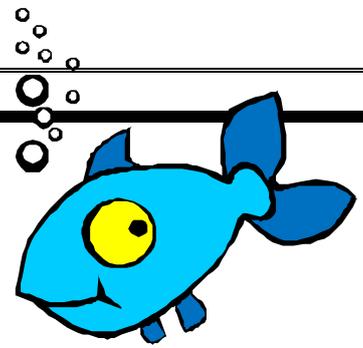


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

October 2015

FROM THE PRESIDENT



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"... and it gives me great pleasure to present myself with the Stadium Masters LiveLighter Club Challenge trophy for 2015" were my words that concluded a superb performance by our swimmers on 20 September. Special thanks to Meet Director and Recorder Anne Edmondson for organising a well-oiled team of helpers and to Helen Green and her team for a delicious luncheon spread. Masters Swimming WA officials kept the meet running to the rules and complimented Barry and me for a good job as "rookie" announcers. We very much appreciate the support of other clubs attending, giving the meet a total of over 120 swimmers.

Anne and I are now compiling an updated checklist for our LiveLighter Club Challenge event to centralise the knowledge and tasks for the future.

Our event marks the last club challenge Stadium Masters will participate in this year and the focus now shifts to more endurance swimming for those who enjoy the open water swim season.

The committee is now looking towards another year of serving the club and if you would like to join us in any role, especially as Membership and PR officer, which includes *Snappets* editor, or as a general member, please let me know. The club cannot function without a management committee so give it some thought and speak to any committee member about what is involved.

Enjoy your swimming.

'Tricia Summerfield, President

BIRTHDAYS

October

19th Hazel Christie
22nd David Hodby
22nd Robyn Wilson

November

1st Helen Loake
2nd Barry Green
4th Ann Ritchie

Greetings all!



WELCOME!



Bill Cresswell from June Maher

We welcome Bill as our seventh associate member. Bill met Patrick Cooney on a trip to Java last year and, with a bit of persuasion from Patrick, he began swimming with the senior group of Stadium Masters at Claremont Pool and now enjoys the exercise, encouragement, friendship and social activities that the club is known for.

Bill was born in Melbourne, grew up in Rylstone NSW and attended Wagga Agricultural School. He came to WA in 1963 and worked as a jackaroo at Sturt Meadows station, Leonora. In 1966 he was appointed farm manager at Darkan and by 1994 was working his own farm at Williams. In 2009 he leased the farm and he and his wife retired to Claremont.

Bill's claim to fame: In the early years of the 20th century Bill's grandfather, Vice Admiral Sir William Creswell, was instrumental to the formation of an independent Australian navy and is

considered to be the 'father' of the Royal Australian Navy. His name is honoured in *HMAS Creswell*, which is a shore establishment of the RAN near Jervis Bay, NSW and the location of the Royal Australian Naval College. Bill recently went to Jervis Bay for the 100 year Australian naval celebrations.



Anja Messmer

It's great that Anja has returned to Stadium Masters - just in time to swim at our LiveLighter Club Challenge. She's a bit older now and no longer holds the title of Youngest Club Member. However she's still in the 25-29 year age category!

DIARY ENTRIES FOR OCTOBER AND BEYOND

Date	Event	Time	Venue
<i>Monday 12 October</i>	<i>Zoo visit</i>	<i>1:00pm</i>	<i>Perth Zoo</i>
<i>Saturday 17 October</i>	<i>Maida Vale SC Distance Swim: 400/800/1500</i>	<i>1:00pm</i>	<i>Darling Range College</i>
<i>Sunday 8 November</i>	<i>Lake Leschenaultia Open Water Swim</i>	<i>Rego from 8:30am</i>	<i>Lake Leschenaultia</i>
<i>Saturday 14 November</i>	<i>Saturday Special Swim Session</i>	<i>1:15pm</i>	<i>HBF Stadium</i>
<i>Sunday 22 November</i>	<i>Committee meeting</i>	<i>11:00am</i>	<i>HBF Stadium</i>

MEMBERSHIP UPDATE

At 3 October 2015, membership of Snappers stood at 73, made up as follows:

Ordinary members	48	Second Claim members	6
80 years and over	10	Associate members	7
Life members	2		

Trivia: The average number of year of membership years is 8.9, revealing a high degree of member loyalty over the Club's life of 23 years.

