

# SWIMMERS NEWS

## National 2014 Championships—Rockhampton



### Dates

23—26 April  
Pool events

Southside Memorial Pool, Rockhampton is the venue of the National 2014 Championships.

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### 27 April Open Water Swim Yeppoon

The entries to the National Championships 2014 open on Monday, 2 December.

All the information is available on the [MSQ website](#):



### Special points of interest:

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Edited and compiled by Helga Ward



The shirts are a great quality shirt for \$30.00 each. The picnic bag is \$27.00. Order your merchandise early and book your ticket for the Presentation Dinner.

The forms are on the website on the [Entry & Merchandise](#) page  
Entries will be sent to: [recorder@mastersswimmingqld.org.au](mailto:recorder@mastersswimmingqld.org.au)



## The President's Report

I have been able to attend Atherton, Long Tan, Muddies, Rocky Crocs and Ipswich swim meets in recent months. The Atherton and Long Tan meets attracted only small numbers and those in Rockhampton and Cairns just over 52 swimmers. However, everyone who was there enjoyed themselves, especially me. All meets attracted a number of guest swimmers, which is a good sign and the cheer squad for the lone Aqualicious swimmer at Ipswich was good too.

A number of people have mentioned the declining numbers at swim meets but I have also heard, through our regional vice presidents, of the great things that are being done at club level. I have found attending swim meets a great way to talk to people about what is going on around the state, whether it's Brisbane Southside members going to Japan, Ipswich swimmers at Heron Island, Far Northern swimmers in Lake Barrine, Central swimmers doing the ocean swim at Yeppoon or Miami Masters chasing records. As time marches on I also find myself discussing the ageing process but I find doing a few laps is helping keep it at bay.

The MSQ Board held its 'face to face' meeting in Brisbane on 15<sup>th</sup> and 16<sup>th</sup> of November 2013 to consider our current arrangements and plans for the future. Thanks to Brian Davis for organising the meeting venue. The Board has been trying hard to implement programs to develop more coaches and technical officials, develop information systems and ways of maintaining services to clubs and members.

Stan Pearson, John Feddersen and I attended the Caribee Rocky Crocs swim meet and their ocean swim to review arrangements for the 2014 National Swim in Rockhampton (pool and open water swim). All elements seem to be progressing well with some more training and checks required on the electronic timing. The 25m pool construction is well underway with completion timed for March 2014. Information is being made available on the web site and merchandise and dinner bookings can be made in advance so that you don't miss out. There is a wide range of accommodation available in Rocky but don't leave it too late.

At the Spring General meeting of the Masters Swimming Australia Board and National Delegates, a Members Protection Policy was approved. The policy and procedures must be followed at National, State and Club level and provides information to office holders and members on MSA position statements, codes of behavior and how to handle complaints. There is a requirement for complaints to be dealt with at the operating level of the complaint, therefore every club and branch must appoint Member Protection Information Officers (MPIOs) to manage complaints and allegations.

The Policy is on the Masters Swimming Australia website.  
Wishing you all a Merry Christmas. See you in Rocky next year.



**Thank you to the Holy Spirit,  
Sandgate Rd, Boondall, for providing  
the Board members with a fabulous  
venue for their two-day Face to Face  
meeting. Thank you to Brian Davis  
for organising this venue**



## Gladstone Gropers Proved that they are the Big Fish in the Pool

At the recent Central Queensland Swim Meet in the new 50 metre pool in Rockhampton, the Gladstone team performed very well resulting in wins in the various age groups. Louise Elliot, 20 set a new State record for the 50 metre butterfly event.

The swim meet was a trial performance for the National titles which are being held in Rockhampton during the ANZAC weekend next year. The last time a National titles in the Central Queensland area was held was in Gladstone during 2000.

Club President Rod Porteous commented, "The increased training effort during October to increase swimming stamina has paid off". Gold went to Don Jones, Louise Elliot, Joan Green, Trudy Zussino, Colin Chapman, Richard Furness, Rod Porteous, and Alison Green. Silver awards went to Fran Moroney, and Brent Westguard. Bronze awards went to John Feddersen and Jamie-Leigh Absdom.

