, in the far flung countries where Barry was employed, she quickly set about learning the language so that she could engage in a meaningful way in the community.

As a swimmer, Helen was very reliable. She didn’t enjoy competition and it wasn’t always easy to persuade her to enter events but, to help the club, she usually succumbed and performed very well.

We will remember Helen’s bright company and extend our warmest wishes to Barry and his family.

Interestingly, these lines referring to the puppet, Pinocchio, from “Little Wooden Head” that Helen sang to a wide audience all those years ago reflect her cheerful approach to life:

*“Little wooden head go play your part and “In a weary world you do your share  
Bring a little joy to every heart” Spreading laughter everywhere”.*



## DIARY ENTRIES FOR JANUARY AND BEYOND

<b>Date</b>	<b>Event</b>	<b>Time</b>	<b>Venue</b>
Saturday 4 January	Perth City LC 100s	TBA	TBA
Sunday 19 January	WOW Swims #4 Swim Thru Perth	TBA	Matilda Bay, Swan River
Sunday 26 January	WOW Swims #5 Australia Day	TBA	Doddi's Beach, Mandurah
Saturday 1 February	Club Swim	Warm-up 1:00pm	Bold Park Aquatic Centre
Saturday 1 February	Stadium Masters AGM	3:00pm	Bold Park Aquatic Centre
Saturday 1 February	Club Barbecue	3:30pm	Bold Park Aquatic Centre
Sunday 16 February	Newman Churchlands LC LiveLighter Club Challenge	morning	Newman College
Saturday 22 February	Rottnest Channel Swim	5:45am	Cottesloe Beach

## CAPTAIN Pamela Walter

To give yourself the best chance of your times being listed in the State and National Top Ten, follow the instructions on the Best Times sheet that I sent on 23<sup>rd</sup> November. Email the completed sheet to Recorder Chandra Veliath at [veliath7779@gmail.com](mailto:veliath7779@gmail.com) or leave it in the cage by 22<sup>nd</sup> December. Chandra will submit your times and you'll be surprised to see how often your name comes up!



## OUTCOMES OF MANAGEMENT COMMITTEE MEETING 25<sup>TH</sup> NOVEMBER Peter Lyster

Apologies: Pamela in India and Pakistan.

1. Discussion on the Management Committee and support positions for 2020. Jackie has confirmed she will not stand for Secretary.
2. Agreed to increase the Committee by one position for 2020. Needs a resolution at the AGM.
3. Barry submitted a draft budget showing a break even for 2020.
4. Discussion on a new website; Peter is preparing a brief. Tania Gregg has indicated she would like to be the webmaster.
5. Fees for 2020. Agreed no change; Jackie to set up in Sports TG ready for members to re-join from 1<sup>st</sup> December.

## NOTES FROM THE COUNCIL OF CLUBS MEETING 27<sup>TH</sup> NOVEMBER Peter Lyster

1. The MSWA office is moving to HBF Stadium in January, where there is an office close to the dive pool.
2. Membership in WA has increased slightly despite it being the year after the Nationals were held in Perth. Numbers were expected to fall in 2019 but some clubs had good increases, especially Bold Park up 42%.
3. New part time staffer Samantha Parrotte has just started.
4. Sophie Rowe, the Executive Officer, is now an accredited "Member Protection Information Officer". If anyone ever has a complaint against a club they can go to her for advice on how to proceed.
5. The owner of Fuel4Sport gave a short presentation. This company makes a sports drink for which they make great claims, including that it eliminates cramp completely! MSWA is arranging to distribute the product. More info shortly.



## FROM ASSISTANT RECORDER Bill Woodhouse

Here are our Endurance 1000 points up to 11<sup>th</sup> December 2019. Well done on a huge increase of more than 2300 points since the last count at the end of August! Please leave your E 1000 file in the cage by 22<sup>nd</sup> December if you still have swims to complete.