RUGS FOR WHEELCHAIRS FOR KIDS

Elizabeth will be handing in more rugs shortly so can you please let her know if you are knitting any?



GOGGLE SAW



- Alan Earnshaw appearing in a Fathers Day article in *The Post* and Richard Diggins' photo, also in *The Post*, with his bum on one of the seats to be reupholstered in the Regal Theatre.
- 'Tricia completing the last few metres to qualify for her Five Million Metre award. Congratulations!
- Our banner hanging at our Club Challenge. Luckily the day was a rip-roaring success despite the apparent distress signal with the fish swimming upside down!

CLUB CLOTHING from Pat Sugars

With new members and a new name, it is time for some new club clothing. The competitive part of the year is almost over, so we have time to think ahead to next year. There is also a need to change from the mainly aqua shirt as that is a difficult colour to repeat.

Please let me know your thoughts, preferences and ideas regarding:

- Colour
- Fabric - cotton or cotton-blend
- Long- or short-sleeved, or one of each
- Embroidered logo or screen-printed motif
- Jacket or 'hoodie'
- Cap, hat
- Any other ideas

In the meantime I do have a small selection of 'well loved' recycled club clothing available for a small donation. To find out more you can contact me by email or phone on psugars@iprimus.com.au or 9384 7336.

FROM THE RECORDER Anne Edmondson

All Endurance 1000 swims have been entered into the E 1000 portal from the files that were left for me in the cage and those files are now back in the cage. The times will be uploaded to the Results portal in the coming weeks. **Those swimmers who have not submitted their Endurance 1000 files for the July to September quarter need to give them to me as soon as possible please.**

Any Best Times which are split times, and any 3000 and 5000 metre swims, will have to be entered at the end of the year as in the past. Forms for submitting these will be sent out late November or early December.

MASTERS SWIMMING AUSTRALIA'S 40th ANNIVERSARY



Project Coordinator Nadine Georgiades, Life Member and current Board Member Lynne Malone, Life Member Kaye Cox and Executive Officer Wendy Holtom with the 40th Birthday cake on 22nd September!

CAPTAINS REPORT from Jackie Egan

Stadium Masters LiveLighter Club Challenge Sunday 20th September



Marshals Kim and Lisa

This was a proud day for Stadium Masters Swimming Club. Members came out in droves to assist in every way setting up chairs, putting up that crazy how do you do this signage and banners (up the right way, even!), timekeeping, cheerful marshalling, supervising warm-ups, making up raffle baskets, selling raffle tickets, baking cakes, organising sausages in a bun, delivering drinks to the timekeepers, commenting on all the events.... everywhere you looked Stadium members were buzzing around getting ready and making the carnival run. It was really a wonderful show. Thank you especially to SuperAnne who not only was Meet Director as well as Recorder, but also did a PB in her only swim and swam the last leg of the winning 200+ womens relay! Thanks, too, to those who came just to help: Elizabeth, Kim, Lisa, Helen Loake, Peter Jones, Jil, Peter Downey, Margaret Smithson, Marg Somes, Marg Watson, June Hough, June Maher, Geraldine, Ann Ritchie and Zee.

When the time came to swim, so impressive were our 22 swimmers that we managed to accumulate 243 points to win the trophy by a magnificent 57 points from Armadale! It's been a few years since we have taken the trophy home and it's great to have it back where it belongs. Points just kept tallying up with so many first places in so many events: Pat, Gail, Eleanor, Louise, Leon, Peter, Mat, Stuart, Jackie and Marilyn all won top points for their individual events!

Congratulations to Louise who entered her first ever Masters Swimming meet and won all her individual events. What a way to start! Eleanor once again bagged two more State Records in her 50 Fly (39.48) and her 50 Free (33.73) bringing her tally to 27 (I think!) for this year.



Timekeepers Marg Somes and Geraldine



PBs also flowed aplenty. SuperAnne (never to be known as just Anne ever again!) took 1.75 off her 50 Back coming home in 49.91. The Egan woman did a PB in all three swims only to be overshadowed yet again by the PB Queen of Snappers, Mary, with massive improvements in all her swims too. When are you going to slow down Mary? Carmen did a PB in her 100 Free and Peter Lyster dropped 0.20 off his 50 Free time - 39.12.

