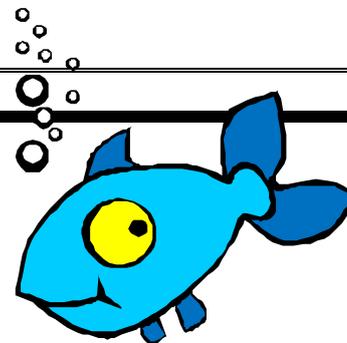


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

July 2016

PRESIDENT Barry Green

Winter is here and numbers at training have diminished. C'mon, get active – the water is really good! Swimming is a year-round activity, not just for summer. All the good work you have done in training up until now will be undone if you don't train regularly AND you will feel so good after a session in the water. The indoor pool at the Stadium is now in short course mode, so we will have the opportunity to double the number of laps we swim!

Recently the club took part in two events. The first was on June 11, when Stadium Masters hosted a 1500 Metre Distance Swim. The support from club members was terrific in time-keeping, administration of swimmers and recording, as well as the provision of lovely food and drink after the swims, and the heats ran smoothly. Events that we host are important because our club is on show to the Masters Swimming community. Our impression will be enhanced in the future with new club clothing! The second event was the Mandurah carnival in which the 12 swimmers representing the club achieved third place and won the handicap stakes (points per swimmer), as nearly all swimmers finished first or second in their events.

Now we look ahead to the Groper State Relay carnival this month, the LiveLighter Club Challenge which we host in September and, in October, the LiveLighter All Club Challenge, as the State Championships are now called.

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Club fund-raising efforts are going well, thanks to the enthusiasm of Peter Lyster, who also directed our 1500 event. The treasurer's report will reveal the club's actual financial situation and what it means for the fees next year.

Pamela reports that those who swim at Claremont Pool are enjoying themselves. Stuart Gray has taken on some coaching of the SOT group, while Eleanor takes a well-deserved break, and things are going well there.

For the last two years HBF Stadium has sponsored lanes for the three swims which the club organises, the Swimathon, the 1500 and the Club Challenge. I have just received notification that the sponsorship will continue for the next three years. This is marvellous and certainly helps the club's financial position!

It was nice to see recently on TV our 1964 and 1968 Paralympian, Elizabeth, when she was in Sydney at the launch of the Australian team for the 2016 Paralympic Games. The Club celebrates its 24th birthday with an annual lunch on 17th July. Thanks for supporting our club and I hope to see you at this event and at the pool.



July
15th Michelle Hogue
16th Leon Musca
22nd Meryl Burbridge

August
3rd Patrick Cooney
4th Marg Watson

CAPTAINS Pamela and Jackie

Club Swim Saturday 4th June

Our 10 swimmers were completely outnumbered by the hundreds of teenage girls queuing to audition for the musical, Hairspray! The swim was indoors, where it was very noisy, making it hard for both TKs and swimmers to hear the starter's instructions. Also the small number of swimmers meant that heats came around too quickly to allow adequate recovery. Nevertheless, the results show that nearly everyone met the challenge head on. And the group scored another victory: we worked out how to erect and, more to the point, refold the new sign proclaiming us an adult swim club!

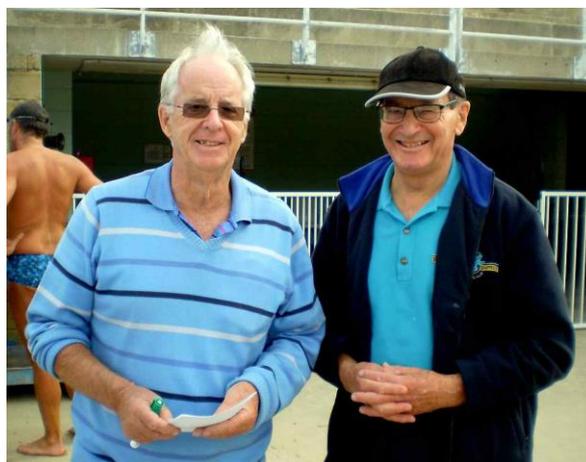


Audrey Bullough	50 BA (best since 2014); 100 BA (PAB, best since 2010)
Barry Green	100 FR (PAB, best since 2011)
Cas Brown	50 BR (best since 2014); 100 FR (best since 2014)
Jackie Egan	50 FR (best for 2016)
Mary Gray	50 FR (PB)
Merilyn Burbidge	100 FR (best since 2014)
Pat Sugars	50 FR (best for 2016)
Stuart Gray	50 BA (best for 2016)