An ocean swim was conducted on the following day at Yeppoon. The Gladstone team also did well in the event. For a number of swimmers it was their first time at doing such a swim.

While some members of the Club are interested in swimming competitions or ocean swims, most members are interested in swimming for a health benefit. Club President Rod Porteous said the benefits of regular exercise are well known.

The Club caters for a wide variety of interests as well as a wide range of age groups. The Club times are Tuesday and Thursday nights and Sunday mornings at the John Dahl pool during the summer season.

A number of swimmers do longer distance swims on a Wednesday and Saturday mornings

*Below: 20 year old Louise (Ellie) Elliott and 79 year old Don Jones, share a passion for swimming. Hopefully both will be competing in Rockhampton next year.*



## Louise Elliott—My Swimming

My first experience with water (a cold bath) involved a lot of screaming...thankfully as I progressed through toddlerhood and my early primary years this original encounter did not deter my natural love of the water. By the time I reached primary school, I was a very confident young swimmer. It was on a school coach's advice that my mother and father, Suzanne and Wayne, first signed me up for Bellbowrie Swimming Club and got me into some proper stroke classes. By year 3, I was doing very well within the club having competed and shown huge potential in a number of local carnivals.



With this in mind, Wayne decided it was time to get serious by taking me to John Carew Swimming School,

which would become my family and a huge part of my life for the next 8 years. Beginning in stroke correction with Mrs Carew, I quickly progressed through tadpoles and junior squad while continuing to race for Bellbowrie. It was during this time I became vice captain of the club and also became the club champion in 2004! Competitively I was gaining momentum; becoming a regular at local and state carnivals particularly in my pet events, the 100m and 200m breaststroke. As I gained experience and speed, I also got the opportunity to move into John Carew's senior Squad with Mr Carew, Shaun Rohagen and some of swimming's great names including Libby Lenton. I entered high school in 2006 and became comfortable amongst the senior squad. I had also transferred to the John Carew Swimming Club with many fond memories of the wonderful Bellbowrie families and



competitors. Swimming progressed naturally from there as I continued competing nationally, where I was developing a love for middle and long distance freestyle and the 50m fly.

Tragedy struck in November 2008 when we lost Mr Carew with all of his wonderful support and wisdom. It was not long after this time I moved on from the John Carew club and squad - whose families had become part of my own, to train under my school's head coach ex-Olympian Justin Lemberg. At the end of year 11, I faced another hurdle at high school when I was not selected as the swimming captain despite my 5 years of dedication and swimming achievements. It was thanks to the help of Justin that I bounced



back after this blow, training day and night every week day of my summer holidays to prove to myself and my school that no-one could keep me from doing a sport I'd always enjoyed!



Following the completion of high school, I lost my drive for swimming and didn't believe I would ever return to competition. However, thanks to an amazing squad of positive swimmers, the Gladstone Gropers, I not only have a supportive team and my competitive drive back...I've also rediscovered what it is like to love swimming again. With a new Queensland record under my belt and the 2014 nationals approaching, I am excited about the journey ahead and incredibly thankful for all the support I have received from my family, friends and new team mates. Go Gropers!

## Around the Clubs

by the 4 VPs

**Aqualicious** has returned to training at Centenary Pool and is blossoming once more.

Stuart Black of Aqualicious learnt at his peril what happens when you tell the registrar to 'enter me in whatever for Toowoomba' and then learning on the day he had been nominated for his *favourite* event the 100m Butterfly. Despite moaning and being dreadfully frightened all day he summoned the strength to get onto the blocks, but alas was pipped at the wall by Nic Pirie by 0.01 of a second. Marvellous.

The club sent two swimmers across the ditch to New Zealand to swim in the Auckland Harbour Crossing swim. The conditions were kinder this year with 5 knot winds and estimated 18 degrees water temp (as opposed to the 45knot winds and estimated 14 degrees water temp in 2012!). Trevor Hill swam for the first time and swam really well. Nic Pirie also swam across the harbour this time in the non-wetsuit category finishing in 3<sup>rd</sup> position for his age. A fabulous open water swim thoroughly recommend to all to have a go! Over 1,600 competed on the day.

