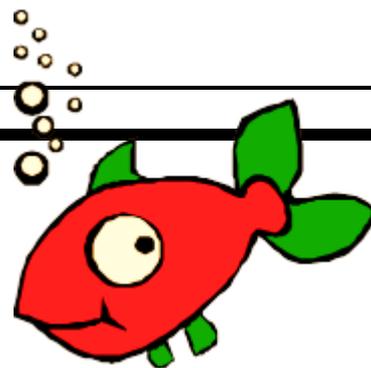


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

December 2015



PRESIDENT'S PIECE

Another swimming year is coming to a close and "some of us" are rushing to complete our Endurance 1000 swims; if only we had done them earlier in the year.... I urge you to get your completed sheets and list of any best-time-splits to Recorder Anne promptly. A form will be supplied shortly.

The MSWA LiveLighter Open Water Swim season began at Lake Leschenaultia on 8 November. Three brave Snappers, Barry, Merilyn and Pamela, swam and all achieved third place in their age groups. Well done!

The club's Annual General Meeting will be held on Saturday 23 January 2016 at 3:30pm in the Claremont Club rooms by the outdoor 8-lane pool. The major item for discussion will be the raising of club fees in 2017; a formal motion with rationale is included in this newsletter. The other important business is the election of office bearers and as all current members, except Merilyn, have agreed to re-stand it is important that we find a candidate for PR and Membership Officer, including production of *Snappets*, for the coming year. Please give some thought to putting up your hand for this important and interesting role.

The committee recently co-opted Peter Lyster as a general member and he was welcomed to his first meeting on 22 November. Peter has commercial experience which will be an asset to the committee's deliberations.

Barry and I met with representatives from VenuesWest to discuss their sponsorship of the club for the coming year. It was a very positive meeting and they are keen to promote our activities and achievements through their website. We have renegotiated sponsorship (lane hire) of the Swimathon, 1500m Distance Swim, LiveLighter Club Challenge and 4 lane hours per week for 42 weeks (Wednesday and Friday 12:30 session when E 1000 swims are timed).

Our classy refurbished cage is back in action, thanks to all involved especially Geoff Barnard and family for their generous contribution to the upgrade.

The Wednesday morning group farewelled swimmer Lisa Dwyer on 25 November. Lisa is going to live down south and we will miss her.

Enjoy your swimming, Tricia Summerfield



REGISTRATION FOR 2016

Your Club membership is valid only until 31st December 2015 so it's time to re-register for 2016. To do this go to Stadium Masters' website: www.stadiummasters.org.au, click on Membership and follow the instructions.

As you register

- * it is important that you check that your personal details are up to date
- * you will be given the option of buying a Masters Swimming Australia swimming cap
- * you will also have the option of receiving eNews from MSA and MSWA. These bulletins supply members directly with useful information on a regular basis so you are encouraged to tick these boxes.

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ANNUAL CLUB AWARD WINNERS FOR 2015

Congratulations to the winners and runners-up of the following Club awards for 2015 and thanks to all the other swimmers for making for exciting competitions:

Lynda Joachim Award for the female Club champion:

Winner **Eleanor Parsons**

Runner-up **Pamela Walter**

Cliffe Webb Award for outstanding performance at the Masters Swimming WA State Swim and Stadium Masters' LiveLighter Club Challenge:

Winner **Pat Sugars**

Runner-up **Beng Hooi Chua**

Beatie Norris Endurance Award for long distance swimming:

Winner **'Tricia Summerfield**

Runner-up **Merilyn Burbidge**

Kevin Wren Award for the male Club champion:

Winner **Barry Green**

Runner-up **William Curtis**

Founders' Award for commitment to and improvement of swimming over the year:

Winner **Mary Gray**

Runner-up **Carmen Harrison**

Participation Award: Jackie Egan

President's Award: Anne Edmondson

THE BEATIE NORRIS ENDURANCE AWARD

This is the latest addition to the Club's array of annual awards. It is presented to the swimmer who achieves the highest number of points in the Endurance1000 program boosted by age-based bonus points calculated by the club. Congratulations to the inaugural winner, 'Tricia Summerfield. We have to thank Pamela and her sisters for donating the funky trophy for the Beatie Norris Endurance Award in honour of their mother who was a Club member for 18 years. Beatie died last year.