Merilyn Burbidge	855	Dale Wilcox	260	Brett Jago	13
Cas Brown	851	Jackie Egan	161	William Curtis	10
Audrey Bullough	570	Sara Cann	135	Sophie Wilkinson	8
Pamela Walter	513	Chandra Veliath	82	Gavin Cull	5
Bill Woodhouse	330	Barry Green	55	Graham Wimbridge	3
'Tricia Summerfield	304	Peter Lyster	30		
<b>Club Total</b>					<b>4185</b>



## GOGGLE SAW



- Sophie and Sara showing the medals they won in swimming at the Special Olympics WA State Games in Rockingham. Hooray!
- Marilyn going as a timekeeper to the Eastern Hills Club Challenge to observe how the 4 x 50m and 4 x 25m **Slowest** Freestyle Relays advertised on the flyer were conducted, only to be disappointed when the relays turned out to be just the same as they've always been and the fastest teams won!
- Masters Swimming WA Referee of very long standing, Ron Gray, caught wearing a watch in a swim at Belmont Masters. He claimed he wore it on purpose to stir them up!
- The Greens' garage sale raising \$200 for the club. Many thanks.
- Elizabeth swimming in the warm Fiona Stanley Hospital hydrotherapy pool after her shoulder surgery in September.

- Anne Edmondson rewriting a Wednesday program on the whiteboard because, the first time she wrote it, it was upside down.

## AND HEARD

- Peter telling Anne that she should have left the program as it was – perhaps to keep the swimmers alert? In any case the swimmers loved the program.

## OPEN WATER SWIM SCENE

### WOW Swim #1 Lake Swim, Lake Leschenaultia, 10<sup>th</sup> November

	Event	Age Group	Time	Age Group place
Pamela Walter	1.6km	65-69	36:48	1!

Pamela was our only representative this year. Her manager, Graeme Walter, notes:

*The water was a comfortable temperature and the weather, too, after yesterday's scorcher. Although Pamela's time was slower than nominated she was quite happy. Stuart was behind her which surprised her. To me there has been a drop off in numbers over the last 3 years or so. Too expensive?*



## SUPERSNAPPER

Peter Lyster has won a SuperSnapper award for finally completing a 50 metre butterfly swim, and in a decent time.

Peter was also a member of a Cottesloe Crabs relay team which broke a national record in the Australian Winter Swimming Association Championships which were held in Perth this year.

## DECEMBER

Peter Downey 29<sup>th</sup>

## JANUARY

Zee Marsland 2<sup>nd</sup>

Bill Woodhouse 7<sup>th</sup>

Peter Lyster 17<sup>th</sup>

Pat Sugars 22<sup>nd</sup>

Mark Anderson 27<sup>th</sup>



*I'm at an age when my back goes out more than I do.*

Phyllis Diller

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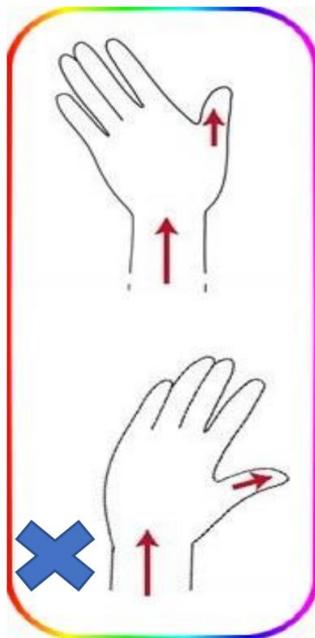
## VISIT TO THE AUSTRALIAN ALZHEIMER'S RESEARCH FOUNDATION Barry Green

On 28<sup>th</sup> November, five club members visited the Verdun Street, Nedlands offices of the Foundation. We took part in a Question and Answer session while enjoying morning tea. The subject of discussion was dementia, of which 70% is caused by Alzheimer's disease. Some interesting facts emerged:

- 250 Australians are diagnosed with dementia every day
- in Australia dementia is the second leading cause of death
- it is the leading cause of death in women.

The Foundation, in collaboration with other research organisations in Australia and overseas, conducts research from observational, preventive and treatment perspectives. We have been invited to participate in the research by being involved in studies - a testosterone study for men, a sleep study and a drug trial. I can provide more information to anyone interested.

Currently no cure exists for Alzheimer's. The disease starts slowly and can take 15 to 20 years before diagnosis. Five simple lifestyle choices can reduce the risk of developing dementia: eat well, move your body, stay social, sleep well and challenge your brain! It was a very worthwhile visit.



### TECHNIQUE TIP: Thumbs Forward Drill from Mark Anderson

This is a simple freestyle drill that:

- promotes correct forward arm alignment;
- stops your entry arm crossing-over your centreline;
- assists arm extension and glide; and
- helps initiate the catch from a position of strength.

