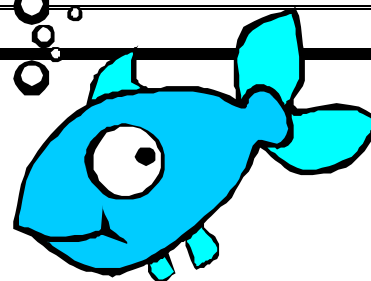


SNAPPETS



Stadium Snappers Masters Swimming Club Inc

www.stadiumsnappers.net.au

May 2014

PRESIDENT'S JOTTINGS

It seems that Autumn has arrived at last, with fresh mornings and at night we can pull up a blanket or a doona.

At our March committee meeting the Recorder stated she rung around nine other Masters clubs to see if they recorded internal best times within Endurance 1000 swims. Not one of these clubs carries out this process. Snappers has recorded internal times over some years and it takes a lot of time to do the necessary manual checking. It was put to committee whether to continue this process and it was passed unanimously to discontinue internal best times.

At our April meeting the committee had a long discussion as to whether to continue keeping club records now that so much is available on the Masters Swimming Australia results portal. In the same survey with other clubs it was revealed that only three keep club records, so it shows that only a minority of clubs do this. An email will be sent out to all members and if you want to put forward an opinion please reply by the due date.

The committee also agreed that:

- Snappers swimming at our 1500 Metre Distance Swim on Saturday June 7th would be given free registration as they all help with timekeeping and bring afternoon tea.
- Second claim members are not eligible to win Snappers Annual Awards. This will be written into the By Laws.

Sue Shilling is doing the Coaches Course at present and that will bring us up to seven coaches in our club: Eleanor, 'Tricia, Gail, Kim, Barry and Stuart. Thank you to all those coaches who give up their time each week to help members improve their fitness in swimming.



The State Championships will be held on Saturday and Sunday May 24th and 25th. Members can enter a maximum of six events and no more than four events on any one day. The cost is \$10.00 registration and \$5.00 per event. This amount is to be paid to the treasurer or assistant treasurer by May 12th. We would like to see a good number of entries although I know a couple of members are away and others have commitments elsewhere.

Geraldine Klug

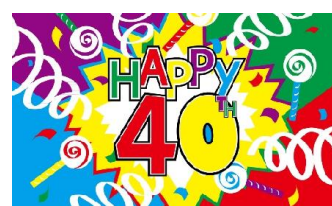
BIRTHDAYS

May

- 4th Beng Hooi Chua (40)
- 7th June Hough
- 19th Richard Diggins
- 27th 'Tricia Summerfield

June

- 8th Margaret Smithson
- 11th John Christie



Happy Birthday to these Snappers, especially Beng on his 40th! Wishing you a warm welcome to the middle ages.

DIARY ENTRIES FOR MAY AND BEYOND

Date	Event	Time	Venue
Saturday 3 May	Thornlie 400/800 SC	12:00 noon	Leisureworld Thornlie
Saturday 10 May	State Champs Preparation Super Clinic	1-4 pm	Challenge Stadium (outdoors)
Saturday 17 May	Narrogin 400/800/1500 SC	12:00 noon	Narrogin Leisure Centre
Monday 19 May	Committee meeting	7 pm	Regent Park
Tuesday 20 May	Council of Clubs	7 pm	Sports Lotteries House
Sat/Sun 24/25 May	WA Masters State Championships LC	10 am / 9 am	Challenge Stadium (indoors)
Saturday 7 June	Snappers 1500 LC Distance Swim	1 pm	Challenge Stadium (outdoors)
Saturday 14 June	Snappers Annual Dinner	7 pm	Ocean Gardens Village
Monday 16 June	Committee meeting	7 pm	Regent Park

CLUB CLOTHING

There are no plans to place an order for Snappers merchandise this year. However, I do have several recycled items available for a small donation to the club:

Navy fleece jackets with full zip: 1 x Medium; 1 x Large
Aqua polo shirts: 1 x Small; 1 x Medium; 1 x XXLarge

Marg Watson

CLUB MEMORABILIA

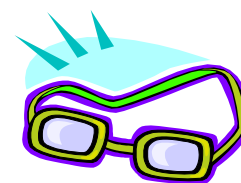
If anyone has photos, news cuttings, leaflets or anything that helps to tell the Club's story, I would be grateful to have them for the Memorabilia Album.

Marg Watson

GOGGLE SAW



- Two teenaged girls, chatting while standing under the showers eating muffins out of paper cases.
- Audrey B wearing her bathers inside out at the Melville Club Challenge. The label was clearly visible and it looked like one of those special FINA approved ones!
- Mary and Stuart Gray in their other life as Bibbulmun Track Maintenance Volunteers.
- Two notable Snappers' achievements: Andrea Morton earned the most points of any female swimmer in Australia participating in Masters events last year in her age group; and in her age group Eleanor scored second on the points scale.