Pamela wrote these words about nine years ago:

In 1994 my sister and I joined Snappers. Our other sister travelled from Roleystone every Sunday morning to swim with us and our mum used to come to watch and make it a family outing. Unbeknown to her daughters Mum started taking swimming lessons at the Stadium with Gill Murrish. Prior to that, I had never seen her swim. She swam very short distances at first and tried every stroke but has since concentrated on backstroke. Mum is involved only in the aerobic program, not competition, and, for the last couple of years, has completed all the backstroke swims in the program. Last year she swam the full program twice over and called one lot freestyle. She's even done a 3000m!

My sisters have stopped swimming and, I might add, put on weight. Mum and I try to swim together twice during the week and again separately at the weekend. She is now 82 and has just been awarded her One Million Metre shirt. Bright red! She says if she's swum the distance she wants people to know, which is a strange attitude for someone who shies away from any publicity. I think we'll have trouble getting it off her back. I encouraged Mum to log her swims as a way of keeping her interested and swimming longer. I thought she would reach one million by the time she was 84 but she beat me to it. Her situation made me aware of the need for a two million metre goal. Hence Snappers' proposal to Masters Swimming WA. Though her enthusiasm has declined after reaching one million I think it is only temporary. Mum squeezes longer distances into the session now than she did when she first started. Who knows, she may reach the two million mark. I'll try to keep her swimming for as long as possible, confident that her quality of life will benefit due to the Fitness, Friendship and Fun.

BIRTHDAYS

December

20th Mat Lovelock
24th Lisa Dwyer
27th Gabi Diaz
29th Peter Downey

January

1st Mark Etherton-Beer
2nd Zee Marsland
7th Bill Woodhouse
8th Jil Mogyorosy

10th Kay Zani
17th Peter Lyster
22nd Pat Sugars
27th Alan Earnshaw



Happy birthday all!

HE'S BACK!

We are delighted to welcome Geoff Lane back to the Club as a social/associate member. Geoff was a full member from 1995 to 2012 and we regard him as one of the family. Cheers, Geoff!

DIARY ENTRIES FOR DECEMBER AND BEYOND

Date	Event	Time	Venue
Saturday 12 December	LiveLighter MSWA Series Round #3: Freo Ports Swim Thru	check-in 7:10am	South Beach, Fremantle
Sunday 13 December	Marshalling at Hillarys triathlon	6:00am	Hillarys Beach
Sunday 20 December	Committee meeting	11:00am	HBF Stadium
Tuesday 22 December to Monday 4 January	No Club lanes hired at HBF Stadium	Members are welcome to swim but the cage may not be used	
Sunday 17 January	LiveLighter MSWA Series Round #4: 2016 Minara Resources Swim Thru Perth	Check-in: 7:30-8:30am	Matilda Bay, Swan River
Saturday 23 January	Stadium Masters AGM	3:00pm	Claremont Masters clubroom
Tuesday 26 January	LiveLighter MSWA Series Round #5: Australia Day Swim 2km Solo	Check-in: 7:30-8:30am	Doddi's Beach, Halls Head, Mandurah
Sunday 21 February	Newman Churchlands LiveLighter Club Challenge Long Course	am	Newman College
Saturday 27 February	2016 Karma Resorts Rottneest Channel Swim	from 5:45 am	Cottesloe Beach



PETER LYSTER

Peter doesn't really fall into the new member category as he has been a member of Stadium Masters for about a year now. However he somehow escaped being introduced to the rest of the members by way of the newsletter. We are grateful to Peter for filling a vacancy on the Management Committee. He's easy to identify as he drives into the carpark in his chromium yellow Honda S2000 roadster!

Peter says:

"I was born in Northern Ireland and I used to swim and play water polo at school in Belfast. We came to Perth in 1978 but it is only in the last ten years that I have started swimming again on a very casual basis. Now that I have joined the Club, I am swimming three to four times a week. I am really a one stroke swimmer, the backstroke is improving but the breaststroke is the joke of the club. I much prefer the shorter 50m and 100m races and trying to improve my times.

