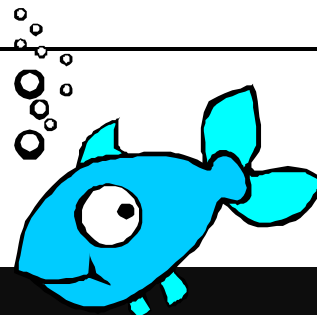


SNAPPETS



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

PRESIDENT'S JOTTINGS

The year has once again come to an end and as we advance in age the years seem to go faster!!!

It has been a quiet six weeks since our last newsletter with no Club Challenges. Those doing their Endurance 1000 swims are endeavouring to complete them. It will be a change of training routine for those competing in Open Water Swims.

Re-registration is now available online. Those without computers could enlist the assistance of a relative or friend but you will need to use your own credit card.

I look forward to seeing you all at the ANNUAL GENERAL MEETING at St Cecilia's Hall, Grantham Street Floreat on Wednesday 29 January at 7pm.

I take this opportunity to wish all members a very happy and healthy Christmas and look forward to seeing you all in the pool in the New Year.
Geraldine Klug, President

Annual Club Award Winners 2013



Lynda Joachim Award for Female Club Champion: **Eleanor Parsons**
Runner Up: **Pamela Walter**

Kevin Wren Award for Male Club Champion:
Barry Green Runner Up: **Bill Woodhouse**



President's Award: 'Tricia Summerfield



Participation Award: Sue Shilling



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Founders Award for commitment to and improvement of swimming over the year: Winner: **Andrea Morton** Runner Up: **Anne Edmondson**



Cliffe Webb Award for outstanding performance at MSWA State Swim and Snappers Live Lighter Club Challenge.
Joint Winners:
Anne Edmondson and Theresa Elliott



Congratulations to all our award winners, to the runners-up, and to all who participated in any way.



Bill with Audrey Wren



Pamela

Birthdays

January

- 1 Mark Etherton-Beer
- 2 Zelda Marsland
- 7 Bill Woodhouse
- 8 Jil Mogyorosy
- 8 Andrea Morton
- 22 Pat Sugars
- 27 Alan Earnshaw

February

- 1 Jean Beaton
- 4 Deirdre Stephenson
- 21 William Curtis
- 25 Audrey Bullough

March

- 6 Pamela Walter
- 14 Nomai Jago
- 21 Anne Edmondson, Richard Ingleby
- 21 Sue Shilling
- 23 Geoff Barnard
- 26 Jenny Petelczyc
- 27 Trudy Vandewerdt



Congratulations to:

Bill on his 70th

Jil on her 60th

Jean on her 80th

Diary Entries

Date	Event	Time	Venue
Mon 23 Dec	Lane Hire ceases	All week	Challenge
Mon 6 Jan 2014	Lane Hire recommences	All Week	Challenge
Sun 19 Jan	OWS SWP	7.30 am check-in	Matilda Bay
Wed 29 Jan	AGM	7pm	St Cecilia's Hall, Floreat
Sun 26 Jan	OWS Australia Day	6.30 am check-in	Scarborough
Sun 16 Feb	OWS	7.30 am check-in	Mandurah
Mon 17 Feb	Committee	7pm	Regent Park
Sat 22 Feb	Rottneest Channel Swim	5.45am	Cottesloe
Sun 23 Feb	Beach Picnic	8.30am	City Beach
Sun 9 Mar	OWS Jetty to Jetty	8am Briefing	Coogee
Sun 9 Mar	Volunteers for Tadpoles	6am	Challenge Stadium
Sat 22 Mar	OWS States	7.30am check-in	Coogee
Sat 19 Apr	OWS	8am start	Albany Harbour
Sun 20 Apr	OWS	10am start	Denmark
23-26 Apr	Nationals	Weekend	Rockhampton Qld
26-27 Apr	WA Masters Games	Weekend	Albany WA
24-25 May	WA Masters Swim	Weekend	tba
2015	Nationals	Weekend	Hobart, Tasmania

Swim Results

Open Water Swims



Lake Leschenaultia Sun 10 Nov 2013

Warm and sunny was the forecast, and the water was mild with plenty of depth. 68 women and 75 men completed the 1.6km course, after a handful of swimmers swam the 400m course. Snappers and friends enjoyed a picnic lunch as we waited for the results and we were not disappointed. Good times were registered by all with Barry winning a towel for closest to nominated time. Barry and Theresa achieved first place points and Pamela and Andrea won second place points.

