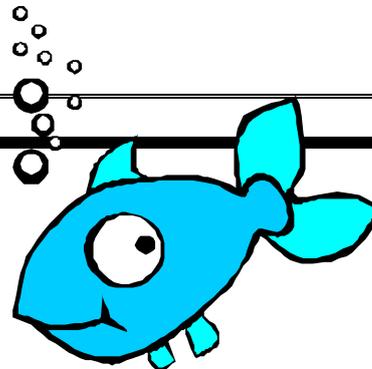


# SNAPPETS



Stadium Masters Swimming Club Inc

[www.stadiumsnappers.net.au](http://www.stadiumsnappers.net.au)

March 2015

## PRESIDENT'S JOTTINGS

Over the past week or so we have all had the "challenge" of not being able to swim at HBF Stadium due to a generator mishap. Well done swimmers on finding alternative venues at Claremont Pool and City Beach – many of us have been doing a lot more ocean swimming than we intended but have enjoyed mostly favourable sea conditions. Thanks to the captains and coaches for keeping swimmers enthused.

This has not been ideal preparation for the All Club Challenge on March 28-29 which I hope many of you will consider swimming in; remember it's about participation not winning.

Congratulations to Gail (and friend Erin) for completing a Rottnest Channel duo in less than smooth seas. I hear rumours that teams are hoping to find boats to compete next year.

Barry is now back from his travels and is attacking secretarial duties with vigour while Helen has organised a film evening on 11 March which I expect many will support.

Day Captain Pamela's proposal to invite past members to become associate members has already attracted a few people and a very successful and well-attended afternoon tea celebrated their first social gathering with current swimmers and other past members.

Five Stadium members swam at a very well run twilight event at Beatty Park on Friday 6 March but some of us suffered from cramp in the cool evening conditions. Thanks to Merylyn and Elizabeth who came along to help with timekeeping and marshalling.

I have been a bit pre-occupied with the arrival of my first grandchild, Hope Mary, who is of course cute and highly intelligent; I look forward to teaching her to swim.

Enjoy your swimming.

'Tricia Summerfield  
President

### *In this issue*

#### **Regular features**

<i>President's jottings</i>	1
<i>Birthdays</i>	2
<i>Diary entries</i>	2
<i>Membership</i>	2
<i>Recorder</i>	2
<i>Supersnapper</i>	3
<i>Captains</i>	3
<i>Reflections</i>	4
<i>Social</i>	5
<i>Goggle</i>	5
<i>OWS results</i>	6
<i>Clothing</i>	7
<i>Deadline</i>	7

#### **Special features**

<i>Excellence Award</i>	1
<i>Lane etiquette</i>	3
<i>Keeping in touch</i>	4
<i>Revelations</i>	5
<i>E 1000 results 2014</i>	6
<i>ANZAC poppies</i>	6
<i>Pace clock</i>	7

## EXCELLENCE AWARD

Congratulations to 'Tricia on receiving an Excellence Award for ten years' service to Masters Swimming WA.

*'Tricia Summerfield (Stadium) has served MSWA on the Board as Director of Coaching since 2005. 'Tricia has been the driving force behind the ongoing development of Coaches in WA since that time. MSWA has led the way in Australia with accreditation of trainee Coaches with 'Tricia leading our Coach Education Team. Thanks 'Tricia.*



## BIRTHDAYS

### March

Nomai Jago 14<sup>th</sup>  
 Anne Edmondson 21<sup>st</sup>  
 Richard Ingleby 21<sup>st</sup>  
 Geoff Barnard 23<sup>rd</sup>  
 Jenny Petelczyc 26<sup>th</sup>  
 Trudy Vandewerdt 27<sup>th</sup>

### April

Eleanor Parsons 8<sup>th</sup>  
 Stuart Gray 12<sup>th</sup>  
 Jackie Egan 14<sup>th</sup>  
 Louise Norris 17<sup>th</sup>  
 Geraldine Klug 18<sup>th</sup>  
 Marg Somes 22<sup>nd</sup>

*Happy birthdays all!*



Jenny Petelczyc  
 Volunteer extraordinaire!



Eleanor Parsons  
 Coach extraordinaire!



Jackie Egan  
 SOT Captain extraordinaire!