On dry land, the arm is not normally involved when we point our fingers at something, but when swimming the goal is to obtain good forward arm alignment (hand-wrist-elbow-shoulder) on water entry.

Good alignment is helped by pointing forward with your thumbs - not fingers. This cocks your hand outwards and makes the wrist and elbow stay straight and in line with the shoulder and stops any tendency to overreach across the centreline. Your fingers are pitched outward and form a good paddle to help initiate a firm catch. Try it on dry land – see the difference.

As your arm enters the water and extends forward, point in the direction you are going with your thumb. Reach to full extension by pushing your elbow and wrist in a straight line. The alignment is - shoulder, the inside of your elbow, and your thumb all line up

straight ahead. You should feel as if you are gliding directly towards your destination and also feel more of a handle on the water and the length of your stroke increase as you access more power.

Try this initially with a pull buoy so you can concentrate on arm entry and extension. As your arm enters the water, pitch your fingertips and palm downward, your thumb slightly lower than your little finger. Remember to keep your fingers slightly lower than your wrist, and the wrist slightly lower than elbow. This is the setup for the Catch and Early Vertical Forearm, but more of that another time.

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## BREASTSTROKE WITH ELENA NESCI 16<sup>TH</sup>/30<sup>TH</sup> OCTOBER Barry Green and Pamela Walter

Breaststroke is the least streamlined and most inefficient stroke but don't let that deter you!

**The body position** is long and flat at the beginning of the stroke with eyes down at 45°, pelvis tucked under and glutes tight enough to hold a \$50 note! The rules of breaststroke demand that all movements are symmetrical. The left and right arm strokes are simultaneous as are the left and right kicks. The chin and chest should retain the same relative position throughout. Imagine a grapefruit tucked under the chin – if the chin lifts the grapefruit will fall out!

**Timing** is of prime importance. Mantra: arms, breathe, kick, glide.

**Kick:** In other strokes the arms are dominant e.g. freestyle 80%, but in breaststroke the leg propulsion is about 50%!

- Hip flexor mobility is the key. An exercise to switch on the hip flexors is to kneel on one knee with the other knee bent and the foot planted in front, pelvis tucked under. By leaning forward, the hip on the kneeling leg will be stretched. Hold the position, with glutes tight, for 60 sec and repeat.

- The kneecaps are directed down and the toes should be outside the line of the ankles and knees, not a natural movement.
- The kick is initiated by drawing the heels to the buttocks while keeping the upper legs in line with the torso. The bottoms of the feet as well as the ankles and inside calves should catch and grip the water.
- For maximum power, a smooth arc in the motion of the feet is optimal with no pause until the legs come together for the glide. At the end of the kick, the ankles should be together and high, near the surface of the water.

### Kick drills

1. With elbows resting on the edge of the pool and body vertical, keep hips and knees in contact with the wall while kicking the heels out and around explosively so that the body rises up the wall.
2. While holding a kickboard, body horizontal, face in the water and eyes looking down, kick as in 1, keeping knees narrowly spaced.
3. With a kickboard, practise 50 metres of breathe, kick, glide.
4. Repeat without a kickboard, adding a quick, short scull before the breathe-kick-glide sequence.

### Arm action

This begins at the end of the glide. The hands are cupped to scull outward and down, keeping elbows high in the water and hands inside the line of the elbows, to make a shape around a big ball. As the hands come together, thumbs up, near the surface of the water and pushing forward as if over a barrel, the body should rise. This initiates undulation which continues as the body drops at the start of the next pull. The arms should accelerate through the stroke with no pause. When the elbows are high, the armpits are open and the lats are free to do the work. A good example of “advanced” breaststroke is “Go swim breaststroke with Amanda Beard” on YouTube.

**Sculling** is important for all strokes as it teaches the swimmer how to make best use of the hands.

### Sculling drills

1. Sit on a kickboard, keep the upper arms still and move cupped hands and lower arms in and out in a figure of eight.
2. Scull rapidly to create whirlpools above the hands.
3. Alter the sculling motion slightly to move forward and then backward.
4. Discard the kickboard and lie face down, core switched on and hips high in the water. First make a sculling motion around a tennis ball, then a basketball and finally a beach ball.