Stadium Masters 1500 Metre Distance Swim Saturday 11th June



For this annual event HBF Stadium had initially given us the entire 8 lane pool. Then, due to a sudden rush of lane bookings, we had to make do with four lanes in the 10 lane pool to accommodate 41 swimmers. Luckily four didn't show, another four scratched and, with Freestyle swimmers two to a lane, we managed. In spite of a biting wind the water must have been fast because six State records were slashed, one



of them by our very own Pamela Walter.

Peter Lyster was outstanding as Meet Director. Anne Edmondson was kept busy as Meet Recorder, Jackie successfully allocated swimmers to their lanes, Elizabeth looked after registration, Barry mustered the timekeepers and Helen, Ann Ritchie, Mary and Pamela served food and drinks. Thanks to all these people and to the solid band of timekeepers and everyone who brought food.

Mandurah LiveLighter Short Course Club Challenge Sunday 19th June

A team of just a dozen Stadium Masters travelled to Mandurah's popular short course carnival which attracted 140 swimmers. The day was grey and cold but we were comfortable indoors, swimming in water warmer than we are used to. The 12 individual events in the program gave everybody a wide choice for their three swims and were quickly through. However the relays always take more time to organise and, by the end of the morning, people were well and truly ready for lunch. Mountains of sandwiches, fruit and cakes were swallowed in record time.

Mandurah won convincingly from Cockburn. Our small team excelled itself by finishing third and also winning the Points per Swimmer award for the second time this year. Of the four relay teams we entered, one came first and two came second. Bill and Merilyn went home with raffle prizes!

Mandurah results

Audrey Bullough	25 BU (inaugural, CR); 25 BA (PAB, best since '12)
Barry Green	100 BA, 50 BR, 100 IM (all PAB; all CR)
Bill Woodhouse	100 BR (0.01 sec outside PAB set in '14); 50 BR (PAB)
Helen Green	100 FR, 100 BA (both inaugural SC)
Jackie Egan	100 BR (best for '16); 25 BU (PB); 100 IM (0.24 sec outside PB)
Mary Gray	100 FR (PB by 4 sec); 50 FR, 25 BA (both PAB)
Pamela Walter	100 BR, 50 BR, 25 BR (all PAB; all CR)
Pat Sugars	100 BA (best since '12)
Peter Gray	100 FR, 50 FR, 25 FR (all inaugural; all CR)
Stuart Gray	100 FR, 50 FR, 25 FR (all CR)
William Curtis	100 BA (PAB, best since '10); 25 BU (CR)

COMMITTEE MEETING PROCEEDINGS

On Wednesday 8th June the Management Committee met. Proceedings are summarised:

- Club clothing: Samples are available and orders being taken for aqua polo shirts and hoodies (aqua or navy).
- Club fees for 2016 will be discussed at the next meeting.
- All clubs are required to comply with the new Associations Incorporation Act 2015.
- Fundraisers: A Bunnings sausage sizzle is planned for 8th October. Other possibilities are volunteering at a tri event later this year and working with Maida Vale at the Rottneest tri event early next year.
- From Council of Clubs: To prevent date clashes, MSWA and Swimming WA will combine some open water swims. Masters swimmers will gain points as usual. The State OWS will be held in December 2016.
- Membership drive: Stage 1 of Stuart's proposal to conduct adult learn-to-swim sessions was accepted.
- A grant will be sought from MSWA to purchase two pairs of fins for new members to use and finance an upgrade of Meet Manager software.