## DIARY ENTRIES FOR MARCH AND BEYOND

<i>Date</i>	<i>Event</i>	<i>Time</i>	<i>Venue</i>
<i>Saturday 14 March</i>	<i>Stadium Special Swim Session</i>	<i>1:00 pm start</i>	<i>HBF Stadium</i>
<i>Sunday 15 March</i>	<i>Committee meeting</i>	<i>8:15 am</i>	<i>HBF Stadium</i>
<i>Saturday 21 March</i>	<i>2015 HBF State OWS</i>	<i>Check in 7:30 - 8:15 am</i>	<i>Coogee Beach</i>
<i>Sunday 22 March</i>	<i>Stadium Masters Beach Picnic</i>	<i>from 8:00 am</i>	<i>City Beach</i>
<i>Sat 28 / Sun 29 March</i>	<i>LiveLighter All Club Challenge (SC)</i>	<i>see flyer</i>	<i>HBF Stadium</i>
<i>Saturday 4 April</i>	<i>Albany Harbour Swim</i>	<i>check in 6:30 am PR Sailing Club</i>	<i>Princess Royal Harbour, Albany</i>
<i>8-11 April</i>	<i>2015 MSA Natl Championships (SC)</i>		<i>Hobart, Tasmania</i>
<i>Sunday 19 April</i>	<i>Snappers at the Food Hall</i>	<i>tba</i>	<i>Cambridge St, Wembley</i>
<i>Sunday 26 April</i>	<i>Committee meeting</i>	<i>8:15 am</i>	<i>HBF Stadium</i>

## MEMBERSHIP UPDATE

At 8<sup>th</sup> March 2015, membership of Snappers stood at 58, made up as follows:

Ordinary members	36	Second Claim members	5
80 years and over	12	Associate members	3
Life members	2		

The average age of members is 69.25 years!  
 Our oldest member, Audrey Wren, turns 90 this year and our youngest, Mathew Lovelock, turns 29.

## FROM THE RECORDER: Anne Edmondson

I will soon be collecting all Endurance 1000 recording sheets for entry into the Results Portal. Could everyone please ensure that their files containing their sheets are in the cage ready for collection by 29th March? I will endeavour to get these back into the cage by the end of the following week (3rd April). As has happened in the past, I will be repeating this process at the end of each quarter.

As the new Recorder I can confirm that I will continue to keep the Club Records up to date. The Club Records to the end of December 2014 are now on the website.

So get swimming! Complete the E 1000 swims and break those records!

---

## SUPERSNAPPER AWARD

Mary Gray has been presented with the Supersnapper Award for recently entering her first Club Challenges and for huge improvement in her aerobic swims. Congratulations Mary!



## YOUR CAPTAINS ARE CALLING!

**Pamela Walter (Day) and Jackie Egan (SOT\* see page 4)**

**Newman Churchlands LiveLighter Club Challenge 18 February 2015**



The gods smiled upon us and delivered a mild day after a run of warmer ones that raised the temperature in the unheated Newman College pool. We finished fourth; Maida Vale won; Claremont won on handicap. Thanks to Pamela for acting as an official and those who were timekeepers.

Peter Lyster's debut as a Masters swimmer was outstanding. In his first competitive swim in 30 years, he was delighted with his sub 40 sec 50 m Freestyle time that gave him second place in a strong field of eight swimmers.

Cas Brown	BR100 - best since 2012	Mary Gray	FR50 - PB; FR200 - PB by 1:28!
Anne Edmondson	FR200 - best since 2011	'Tricia Summerfield	BU100 - best since 2012
Jackie Egan	BR100 - PB; FR200 - PB by 3 sec	Peter Lyster	FR50 – inaugural

All three women's relay teams won their age groups: 200-239 (Jackie, Anne, Eleanor, Kim); 280-319 (Geraldine, Cas, Merilyn, 'Tricia); 320-359 (Mary, Marg W, Marg S, Pat).

## Beatty Park LiveLighter 50s Twilight Meet 8 March 2015

Swimmers certainly felt the cooling effect of the light breeze in the evening in the outdoor pool. However Mathew Lovelock gave a star performance in his first swim with Stadium Masters.

Jackie Egan	BR50 - PB
Mark Etherton-Bear	FR50 - PB; BR50 - inaugural
Mathew Lovelock	FR50 (28.71!) and BU50 (30.18!) both inaugural

## Special Swim Session Saturday 14<sup>th</sup> March

As promised, this innovative session is on tomorrow. Here's your chance to get in some Special Skills training to prepare for the All Club Challenge if you are swimming at them, or just to do something different if you are not.

