



SNAPPETS

Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

July 2015

FROM THE EDITOR

Yes, indeed, it feels as if we are in the depth of winter right now and good luck to the Avon Descenders! It's understandable that some of us have travelled north to seek the sun and some have been preoccupied with other pursuits, resulting in a drop in numbers at training. Mid-winter has past now, though, and it's time to come out of hibernation and get into shape for upcoming events.

- The Claremont Groper Relay Carnival is only a fortnight away. Be part of this fast-moving event – sign up with your Captain now so that Stadium Masters has a truly representative team!
- The Bunbury Skins Meet follows on 6th September. This is an open event for swimmers of all abilities. It includes several different formats, some closest to nominated time, some handicapped and some for prizes. Something different!
- Our own LiveLighter Club Challenge is on 20th September and we're looking for as many swimmers and helpers as possible to make this a success.
- Meanwhile swims in the Endurance 1000 program are there for the timing!

So let's renew our vigour at training and see what we can achieve as a club.

Marilyn Burbidge

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DIARY ENTRIES FOR AUGUST AND BEYOND

Date	Event	Time	Venue
Sunday 2 August	Somerset 1500 LC Distance Swim	warm-up 8:30am	Aqualife Centre East Vic Park
Friday 14 August	Video Night	6:00 pm	Regent Park
Saturday 15 August	Claremont Groper Short Course Relay	warm-up 12:45pm	HBF Stadium
Sunday 16 August	Committee meeting	11:00am	HBF Stadium
Mon 17 – Fri 21 August	Boom replacement (no training indoors)		HBF Stadium
Tuesday 18 August	Council of Clubs meeting	7:00pm	Dept Sport and Rec
Wednesday 19 August	Stadium Masters annual dinner	6:30pm	Botanica Bar and Grill, Innaloo
Saturday 29 August	Special Swim Session		HBF Stadium
Sunday 30 August	Riverton 400/800 LC Distance Swim	TBA	Riverton Leisureplex
Saturday 5 September	Bunbury Skins LC Open Event	warm-up 12:15pm	SW Sports Aquatic Centre
Sunday 6 September	Committee meeting	11:00am	HBF Stadium
Sunday 20 September	Stadium Masters LC LiveLighter Club Challenge	TBA	HBF Stadium

Q: WHICH STADIUM MASTER IS WEARING A NEW SWIMSUIT?

Funkita's ad reads:

"We have utilised ultrasonic bonding to weld multiple prisms together to mould the perfect swimsuit. Using the 3D body scan of a walrus the suit is designed to give you the most streamlined form-fitting suit on the market."

A: BOTH KAT AND JACKIE ARE WEARING NEW FUNKITA SUITS

Maybe these two are hoping to be transformed into walrus when they slide into the water because there's not much resemblance to a walrus on land. However the advertising worked!



GOGGLE SAW



Sara Cann meeting the Governor General in Canberra



Ian Koegelenberg's baby, Caleb, arriving safely early in June. Now all Ian is waiting for is for Caleb to learn to sleep!



Everyone in Wayne's lane swimming to a special cake-making program to celebrate his birthday. Great kicking Pete!



SOCIAL NOTES from Helen Green

Dinner at the Wembley Food Hall Sunday July 12

On a cold night, 28 members got together at the Wembley Food Hall to enjoy good company, good friends and a large array of tempting food. Everyone seemed to enjoy the evening and agreed that we ended up well-fed, definitely warmer and without any washing up to do. A winner all round.

WEMBLEY FOOD HALL

by Pamela Walter

On a Sunday ev'ning in July
Some Snappers met at the Wembley Food hall
With much conversation amongst old friends
A jolly good time was had by all.

Twenty-seven members talked, laughed and made merry -

Some we hadn't seen for some time.
Check out the photos on our website
And maybe join in with us next time.



Video nights

Two video nights with coach Stuart have been organised. The first, concentrating on freestyle and breaststroke, is on Friday 14 August in the Rec Centre at Regent Park, Mooro Drive, Mt Claremont. Please arrive by 6:00 pm and park on the Mooro St verge. Pizza will be organized and payment of \$10.00 per person can go to Elizabeth. Please let Pamela know if you'll be there: 9445 1549; 0420286792; pjdesigns@aapt.net.au.

Request from Stuart

If you have a device to convert video cassettes into DVDs, can you please let me know as I have some videos that might be of interest?

Other dates for your diary

Wednesday, August 19, 6:30 pm, Botanica Bar and Grill: Annual Dinner

Please remember to book in and pay (\$40 per person for a two course meal) before Wednesday August 12. Details are available from June Maher or Elizabeth. We will arrange transport if you need it.

Sunday, September 20: Stadium Masters LiveLighter Club Challenge

Details to follow but please start collecting contributions for the raffle baskets.

CAPTAINS Pamela Walter and Jackie Egan (helped by Barry Green)

Stadium Masters 1500 Metre LC Distance Swim Saturday 6th June

Once again we lucked in with a lovely sunny winter's day for Stadium Masters' popular 1500 metre event in an outdoor pool. We really had to be well organised to program the 43 swims for the afternoon and of course the well-oiled machine was! Lane allocation is tricky as under Masters rules men and women have to swim in separate lanes and form stokers have to swim one to a lane. Lots of State records were broken and some National and we recorded the first ever Kingsway Masters swimmer to compete in an official Masters event. Quite a milestone to be part of.

Thanks to Meet Director/Recorder Anne Edmondson, Marshals Robyn Wilson and Jil Mogyorosy, Cashier Elizabeth Edmondson, Runner Jackie Egan, Caterers Helen Green, June Maher and Mary Gray (and all those who provided the afternoon tea), Masters Swimming WA officials including Pat Sugars and Pamela Walter and Timekeepers Barry Green, Cas Brown, Marg Somes, Tricia Summerfield, Wayne Davies, Eleanor Parsons, Peter Jones, Peter Downey, Helen Loake, Carmen Harrison, Stuart Gray and Marilyn Burbidge.



Timekeeper Barry's hat parade

Well done everyone on a very successful day.

Swan Hills LiveLighter SC Club Challenge Sunday 5th July 2015

With a team of only eight swimmers for the club this short course carnival was always going to be a challenge. Actually, Elizabeth Edmondson would have been our ninth swimmer, but for some reason the organisers could not arrange to deploy the hoist to allow her entry and exit to and from the pool. This meant that not only did she not swim, but that we couldn't field a women's medley relay team!

In the end Stadium Masters were third overall with 97 points (Maida Vale 277 and Riverton 158!), but... the club won the handicap trophy, by scoring the highest number of points per swimmer. All swimmers finished either first or second in their age group in their events, and the men's 280-319 medley relay won from Maida Vale.

Swimmer	Events	Points
Mary Gray	FR200 (PB by 3 sec); FR50 (PB by 3 sec); BA25 (PB by 1 sec)	11
Eleanor Parsons	BA200 (PB by 10 sec); BU50; BA25 (PAB, best since '10)	12
Pat Sugars	FR50; BA25	7
Pamela Walter	IM200; BR50; BR25 (PAB, best since '10)	12
William Curtis	BA200 (PAB, best since '12); FR50 (PAB, best since '12); BA25 (PAB)	11
Stuart Gray	FR200; FR50; FR25	12
Barry Green	BR200 (best since '12); BA100 (PB); BR50 (PAB, best since '12)	12
Peter Lyster	FR100 (inaugural); FR50 (inaugural); FR25 (inaugural)	12

Leisure Park 400/800 SC Distance Swim Sunday 26th July

Eleanor was our only swimmer at this meet, and did well to break state records in 400 Back and 800 IM.

Give it a go!

About ten Day Group swimmers are regularly braving the winter conditions. The water is actually not too cold, even pleasant, and that is coming from a serious wimp. The showers are all the more welcome! So take a deep breath and come and take the plunge.



BIRTHDAYS

August

Patrick Cooney 3rd
 Marg Watson 4th
David McKnight (60) 9th
 Pat Byrne 26th

September

Kim Klug 7th
 Peter Marcello 7th

**FROM 0 TO 60 IN
 1,893,456,000
 SECONDS**

Specially for David McKnight!

SUPERSNAPPER



Monday to Friday she is just Jackie, mild-mannered Quality Manager at BGC concrete but, away from work and stripped down to her funky trunks, she becomes SUPERSNAPPER!

Yes that's right, Jackie is SuperSnapper for the month of June in well-deserved recognition of her brilliant aquatic performances at the LiveLighter All Club Challenge and the Melville LiveLighter Club Challenge where she belted out 10 PBs including 16.66 in 25m Freestyle and 20.21 in 25m Backstroke. She also swam two inaugural times – just because she could! Jackie claims that these achievements are due more to her fondness for beer than to her diligence in training. Coach Eleanor may not agree!

In addition to her performance in the pool Jackie has played a big part in re-activating the SOT (swim at other times) group which dwindled to very low numbers last winter. She makes a big effort to find and welcome new members and to keep things lively and friendly at training. She takes her role as night captain very seriously though..... and despite her smiley outer appearance we all know that if you mess with her you might find yourself standing at the bottom of the pool in a pair of top quality concrete shoes! (Just joking!)

Well done Jackie.

SOME OF THE BIGGEST MISTAKES SWIMMERS MAKE (selected by Stuart Gray from Coach Toby Huseman's newsletter swimmingpracticeplans.com)

(Ed: The author is directing his advice to coaches but swimmer and coach need to work together to make the corrections. It's called Cooperation!)

Becoming a Medium Fast Swimmer

Many swimmers train in one zone during workouts: medium fast. This prepares the athlete for only medium fast competition. A better workout structure involves swimming FAST followed by periods of swimming more slowly. Slow does not equal a break. Slow swimming is a time for recovery, stroke technique, effective breathing, and neutral head and body position.

Not "Seeing" Their Stroke

Coaches should video their swimming training sessions whenever possible to allow them to "show" their swimmers their strokes. Many times coaches will make the same correction over and over (kick too big, crossing the centre line, poor body position, etc.) and never see a change in their athletes. The main reason for this is the swimmer doesn't "feel" the problem. When the swimmer can "see" the problem on video, a correction is usually made during the very next workout.

No Goals, No Glory

Swimmers, like all athletes, should set short and long term goals for themselves. Goals become more serious when swimmers put them on paper and share them with their team mates, family and friends. Celebrate when your athletes hit their goals.... and then set new ones!

Afraid of Change

Swimmers can be creatures of habit. Old strokes are hard to change and workouts can become very "routine". Challenge your swimmers with a new type of workout.

CURRENT MEMBERSHIP

At 30th July 2015, membership of Snappers stood at 70, made up as follows:

Ordinary members	46	Second Claim members	6
80 years and over	10	Associate members	6
Life members	2		

WELCOME NEW MEMBERS

The weather might be cold and wet but we warmly welcome our two newest members, Angela Glover and Gavin Cull, and wish them many happy years of swimming with Stadium Masters.

POPPIES, RUGS AND NOW BEANIES from Elizabeth Edmondson

After the successful poppy project, our knitting group hung onto their knitting needles and started making squares hoping to get 16 to make one knee rug. In fact we knitted 121 squares and made up eight colourful rugs. Kerry Gates from Venues West also kindly donated two rugs that she had crocheted.



Recently, Pat and Elizabeth went out to the Wheelchairs for Kids workshops in Wangara and presented the

rugs. The workshop volunteers make approximately 300 wheelchairs per month, each one costing \$150.00 to make. Each wheelchair is packed into a box together with a rug and a toy to be sent to places worldwide. Since 1998 they have made 31,459 wheelchairs and have sent them to 85 different countries. More information can be found at <http://wheelchairsforkids.org>.

Anyone wanting to continue knitting squares can give them to me and I'll take the completed rugs to the workshop.



Beanie project

Now we're changing the theme to "beanies for kids". The proprietor of Bilby's, where the Monday swimmers enjoy coffee, travels to India on community service. He takes funds raised here, through the café, to go towards educating girls in remote villages. On his next trip in September he is going into the back blocks, on his own as he is not sure what conditions he will find. Later he will take some of his staff who are eager to help. He has agreed to take with him any children's-sized beanies we have made. Any pattern is acceptable. So please bring in your contributions by the end of August to add to the half dozen we already have.

PARALYMPIC TEAM OUTFITTING FOR RIO DE JANEIRO 2016 from Barry Green



On Friday 2nd July, Pamela and a friend, and Helen and Barry Green joined Elizabeth Edmondson (Paralympian in Tokyo 1964 and Tel Aviv 1968) as volunteers to assist the Paralympic Committee members at the WA State Netball Centre.

This was a day for processing prospective Paralympians for Rio. Athletes from WA, identified as having the potential to qualify for the Paralympic Games in Rio 2016, together with officials, had been invited to attend. The athletes were briefed on what to expect should they be selected, and they were measured for their clothing and footwear.

Stadium Masters volunteers were assigned to the shoe and flight stockings table. Our job was to fit each athlete with three types of shoe and then measure their legs for stockings.

Chef de Mission, Kate McLaughlin, spoke of the thrill of the games and told of her trip to Rio to see the preparations. She said that, although some venues were behind schedule, the Paralympics were lucky because all venues would be tested at the preceding Summer Olympic Games! However, she remarked on the poor quality of the open water, which could be an issue for sailors.

The athletes and officials were all very excited to be involved. There was a mix of veterans of up to four games and newcomers, all hoping for selection. For us volunteers it was a good experience. The Chef de Mission addressed a nice thank-you letter to the Stadium Masters Swimming Club Committee for our involvement.

IN MEMORIAM

GERRY KRYGSMAN



Gerry died in June at the age of 88. He was a member for just five years but during his time with us he contributed a huge amount to the Club. As well as serving as Day Captain, he designed the trophies for the President's and Participation Awards and organised their creation. Gerry was a good swimmer and an artist, too. In 2006 he held an exhibition of his high standard paintings and pastels at Tresillian Community Centre, donating the proceeds to the Motor Neurone Disease Association. In no aspect of his life did Gerry settle for second best and, in encouraging swimmers before a meet, he often recited verses of this poem:

Thinking *(Attributed to Walter D Wintle)*

If you think you are beaten, you are
If you think you dare not, you don't,
If you like to win, but you think you can't
It is almost certain you won't.

If you think you'll lose, you're lost
For out of the world we find,
Success begins with a fellow's will
It's all in the state of mind.

If you think you are outclassed, you are
You've got to think high to rise,
You've got to be sure of yourself before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the man WHO THINKS HE CAN!

SHIRLEY LEWIS

Shirley died in July. She was a Club member for ten years, having joined in 1993 when Snappers was a very new club. Shirley lacked height but she made this up in determination ten times over. She loved endurance swimming and, at the pace of a jellyfish, she battled her way through all the long freestyle events, held records and won the Club Aerobic Award for several years. Life hadn't always treated Shirley kindly but her spirit was indomitable: she never gave up. Those of us who knew her will remember her admirable quality of persistence.

SWIMATHON TOTAL

We are pleased to announce that an impressive \$5450.00 raised by our Swimathon on 31st May has been given to the Alzheimer's Association. Jessy Edmunds from the Association came to afternoon tea on June 17th and presented shirts, drink bottles and pins to swimmers who participated and certificates to the timekeepers who helped.



2017 WORLD MASTERS GAMES IN AUCKLAND, NEW ZEALAND from Barry Green



This event is less than two years away, from 21st to 30th April 2017, so it's time to get organized if you're interested in going! Swimming comes in three types: pool, ocean and para-sport. There are relay events. Wouldn't it be wonderful if we could form a team?

The 50 metre pool is 15 km north of Auckland Central and the ocean swims (1.5, 2.5 and 5 km) will be held at Takapuna Beach, 9 km north of Auckland Central. Details can be found at worldmastersgames.co.nz.

If you are interested, please let me know and I will keep you updated. For those who have not been to a Masters Games, here is the chance to do so, and also to have a lovely holiday in New Zealand!

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Pamela Walter, Jackie Egan, Elizabeth Edmondson, Helen Green, Barry Green, Marg Watson and Stuart Gray for their contributions used in this issue of *Snappets*. Please send items for the next issue to me at amburbidge@westnet.com.au by **Friday 28th August 2015**.

Merilyn Burbidge

Stadium Masters gratefully acknowledges a donation from BGC Concrete