The club had a lovely send off for head coach Lawrie Fabian in November. He will be truly missed by everyone in the club, but we are sure we will see him again!

### Albany Creek

Four swimmers attended the Ipswich meet. It was very successful for Karina Horton, who broke the 800 breaststroke state record for her age group. Albany Creek's fundraising postal swim, *Strokes for Breast Cancer*, was a huge success. They are appreciative of other clubs who also participated in such a worthy cause.

Unfortunately, due to low numbers, the *Mind Set* seminar had to be postponed til a time in the new year. A new date will be circulated.

Preparations and training are well underway for those from Albany Creek keen to swim well in Rocky!

**Aquajets** postal has just ended. They are awaiting results. Unfortunately, they will not be hosting a postal swim next year.

### Duck Creek

Steady numbers are turning up to club training sessions. Paul and Therese Crollick competed at the NSW Short course State championships in Canberra recently. Therese won three gold and two silver medals and achieved a PB in the 200m backstroke. Paul collected one silver and one bronze. The SCU Ducks are looking for a new coach next year for their Uni squad as current coach, Josh, is moving to Brisbane to pursue

further study. The club has three members competing in Rockhampton next year so far and they hope to get a couple more for a relay team.

**Twin Town's** members enjoy participating in the 'Endurance' swims and notes that it also helps get the metres up for the 'Million Metre' award. They are also very dedicated to keeping up their 'Lane Warrior' sheets.

They have had second thoughts about running a 'Swim meet' in 2014 and have instead opted to run a Postal swim.

Club members attended the Tweed Shire Council's 'Senior's Week' day at Murwillumbah, and 'may have' acquired a couple of recruits. Members often attend the Twin Towns Services Club 'Tivoli' Shows and they went to the Murwillumbah Race track for Melbourne Cup Day.

### Cairns Clams

The Cairns Clams are once again enjoying Sunday morning swims and meeting for coffee afterwards. They are trialling some coffee shops to find the best one in Cairns.

### Whitsunday Masters



8 members competed at the Long Tan Legends' meets on the 19 October. It was a well organised, informal meet and all members had a really great day. It was particularly nice to see some younger swimmers competing and hopefully by now they have become members themselves.

8 - 10 Whitsunday Warriors are planning to compete at the North Mackay Sinkers Meet on 30<sup>th</sup> November.

It seems everyone is busy with work and other activities but most members are still swimming 2 sessions per week. Smoko after training on Sundays is always very relaxing. The Whitsunday Club is planning a Christmas function during December after a training sessions.

## Around the Clubs

continued

**Atherton Mountaineers** have been invigorated, both in and out of the pool.

September saw the start of their "Getting Ready to Train for Masters Swimming" sessions funded by the Department of National Parks, Recreation, Sport and Racing's (DNPRSR) "Get Going" grant. They completed six training sessions, and averaged 11 people per session. Of these, seven participants are new or returning swimmers and are looking to see if Masters Swimming is where they wanted to head.

They held their annual swim meet on September 21, a special occasion, as it also celebrated their 25 years as a club. Twenty five people competed, with swimmers coming from Cairns, Mareeba and Townsville. The vast majority thoroughly enjoyed the day. Sunday 26 September saw their post-meet recovery swim at Lake Eacham. Again the swimming conditions were perfect and the relaxed bacon and eggs breakfast that followed made an ideal start to the day.



### Noosa

Club training sessions headed by coach, Jan, have been solid, filling 5 lanes; two mornings every week, and two weekly aerobic sessions, accumulating points in the process, thanks to Marcia.

Socially, monthly breakfasts continue to be popular, and a Melbourne Cup luncheon at Vivian's mansion was a day to remember.

Noosa continued to support the Noosa Triathlon, providing volunteers over 4 days of competition.

Only a few found time to swim at carnivals: Brian Hoepfer, Geoff Lander, Jacky Shields, Dee Mooney, Wendy Ivanusec, Rob Jolly and Bob Morse, all travelled to Maryborough. Brian Hoepfer and Rob Jolly travelled to Ipswich, whilst Nic swam several PBs at Toowoomba.