**Where: HBF Stadium, 10 lane outdoor pool**, we think!! or where they decide to put us.

**Time: 1:00pm start** Please arrive 5-10 mins early so you are ready and eager to go! The session begins on the grass beside the pool with 30 mins of **Stretches, Reaction and Strength**. Then it is into the pool from **1:30pm to 2:30pm** where Eleanor has put together a pretty interesting program (had a Sneaky Spy) with some pace work, dives and even a tad of lactic acid flushing! (Now if that doesn't tempt you ...!) We hope to see you there.

---

## POINT OF ETIQUETTE from Coach Stuart

Swimmers are reminded that they should endeavour to move to the right hand side of the lane (as you face the wall) after each repeat swim, allowing the other swimmers to finish into the wall and complete a full lap. This becomes tricky when intervals are short and the lane has more than 4 or 5 swimmers. Common sense is required so that the lead swimmer is not hampered in their take-off and arriving swimmers can still do a full lap. After three or four swimmers, the queue should then be formed on the left hand lane rope. *Please respect others by leaving the end of the lane free at the centre.*

---

## REFLECTIONS from Marg Watson

All that swimming back and forth along a painted line on the bottom of a silky-smooth pool has to be for some good reason. No doubt our very thorough and dedicated coaches hope for (and expect) great things from us.

Well I, for one, can tell you the reason we do it. It's the Newman Churchlands Interclub, always the first carnival for the year.

What a pleasant way to spend a Sunday morning in the heat of summer and only a short drive from home for most of us. Forget nerves, stress, panic or disappointment. That's the competitive part of swimming! Sit back with other club members on the grassy terraces. Stay cool under floating blue canopies with a possible sea breeze. Hear the cockatoos in the surrounding bushland. Try a bit of timekeeping, have a warm-up swim, wander over to get a cuppa coffee, or to check the results. And when it's your turn to head for the marshalling area, you are with familiar, friendly faces. And, afterwards there's the BBQ and endless raffle draws!

All interclub carnivals can be like this, but Newman is special. It's a small friendly club, with well-organised events and excellent catering. We've been going for 21 years, with very few exceptions. Our first was in 1994, when we managed to get a 240+ mixed relay team together, and the carnival started at 10am! We had our first win in 1997 and many more since then. We've hung up three different club banners in that time too!

This year I qualified for a 320+ relay team! And what a thrill it was. 21 years on, and that's one reason I keep swimming (and electing to participate at Newman Churchlands even though the lanes are narrow and the water is still unheated!)

---

## KEEPING IN TOUCH Pamela Walter

On the 18<sup>th</sup> February an afternoon tea was organised and recent past members were invited. Present members brought a plate so there was plenty to eat. There was a buzz of activity with 32 people sitting around the tables. We welcomed 11 recent past members: Lillian Hadley, Jeannine Heinrichs, Jean Beaton, Brian Somes, Rob Shand, Wyvern Rees, Pat Byrne, Patrick Cooney and Trudy Vandewerdt (who is a member but we haven't seen her at swimming yet this year), Nomai Jago, Doris Kimber and Audrey Wren. The last three, plus Hazel Christie, who was also there, are all founding members. Congratulations to Patrick, Audrey and Pat B for becoming our first Associate members and to Nomai who re-joined as a full member. Some of these people also came to the Sundowner. It was a lovely afternoon and very pleasing to see so many old faces.



## WHAT DOES SOT STAND FOR?

Here are just a few ideas that Mike Curtis has put forward in answer to this question!

Sit-on-Top (kayak); Short of Time; Same Old Thing; Spiral Orbit Tribometer; Spirit of Tasmania (ship); Shower Over Tub (Real Estate); Straits of Taiwan; Secure Online Transaction; Solid Organ Transplant; Solar Optical Telescope; Sacro-Occipital Technique (chiropractic). Still uncertain? Jackie's the one to ask!

---

## REVELATIONS

Last month, the members of the Management Committee for 2015 were asked to provide three statements about themselves, two of which are true and one which may or may not be true. Find out who was stretching the truth!