AND HEARD

- Marg Watson (driver) say to June Maher (passenger), when stopped for a random breath test en route to the Melville carnival, "Can you blow, June? I haven't got enough puff."

SUPERSNAPPER AWARD

The Supersnapper award for February goes to Leon Musca. Leon had a fantastic open water swimming season, and highlights in February were a solo crossing to Rottnest, first place in the Busselton Jetty swim in his age group and fourth in the 10 km 'Swim the Swan' event. Congratulations Leon – you need to switch to sprint training now for the states!

Congratulations, too, to Ann-Maree Lynch, who is the Supersnapper for March, for competing in her first meet in 41 years! At the Beatty Park 50 Metre carnival, Ann-Maree finished with two second places and was also in the mixed freestyle relay which took out second place.

MELVILLE LIVELIGHTER CLUB CHALLENGE

On 6th April, 17 Snappers swam in a carnival so well run that the swimming was finished by noon. We came a creditable third behind Melville and Somerset. Outstanding performers were Eleanor, Pamela, Marg Somes and Beng (3 firsts), Kim, Tricia and Pat (2 firsts, 1 second), Dee (1 first, 2 seconds) and Mike (first, second, third).

We fielded three relay teams and Geraldine, Eleanor, Dee and Marilyn scored a Club Record in the Women's 280-319 4x50 Medley.

Thanks to our diligent Timekeepers Helen, June Maher and Marg Watson and our staunch Official, Pamela.



Mark E-B, Beng, Mike and Stuart (age range 26 to 74!) finished second in the Men's 160-199 4x50 Medley relay

FROM MASTERS SWIMMING WA Wendy Holtom

CONGRATS TO OUR PATRON

MSWA's patron Deane Pieters has recently been appointed President of Netball WA and I have passed on our congratulations to him. Deane brings a wealth of sport industry knowledge to the position, in particular his expertise from his involvement on the Major Stadia Taskforce and Westcoast Eagles.

LIVELIGHTER 2014 STATE CHAMPIONSHIPS

The meet program and event flyer for this upcoming event to be held on Saturday and Sunday 24/25th May at Challenge Stadium are on the website. Remember that this is a participation-based swim meet and meant to be fun, not necessarily just for "better" swimmers. A roster will be developed for warm-up and warm-down supervision by the larger Clubs prior to each day and during the meet, after entries are received.

2014 COACH ACCREDITATION COURSES

We have set the date of Saturday 28th June for the next Intro Coach Course (ICC). This will allow time for all 2014 ICC participants to be well underway with their deck-hours prior to the Club Coach Course on Saturday 20th September. Can all Clubs please promote the next Intro Coach Course now to your members who might like to assist your Club with volunteer coaching. We need a few more participants for this course to run. More info on coach accreditation at www.mastersswimming.org.au.

ASIAN MASTERS SERIES

You might have some members who may be interested in participating in the inaugural Asian Masters Series which has its first event in Jakarta on 1st June. See all the information via the link www.inamasters.com/inamseries.

FROM ANDREA AT HOME IN TEXAS

Hello! I've been thinking of all of you a lot lately. I miss you guys terribly! It helps to know it's getting colder there and that I get to enjoy warmer weather here!

My work is rewarding and I am enjoying solving lots of problems but I hate the commute. It's so long and the company expects us to work 9 hours plus lunch; that on top of almost an hour commute each way and you can see it leaves very little time for anything else. I have been trying to swim 5 to 6 days a week but if I go to the 5:30 am practice I can only swim 45 minutes so I can get to work. I would say that although I am swimming so many days I am only swimming half the yards I swam in Perth... about 2600 which is about 2500 meters. But I did come back faster! At my Meet a couple of weeks ago I swam 2 PBs and 3 PABs. Two weeks ago they switched our morning practices to long course. I was glad to swim 50 meters again and I had to swim in the fast lane with the guys because I was way too fast for the other lane!

I just saw the Albany swim results! Congrats to Theresa, Pamela and Marilyn! You can be very proud of yourselves... as I am! How cold was it and did you see Joan of Shark?

Andrea

PROFILE: Lisa Dwyer

It's wonderful to be back into swimming again after a very long lull and it's so nice to see familiar faces.

In 1996 I joined Beatty Park Masters and swam with them for many years. Then we moved to the coast so I joined local Masters clubs. Our two boys started to swim early in the morning and I thought I might as well swim in the public lane rather than go home when I dropped them off. So I stopped swimming with the Masters, but this is when my swimming went backwards and it was frustrating swimming with people doing different things and at different speeds. So I got into land-based exercise and even tried running. After a fair bit of pain and suffering, I've finally realised I'm never going to be a runner but enjoy doing the gym workouts. So now I'm trying to do gym and swimming.