Several members caught the "travel bug". Brian

and Joan visited family in UK, Bob and Wendy friends, Tom and Marlene (who annually visit the club in Noosa) in Vichy, France before spending valuable family time at Lucerne, Switzerland, with their son, daughter-in-law and baby, Sophie. Gillian and Ken took an extended trip to Canada and USA, Jackie and Geoff chose a cruise, Japan, Vietnam and Singapore and Wendy and Ivan a trip with a difference, visiting outlying villages on the Indonesian Island of Bali.

Happy to indulge in the beauty of Australia's centre, Ian and Julie Robinson travelled in their "Mudda Trukka" along the off-road tracks from Adelaide to Noosa via Alice.

Preparations are well under way for Noosa's large contingent of swimmers to compete next April in the State & Nationals in Rockhampton.

### Nudgee

Nudgee would like to thank Deanne for 'flying the flag' for the club at the Toowoomba Swim Meet and congratulate her for winning overall best for her age on the day.

Six swimmers, one 'manager' and three support crew flew to Hamilton Island on Saturday, 16th November to compete in the Hamilton Island Open Water Swim on Whitehaven Beach.

The six swimmers debated whether or not to use stinger suits and all had a laugh at Shelley trying to put her suit on prior to the race. In the end all Nudgee swimmers went without the suits & there were no problems.

All their 'girls' did Nudgee proud as the going was extremely tough after the turn for home with a strong outgoing tide. Kathy Dawney placed 3rd for her age in the 750 metre open and Jacqui Harvey 3rd in the 'anything goes' category. The weather was kind with no rain until the tropical storm in the evening, but that did not dampen the spirits of Nudgee.

### Miami Masters

In the last month, three new members, Sue and Peter Bailey and Ross Ferguson joined QMM.

Peter Mitchell won his age group, 60-64. A great result and congratulations!

The *Aussie Masters Games* were held in Geelong at the beginning of the month. QMM was represented by Margie Flttock and Brian Davis. Margie won 5 gold individual medals in the 70-74 age group and she and Brian were in 2 composite mixed relay teams.

These were the 280+ mixed medley, silver and 280+ mixed freestyle, gold. Brian won 5 gold and 2 silver in the individual 70-74 age group and was part of composite men's 280+ relay medley and freestyle relay teams which both

## Around the Clubs

continued

won gold.

Last Saturday's training session at Miami contributed 440 Endurance points to the Club. Well done to everyone who participated, and special thanks to the members who were time keeping! Judging from the comments post swim - everyone appeared to enjoy the challenge and thought the exercise should be repeated!

Special mention must go to Sue, Peter, Rob and Geoff who had not previously done a 30 minute continuous swim AND without fins. During that time other members of the club came and swam and their points were a total of 523. So all in all a very good result.

Alan Grant decided to swim all of his long distance Endurance swims on the same day - that being yesterday. He started at 6 a.m. and finished at 5 p.m. - a great effort indeed. During that time he swam 19,850 metres and earned 630 points for himself and the Miami club. Well done Alan!

Thanks to all concerned, particularly the time-keepers.

### Long Tan Legends (Townsville)

*Carnival:* A very successful carnival was held by the club on the 19th of October. They had 45 swimmers, with quite a number of those being guest swimmers trying their first carnival in many years. Interest in joining Masters is high from several of the guest swimmers, and they hope to have a few new members signed up. Thanks to all MSQ members who travelled from Whitsunday, Cairns and Mareeba for the event. They hope everyone enjoyed the afternoon.

### *Commonwealth Games Queens Baton:*

Our very own Ahlanna Hayes, (Townsville Sports Person of the Year 2013) had the honour and privilege to carry the Queen's Baton on its recent visit to Townsville. She conveyed it for several hundred metres along the Strand before handing it on to the next runner. There was a note in it from the Queen, but she resisted the temptation to have a peek. It was a big few weeks for her; she competed in the Queensland Open Water titles on the 26th of October at Kawana Waters. Her time for the 5km was outstanding, and she is aiming for the 10km next year. Her next major competition is the Worlds in Canada in 2014.

Go Ahlanna!

*Canada bound:* We will be temporarily losing one of our members for a year. Helen Rainnie is off to the wilds of Canada on a teacher exchange program for 2014. Leaving the tropical north in

December for the snow of the Canadian Prairies will be a bit of a shock. Good luck Helen, safe travels!