The relays didn't disappoint either with the women excelling again. The 200+ team of Gail, Eleanor, Anja and SuperAnne grabbed first place in their age group as did Marilyn, Helen, 'Tricia and Audrey in the 280+ team. The boys, Leon, Mat, Beng and Barry, did nicely in the very competitive 160+ relay to come 2nd and claim 6 points for the club as did the 280+ lads, David, Bill, Stuart and Peter. Well done all!

Outstanding swimmer Mat

STADIUM MASTERS' SUPPORT FOR ALZHEIMER'S from Barry Green

Initiated by Geoff Lane and organised by Marg Watson, our annual effort for Alzheimer's WA took place on Saturday 19th September outside The Herdsman. Club members Patrick Cooney, Elizabeth Edmondson, Helen and Barry Green, June Hough, Geoff Lane, June Maher, Zee Marsland, Dee Stephenson, Pat Sugars and Marg Watson collected \$1,633 over an 11-hour period. Trish Millar from Alzheimer's WA was very happy with this result.

People were exceedingly generous, donating many notes as well as coins. My lasting impression was the number of people who wanted to share their stories of dementia - a partner, a parent, other relative or a friend who had been affected. This was very sad, yet made our involvement more worthwhile as, hopefully, the money collected will alleviate some of the hardships of those smitten by this dreadful condition.

On a lighter note, while Helen and I were shaking our tins a young couple appeared with two lovely dachshunds. They didn't seem to be interested in donating and were having trouble tying up the dogs before going into the shop so Helen nominated me as a dog minder for a while! This was a plus, for when the couple returned to pick up their dogs they were quite generous in their contribution. It had another good spin-off, too, in that the dogs were so cute that they caused many people to stop and donate!

AFTERNOON TEA FOR PAST MEMBERS

It could have been the anticipation of Big June's matchsticks or the hope of meeting up with old swimming friends or just the beautiful spring weather but there was a wonderful roll-up to the second of these Snappers' afternoon tea gatherings. The birthday balloons may seem out of place as the youngest in the party was well over 40 years old! In fact the balloons mark the 40th anniversary of Masters Swimming in Australia which began in NSW. (In WA, two clubs were founded in 1977.)



Helen and Marg Watson had publicised the occasion very well indeed. Animated chatter, high spirits and stacks of scrumptious food made for a very happy tea party which most were reluctant to leave!

It's been a while since we've seen some of these old friends: Audrey Wren, Brian Somes, Rob Shand, Ken Bruce, Don and Geoff Lane, Wyvern Rees, Colin and Jean Beaton, Zee Marsland, Hazel and John Christie, Brian Downing, Pat Byrne and Alan Earnshaw. Can you pick them out? Richard Diggins was there, too, behind the camera!

Four founding members: Audrey Wren (90), John and Hazel Christie and Nomai Jago (all 88). After 23 years, these four are all still current Club members.



SWIMMING SKILLS VIDEO NIGHT from Pamela Walter

The video night was another success. Eleven of us were there for the presentation, followed by a deliciously satisfying home-cooked meal of chicken, salad and dessert.

In his introduction, Stuart stressed the need to vary your exercise, such as swimming, gym and maybe walking, especially as you get older. Then, if for some reason you can't manage one form of exercise, you can fall back on the others. Stuart spoke about the importance of neural plasticity (mental flexibility), so you don't fall into the trap of thinking you can't do something and persistence, persistence, persistence!

The video showed the ideal body positions to adopt for breaststroke (again) and backstroke, and demonstrated drills for developing good stroke technique. The Mini Max concept was mentioned as a tool for improving swimming times: add your stroke count for a set distance to your time taken to swim that distance and try to reduce the total.

I think we should view the videos annually for those of us, like me, for whom every year would be a new experience. When the breaststroke video was repeated, it was like watching it for the first time. I didn't remember any of it!

RELAX AND BREATHE

(extract from an article in *Swimming World Magazine* March 2015 by Wayne Goldsmith)

Before you push off for that first lap, before you take that first stroke, think about one word that will have a bigger impact and a more positive influence on your swimming training than any other: *relax!* No matter what type of training you are doing, no matter what your swimming goals may be and no matter what level of competition you are preparing for, relaxation in the water is the most fundamental, yet most important swimming principle you will ever learn.