- Barry admits he did not train to be an astronaut, but only because the opportunity never arose.
- Pamela's claim that she was arrested for Public Disturbance for chaining herself to a tree to stop logging in Manjimup is false, although it's not hard to imagine her doing just that!
- Helen did not do a Cordon Bleu cookery course. Again, it's easy to believe that she did because her standard of cuisine is so high.
- Elizabeth said she had swimming the Rottne Channel on her bucket list. That's only 51% true.
- At least two of Jackie's statements appear to be suss, but she admits nothing!
- 'Tricia, Merilyn and Robyn were telling the truth and Jil's lips are sealed.

---

## SOCIAL EVENTS from Helen Green



On Sunday 22<sup>nd</sup> February 20 members and friends met at the Boulevard Hotel at Floreat Forum for a most enjoyable Sundowner where we shared drinks, pizzas and good company. Thank you to Jackie and Pamela for doing the organising. Please join us for the next Sundowner at the Boulevard on April 19 from 4pm to 6pm. The cost is \$10 to cover the pizza and you buy your own drinks.

Sign up at swimming or contact me:

9285 2968; 0437 313 949; [helen.green@westnet.com.au](mailto:helen.green@westnet.com.au)



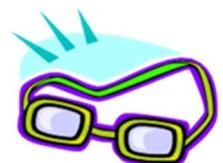
On Wednesday, March 11, 36 club members and friends gathered at the Windsor Theatre for an evening showing of The Second Best Exotic Marigold Hotel. The film proved to be not quite as good as the first Best Exotic Marigold Hotel but was colourful, vibrant, well-acted and lovingly photographed mainly in Jaipur, India. The evening was made more enjoyable by being spent among friends and we enjoyed meeting some newer members such as Ann Ritchie and Margaret Smithson.

We look forward to the next event, the club picnic at City Beach on Sunday, March 22 from 8am on the grassy area just north of Clancy's. Please come and enjoy a dip in the ocean or a walk along the beach to work up an appetite for our delicious hamburgers. You can sign in on the sheet or let me know if you are attending – details as above.



## GOGGLE SAW

- President 'Tricia bedazzled by her granddaughter, born on 16<sup>th</sup> February.
- Weeks of overcrowding and disruption of our training at HBF Stadium caused by the closure of one pool!
- Ten Snappers and four members of their families volunteering as marshals at the Tadpoles Triathlon on 8<sup>th</sup> March and raising \$560 for Club funds. Thanks to Geraldine for coordinating the group.



---

## SNAPPERS' ACHIEVEMENT IN THE NATIONAL ENDURANCE 1000 PROGRAM IN 2014

The Vorgee Endurance 1000 Champion Club is an award given each year to the club scoring the highest number of points, using the national point score tables. In 2014, with 7528 points, Snappers came ninth in Australia as we did in 2013, with 8316 points. In WA in 2014 Snappers came third to Melville (10154) and Somerset (10516).

The Vorgee Endurance 1000 Award is presented to the club that scores the highest average points per registered member each year. In 2014 we finished 15<sup>th</sup> in Australia and fifth in WA.

Of our total membership of 56 first claimers, 21 participated in the Endurance 1000 program last year, 16 women and five men. Congratulations to Eleanor Parsons who completed all 62 swims, scoring the maximum 1005 points, and to Anne Edmondson (935) and Pamela Walter (885).

With just a few more Snappers participating in Endurance 1000 we can do better this year! You can record swims at any time at HBF Stadium as long as you have a competent Masters timekeeper with two watches.

---

## SNAPPERS KNIT AND CROCHET TOO



Since last November, twelve Snappers have knitted and crocheted poppies to contribute to a display in Federation Square, Melbourne, for ANZAC Day this year. We were inspired by a striking display of handmade poppies as part of the commemorations in Albany, marking the 100<sup>th</sup> anniversary of the departure of the first convoy of ships carrying troops to the First World War. Our package of 380 poppies is now in Melbourne where volunteers are very busy attaching an estimated 200,000 poppies to netting for the display. Those who participated were June Maher (120 poppies!), Pamela (65 poppies), Mary, Cas, Marg Watson, Dee, Elizabeth, Marg Somes, Pat, Audrey, Geraldine and Merilyn.