**Sunshine Coast:** The club sent 4 swimmers to the Toowoomba swim meet and Derek did his usual great officiating role. A number of PBs were achieved and medals for all 4! The club has held a number of social events over the last few months which were thoroughly enjoyed by all.

**Ipswich** recently held their swim meet.

This is one of the few events that provide the opportunity to attempt State, National or indeed World Masters' records in 400m, 800m and 4 x 100m relay events. They had entries from four Albany Creek swimmers as well as from Miami, Redlands Bayside and Brisbane Southside and a few other clubs. Because of the favourable costs' situation, with regard to sponsorships, the event could proceed even with quite small numbers.

**Cairns Mudcrabs** held a 'Come and Try' day on 13<sup>th</sup> Oct for swimmers wanting to try open water for the first time. This event was made possible by the 'Get Going' grant obtained earlier and the kayaks, radios, buoys also from the grant were put to good use. Each 'newbie' was accompanied by an experienced buddy swimmer throughout. This proved to be a very worthwhile day with many of the participants now attending Muddies' training sessions and becoming members.

Cairns Mudcrabs were recently awarded a grant by the Queensland Government and the *Gambling Community Benefit Committee* for the purchase of a trailer to transport their ever growing open water equipment to various venues. Muddies is very grateful to the Gambling Committee Benefit Fund for this grant - life will be so much easier now!

Muddies' Annual Short Course Meet on 9<sup>th</sup> Nov was well attended with Thelma Bryan breaking the State record for 100m back in the 80 - 84 years age group. Many thanks to Gaby Donnelly and all who helped with timekeeping which ensured the events were not delayed.

The following day, 10<sup>th</sup> November, a social swim was held at Lake Barrine and swimmers came from far and wide to enjoy the ambience and beautiful clear waters of the lake. Muddies' new buoys, kayaks & radios etc. were put into practice and another part of the learning curve

## Around the Clubs

continued

was conquered! Saturday 16<sup>th</sup> November Muddies held an Open Water Coaches Course which was presented by Graeme Carroll from NSW. The mango trees are absolutely laden this year and they are waiting to be given the date for their mango picking session – once picked, washed and polished they are then sold to raise club funds.

Cairns Mudcrabs' Christmas Break lunch is being provided by the club on 8<sup>th</sup> December at Woree Pool --- great excitement with Secret Santa gifts being distributed after the meal. There will be a short break of three weeks before training begins in time for the first meet of 2014.

Cairns Mudcrabs would like to wish all fellow Masters out there a very Happy Christmas and a fun filled, healthy New Year.

### Rum City Masters

Financially the Club is doing quite well, having had a very successful swim meet due to the hard work of their members and visitors from other clubs. The Club is looking at providing signage at their club shed to let people know where they are situated at the pool.

The Club has had strong representations at nearby meets and pleasing results at all meets attended from Rockhampton to Cairns and south to Brisbane. George Green continues to break records at State and National levels in the 70-74 age groups in backstroke.

The committee structure has been strengthened by ensuring that all positions have an additional support person to assist the elected member.

Once a month, a training session with a guest coach working on specific stroke technique and correction is to be held. This will provide members with greater variety of up-to-date ideas from qualified coaches from the wider community. Members have also been invited to attend open water swims with non-masters' community swimmers which could hopefully lead to more of our members attempting these type of events in the future.

### Hervey Bay

The Club successfully changed a number of position holders at the recent AGM and all positions have been filled.

The Central Region Shield competition between Rockhampton, Gladstone, Hervey Bay and Maryborough was won by Hervey Bay.

Congratulations to the competing clubs!

Membership is increasing following recent joining and the transfers of swimmers from other clubs. Overall, the Hervey Bay Club is operating well.

### Maryborough

The Club is gaining strength following the flooding of the pool complex earlier in the year. Attendance at various swim meets has been good. The Club organised the Maryborough Masters Games short course swim meet which was successful.

