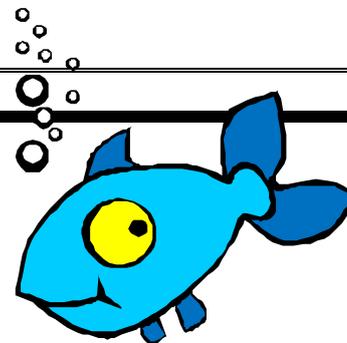


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

September 2015

FROM THE PRESIDENT



320+ team: Marilyn, Pat, Mary, Hazel (+ Groper), Cas

A team of 22 swimmers signed up for the Golden Groper State Relay Carnival on 15 August and we finished in equal seventh place in a field of 16 clubs. Our 320-339 relay teams were Age Group Champions. Well done everyone and congratulations to Claremont on running a great meet.

Helen Green and her team organised a very enjoyable

annual dinner at Botanica in Innaloo celebrating Stadium Masters 23rd year. Several members were awarded membership milestone certificates: Anne Edmondson 5 years; Kim Klug 10 years; Geoff Barnard 15 years; June Maher and Robyn Wilson 20 years, that's "stickability". Barry gave us some pretty challenging table quizzes and a fun time was had by all.

Our next focus is the LiveLighter Club Challenge on Sunday 20 September. Meet Director Anne Edmondson is putting together a team of helpers so if called upon to serve, please say "yes" with enthusiasm.

Meanwhile keep logging those kilometres for the Vorgee Million Metres awards – yours truly is fast approaching 5 million – lots of nice goodies to be won.

Participation in the Endurance 1000 program is going well. Make sure you go for all those long swims that score high points and let's see if we can move up the ladder in 2015. Enjoy your swimming.

'Tricia Summerfield
President

WELCOME TO A NEW MEMBER

We welcome Gabi Diaz who comes from South Australia and is aiming to do the Rottnest Channel Swim in a team or duo next year, with a view to going solo later on. Go Gabi!

MEMBERSHIP STATUS

At 31st August 2015, membership of Snappers stood at 71, made up as follows:

Ordinary members	47	Second Claim members	6
80 years and over	10	Associate members	6
Life members	2		

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THE BEST EXERCISE

Ask a dozen physiologists which exercise is best, and you'll get a dozen wildly divergent replies.
Teresa Liu-Ambrose says: *The best exercise is the kind that you actually do.*

BIRTHDAYS

September

- 7th Kim Klug
7th Peter Marcello
26th Audrey Wren

October

- 7th Cas Brown



Celebrate your birthday exactly as you wish. It's your day, and you deserve it! Don't forget to have a fabulous time whatever you decide to do!

Happy 31st, 49th, 70th or 90th Birthday!

Audrey and Cas: You're only as old as you remember you are!

DIARY ENTRIES FOR SEPTEMBER AND BEYOND

Date	Event	Time	Venue
Sunday 13 September	Committee meeting	11:00am	HBF Stadium
Saturday 19 September	Captains' meeting	11:00am	Crab Palace
Sunday 20 September	Stadium Masters LC LiveLighter Club Challenge	warm-up 8:00am	HBF Stadium
Saturday 3 October	Saturday Special Swim Session	12:45pm	HBF Stadium
Wednesday 7 October	Stroke improvement video session	6:30pm	Regent Park
Friday 9 October	Afternoon tea for members and friends	2:30pm	HBF Stadium
Sunday 11 October	Committee meeting	11:00am	HBF Stadium
Monday 12 October	Zoo visit	TBA	Perth Zoo
Saturday 17 October	Maida Vale SC Distance Swim: 400/800/1500	1:00pm	Darling Range College
Saturday 17 October	Bunnings sausage sizzle	rostered	Bunnings Claremont
Sunday 8 November	Lake Leschenaultia Open Water Swim	am	Lake Leschenaultia

GOGGLE SAW

- Gavin arriving at training decked out in his Eagles gear and giving Jackie heaps when his team beat her team in the Western Derby. Barry joined in too. Now they both have to swim an extra 20 km to make up for this unacceptable behaviour!
- Peter Marcello winning the backpack offered to a new member this year
- Sara Cann wearing three very impressive medals won recently in equestrian events at the Los Angeles Special Olympics. Great riding, Sara!
- Pamela, on holiday in Europe, swimming in Lake Bled in Slovenia and Lake Como in Italy. Both lakes are glacial in origin but she claims the water isn't cold!