I love flying and have flown in most types of civilian airliners from Jumbos and Concorde through to Cessnas, helicopters, gliders, a hot air balloon and an Ultra-light. On the Ultra-light, you sit behind and slightly higher than the pilot with your knees gripping his chest. Then you can reach over his shoulders and take control of the sail! We flew down Cable Beach at sunset and even landed on the beach. Magical."

A REMINDER FROM THE RECORDER Anne Edmondson

Members with email addresses will have received a Best Internal (Split) Times sheet. If any internal times from your Endurance 1000 swims (50m, 100m, 200m, 400m, 800m, 1500m) are better than your other times for Freestyle, Butterfly or Breaststroke, or you have completed a 3000 or 5000 metre swim, please fill these in on the sheet and return it to me by 12 December either by email or leave it in the cage. Internal times are not accepted for Backstroke so **please do not include any**. Hard copies of the Best Internal Times sheet can be made available to anyone not on email.

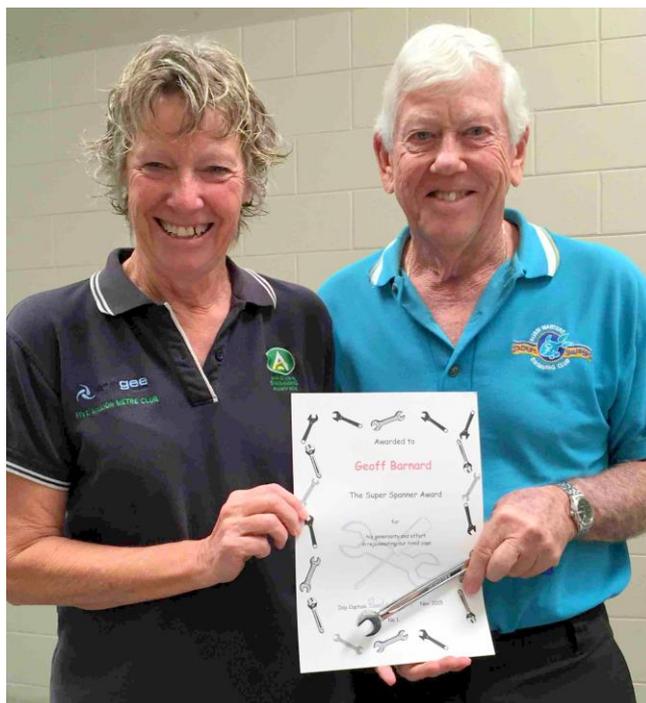
Those of you who highlighted internal times on your Endurance 1000 recording sheets earlier in the year will need to include these again if they are still your best times for those strokes and distances. Also don't forget 100m and 200m Butterfly if you have completed 400 or 800 IMs.

PLEASE ALSO PLACE ALL ENDURANCE 1000 FILES IN THE CAGE BY 12 DECEMBER FOR COLLECTION AND FINAL ENTRY INTO THE RESULTS PORTAL.

SUPERSNAPPER/SUPERSPANNER

There haven't been any swimming events lately so no SuperSnapper was chosen this month.

Instead, Geoff Barnard was presented with a one-off SuperSpanner (that's not a typo!) award for restoring the "dry" end of our equipment cage so that it looks brand new again. This explains the photo of him in the November issue inside the cage. Thanks for being our go-to man, Geoff, when repairs are needed.



The TV game show was really close. One contestant was asked to name two of Santa's reindeer. The contestant gave a sigh, thinking that he had finally been given an easy question, and said, "Rudolph and Olive!"

The host asked, "We'll accept Rudolph but can you explain Olive?"

The man looked at the host and said, "You know, Olive, the other reindeer, used to laugh and call him names..."