### Caribee Rocky Crocs

The Club successfully held its Annual Swim Meet on 2<sup>nd</sup> November at the new 50 metre pool. This meet was a practice run for the National titles which is to be held during the Anzac week in 2014. The following day (3<sup>rd</sup> November) an Ocean Water Swim was conducted along the Yeppoon beach. This event saw a number of people who had not tackled such an event before. The ocean conditions were good and suitable for first timers. Caribee Rocky Crocs are taking an active role on the organising committee of the National titles.

### Gladstone Gropers

Gropers were successful with a Grant application under the Gladstone Regional Council's Club Development Program. The grant will allow for training and development of their coaches at the annual ASCTA conference.

The Club continues to attract new members who replace others who have left Gladstone or become inactive for various reasons. The Club has approximately 60 active members.

Participation levels during the week (Tuesday and Thursday nights) have dropped off in comparison to last year. Attendance levels on a Sunday morning are approximately the same level as last year. Attendance numbers vary according to the weather conditions at the outdoor pool. The Club Executive is looking at ways to improve the situation.

Club members are looking forward to their annual Christmas party and End of Year awards' night to be held on the 6<sup>th</sup> December. The evening is always a very social night.

The Club had a strong team at the Caribee Rocky Crocs swim meet recently with their youngest swimmer, Louise Elliott achieving a new Queensland record for 50 metre butterfly.

## Goodbye and Good Swimming to Jon



On a glorious Brisbane winter's day, Brisbane Northside (QBN) members got together to farewell Jon and Kathy Rysdon. There were speeches, lots of photos, lots of hugs and a few tears. Jon and Kathy have left Brisbane after 5 years of living here and 5 years of a close association with QBN. They have gone home to Chicago for Jon's next work assignment.

Jon has been a regular entrant in many local, State and National swimming meets and is likely to be known by many people in Masters Swimming

Jon's swimming form has been exceptional. He has broken record after record in the last few years. Club president Richard Sargent read out all Jon's current records and it became clear that Jon now holds all the National and State records in backstroke from 100m to 1500m and also the State records for 50m backstroke and 100m butterfly. When asked his secret, Jon said 'lots of practice'.

Jon has been an enthusiastic and friendly member of QBN. He told us that he likes that swimming is a great way of meeting people who have nothing to do with his work. Wherever Jon goes, he likes to connect with swimmers.

Kathy's contribution to the club has also been remarkable. As well as supporting Jon in his efforts, Kathy has helped at the annual swim meet, brought baked goodies to club meetings and generally delighted everyone with her sunny personality. Kathy graciously thanked everyone for being a 'family away from home'.

We wish Jon success in competing in swimming in the USA and we wish Jon and Kathy all the best in their next phase of life.



*Grant, Jon and Kathy*

## Strokes for Breast Cancer



QAC (left) nominated to host a Postal Swim, which supported the National Breast Cancer Foundation. They were well supported by 10 Masters' clubs for this swim. Sunshine Coast, Hervey Bay, Redlands, Twin Towns, Cairns Muddies, Miami, Gladstone Gropers, Ipswich and Cairns Sea Eagles and 32 of their own members at Albany Creek and 125 in total.

The Nudgee club donated money.

Hervey Bay (right) replaced their normal training Sunday with this swim.



Paul Crowley managed to power along for 3700m in the hour...and some of their newer swimmers swam continuous 400ms for the hour.

Above: Twin Towns and right Redlands Bayside

QAC set a target of \$1,500.00 but to date they've collected \$2,800. Well done to all clubs that supported this wonderful initiative and hopefully other clubs will consider supporting a worthy cause!



## The Healthy Pineapple



The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today.

It is a multiple fruit. One pineapple is actually made up of dozens of individual floweret that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower.

Pineapples almost stop ripening the minute they are picked. No special way of storing them will help ripen them further. Colour is relatively unimportant in determining ripeness. Choose your pineapple by smell. If

it smells fresh, tropical and sweet, it will be a good fruit.

The more scales on the pineapple, the sweeter and juicier the taste.

After you cut off the top, you can plant it. It should grow much like a sweet potato will.

This delicious fruit is not only sweet and tropical; it also offers many benefits to our health. Pineapple is a remarkable fruit.