SUPERSNAPPER from Jackie Egan

September's Supersnapper award goes to the very cool, calm and collected Peter Marcello. Congratulations Peter, well deserved!

Peter and partner Danielle joined Stadium Masters to improve the swimming leg of their triathlons and after some serious dedication and commitment they have both impressed everyone with their remarkable progress.

Not content with just competing in a few mere triathlons, Peter decided to try his hand at some pool competition, starting with the Claremont Gropers Short Course Relay Carnival. Peter was unable to remember when he had last dived off a block.. umm was it when he was at school? Never mind - a couple of quick dives off the blocks the Thursday before the meet proved that the goggles could stay in position and that he did remember how to put together a pretty decent dive!

Now equipped with a full two minutes of relay racing preparation Peter rolled up to the Gropers Carnival with a fairly solid programme of relays (Stadium Masters men are always such a rare commodity at meets!). Taking it all in his stride our Peter (yes Danielle sorry but we are calling him ours too!) swam 14.96 for 25m free and 35.07 for 50m free with the confidence of a man who has swum these events for the last 20 years with hours of relay practice. Hope to see more of those great swims (and dives!) at future Masters events.



CAPTAINS Jackie Egan

Somerset 1500 Metre LC Distance Swim Sunday 2nd August

There were only two swimmers who set records, both in Backstroke, at the Somerset meet - our very own Eleanor and Katya! (Well, Kat was listed as a Superfin because that's her first claim club.) How awesome are they?

Claremont Groper Short Course Relay Carnival Saturday 15th August



We entered a team of the finest Stadium swimmers for the Claremont Gropers (they really need to change that name!) Relay Carnival. It was a relief that all five of the men turned up so the male teams could hit the water and the club didn't look like some female form of the Cottesloe Crabs!

The highlight of the meet were our 320+ women: Hazel, Cas, Mary, Pat and Marilyn who stole the show by winning the 100m Free and the 100m Medley relays as well as a shiny gold Groper for their age group! The girls blitzed the 200m Medley relays winning the 240+ (Anne, Gail, Tricia and Robyn) and 280+ (Marilyn, Geraldine, Pamela and Helen). The girls also brought home some

fabulous 2nd places in the 240+ 100m and 200m Free and the 280+ 100m Free and 100m Medley events. I don't mean to go on and on about how fantastic our women are but I will! Their results are amazing considering a couple of scratched relays and one that somehow got lost in cyberspace! You Go Girls!

Peter Marcello (my, wasn't he just Mr Confidence?) and Ian Koegelenberg put in some very impressive swims at their first EVER Masters meet, managing all changeovers perfectly with goggles remaining in position on all dives. However, Jil had a close encounter - nearly ending up in Ian's lap - in one of the very exciting changeovers! The lesson there is: keep close to the wall when you finish. Peter thought he'd have to swim 200 metres in the 200m relay and was over the moon to learn he



only had to go one quarter of that distance. His times were spectacular even though he'd been on a long bike ride that morning - maybe we should all try that! Ian brought his cheer squad so that could explain his fine performance. It was a relief that he had a fairly busy relay programme as it gave the ears of those around him a short rest from his constant complaints about missing out on watching the Rugby! (Although there were reports from swimmers who thought they heard him still complaining while underwater.)

Thank you to our team for their fantastic swims. We finished in equal 7th place, one place better than last year, and set a State record for the Women's 200m Medley 280+ and an inaugural Club record for the Women's 100m Medley 320+. Thanks to Pamela, who fitted her official duties around a pretty full swimming programme, to Elizabeth as Inspector of Turns and to all those who helped with timekeeping.