### Whole stroke drills

1. Separate the hands, breathe, complete the arm stroke and pause in the “canoe” position, arms extended and head down, before the kick.
2. Augment the glide following the kick by counting 1 hippopotamus, 2 hippopotamus, 3 hippopotamus to build strength and endurance for long distance.
3. Reduce the glide a little by counting 1 monkey, 2 monkey, 3 monkey.
4. Reduce the glide even more by counting 1 cat, 2 cat, 3 cat to use when sprinting.
5. Build over 50 metres, using a long glide for the first third of the distance, a medium glide for the next third and a short glide for the last third.

## SOCIAL

In mid-October, Ma and Pa Wood Duck hatched *eleven* very cute offspring and we've watched their progress each Monday and Wednesday since then. On arrival at the pool, our first thought was to check how many were left, relieved that the aggressive and nasty ravens hadn't succeeded! Now the ducklings are fledged and we are missing them. They were perfect co-habitants of the pool and its surrounds!



Mary Gray and our new friends



Spring also heralds the Melbourne Cup. After about thirteen years of enjoying the hospitality of June Maher, and her family who run the "Round House" tavern, this year was to be the last as the building is due for demolition and re-development. So, in a relaxed and familiar environment 21 Snappers and friends enjoyed the race, the lunch and the thrill of a Snappers Super Sweep!

Zee won first place \$50, Stuart scored second place \$40 and Elizabeth third with \$30.

### CHRISTMAS WIND-UP Pamela Walter

Over 50 Snappers and associates came to the Christmas Wind-Up at The Herdy on Sunday 8<sup>th</sup> December. It was lovely to see founding member Hazel Christie and close-to-founding member Zee Marsland. People were appropriately, and some outlandishly, decked out in Christmas regalia.

The food and service were excellent so the venue is looking good for next year, too. There was a continual buzz as people chatted, ate and enjoyed other's company. Pamela presented fun awards in the form of ties and bowties to every swimming member as well as those from other clubs who had helped at our carnival. At the end of the evening Peter proposed a toast to Helen Green and everyone responded in memory of a lovely person.

Awards went to:

- The many seniors who made up our successful 320+ and 280+ teams at the Golden Groper Relays



Sara and Sophie (again!) looking terrific in Christmas elf costumes. They nearly bought out the Reject Shop at Innaloo!



That's a smoking gun on Brett's tie!

- The marshalling team, including some Claremont members, at our Club Challenge
- Richard - a Mega Award for being the Announcer at our Club Challenge
- Our coaches - bow ties as thanks for guiding our training during the year
- Jackie - FF Award for swimming in frozen fiords
- Sophie and Bill - Butterfly Specialist's Awards which came with the warning "You know what this means ..."
- Debra for being picked out to demonstrate her fine breaststroke at Elena's clinic
- Chandra - Boxing Kangaroo Award for bringing his boxing gloves to training instead of his fins
- Louise - Devil May Care Award for appearing in casual pose on our pull-up banner
- Several AWOL Awards for people absent for large chunks of time
- Brett - Fastest Gun in the West Award for having the fastest reaction time off the blocks in the club

- Graham - a very skinny tie to make his shoulders look wider like Arnie Schwarzenegger's
- Marg Smithson - On Time Award for swimming while wearing her big, bold, white watch, which stood out like a beacon to the officials at the meet.

Three men die in a car accident on Christmas Eve. They all find themselves at the Pearly Gates waiting to enter heaven. Before being admitted they must present something relating to or associated with Christmas. The first man searches his pockets and finds some mistletoe, so he is allowed in. The second presents a Christmas cracker, so he is also allowed in. The third pulls out a pair of stockings. Confused at this last gesture, St Peter asks, "How do these represent Christmas?" The man quickly answers, "They're Carol's."



### ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Peter Lyster, Barry Green, Pamela Walter, Marg Watson, Bill Woodhouse, Mark Anderson, Elizabeth Edmondson and Graeme Walter for their contributions to this issue of *Snappets* and to everyone who sent me their offerings through the year. The deadline for the first issue for 2020 is **Friday 31<sup>st</sup> January** and I look forward to receiving your items.

All the very best for a happy Christmas and great swimming next year,

Merilyn

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