We find it enjoyable because of its lush, sweet and exotic flavour, but it may also be one of the most healthy foods available today. If we take a more detailed look at it, we will find that pineapple is valuable for **easing indigestion, arthritis or sinusitis.** The juice has an anthelmintic effect; it helps get rid of intestinal worms.

Pineapple is high in **manganese**, a mineral that is critical to **development of strong bones and connective tissue.** A cup of fresh pineapple will give you nearly 75% of the recommended daily amount.

It is particularly helpful to **older adults, whose bones tend to become brittle with age.**

**Bromelain, a proteolytic enzyme, is the key to pineapple's value.** Proteolytic means "breaks down protein", which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently.

Bromelain is also considered an effective anti-inflammatory.

Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief.

In Germany, bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.

Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your diet. It is commonly used in Europe as a post-operative measure to cut mucous after certain sinus and throat operations.

Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies.

Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.

An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts first thing in the morning often make a difference.

It's also good for a healthier mouth. The fresh juice discourages plaque growth.

## Coaching Corner: Take Your Mark

Mark Erickson

Only 5 months until the State and National Championships in Rockhampton? Committed to the idea? Motivated your club members to train and compete? Have you booked your accommodation yet? ... well the good news is - there is still time (even if you have a break over the festive season!)

Here is another programme you can include in your schedule. Please feel free to modify it accordingly - times and rest cycles are only examples. Please feel free to use fins.

Level/Distance	1200 - 1500m	2150m	2750m
Warm Up	6 x 50m (25m Free, 25m Form) with 15 - 20 sec rest  4 x 50m Free Kick (fins optional) on 1.15 - 1.30	8 x 50m (25m Free, 25m Form) with 10 - 15 sec rest  6 x 50m Free Kick on 1.30	10 x 50m (25m Free, 25m Form) on 1 min  8 x 50m Free Kick on 1.15
Main	200m Free on 6 - 8 min 2 x 100m Free on 3- 4 min 4 x 50m on 1.30 - 2 min  Optional: 8 x 25m on 45 - 1 min	300m on 8 min  2 x 150m on 4 min  3 x 100m on 2.30  6 x 50m on 1.15 - 1.20	400m Free on 8min (aiming for 6 min) 2 x 200m Free on 4 min (aiming for 2.55) 4 x 100m Free on 2 min(aiming for 1.25) 8 x 50m on 1min (aiming for 40 sec)
Cool Down	8 - 10 x 25m Free on 1.15 gradually getting slower each 25m (adding 2 to 3 sec each 25m swum)	10 x 25m on 50 sec - 1 min Gradually getting slower each 25m (eg adding 2 or 3 sec each 25m)	10 x 25m on 45 sec Swim 1 <sup>st</sup> 25m on 15 s Swim 2 <sup>nd</sup> 25m on 17s Swim 3 <sup>rd</sup> 25m on 19s Swim 4 <sup>th</sup> 25m on 21 s Swim 5 <sup>th</sup> 25m on 23s Swim 6 <sup>th</sup> 25m on 25s Swim 7 <sup>th</sup> 25m on 27s Swim 8 <sup>th</sup> 25m on 29 s Swim 9 <sup>th</sup> 25m on 31 s Swim 10 <sup>th</sup> 25m on 33 s

## From the Newspapers in Regional Qld



Ipswich Masters' members at Heron Island for the long distance swim.



Right) Whitsunday swimmers at the Long Tan Legends swim meet, where they came second as a team.



Formerly from Rockhampton, Rachael Keogh, from Albany Creek swam at the Caribee swim meet. The event was held at the venue for the National Championships 2014 in Rockhampton

*Season's Greetings to all our members and enjoy a safe and happy festive season!*



### This and That

- ⇒ **Entries to the National Championships open on Monday, 2 December.**
- ⇒ MSQ will be hosting the Pan Pacific Masters Games from the 6—8 November (pool) and on the 9 November the Open Water Swim.
- ⇒ Muddies has been successful in obtaining a grant from the Office of Liquor and Gaming Regulation for \$7010 to purchase a trailer for transporting kayaks and OW equipment. This will make life much easier! QCN)  
They have 4 kayaks, buoys, radios and all the paraphernalia to go with it. Prior to that they were reliant on Muddies' members. The trailer should be finished and ready by the end of Nov- in time for a Dec OW swim. Life will be so much easier!
- ⇒ Members travelling to the World Masters Games in Montreal, Canada, will be able to purchase some merchandise to represent Masters Swimming Australia. More information to follow.
- ⇒ The MSQ website will have a new look before Christmas.
- ⇒ Have you noticed our new logo?