Breathing is one of the basic swimming skills at the core of all great swimming performances. The accompanying Dos and Don'ts will guide you to faster swimming:

DO:

- Inhale deeply and normally every breath
- Exhale completely and forcefully under water every breath
- Exhale through your nose and mouth, particularly when turning
- Leave one goggle, the corner of your mouth and one ear in the water when you turn your head to breathe.

DON'T:

- Hold your breath
 - Have your face in the water without air in your lungs
 - Take shallow breaths.
-

AUDACIOUS, AVANT GARDE ANNETTE KELLERMAN

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

Born in Sydney in 1886, Annette Kellerman broke international swimming records, became a professional swimmer while still a teenager and went on to achieve stardom on Hollywood's silent screen.

In 1907, while attempting a long-distance swim, Annette was arrested on a Massachusetts beach for 'indecent exposure'. Her revolutionary swimsuit was of black wool, covered the entire torso and had short legs instead of the



cumbersome, weighty dress and pantaloon combinations that women were expected to wear at that time when swimming. She couldn't afford a lawyer so defended herself in court, protesting that swimming in a regulation women's costume was like swimming in a ball gown. The judge proved to be understanding and dismissed the case. Annette became a sensation overnight. Her bold move would change the future of swimming for Australian women.

Left: Exuberance constrained by clothing

Right: Freedom displayed by Annette



DAY CAPTAIN IN EUROPE from Pamela Walter

While away on our holiday in Europe I managed to fit in three swims in picturesque places.

Lake Bled in Slovenia

I'm told Helen Green's parents honeymooned at Lake Bled! It is a beautiful location surrounded by mountains, some of which are covered with snow at other times of the year. A 10th century castle on a hill overlooks the lake. Down the opposite slope is a luge ride which I conquered with my eyes closed, screaming nearly the whole way down! Lake Bled is over 2 km long and is used by an active rowing club at times for rowing competitions. Rowing craft of all sizes, private, commercial and hired, are permitted on the lake; motor boats are not. The swimming club is at one end and the water was blissfully cool on a hot day. I swam from the rowing club, around the edge to the main settlement at the other end while my slightly nervous husband walked and kept an eye on me.



Sedately rowing on Lake Bled (but not Pamela and Graeme)

Lake Como in Italy

This is a very big lake with many villages on its banks, Como being one of them. We stayed in Bellagio. I swam from Bellagio to Pescallo, the next village around a headland which had massive cliffs and no path so, again, I had a very anxious husband as I swam out of sight. Having reached Pescallo there was nothing else to do but to swim back!

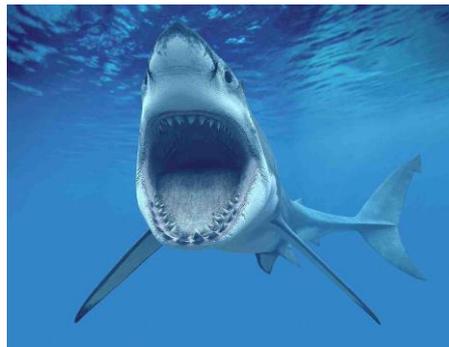
Zinal in Switzerland

Graeme and I were doing a three-day walk in the mountains of Switzerland. The weather was glorious but the week before when we were in France steering a 33 foot boat into and out of locks and reversing it to dock against floating jetties the weather had been "ordinary". On the day of the swim we walked through snow and at the end of the day walked for about an hour down a steep descent into the town of Zinal, fortuitously passing an indoor pool. While swimming in this pool, every time I took a breath or stopped to take a breather I had a magnificent view of snow-covered mountains and a 100 foot waterfall.

THE SHARK

How many scientists have written
The shark is gentle as a kitten!
Yet this I know about the shark:
His bite is worse than his bark.

Ogden Nash



ACKNOWLEDGEMENTS AND DEADLINE

Thanks to 'Tricia Summerfield, Jackie Egan, Pamela Walter, Elizabeth Edmondson, June Maher, Barry Green, Marg Watson, Pat Sugars and Anne Edmondson 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 6th November 2015**.

Merilyn Burbidge

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