---

## OPEN WATER SWIM SCENE

### 2015 Rottnest Channel Swim 19.7 km, Saturday 21 February 2015

	Category	Age Group	Time	Age Group Posn
Gail Parsons and Erin Shaw (Wonder Women!)	Duo	100+	7:07:41	1 <sup>st</sup>

### City of Cockburn Jetty to Jetty 750 m and 1500 m, Coogee Sunday 8 March 2015

	Event	Age Group	Time	Age Group Posn
Cas Brown	750 m	65-74	17:55	4 <sup>th</sup>
Pat Sugars	750 m	75+	27:55	2 <sup>nd</sup>
Jackie Egan	1500 m	45-54	24:08	7 <sup>th</sup>
Pamela Walter	1500 m	55-64	28:11	11 <sup>th</sup>
Carmen Harrison	1500 m	65-74	32:32	13 <sup>th</sup>

The conditions were perfect at Coogee: weather warm, water not too cold, no stingers, water pretty calm. More than 730 entries were received this year!

Good swimming to those who have entered the HBF State OWS on 21<sup>st</sup> March and the Albany Harbour Swim on 4<sup>th</sup> April, marking the end of the 2014/15 MSWA Open Water Swim Series.

---

## THE PACE CLOCK AS A TOOL (from "Hickory-Dickory-Doc" by Patrick Devine)

Watch an experienced squad train and you will see a precise time and motion exercise. The rest period is as important as the swimming. Training should not just be a way of covering the greatest possible distance but a method of conditioning the energy systems. Experienced squad swimmers develop a sense of timing through the discipline of watching the clock and following the set program. For many adult swimmers it is almost like learning a foreign language. How often does a group of swimmers just jump behind the lead swimmer and swim only at the one pace, without reference to the clock or intensity?

A coach will not prepare a program with the intention of confusing swimmers. The intention will be to improve the swimmers. Let's examine some of the details.

To improve the ability of the body to use oxygen in producing energy, as needed in a distance race, it is necessary to swim longer distances. But this is not an ideal way to train as the heart will gradually fatigue and the pulse rate will reduce from what it was early in the set. Instead of setting a continuous 1500 metres, a coach might set 15 x 100 with 5 seconds rest. This might be written as 15 x 100 R5 or 15 x 100 on 1:50 (or a time that would give approximately 5 seconds rest). The purpose here is to have the body work aerobically (using oxygen) at greater intensity than when the long distance is swum continuously. To complete such a set requires an awareness of swimming with the clock. An experienced swimmer doing repeats on 1:50 will realize that after 6 sets the clock will be back at the same start position and will use it to keep count.

A short distance race is swum faster. There is a need to practice at those speeds. Very quickly the muscles will ache as lactic acid builds up. The coach will increase the rest and ask you to increase the intensity considerably. There is only a limited distance that a person can swim near race pace before the lactic acid load becomes too intense. A coach might wish to set a program 3 x 100 fast on 2:30 + 200 easy in 4 min and repeat the set twice more. The purpose of the 3 x 100 is to produce lactic acid in the muscles to about the limit of tolerance. The 200m swum slowly is to dissipate it from the swimming muscles, so that another lactic acid set can be swum. The total distance of 1500m would be the same, but the purpose is entirely different.

While it is fun to push off just behind the person in front and "wake ride" it is better for your swimming if you watch the clock and go on "your" time. Look at the clock and know the exact times you swim for particular distances in training. Vary the intensity of your training as requested: there is a purpose. If we improve our "clock culture" we train better and it becomes easier for new members to merge with the squad. Many swimmers could explain the timing but can improve their training by being more clock conscious.

---

## CLUB CLOTHING

Pat Sugars has taken over from Marg Watson as Club Clothing Officer and has quite a few items in excellent condition just waiting to be worn again. You can try them for size and they can be yours for a small donation.

### Newer style

Navy fleecy sleeveless vest, 1 Small

Navy tracksuit Top, 1 Small

White long sleeved cotton polo shirt with motif on the back, 1 Small

### Older style

Aqua short-sleeved polo shirt (easy-care and still very popular) 1 Small, 2 Medium, 2 Large, 1 X-Large

Navy long-sleeved fleecy jacket 1 Medium, 1 Large

Navy and aqua tracksuit top 1 Small, 1 Large

Contact Pat Sugars: 9387 5463 or psugars@iprimus.com.au.

## ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Tricia Summerfield, Pamela Walter, Jackie Egan, Elizabeth Edmondson, Helen Green, Marg Watson, Mike Curtis and Anne Edmondson for their contributions used in this issue of *Snappets*. I'd be delighted to receive items for the next issue at [amburbidge@westnet.com.au](mailto:amburbidge@westnet.com.au) by **Friday 17 April 2015**. Merilyn Burbidge

Stadium Masters gratefully acknowledges a donation from BGC Concrete