## Guide to Swimmers—Rule Changes

Listed below are a number of rule changes that come into effect in Masters Swimming on 1 January 2014.

The full rules are at [www.mastersswimming.org.au](http://www.mastersswimming.org.au) see SWIMMING RULES October 2013.

### **From 1 January 2014 you may be disqualified unless you adopt these changes.**

Swimmers wanting to attempt FINA World records please see FINA Masters rule MSW 5.3.

Do not wear any removable jewellery especially watches. Medic alert bracelets are permissible. [SW10.8M]

Do not wear any adhesive taping without prior approval from the **Meet Referee**. It will help if you have with you a letter from your doctor or physiotherapist. [SW10.8M]

If there is a 200m Butterfly event and a 200m Freestyle for your age at the same swim meet and you elect to swim Butterfly in the 200M Freestyle event, **your time will only be recorded as Freestyle**. Your time will not be recorded on the Results Portal as Butterfly for Top 10 or records. It will be recorded as a Freestyle time.

If the only 400m event available is a 400m Freestyle, you may **mark your entry** to swim any of the four form strokes. This is so that arrangements can be made to record your swim. [SW 10.17M] and to ensure the relevant swim rules for that form stroke are adhered to.

At the start of your race you **must be ready to swim, when the referee blows the long whistle** to step onto the front of the starting platform or enter the water.

If you step into position and then put on a cap or goggles you will be disqualified. [SW4.6M]

In Backstroke you **cannot be completely submerged at the finish** of your race. Some part of your body, e.g. a foot must be visible above the surface of the water. [SW 6.3]

When starting your turn in Backstroke if you roll over to do a tumble turn you must do an **immediate** arm stroke, i.e. you **cannot glide** then stroke. [SW 6.4] "Double arm backstrokers who turn onto breast without tumbling must touch the wall with some part of the body (or they may grab the top of the wall). If they roll onto the breast to turn they must not glide."

In both Breaststroke and Butterfly when touching the end wall to turn or finish, your hands must touch at the same time and **they must be separated**. They cannot be overlapping or touching one another. [SW 7.6 and SW 8.4]

In both Breaststroke and Butterfly when turning you may use any action between the touch (see previous) and pushing off on the breast, [SW7.2 and SW8.1] i.e. you may do a tumble turn.

### **If you swim Butterfly events doing a breaststroke kick**

1. You must take only one breaststroke kick underwater prior to your first arm pull [SW8.3M]  
You can take as many butterfly kicks as you can, provided your head breaks the surface by the 15m mark.
2. You must take only one breaststroke kick per butterfly arm stroke in all events except the 400m and 800m Butterfly. You are allowed one kick (not 2 kicks) per arm stroke in the 400m and 800m Individual Medleys. This is because the butterfly leg of the Individual Medley is only 100m in the 400M Individual medley and 200m on the 800m Individual Medley.  
You can take a single breaststroke kick before each turn or at the finish without doing an arm stroke. [SW8.3.1M]
3. In the 400m and 800m Butterfly events, you can take two breaststroke kicks to each Butterfly arm stroke and you can take two kicks before each turn or at the finish without doing an arm stroke.

## UPCOMING MSQ INTERCLUB SWIM MEETS 2014

⇒	19 January	River City	Short C	Brisbane
⇒	1—9 February	New Zealand MG		
⇒	1 Feb—31 March	Twin Towns	Postal	
⇒	15 February	Mareeba	Long c	Mareeba
⇒	22 February	Gladstone	Short C	Gladstone
⇒	8 March	Miami	Long C	Miami, Gold Coast
⇒	15 March	Hervey Bay	Long C	Hervey Bay
⇒	22 March	Atherton	LC	Atherton



**Pool:**  
Rockhampton  
23—26 April

**OWS:**  
Yeppoon  
27 April

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