DIARY ENTRIES FOR JULY AND BEYOND

Date	Event	Time	Venue
Sunday 10 July	Club Swim	1:00pm	HBF Stadium
Sunday 17 July	Annual Club Luncheon	12:00 noon	St Ives, Tighe St, Jolimont
Wednesday 20 July	Committee meeting	6:30pm	Regent Park, Mt Claremont
Saturday 23 July	2016 Groper State Relay SC Carnival	12:45pm	HBF Stadium
Sunday 31 July	Leisure Park Masters Distance SC 400/800	12:00 noon	Leisurepark Balga
Sunday 7 August	Somerset Masters Distance LC 1500m	TBA	Aqualife East Vic Park
Saturday 27 August	Maida Vale Distance SC 400/800/1500m	1:00pm	Darling Range College

GOGGLE SAW

- Jackie eating lemon slice after doing 800 IM because she knows it's true that lemon slice prevents sore shoulders
- Peter Lyster never going anywhere without a roll of gaffer tape
- Peter Gray winning his age group in the Fannie Bay Swim in Darwin in June even though he felt very tired because the water was so warm!
- Pamela and Elizabeth selling Emily a hoodie and club shirt before she's even joined the Club.



COACHING TIPS Stuart Gray

- Whatever stroke you do, it is important to think about your hand catching the water and pulling your body forwards, NOT sliding your hand back through the water.
- When swimming in the pool on your front, don't look where you are going; always look at the bottom of the pool, including when you breathe in breaststroke and fly.



SOCIAL

The Annual LUNCH is on Sunday July 17 2016 at St Ives, Tighe St, Jolimont, at 12:00 noon for 12:30pm. The cost is \$35 for a buffet lunch and pre-lunch drink. Names to me by Wednesday July 13 please. Helen Green (Phone: 9285 2968; Email: helen.green@westnet.com.au).

A group of happy diners met to farewell Beryl and Cliffe Webb.



SUPER SNAPPERS

Super Snapper Award for May: Ann Ritchie

Ann joined the club last year as a social member and this year joined as a full member. She is the only member who has reversed the normal trend. Ann has increased the distance she is swimming from zero to 800 metres. Earlier this year she was timed for her first 400 m Endurance swim and then swam her first long course

400 at our Swimathon. The next day she was timed for her first 800, with her internal 400 improving her previous time by 22 secs, and then kept swimming to reach 1000m for the first time. So many firsts, Ann. Well done!

Super Snapper Award for June: Audrey Bullough

Several weeks ago Audrey (76) asked Stuart to teach her butterfly, which she had never done before. At the start she could manage only three strokes. In three weeks she has come on in leaps and bounds and is now swimming 25m, and 50m with fins. Audrey was hoping that the Mandurah relays would be 4 x 25m so she could help create a 280+ or 320+ medley team. However they were 4 x 50m and she wasn't quite ready. At the recent Club Swim Audrey did a 50 Back resulting in her best time since 2014 and a 100 Back with a best time since 2010. Woohoo Audrey!



NEW CLUB CLOTHING

Orders for our new range of Club clothing have been placed and we look forward to showing off our eye-catching aqua shirts and hoodies at the earliest opportunity, perhaps at the Groper Relay Carnival or at least at our own Club Challenge.

SWIMATHON

Pat was a bit shaken when she fell over walking to the pool on Swimathon day so stayed to timekeep instead of swimming. Since then she has completed the swims that she told her sponsors she would do. Her swims bring the distance swum at the Swimathon to 23.9 km, the amount raised to \$2721.70 and the number of swimmers to 10.



FROM MASTERS SWIMMING WA Sam Noall

Masters Swimming WA and Swimming WA join forces to promote the sport of Swimming



Western Australians will now have the opportunity of a life-long pursuit of swimming, with the announcement that Swimming WA and Masters Swimming WA will join forces to promote the sport of swimming throughout the state. The two bodies have signed a three year Memorandum of Understanding, effective Friday 1 July 2016, which will see them work collaboratively to establish a clear "swim for life" pathway throughout the state.

The two organisations will work together to develop programmes for coaches and officials, pool meets, open water swimming and the annual celebration of the swimming community - the Swimming WA Swimmer of the Year Awards.

Masters Swimming WA President Gary Bradley said, "Masters Swimming WA is delighted to be working closely with Swimming WA to provide a pathway from junior club swimming to Masters Club swimming. Masters Clubs provide a lifelong connection for like-minded swimmers who swim for health and a positive mental wellbeing."