GOGGLE SAW

- Jackie punching Wayne very hard for changing his email address twice in one year!
- Tricia, Robyn and Anne helping out their sister club, Claremont, by timekeeping for their Endurance medley challenge initiated by Vic Paul
- Kat F and Beng being outstanding in leading the Activate (Jackie swears it's Aggravate!) and Stretch before the Tuesday/Thursday sessions

CARRYING ON AT CLAREMONT POOL



About ten Snappers swim at Claremont pool Monday, Wednesday and Friday morning at about 8:00 – 9:00 am. They have finished their swim and are enjoying a coffee before the school lessons start. Most are now associate members of the club. Past member, Rob Shand, has recently joined the group. Having not swum for two years he is gradually building up his distance. First time back 200 m. Next swim 500 m. What progress!

If you want to fit an extra session into the week or happen to miss a regular Wednesday/Friday session think of swimming with this group. They are very welcoming and would love you to join them.

I ❤️ **MASTERS SWIMMING**

Number Plate Frames Fundraising Project

Lynne Duncan has been working on this project and we have just finalised the arrangements. This is a great opportunity for Clubs to raise some funds and promote Masters Swimming. Every set of number plate frames purchased by your members **will provide \$8.00 to your Club**. The project will be available initially from **28th November to 13th December**.

Members place their orders online at numberplateframes.com.au and pay via credit card or Paypal, using the secure online checkout. The frames will be manufactured and delivered direct to members within 10 days of 13th December. Clubs will receive their funds within the month following.

www.mswa.asn.au

Wendy's Retirement

At the Board meeting last night I announced that my retirement is looming. I will leave the building on Friday 22nd January, but will not lose the friendships I have made with such great people during my time in the position.

MSWA reps needed

Lynne Malone is retiring as MSWA's National Delegate after 15 years of volunteer service in this role and Ivan Martinovich is retiring as a member of the National Board of Management of MSA. Anyone interested in either of these roles is invited to find out more from MSWA.

How to Get the Most from Training Sessions by Mark Erickson

(extracted from an article appearing in Masters Swimming e-News March 2013)

- Be clear on your goals, long and short term. What do you want to achieve: general fitness, better stroke, increased performance, speed, relaxation? Discuss these realistic goals with your coach at a suitable time.
- Arrive at training early to prepare your mind and body for training and warm up with a few dynamic stretches or movements before entering the water.
- Be organised. Have your swim gear accessible to your training lane.
- Be considerate of and respect your fellow swimmers and your coach. Observe lane etiquette, work together to support and motivate each other.
- Be open to new ideas and feedback. Be positive and TRY your best!
- It is great to develop a rapport with your fellow swimmers and the coach, but minimise social discussions or distractions during training.
- Provide feedback to your coach, so they can improve the training sessions. Remember to thank your coach.
- Try to train regularly and consistently.

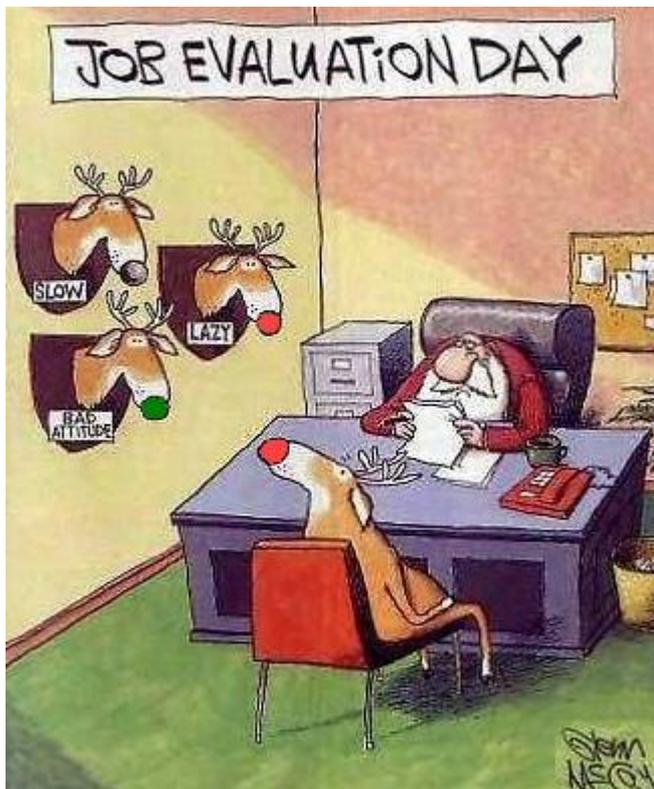
There is a saying, "PERFECT PRACTICE makes PERFECT PERFORMANCE". Putting your best effort into regular training will achieve your goals.