Special Swim Session Saturday 29th August

Thanks to Eleanor for videoing 11 swimmers individually, both underwater and from above, mostly doing freestyle but some form strokes, where requested, as well. We know the first step toward overcoming any slight(!) fault in technique is to see what the problem is. The second step is to find out how to correct the error. And the third step? That rests with the swimmer!

Riverton 400/800 LC Distance Swim Sunday 30th August

Only one of our swimmers went to this one. Guess who? Pamela is in Europe so that cuts her out. Yep, it was Eleanor and she swam very well in 400 IM and 400 Back.

SOCIAL NOTES from Helen Green

Friday August 14: Video Night

A convivial group gathered at Regent Park when Coach Stuart Gray presented a video in which Mickey Wender, Head Swimming Coach US Military Academy, West Point showed how to develop great technique in freestyle and breaststroke. Mickey emphasised the importance of maintaining balance in the water, forward quadrant stroking and achieving good body rotation and undulation. He is an advocate of Total Immersion, which teaches swimmers to move through the water efficiently and he follows the principle that, while "Practice makes permanent", only "Perfect practice makes perfect". Bill claims his good times in the relay carnival the next day were due to what he learned here! Stuart identified Audrey B as demonstrating great body rotation. Pamela is concentrating on her forward quadrants and her rotation so that she can be more like Audrey! The evening included a delicious supper of a chicken dish, pasta and salad followed by a cinnamon pear dessert.

Stuart says: *If you are interested in following up the Total Immersion program you can get onto Terry Laughlin's blog www.swimwellblog.com or his website <http://totalimmersion.net> which has masses of free stuff as well as a lot that's expensive and quite a rigmarole to acquire.*

Wednesday, August 19: Annual Dinner from Barry

It was a rainy, blustery night when 37 intrepid souls met at the Botanica Bar and Bistro for the 23rd annual dinner of the club. Social organizer Helen Green, aided by June Maher, Pat Sugars and Margaret Watson, had arranged the event. Each of the four tables was decorated with a beautiful flower



arrangement, taken home afterwards by four happy people whose chairs bore "lucky" dots.

President 'Tricia Summerfield welcomed everyone, congratulated all swimmers on their performances and thanked the Management Committee for their efforts and the coaches for theirs. In particular, she acknowledged the wonderful achievement of the women's 320+ team in winning their age group in the recent State Relay Carnival. 'Tricia announced the membership awards, praising the recipients for their loyalty. She presented the certificates to those who were there.

Captain of the "swim at other times" group, Jackie Egan, drew the name of the member, new to the club in 2015, to receive a backpack, kindly donated by Elizabeth Edmondson. The winner was Peter Marcello, who had had his first taste of swimming competition the previous Saturday at the State Relay Carnival.

Barry handed out two sheets of "Quizzles", provided by day captain, Pamela Walter, who was on holiday in Europe. This proved sufficiently challenging as individuals and couples attempted to decipher the 25 strange diagrams, in some cases leaving their meals to one side! The Hadleys and 'Tricia clearly had the measure of the first sheet and were rewarded with small prizes for their efforts. The second sheet proved somewhat more demanding but Robyn Wilson seemed to have done best.

Some people then ordered dessert and cake and stayed to chat. Helen passed around some chocolates, which found favour. All in all, a fine evening demonstrating three Fs of Masters swimming – Fitness, Fun and Friendship!

SOCIAL NOTES continued

Dates for your diary

Sunday, 20th September: LiveLighter Club Challenge

We will be providing refreshments for swimmers and officials, as well as making up baskets for the raffle. Please leave your contributions in the marked box in the cage – no alcohol, though, as we have no licence! Your help in other ways will be much appreciated. I will be asking for firm commitments soon.

Wednesday, October 7: Video stroke improvement session

This session will examine and discuss the techniques and drills of swimming backstroke, with pizza to follow!

Friday, October 9: Afternoon tea

There will be cakes after swimming and we will be inviting members past and present, including associate members, to join us.

Monday, October 12: Zoo visit

Marg Watson has kindly offered to organize a guided zoo visit. This has been a successful and popular event in the past providing lots of fun as well as being very informative. We hope you will join us.

REFLECTIONS ON THE POOL from Marg Watson



Perth Superdrome under construction, 1986

Snappers came into being only six years after the Superdrome was built and we were nurtured quite generously in those formative years, with Graham Moss as the CEO. Now, 29 years later, the State Government owns 13 facilities managed by Venues West (trading name of WA Sports Centre Trust):

- Bendat Basketball Centre
- HBF Stadium
- State Netball Centre
- WA Rugby Centre
- Champion Lakes Regatta Centre - water sports such as rowing, canoeing, dragon boating
- HBF Arena - multi-purpose sport, recreation and aquatic facilities for the local community
- nib Stadium - soccer and rugby
- Perth Arena - sport, music, entertainment
- Perth Motorplex - automotive-based activities
- SpeedDome - cycling and roller sports
- WA Athletics Stadium - track and field disciplines (built to replace the Council-owned Perry Lakes facilities)
- WAIS High Performance Training Centre - services for WAIS high performance athletes and coaches
- Perth Stadium - under construction at Burswood.



Many Snappers members worked as volunteers at the FINA World Aquatics Championships held at Challenge Stadium in 1998

What a mighty corporate machine we are now part of!

FROM MASTERS SWIMMING WA Wendy Holtom

LiveLighter 2015/2016 Open Water Swim Series

The calendar for the next season has been released and is available from your club. We encourage members to support the OWS events conducted by Masters Swimming WA Clubs. Don't forget to ask your club for a copy of the calendar and map out your open water season!

The first Masters event is the Lake Leschenaultia Open Water Swim run by Maida Vale on Sunday 8 November. Guaranteed: no tides and no sharks!

LiveLighter All Club Challenge Meets

In 2016 and 2017 it will not be possible to conduct the All Club Challenge meets prior to the National Championships. A pre-Nationals trials meet will be conducted in 2016 on the second weekend in April with venue and details to be advised. The 2016 All Club Challenge will be held on 9/10 October.

FROM THE RECORDER

Anne advises that Best Times were entered at the end of June, but haven't yet appeared on the portal, so she has to do more investigation. Swimmers are asked to leave their Endurance 1000 files in the cage for collection on Sunday 27 September. Please highlight Best Times as before, excluding backstroke.

BEANIES GO TO INDIA

Elizabeth has delivered 30 beanies, hand-knitted by Stadium Masters, to Rodney at Bilby's Burgers in Claremont. He was delighted with them and will take them to an orphanage in northern India.

Also, squares are still being collected for rugs for Wheelchairs for Kids.



PROGRESS FOR WOMEN SWIMMERS

(Ref: *The Complete Book of Great Australian Women* by Susanna de Vries)

A big gap still exists between the status of men and women in sport but huge advances have been made when you consider these stages in the history of sport:



Womens 100 m Freestyle, Stockholm Olympics, 1912. Fanny Durack (gold), Mina Wylie (silver), Jennie Fletcher (UK, bronze).

- In Ancient Greece women were stoned to death if found inside the Olympic Games arena
- When the modern Olympic Games were revived in the late nineteenth century women were allowed to watch but not compete
- In 1904 women were allowed to compete but only in archery
- At the Stockholm Olympics in 1912 women were allowed to compete in swimming for the first time. Against seemingly overwhelming odds Australian Fanny Durack won the gold medal in the 100 metres Freestyle from a field of 27 swimmers. Her Australian friend, Mina Wylie, took the silver medal.