Swimming WA and Masters Swimming WA are both located at Beatty Park Leisure Centre, 220 Vincent Street, North Perth.

FUNDRAISING ACTIVITIES

Garage Sale

Helen and Barry Green are collecting books, CDs, DVDs etc, in fact anything that will make a "bob or two" at a garage sale to be held at their place on a date to be decided in November. All proceeds will go to the club. Please let Barry know what you can provide. Clean out some of the items you no longer want to keep, and help the club!

Entertainment Book

It's not too late to buy a copy of the 2016/17 Entertainment Book and add a little more to Club funds. The easiest way to order the book or app is by using this on-line link for our club only www.entbook.com.au/9x28667.

Bunnings Sausage Sizzle

After foul weather dashed our hopes of holding a sausage sizzle in May, we're now booked in for Saturday 8th October at Bunnings in Claremont, so please put up your hand for a place in the team!

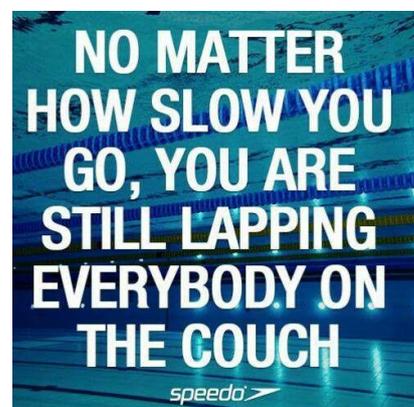
Triathlon Volunteering

We are hoping for the opportunity to provide volunteers for triathlons later this year and next year. Every volunteer earns at least \$35 for their club and the tasks are often fun.

PRIZES FOR PERSISTENCE submitted by Pamela Walter to encourage others in swimming

I admit to being an average to reasonable freestyler but far from the best in my age group. Yet I won the 60-64 age-group in the Masters Swimming WA Open Water Swim Series last summer simply because I entered every swim. I don't think I won on any occasion but my third, fourth or fifth placings gained me more points in total than the faster swimmers who missed some events. Of course swimming in all the events won't guarantee that you win your age group but it will give you a very good chance.

Persistence paid off for me again this year when I was given a warm red vest for attaining 7 million metres in the Vorgee Million Metre Award. Anyone can work towards a million metre target. All it takes is to consistently log your swims which is a pretty menial task. Several people in the club have pointed out that it is really only an accounting award but if you take a few seconds each time you swim to record your distance you'll be able to claim membership of the Million Metre Club too. So why not sharpen your pencil and start your log today?



“VIDEO” NIGHT Barry Green

On Monday July 4 the club held a video night, presented by Stuart Gray. Stuart is involved in coaching both day and night groups - many thanks Stuart! He showed some superb DVDs on breaststroke and we hope we can use the drills demonstrated to improve our technique. After watching the DVDs, the nine participants were treated to a wonderful meal prepared by Pamela Walter and Helen Green. Such sessions are great opportunities to concentrate on stroke technique and it seems a shame that only a few take the opportunity to attend (and miss out on a splendid meal!). We hope to schedule further sessions on the other strokes.

The fattest knight at King Arthur’s round table was Sir Cumference – he ate too much pi.

She was only a whiskey-maker, but he loved her still.

Two silkworms had a race. They ended up in a tie.

A hole has been found in the nudist-camp wall. The police are looking into it.

A soldier who survived mustard gas and pepper spray is now a seasoned veteran.

A backward poet writes inverse.

Two hydrogen atoms meet. One says, “I’ve lost my electron”. The other says, “Are you sure?”

The first replies, “Yes, I’m positive.”

A person sent ten puns to friends, with the hope that at least one would make them laugh. No pun in ten did.

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Barry Green, Pamela Walter, Elizabeth Edmondson and Stuart Gray for their contributions to this issue of *Snappets*.

The deadline for the next issue is **Friday 12th August 2016** and I hope that YOU will surprise yourself by contributing to this one!

Merilyn Burbidge

mburbidge@westnet.com.au

Stadium Masters gratefully acknowledges a donation from BGC Concrete