At 52 I'm determined to hold onto my fitness and strength so that I can avoid health-related issues as I get older. That's why I enjoy swimming with the Snappers. We're all like-minded. This inspires me to keep working at my fitness and when I swim I don't have any pain afterwards, like I do when I run!

We as a family joined the City of Perth SLSC in 2002. Our boys were Nippers and my husband, Paul, joined the Pounders, which is a surf ski club for parents. I got my Bronze Medallion and helped out with the Nippers as an Age Manager along with Paul. Now the boys and Paul have left the club but I'm still hanging in there by being in the March Past team. The team is made up of mums and this year was our first year together. We trained hard and have just competed in the Aussies (Australian Surf Lifesaving Championships) held at Scarborough Beach. It's been a wonderful year learning new skills and enjoying the camaraderie of the girls in the team. All going well we'll go to Queensland for the Aussies next year!

I do the books for the business that Paul and I own, but my interest lies in personal training. My aim is to help others achieve their health and fitness goals. It gets me up early in the morning and I've met some lovely people.

Swimming is a wonderful way to keep fit. I'm determined to improve my technique and consequently my speed, then I might get close to the swim fitness level I had back in the day.

Lisa Dwyer



Lisa is standing on the far left. Anne Edmonson is also there! So is prospective Snappers member, Joanna.

MARK ETHERTON-BEER'S OTHER ACTIVITIES

In March, I entered the Family division in the Skilled Corporate Triathlon at Freo with my two boys aged 11. I did the huge(!) 250 metre swim - my first in open water since resuming swimming. It was extremely windy, cold and overcast as we stood on the beach for ages waiting for our turn; I completed my leg in 7:01, but that included a 500 metre run to the transition area. In this, our first team tri together, Josh did the run and Jesse did the cycle. We came third, which was a big thrill for the boys.

Mark Etherton-Beer

FACTS ABOUT THE OCEAN (although the children could be fictitious!)

- The ocean is made up of water and fish. Why the fish don't drown I don't know. (Bobby, age 6)
- If you are surrounded by ocean, you are an island. If you don't have ocean all round you, you are incontinent. (Mike, age 7)
- When ships had sails, they used the trade winds to cross the ocean. Sometimes when the wind didn't blow the sailors would whistle to make the wind come. My brother said they would have been better off eating beans. (William, age 7)

OPEN WATER SWIM RESULTS

2014 HBF Masters State OWS, Coogee Beach Saturday 22 March 2014

Swimmer	Event	Age Group	Time	Age Group Posn
Sue Shilling	1000 m	50-54	18:43	1 st
Leon Musca	2000 m	40-44	27:02	1 st
Jackie Egan	2000 m	45-49	39:25	9 th
Eleanor Parsons	2000 m	55-59	31:11	1 st
Pamela Walter	2000 m	60-64	41:45	4 th
Barry Green	2000 m	70-74	43:55	5 th

Albany Port Authority Harbour Swim, Princess Royal Harbour 4 km Saturday 19 April 2014

Swimmer	Event	Age Group	Time	Age Group Posn
Pamela Walter	Solo	60-64	1:26:26	1 st
Merilyn Burbidge	Solo	70-74	1:37:21	2 nd

This swim is always held on the Saturday of the Easter weekend, when, we are told, the water temperature off the south coast is at its highest. In fact the temperature was bearable away from the shore but noticeably chilly at the start and the finish. (Can someone please explain why this is so?) In the past, the swim has started on the town side of the Harbour and finished at the sailing club on the far side. This year it was run in reverse – better for supporters as they could chat over coffee and cake uptown before the 110 swimmers began arriving.



Showing off the tats

Southern Ocean Classic Mile Ocean Beach, Denmark 1600 m Sunday 20 April 2014

Swimmer	Event	Age Group	Time	Age Group Posn
Pamela Walter	Solo	60-64	37:13	1 st
Barry Green	Solo	70-74	38:01	1 st
Merilyn Burbidge	Solo	70-74	43:09	1 st

The next day, in spite of huge breakers at the start and dumping waves at the finish, the record number of 134 swimmers who started the Denmark event all managed to finish. The big swell brought one clear advantage: from the crest of a wave it was easy to see the marker buoys.



Look - no tats! Merilyn resorted to sandpaper to remove hers (which had a bad effect on the skin!)

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Geraldine Klug, Marg Watson, Lisa Dwyer, Sue Shilling, Mark Etherton-Beer, Andrea Morton and Cliffe Webb for their contributions to this issue of Snappets. Your input is most welcome, too, so please send items for the next issue to me at amburbidge@westnet.com.au by **Friday 6th June**.

Merilyn Burbidge