Lake Leschenaultia 1.6km

Name	Group	Time	Place	Nearest to Time
Andre Morton	50-54	27:30.98	2	
Pamela Walter	60-64	32:50.03	2	
Theresa Elliott	70-74	33:31.74	1	
Barry Green	70-74	34:26.36	1	Towel prize
David Hodby	70-74	38:30.19	3	

Rottneest Swim Thru 1.6km Sat 7 Dec 2013

Name	Group	Time	Place
Andrea Morton	50-54	26:26	4
Theresa Elliott	70-74	33:33	1
Barry Green	70-74	32:48	3
David Hodby	70-74	36:28	4



The Rottnest Swim Thru was quite challenging with 637 swimmers completing the 1.6km course. We started in five waves and the equal first winners came in at 18:02 minutes. The prizes were generous and the cheque to charity was even more generous. Conditions were pleasantly mild with a southerly breeze increasing as the event proceeded. Snappers swam well and were pleased with their results.

Fremantle Ports Swim Thru 1.6km Sat 14Dec 2013

Fremantle Ports Swim Thru was an enjoyable swim in near perfect conditions. 214 swimmers took part.

- Our team was third across the line.
- Our team won the prize for having the most ladies with the oldest swimmers!!

We donated our two Baking Flour Hampers to St Patrick's Outreach. Well done ladies.



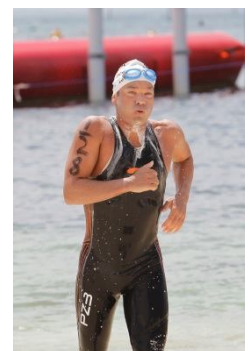
New member Maree with Andrea and Theresa and the prize hampers.



Name	Group	Time	Place
Andrea Morton	50-54	27:22	4
Maree Crouch	50-54	28:25	5
Pamela Walter	60-64	33:59	5
Theresa Elliott	70-74	35:02	2
Merilyn Burbidge	70-74	36:27	3
Stuart Gray	70-74	30:41	2
Barry Green	70-74	34:45	3
David Hodby	70-74	37:53	6

Busselton Ironman 8 December 2013

Leon Musca reports: The Ironman went well, got off to a great start in the swim coming in with the lead group of 5 or 6 swimmers, from a field of over 1500, then a better than expected ride averaging 31km/hr. for 180km, and a cruisy 42.2k run to finish proceedings. Total race time of 11:34. Congratulations Leon.



Rottnest Channel Swim 2014

Preparing:

Solo swimmer: Leon Musca attempting his 5th crossing.

Duo swimmers: Andrea Morton with Briohny Smith (Bold Park), Gail Parsons with friend Erin.

Team Swimmers: Robyn Wilson, Anne Edmondson, Kylie Leaman and Robyn Smith (Bold Park).

SuperSnapper Awards



Congratulations to Andrea Morton who was our SuperSnapper of the month for October 2013.

Andrea competed at the Australian Masters Games in Geelong and won 1 Gold and 4 Silver Medals. Her swims in the 200 and 400 IMs were also State Records.



- From the SuperSnapper Archives:

August: Theresa; September: Eleanor; October: Andrea.

Lillian Hadley MSWA State Records Officer

For many years Lillian has been quietly working behind the scenes producing the certificates not only for Snappers Record Holders but for all Masters Swimming WA Record Holders.

Hips have been a challenge for Lillian this year but she has persisted with the water exercise and is recovering well.

Snappers have appreciated her wise judgment and inclusive friendship.



Pink Triathlon

Eighteen Snappers filled marshalling positions for the Pink Triathlon on 3 November earning a club donation for each position. It was quite an inspiration to watch and one talented Snapper was moved to compose *Click Go the Gears*:

CLICK GO THE GEARS at the Pink Triathlon

Out on the road, alone, the old Snapper stands,
Directing the bikes with her brown, bony hands.
Fixed is her gaze on the women on their wheels.
Glory, she'll be happy when she sees the last one's heels!

Chorus

Click go the gears, girls, click, click, click.
Inner pedal up and you'll corner real slick.
Don't look around; just keep your shoulders down.
Glory, aren't the flies a nuisance in this part of town?

Volunteers are issued with a yellow Hi Viz vest.
Patrick's doesn't meet around his massive, manly chest.
The old Snapper's vest is big enough for two;
They make a swap and finish up with everything tickety-boo.

Hurdles are erected stating ROAD CLOSED on their bars
And at first the road is empty, free of bikes or trucks or cars.
Then up comes a ute with a swag upon its tray:
The driver slept the night in Perry Lakes and got away!



Lycra-covered bodies pass, some slim, some downright gaunt.
Others are more corpulent, with folds of flesh to flaunt.
Some are older; some are young, too young to drive a car.
They all should watch the matron on the purple Malvern Star!

Troubled thoughts are racing through the old Snapper's head:
What if a rider falls and blood is gushing, thick and red?
There isn't any tar-boy near – they left him way outback –
No use singing out to him, "Tar here, Jack!"



The Pink Tri is over now and Snappers get their dosh,
Hand in their vests and line up for their nosh.
What could be better as food for the soul
Than a hot cup of coffee and an egg and bacon roll?

Merilyn Burbidge

Goggle Heard

- Cas has acquired an iPad and will now be able to access our latest Snappets. Well done Cas.
- Stay tuned for the adjusted swim rules: no fiddling with goggles once you are on the block. (See p7)

Christmas Lane Hire 2013-2014

Lane hire is suspended from Monday 23 December and resumes Monday 6 January 2014.

Wishing all our readers, club members and their families peace, joy and every blessing for Christmas and the New Year from the editor and contributors.

Thanks to all our contributors: Geraldine, Tricia, Merilyn, Sue and to our Club photographer, Marg Watson.
Comments and contributions are welcome before 24th Jan 2014
Please send material to elliott.theresa@johnxxiii.edu.au
*Please let us know if your contact details have changed.



SIMPLIFIED GUIDE for SWIMMERS to RULE CHANGES for 2014 YEAR

A number of rule changes will come into effect in Masters Swimming on 1 January 2014.

The full rules are at www.mastersswimming.org.au see SWIMMING RULES October 2013.

From 1 January 2014 you may be disqualified in a competition unless you adopt these changes:

- Do not wear any removable jewellery especially watches. MedicAlert bracelets are OK. [SW10.8M]
- Do not wear any adhesive taping without asking the **Meet Referee's approval**. It will help if you have a letter from your doctor or physiotherapist. [SW10.8M]

When the same distance is listed in a program for a Freestyle event and a form stroke event:

- You may swim any stroke in the Freestyle event but **your time will only be recorded as Freestyle**, i.e. if there is a 200m Butterfly event and you swim Butterfly in the 200m Freestyle your time will not be recorded on the Results Portal as Butterfly for Top 10 or records, only as a Freestyle time.
- Where the only 400m event is a 400m Freestyle you may **mark your entry** to swim any of the four form strokes, so arrangements can be made to record your swim. [SW 10.17M]
- 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, e.g. if you step into position and then begin to put on your 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 must touch or grab the end wall top when they roll over to turn.
- 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 may 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 that 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; this means one kick per stroke in the 400m and 800m Individual Medleys. 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 do 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. [SW 8.3.2M]