A NEW CHALLENGE from Marg Watson

7H15 M3554G3 53RV35 7O PROV3 HOW OUR M1ND5 C4N DO 4M4Z1NG 7H1NG5! 1MPR3551V3 7H1NG5!

1N 7H3 B3G1NN1NG 17 WA5 H4RD BU7 NOW YOU 4R3 R34DING TH15 4U70M471C4LLY W1THOUT 3V3N 7H1NK1NG 4BOU7 17. W45 17 NO7 7H3 54M3 WH3N YOU 574R73D 5WIMMING? CON71NU3 7O B3 PROUD OF 7H353 4M4Z1NG 7HING5!

H4V3 4 V3RY M3RRY CHR157M45 4ND GR347 5UCC355 1N 7H3 N3W Y34R.



**KARMA RESORTS
ROTNES
CHANNEL SWIM**

Saturday 27th February might seem a long way off to most people but it's just around the corner for those taking part.

Stadium Masters have quite a few representatives in the 2016 event: Carmen Harrison and Jil Mogyorosz are first timers with two other women in a team; Gail Parsons is in a team, making a change from the duo she's swum for several years; Gabi Diaz is in a team of four newbies; Eleanor has a team but no boat yet!

We wish them all the best in their preparation and training for the big day.

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to 'Tricia Summerfield, Pamela Walter, Elizabeth Edmondson, Marg Watson, Barry Green and Peter Lyster for their contributions used in this issue of *Snappets* and to everyone who has helped with words, photos and suggestions over the past two years. The list is long! Please send items for the first issue for 2016 to the new editor at an address to be advised.

Happy Christmas to you all and great swimming in 2016!

Merilyn Burbidge

Stadium Masters gratefully acknowledges a donation from BGC Concrete



STADIUM MASTERS SWIMMING CLUB INC.

NOTICE OF ANNUAL GENERAL MEETING

The annual general meeting will be held at
Claremont Club Rooms HBF Stadium Mt Claremont

3:30 pm Saturday 23 January 2016

Order of proceedings

- hear the President’s report and the Treasurer’s report for 2015
- approve the budget for 2016
- elect the new office bearers for the Management Committee, and
- deal with any other business in accordance with the Constitution.

In addition, the aerobic star awards and club aerobic awards will be presented.

NOTICE OF MOTION

Club Subscription

That the club component of Stadium Masters membership fee for full membership be raised by \$60 for the 2017 calendar year.

Moved 'Tricia Summerfield Seconded Jackie Egan

Rationale

Lane hire is our club’s largest expense as we offer 14 (7x2) hours of reserved lane space for our members each week.

Over the past few years, lane fees have risen by scheduled increments and are currently steady at \$16.20 per hour (VenuesWest/HBF Stadium community rate).

Many members have consistently subsidised the club’s income by undertaking fundraising activities and we are very grateful for their efforts. Thus the club has been able to absorb lane hire increases with the reserve funds accumulated and has not proposed an increase the membership subscription for the past three years.

However, these reserve funds will be substantially expended during 2016 and a significant increase is now required. Fundraising will continue to supplement the club’s income.

There is an argument that some other masters swimming clubs’ fees are much lower but remember many clubs raise funds through running an Open Water Swim (requiring lots of time and effort), some pay a small lane hire fee for each swim (which makes budgeting a challenge) and most clubs don’t offer their members as much squad training in reserved lanes (with coaches and programs) as Stadium Masters does.

STADIUM MASTERS SWIMMING CLUB INC

NOMINATION FOR MANAGEMENT COMMITTEE 2016

**to be given or emailed to Secretary Barry Green before
23rd January 2016**

NAME OF NOMINEE:

POSITION:

NOMINATED BY:

SECONDED BY:

SIGNATURE OF NOMINEE: