



# SNAPPETS

Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

April 2016

## PRESIDENT

The 2015/6 Open Water Season ended with the State Open Water Championships at Coogee Beach on 2<sup>nd</sup> April. Great to see some “first timers” taking part, boding well for the future.

Our best wishes go to Eleanor, Kat A and Kat F, who are in Melbourne for the National Masters Swimming Championships. I’m hoping for as large a team as possible at our next interclub hosted by Westcoast on 1<sup>st</sup> May so, if you haven’t tried competition, give it a go! Tomorrow’s club swim will help you prepare for it.

It was very encouraging to see our Endurance 1000 swimmers starting strongly right from the first day back after the Christmas/New Year break. There are some noticeable absentees but it’s not too late to start and there will be a great opportunity on Sunday 29<sup>th</sup> May at our annual Swimathon.

Most training sessions are being reasonably well attended. Please make use of the water time we have – come and swim! In winter, the number of swimmers usually falls. Let’s make a difference this year and keep swimming!



Swimmers will have noticed our recently refurbished cage with its bold new sign. Once again, many thanks to Geoff Barnard, Marilyn Burbidge and Pamela Walter for realising this.

Away from the pool, I must say what a pleasure it is working with your dedicated committee. The club succeeds only because people are prepared to volunteer their services. Acting on the committee or in a support position is very important. It is not too early to contemplate playing a part on next year’s committee! This would lighten the load of some individuals who now shoulder multiple responsibilities.

Socially, we have started the year well. The beach picnic was a big success and more events are planned. Lynda Joachim, our original life member who was instrumental in forming the club, is coming from Queensland to swim with us on April 29, and also to have coffee and cake afterwards. This should be a great occasion.

Looking ahead, we are hosting two swimming events: our 1500 Metre Distance Swim on 11<sup>th</sup> June and our LiveLighter Club Challenge on 18<sup>th</sup>

September. It is important that these go well: we will need club support to run them successfully.

The “elephant in the room” for the club is its financial situation. On one hand, we have had proposals for fund-raising and we are implementing a plan to raise extra funds. Have you bought the Entertainment Book yet? The club receives \$13 for each one purchased through the club, so please order a copy (see page 8 of this newsletter). On the other hand, a small group of members will study the financial situation before next year’s fees are finalized. The club is demographically in transition. Quite a few of our longstanding members are no longer “in the swim” so we need to attract new people from all age groups. It will be very helpful if you can bring new members to the club!

Barry Green

### In this issue

#### Regular features

President.....	1
Membership.....	1
Welcome.....	2
Birthdays .....	2
Diary entries .....	2
Swimathon .....	2
SuperSnapper .....	3
Goggle .....	4
OWS Scene.....	6
Deadline for next issue ...	8

#### Special features

Coaching Tip.....	3
Volunteers .....	3
Claremont Pool Group....	4
Beach Picnic.....	5
Gail’s Ride.....	7

## MEMBERSHIP

At 15<sup>th</sup> April 2016, Stadium Masters membership stood at 69, made up as:

Ordinary members	46
Second claim members	7
Associate members	14
Life members	2

---

## COMMITTEE ACTIONS

At the meeting on Monday 18<sup>th</sup> April the Management Committee:

- resolved to discontinue hiring lanes for the Saturday session from May due to consistently low numbers. The situation will be kept under review and, if demand justifies hiring, the session will be reinstated.
- finalised the duty statements for Committee members and support positions
- approved an updated Stadium Masters' Healthy Club Policy
- discussed the 2015 Associations Act: action is required by all clubs registered as associations under the current WA Government 1987 act.

## DIARY ENTRIES FOR APRIL AND BEYOND

<b>Date</b>	<b>Event</b>	<b>Time</b>	<b>Venue</b>
21-24 April	MSA National Championships		Melbourne
Saturday 23 April	Club Swim	1:00pm warm-up	HBF Stadium
Sunday 1 May	Westcoast LiveLighter Club Challenge LC	8:00am warm-up	Craigie Leisure Centre
Saturday 7 May	Thornlie Distance Swim 400/800 SC	12:00 noon	Leisureworld, Thornlie
Saturday 21 May	Bunnings sausage sizzle	from 8:00am	Bunnings Claremont
Sunday 29 May	Stadium Masters Swimathon	from 9:00am	HBF Stadium
Sunday 29 May	Riverton 400/800 Distance Swim LC	1:00pm	Riverton Leisureplex
Wednesday 8 June	Committee meeting	6:30pm	Regent Park, Mt Claremont
Saturday 11 June	Stadium Masters 1500 Distance Swim LC	afternoon	HBF Stadium
Sunday 19 June	Mandurah LiveLighter Club Challenge SC	TBA	Mandurah



### April

25<sup>th</sup> Geoff Lane  
27<sup>th</sup> Lynda Joachim  
30<sup>th</sup> Carmen Harrison

### May

3<sup>rd</sup> Sara Cann  
4<sup>th</sup> Beng Hooi Chua  
7<sup>th</sup> June Hough  
19<sup>th</sup> Katya Anderson  
19<sup>th</sup> Richard Diggins  
27<sup>th</sup> Tricia Summerfield

---

## WELCOME TO A NEW MEMBER

We are very pleased to welcome Michelle Hogue as a second claim member of Stadium Masters and hope she continues to get a buzz out of swimming!

Michelle says:

“I am a recent mature-aged graduate with a Bachelor of Counselling degree. I have a supportive, loving husband and two daughters with their own individually unique personalities, aged 10 and 12 years. I love the extra lift I get from swimming in a group - the Stadium Snappers and Claremont Masters Swim squads have pandered to my enjoyment of swimming as well as my fitness and energy levels perfectly!”



---

## SWIMATHON

Our annual Swimathon will be held in the indoor pool at HBF Stadium on **Sunday 29<sup>th</sup> May from 9am to 5pm** in two lanes kindly donated by the Stadium. All the money raised will go to Alzheimer's Australia WA.

This is a great opportunity for the club to put something back into the community. It's also a chance for swimmers to complete some of the Endurance 1000 program and earn points for the Club. Last year, 17 people swam 22 individual swims over a total distance of 40.1km! Can we do better this year?

Please find as many sponsors as you can. You'll find the sponsorship form at the end of this newsletter. All donations over \$2 are tax-deductible and, when the money has been collected, each donor will receive a receipt.

On the Swimathon sign-up sheet in the cage, please indicate when you would like to swim on the day so that we can draw up a program of lane usage. It will help if you can arrange your own timekeeper.

I look forward to your participation in the Swimathon.

Barry Green



## SUPERSNAPPER

The SuperSnapper Award for March goes to Cas Brown.

It is axiomatic that the longer you have been swimming the more difficult it is to improve on previous times. Cas has been swimming with the club since 2002. She listens carefully to the coaches' advice and always works hard to put any tips into practice.

At Newman Churchlands LiveLighter Club Challenge Cas swam a Freestyle 200 and a Freestyle 50, recording a PAB (Personal Age Best) and a best time since 2014 in both. In her Backstroke 50 she achieved a PAB and a best time since 2012. Deservedly, Cas has been presented with the March SuperSnapper Award for "three good swims at Newman Churchlands." Well done, Cas!

## COACHING TIPS from Stuart Gray

Having been a coach and a physiotherapist for roughly the same time, I am just as concerned about health and life performance as I am about pool performance.

I offer the following comments to the day-time group without using any technical jargon:

Performances would improve in all strokes by

- increasing stroke length and by
- increasing stroke rate without reducing stroke length.

In freestyle, an early 'catch' without dropping the elbow would help to achieve an increase in stroke length. As stroke rate increases, kicking more strongly, especially using a 6-beat kick, will balance the stroke and utilise fast-twitch muscle fibres which are important in old age. Show me how you kick and I will know how you walk; show me how you walk and I will know how likely you are to fall.

Finally performance is unlikely to improve with less than two training sessions a week. Adding a weight-bearing activity to swim training, such as walking or gym work, will help to maintain overall muscle strength and bone density.

## OUR VOLUNTEERS IN ACTION!

Seven Club members, plus Graeme Walter, had fun and netted \$360 for Club funds as volunteers at the City of Joondalup SunSmart Triathlon on Sunday 10<sup>th</sup> April. Being allocated to the water station on the long course run section came with a bonus: we didn't have to check in until 7:15am while the other volunteers had to be there at 6:00am!

The 1000 entrants kept us busy with their orders of Champagne, gin and vodka. But it was a case of water, water everywhere as the runners splashed it over their heads, gulped it and sprayed it over us, having misjudged grasping the cups. The highlight was cheering two Club members on their way: Danielle Vlahov and Peter Marcello had entered at the last minute and were running strongly as they sped past us.



Two of our team deserve special mention. Pat Sugars, 84 years old, was on her feet for 3½ hours keeping up the supply of water-filled cups and nobody would have guessed that Peter Lyster had returned from Ireland only the day before!

If you're free on Saturday 21<sup>st</sup> May join the crew at our Bunnings sausage sizzle. Enjoy an exciting couple of hours and help raise more funds.

---

## GOGGLE SAW

- Pamela and Helen practising for synchronised swimming: they put their bathing caps on in perfect unison, but lost marks when Helen didn't sway from the hip sufficiently in the walk to pool.
- Elizabeth presenting medals at the Junior Swimming Championships



- a round 1996 50 cent piece in the weekly \$10 raffle takings when someone mistook it for a 20 cent piece! At least two people wanted to swap it for a normal 12-sided 50 cent coin. The going rate for such a coin is \$10 and the Club is now the richer by that amount!

Who remembers Valentine's Day fifty years ago, when Australian currency changed from pounds, shillings and pence to dollars and cents? The "Dollar Bill" cartoon character was centre-stage in the very successful campaign to educate everyone. These are the words from the famous jingle:

*In come the dollars and in come the cents  
To replace the pounds and the shillings and the pence.  
Be prepared folks when the coins begin to mix  
On the 14th of February 1966.  
Clink go the cents folks, clink, clink, clink.  
Changeover day is closer than you think.  
Learn the value of the coins and the way that they appear  
And things will be much smoother when the decimal point is here.*



Dollar Bill Decimal Currency Jingle sung to the tune of "Click go the Shears". Lyrics written by Ted Roberts.

[\(Museum of Australian Currency Notes, Reserve Bank of Australia\)](http://www.museumofaustraliancurrency.com.au/)

For more excitement and a bit of a giggle see <https://www.youtube.com/watch?v=5ZTeWLA1LAs>

---

## SNAPPERS ASSOCIATE MEMBERSHIP - WHAT'S NEWS?

A group of Associates and other Snappers swims at Claremont pool between 8am and 9am, Mondays, Wednesdays and Fridays. The summer is pleasant at that hour, and the coffee is pretty good too. We generally number between 6 and 12, with Monday being the most popular. And being regulars we are particular favourites of Bilby's, who won the kiosk lease this year; they even talk of hot soup and outdoor gas heaters come winter!

Sue Colyer joined us recently, back in town for a couple of months and back in the swim. Patrick Cooney has returned to the pool after cavorting in New Zealand for three months. Rob Shand competed in the recent State Masters Games, coming first in the javelin and third in the discus. His shoulder is sore but he hopes to be swimming soon! Several of us enjoyed catching-up at the Club Beach Picnic and are now looking forward to the afternoon tea at the end of April. Pat Byrne couldn't make the picnic, but her treasured trestles were seen draped with the bright yellow tablecloths once again!

### THE 2016/17 ENTERTAINMENT BOOK

You can support Stadium Masters as well as receiving lots of good deals by buying the 2016/17 Entertainment Book at a cost \$65 of which \$13 goes to Club funds. It is available as a book or as a phone app and will be released in Perth on 2 May. Link to on-line ordering for Stadium Masters only:

[www.entbook.com.au/9x28667](http://www.entbook.com.au/9x28667)



### GREEN GARAGE SALE

There's a plan to hold a sale of books and other small, saleable items in the Greens' garage in City Beach in November. The proceeds will go to the club. For this sale to be a success, we need books and other items in good condition. This is your opportunity to spring clean! Please contact Barry Green to arrange pick up.

---

## THE BEACH PICNIC from Helen Green

On Sunday April 3, 2016 the sun shone, the water sparkled and the hot plates sizzled with succulent hamburgers. 22 people attended a very pleasant Stadium Masters beach picnic and three even swam. Barry and Pamela swam early and were just emerging when Ann and her grandson Tim arrived, so Pamela went in again with him.

David Watson did his traditionally superb job on the barbecue and, as usual, left it looking twice as clean as he'd found it. One neighbouring group was so impressed that they offered to hire him for **their** barbecue and Pamela asked him to marry her on the grounds that he cleaned the barbecue so scrupulously! David was ably assisted by Richard Diggins who coped with great good humour with lots of helpful suggestions on how best to flip hash browns and brown onions. Thank you to both chefs.

Many thanks too to all who kindly supplied hamburgers, onions, salads, bread and fruit: Marg Somes, Dee Stephenson, Pat Sugars, Marg Watson, Ann Ritchie and Zee Marsland. The Club's yellow tablecloths were delighted to spread themselves over Pat Byrne's reliable trestle tables again. Thanks Pat.

*Ed: Helen, not wishing to offend, omitted part of the story. Until last year, the picnic has always been held at City Beach. Last year, due to an event at City Beach, parking would have been impossible and barbecues hard to find so the picnic was held at Floreat Beach instead. This was well advertised beforehand and people easily found the venue. It turned out to be a good choice – sheltered from sun and wind, close to toilets, lots of barbecues, easy parking - so Floreat Beach was chosen for this year's picnic. This was clearly stated on the flyer and mentioned at afternoon tea, more than once.*

*Even so, at least seven picnic-goers spent some time trekking up and down at City Beach before the penny dropped. They all had a good laugh about it. Here's the one that takes the cake:*

*A very long term member of Dutch origin, name beginning with T, made a last minute decision to come, thinking she would surprise everyone. She packed a thermos and biscuits and, with her husband driving, scanned the grassy stretch at City Beach for a familiar face. Finally they gave up, took their morning tea onto the grass and sat down to chat to some people nearby. These folks turned out to be from Argentina and didn't speak English so the conversation was brief! When she got home our friend, highly indignant, phoned her friend Big June to find out why the picnic had been cancelled!*

## PAMELA, A PICNIC AND THE POLICE Timothy Olsen

I'm the 21 year old grandson of Ann Ritchie and a temporary migrant to Australia. No matter that I am not a Stadium Masters member, nor of the same age bracket, that did not stop me from accepting an invitation from my lovely grandmother to their *Beach Breakfast*. Who doesn't like breakfast by the beach? Or so I thought.

I looked forward to it. On picnic day I woke at 7am – unusually early for a 21 year old – and put my bathers on, just in case I was in the mood for a little ocean wade. I brought a book with me; it was going to be relaxing day. My grandmother had cut and prepared fruit as her contribution and I had meticulously prepared my appetite as mine.

It was a bright and sunny morning, and everything was fine. That is, until I, and my partner, the Olympic All-Time Superstar Athlete Legend Pamela, started swimming. After not being physically active for a year due to an ankle injury, I was about as fit as a dead walrus. When Pamela, my kindly buddy, pointed to a distant landmark as our half-way mark, I knew I was in over my head. I'm not a natural swimmer, and my wonky starboard bent led me into Pamela's straight path multiple times. I was a fish without a fin, a boat with no rudder, ever-bouncing off the guiding wake of my more experienced counterpart. But Pamela was a forgiving partner. When a clan of surfers inhibited our safe crossing to the farsighted destination, Pamela, looking disappointed, suggested we turn around. By God was I thankful for those surfies. She offered the compromise: "We can always swim further the other way." I said, "Yes" and thought, "No danger of that happening!"

The way back was not a walk in the park, not even metaphorically, because while dealing with the starboard bent that kept leading me towards the shoreline (a welcome misdirection, for I was tiring), Pamela and I came across some local authorities: the Water Police. Whether they wanted to crack jokes about my avant-garde (a synonym for *bad*) swimming style, or simply check if we were OK, never became clear; they sped off after a quick wave. Before I knew it, but not before I felt like a beached jellyfish, we were back on shore: safe and sound. After a bit of a rest, I felt *great*, as one does after a good splash.

The food, which was a very small part of my *Beach Breakfast* experience, was delicious. Unfortunately after my twenty minute swim which felt like twenty millennia, I could not offer the esteemed club members my entire gift of my full appetite, but I certainly cleaned up my plate. And I realized I could offer these senior members a more important gift: my respect. For anyone who can swim in the ocean, no matter what age, and avoid flapping about like a bunch of spaghetti as I did, is in my book a *remarkable* human being.

## GARDENING WITH GRANDMA

A teenaged granddaughter comes downstairs for her date wearing a see-through top and no bra. Her grandmother is horrified, telling her not to dare go out like that! The girl says, 'Loosen up Gran. These are modern times. You gotta let your rose buds show!' And out she goes.

The next day the teenager comes down stairs, and her grandmother is sitting there with no top on. The teenager wants to die. She explains to her grandmother that she has friends coming over and that it is just not appropriate. Gran says, 'Loosen up, sweetie. If you can show off your rose buds, then I can display my hanging baskets.'

Happy gardening!

## OPEN WATER SWIM SCENE

In the inaugural Hotel Rottneest Port to Pub held on Saturday 20<sup>th</sup> March, Leon Musca was in a four-man team finishing second in the Vintage category in 4:40:30 and second overall in 4-person teams.

### **LiveLighter MSWA Series # 7: Albany Harbour Swim 4km Saturday 26<sup>th</sup> March 2016**

	Category	Time	Place
Peter Gray	50-54	1:02:22	2 <sup>nd</sup>
Pamela Walter	65-69	1:35:46	1 <sup>st</sup>
Merilyn Burbidge	70-74	1:49:50	2 <sup>nd</sup>
Stuart Gray	75-79	1:25:22	1 <sup>st</sup>

Merilyn, Pamela, Stuart and Peter Gray headed south over Easter with their support crews to swim the two south coast open water events. The day of the Albany swim was overcast and drizzly, with a strong easterly side wind, and the water was cold. The starter told Pamela that the conditions were the worst they had ever had. Merilyn says it was worse in 2003 when for quite a while way out in the middle of the harbour she could see no land at all. Also the course wasn't well marked in the early years and swimmers had to find their own way. You were allowed to provide your own paddler but she didn't know that. It was an achievement just to finish.

Doug Barrett, a prospective member and in the middle of the photo, swam in the wetsuit category – wise move!



### **SunSmart Southern Ocean Classic Mile Sunday 27<sup>th</sup> March 2016**

	Age group	Time	Age group place
Peter Gray	50-54	25:38	2 <sup>nd</sup>
Pamela Walter	65-69	40:47	1 <sup>st</sup>
Stuart Gray	over 70	36:48	2 <sup>nd</sup>
Merilyn Burbidge	over 70	47:31	2 <sup>nd</sup>

At Denmark the next day it wasn't as cold for the 147 swimmers, the biggest entry yet for this swim. The water was rough, as usual, making it hard to get out through the breakers to the start of the course. The swell whipped up by wind the day before caused the marker buoys to move most annoyingly: there one minute, gone the next! Stuart and Merilyn were the oldest swimmers and they reckon there should be a 75-79 age category! Maybe next year?

### **LiveLighter MSWA Series # 8: 2016 State OWS Coogee 2km Saturday 2<sup>nd</sup> April 2016**

	Age group	Time	Age group place
Gabi Diaz	35-39	31:51	3 <sup>rd</sup>
Leon Musca	45-49	26:11	2 <sup>nd</sup>
Jackie Egan	50-54	34:45	2 <sup>nd</sup>
Eleanor Parsons	60-64	30:19	2 <sup>nd</sup>
Pamela Walter	65-69	41:44	2 <sup>nd</sup>
Stuart Gray	75-79	37:32	1 <sup>st</sup>
Barry Green	75-79	43:02	2 <sup>nd</sup>

The swimming conditions at Coogee Beach were absolutely perfect for the 179 entrants. Peter Marcello swam in the 2km wetsuit event, in preparation for an upcoming Ironman event in Busselton.



## MISSION ACCOMPLISHED from Gail Parsons

*Gail, aka Wonder Woman because she's ultra-fit, recently took part in the Hawaiian Ride for Youth, which raised the amazing sum of \$2.24 million for Youth Focus. Hooray for Gail! Here's her story.*

After six months' training and 7000km under my belt, the day has come and I'm ready for "The Ride". I've wrapped my bike in bubble wrap and loaded it onto the removal truck with the other 144 bikes. We drive in convoy to Albany: three coaches to take all the riders, six support vans and three scout vehicles which have a doctor and three massage therapists for each of the three pelotons. We arrive in Albany to rain and wind and it's really cold!

A typical day on the ride is

- 5:30am: up, shower, dress in riding kit
- 6:15am: breakfast
- 7:00am: attend to bike, pack bag and day pack
- 7:45am: assemble in parking lot for stretches – quite entertaining as we all have cycling shoes on!
- 8:00am: hit the road
- 3:00pm: approx. arrival at destination, rooms allocated, massage roster posted
- 6:30pm: dinner, jersey presentations and daily debrief. Fines are inflicted on riders who acted foolishly. Yes, I was fined. My parents cut off the peloton at the Collie District High School, causing absolute chaos!

**Day 1 Albany to Frankland River (154km; av speed 29.8kph; total climb 1231m; butt pain 7/10)**

Our adventure begins. The riders are split into three pelotons: coastal, inland and wheatbelt. I'm in the inland one and today we give a presentation at Mt Barker School. It's really cold and I'm becoming a little whingy about it!

**Day 2 Frankland River to Bridgetown (126km; av speed 28.3kph; total climb 1041m; butt pain 9/10)**

I'm now applying butt cream! It's a beautiful day, no wind but still quite cool. I'm wearing three layers of cycling clothes and have reserves in my back pocket. There are two school visits today, Manjimup and Bridgetown, where the damn school is located on top of a hill! Why? We're on some very rough back roads, a lot of potholes, lumps and bumps. I struck a dip going downhill and hit the bike seat so hard I thought the seat was going to disappear where the sun don't shine! But I'm OK.

**Day 3 Bridgetown to Collie (102km; av speed 26.8kph; total climb 1043m; butt pain 9/10)**

Still applying butt cream. This was a bit of a hump day for a lot of people, including me. The tutu that I was wearing may have contributed! Very steep hills but beautiful countryside. Boyup Brook High School served the best morning tea ever and we also visited Collie District High School. It was a relief to arrive in Collie and I needed a little lie down after today's effort. Left the tutu on the side of the road between Boyup Brook and Collie!

**Day 4 Collie to Mandurah (135km; av speed 28.3kph; total climb 509m; butt pain 4/10)**

I'm addicted to butt cream!

**Day 5 Mandurah to Perth (80.6km; av speed 26.5kph; total climb 452m; butt pain 0/10)**

I love butt cream!

Many thanks to the Club members who supported this cause: your donations amounted to \$575.

---

## BUNBURY POSTAL SWIM

The 2016 Winter 3x400m Postal Swim run by Bunbury Masters Swimming Club is about to get underway. Entry is easy. You simply swim 400m in three different styles, Freestyle, Backstroke, Breaststroke or Butterfly between 1st May and 30th June and send your entry to Bunbury Masters by 1<sup>st</sup> August. For details go to <http://www.bunburymasters.asn.au>.



---

---

### **ACKNOWLEDGEMENTS AND DEADLINE**

Thanks to Barry Green, Pamela Walter, Jackie Egan, Helen Green, Marg Watson, Stuart Gray, Michelle Hogue, Elizabeth Edmondson, Gail Parsons and Tim Olsen for their contributions to this issue of *Snappets*.

The deadline for the next issue is **Friday 27<sup>th</sup> May 2016** and I will be over the moon to receive YOUR contribution!

Meryllyn Burbidge  
mburbidge@westnet.com.au

**Congratulations  
to our favourite tri-athletes,  
Danielle Vlahov and Peter Marcello!  
They've just become engaged.**

Stadium Masters gratefully acknowledges a donation from BGC Concrete



## SPONSORSHIP FORM

I'm helping to raise vital funds for [Alzheimer's Australia WA](#)

Name of event     **STADIUM MASTERS SWIMATHON 29 May 2016**

Title \_\_\_\_\_ First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_ Post Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

(Please give full details below of each person who has made a donation if they wish to receive a tax deductible receipt.)

Name	Full Address	P/code	\$ Amount	Receipt Required
			<b>Total</b>	