NEW TRAINING OPPORTUNITY FOR ROTTNEST CHANNEL SWIM

Enrolments are now open for the inaugural eSWIM Rotto Training Squad which will be starting on 21 October at HBF Stadium and will run for 16 weeks through to the week of the Rottneest Channel Swim. If you are planning to swim the 2016 Rottneest Channel Swim and you're looking for a structured training program with 2 x 1.5hr and 1 x 2hr sessions per week then see what Elena Nesci, coach of the eSWIM Rotto Training Squad, has to offer at www.eswim.com.au.

LOOKING FOR VOLUNTEERS

Shirley Le is a physiotherapist undertaking postgraduate study at Curtin University on shoulder pain in swimmers. Shoulder pain is common in swimmers and is difficult to treat. The research aims to gain a better understanding of the mechanism of injury by measuring shoulder muscle thickness using ultrasound. Shirley is hoping to recruit swimmers to participate in the research who are over 18 years old, both with and without shoulder pain, regularly train twice a week or more and swim at least 2-3 km each session.

The one hour procedure will be conducted at Curtin University. Those interested can contact supervisor Leanda McKenna (l.mckenna@curtin.edu.au) for further screening. Bookings will then be arranged for suitable volunteers.

KIMBERLEY CRUISE from Helen and Barry Green

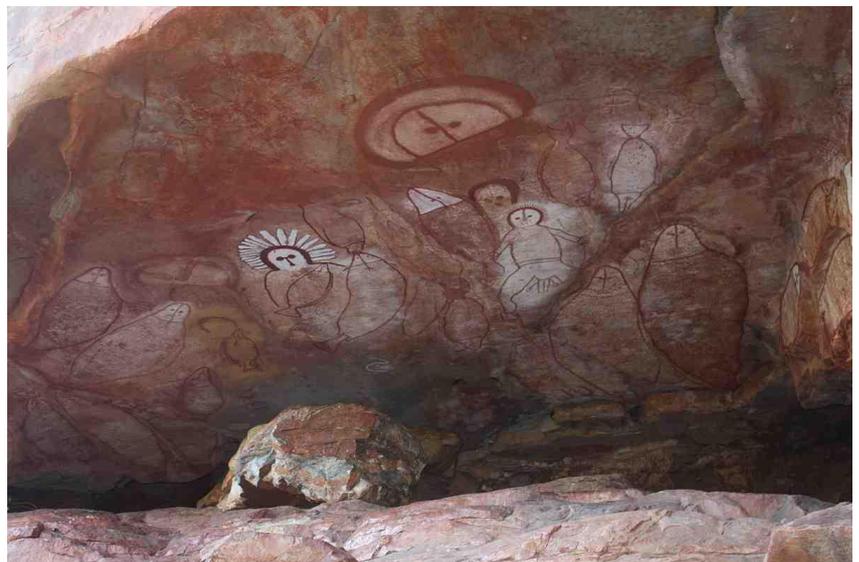
Some years ago, we toured the Kimberley by road and now we were keen to see the Kimberley coastline. Of the many cruises we chose ten nights aboard Coral Princess, a catamaran with 13 crew and up to 45 passengers, sailing from Broome to Darwin.

We flew to Broome and spent three days there, visiting the Courthouse Market and the museum. We went to Cape Leveque at the northern tip of the Dampier Peninsula. This showed us indigenous communities, a pearl farm and an aquaculture centre and we also had a swim!

Kimberley cruises are constrained by the weather and the tides, so it is not always possible to see everything listed on the itinerary. Fortunately, our weather was good, although windy and rough on the last days running into Darwin across the Joseph Bonaparte Gulf. It should be noted that, as these cruises run in the dry season, the amount of water flowing over the King George Falls depends on how soon the trip is taken after the wet and on how good the rain was in the wet. In our case, there was not much water in the falls!

A very positive feature of this cruise is that excursions to land were made primarily with a largish boat (Explorer), which seated the full complement of passengers and had a sun cover. This is to be contrasted with inflatables which have no sun cover. Of course, to get close to some sights, such as the Horizontal Falls, and the Montgomery Reef, the ship deployed two inflatables.

In or near the water we saw whales, sharks, turtles and crocodiles, and we learned to recognize many birds of the region. On land we combed the beaches and discovered all sorts of shells, crabs and lots of flora. On occasion we spotted a rock wallaby. We elected to view more indigenous rock art. There are two types: the very old Gwion-Gwion (Bradshaw) art and the Wandjina art which was given world-wide coverage at the opening ceremony of the 2000 Olympics in Sydney.



Wandjina Rock Art

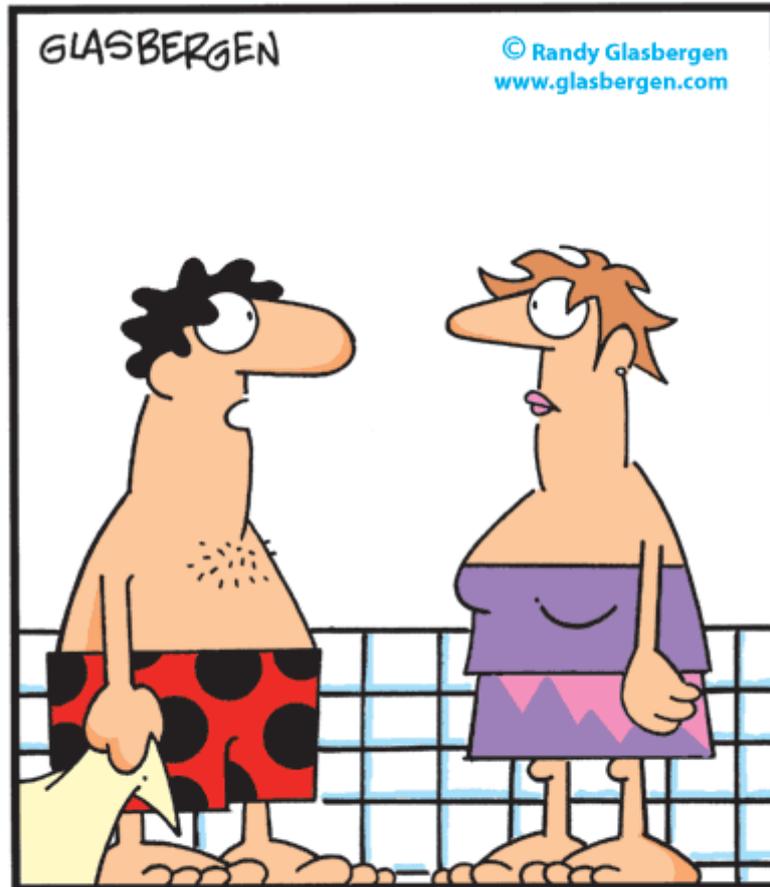
The waters here are not safe for swimming, but we managed a couple of swims in waterholes. We had a wonderful evening meal on an intertidal sand island near Montgomery Reef.

In Vansittart Bay we saw the remarkably well-preserved remains of a DC-3, which made a forced landing in 1942. Overall, the scenery was stunning and the King Cascade on the Prince Regent River was one of the highlights.

At the end of the cruise we spent some time in Darwin at the Mindil Beach market, the Museum and Art Gallery. As the Darwin Festival was on we also looked at an Aboriginal Art Fair. On our last full day, we took a one-day tour to the Litchfield National Park, about 100 km south-west of Darwin, where we admired the beautiful scenery, waterfalls, different types of termite mounds and wild life and had several swims!

Stadium Masters gratefully acknowledges a donation from BGC Concrete





“If swimming is so good for you, how come I’ve never had a goldfish live longer than three weeks?”

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Tricia Summerfield, Jackie Egan, Elizabeth Edmondson, Helen Green, Barry Green, Marg Watson, Anne Edmondson and Stuart Gray for their contributions used in this issue of *Snappets*. Please send items for the next issue to me at mburbidge@westnet.com.au by **Friday 2nd October 2015**.

Merilyn Burbidge