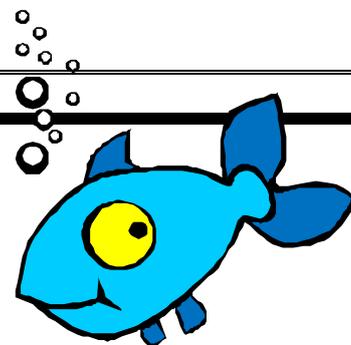


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

August 2016

PRESIDENT

I hope everyone watched the Olympic swimming and admired what really can be done in the water. This should inspire us to greater efforts in the pool!

Now that the worst of winter is over, I am hoping for a return of some swimmers to training, as numbers have been a bit low. Remember, it is the discipline of regular training that will lead to the greatest benefit, whether your goal is competition or fitness. In September the indoor pool will revert to long-course mode so that means fewer turns in training!

The Claremont pool group is performing well. Thanks to Marg Watson for her valuable work in maintaining good contact with our social members. Also, I had the good fortune to coach the Wednesday AM group on several occasions – what a nice group of good swimmers! Well done Tricia.

Even though the 1500 Metre Distance Swim that the club hosted is a thing of the past, I should report that 15 State records were set, two by our Day Group Captain, Pamela, in 800 m and 1500 m Breaststroke. Well done Pamela!

At the Groper State Relay Carnival, our team of 12 women and 8 men swam wonderfully well to achieve 5th place. We won two tasteful(!) trophies for finishing Age Group Champion in two age groups: 280 - 319, and 320 - 339.



Wins in the events were hard to come by. In fact, the mixed teams in the 320 plus age group achieved our only two, but the effort of all swimmers was terrific – a true “never-give-up attitude” saw us give other teams a real fight!

Now we look ahead to the Stadium Masters LiveLighter Club Challenge, which we host on September 18, and on October 15 and 16, the LiveLighter All Club Challenge. **Swimmers, please note these dates and make yourself available.** For the September swim we will, in addition, need lots of support to run the meet! To prepare for these we are conducting club swims on September 3 and October 1.

The club celebrated its 24th anniversary over lunch on July 17.

Club fund-raising is very important. I have emailed you about the book sale at the Greens’ on August 21, the sausage sizzle on October 8 and the various tri-events at which we can earn money as volunteers. Please participate in these activities!

Barry Green

In this issue	
Regular features	
President	1
Captains	2
Birthdays	3
Goggle	3
Social	3
Recorder	3
Diary entries	4
Fundraising	4
Coaching Tip	5
Deadline for next issue	6
Special features	
Club clothing	4
Tribute: Alan Earnshaw	5
A Captain’s Lament	6

Calling all Stadium Masters Swimmers Everybody, please help!



Sunday 18th September is the day we are hosting our LiveLighter Club Challenge. As in previous years we are putting together hampers to raffle to help cover the cost of the event. Everybody, please place your donations of non-perishable food and drink items for the hampers in the box in the cage by **Friday 9th September**.

As hosts, we are providing lunch for about 120 swimmers, officials and helpers and would be grateful for **ALL members** to contribute. Finger food is ideal, such as sandwiches, quiches, salad vegetables (carrot sticks, mini tomatoes, celery sticks), cheese plates, fruit platters, cakes and slices. This year HBF Stadium will not be providing a sausage sizzle so we will need to supply mountains of food ourselves. Please bring your generous offering to Crab Palace on the day of the carnival. Thank you for any help you can give to make this event a success.

Helen Green Phone: 9285 2968, Mob: 0437 313 949, Email: helen.green@westnet.com.au

CAPTAINS Pamela Walter

Club Swim Sunday 10th July

It was fast water at our club swim in the indoor pool. Many swimmers made the best of the rare short course opportunity and achieved times not seen since the beginning of the last decade. The swim gave our team the chance to practise starts, swims, turns and relay changeovers to be race fit and ready to show the opposition our feet at the Gropers' Relay. Thanks to Sara's mum, Pam, and Andrew Burbidge for acting as officials.

Cas Brown	FR25 (PB beating an '11 time); BR25 (2nd best time ever)
Merilyn Burbidge	BU25 (PB, beating a '10 time)
Sara Cann	FR25, BR25, BR50 (all inaugural SC)
Mary Gray	FR25, BA25, BA50 (all PB!)
Stuart Gray	BU25, BU50 (both inaugural SC)
Barry Green	FR25 (PAB, best since '13); FR50, BA50 (both PAB); BU25 (PAB, best since '10)
Helen Green	FR25 (PAB, best since '10); FR50, BR25 (both PAB); BA25 (PB beating a '10 time)
Ann Ritchie	FR25, FR50 (both inaugural SC)
Pat Sugars	FR50 (PAB, best since '10); BA50 (best since '13)
Pamela Walter	FR25 (PB); BA25 (PAB); BU50 (PAB, best since '12); BU25 (PAB, best since '13)
Marg Watson	FR25 (2nd best time ever); BA50 (PAB)
Bill Woodhouse	FR25 (2nd best time ever); FR50, BR50, BR25 (all PAB, best since '12)

Groper State Short Course Relay Carnival Saturday 23rd July



Carmen is happy to accept the 280+ age group trophy from Elena a few days after the relay carnival

The day ran smoothly and Stadium Masters scored a PB at this event, coming 5th overall (equal 7th last year and 8th the year before). Only four points separated 3rd and 5th places. Our finest achievement was winning both the 320+ and 280+ age groups, the 280+ after a recount. Of our team of 20, 17 swam in these two age groups!



Our new uniforms arrived just in time and the team looked resplendent in aqua and navy. It was easy to pick us out in the marshalling area and behind the blocks. Congratulations to everyone involved, especially first timers Ann Ritchie, Graham Wimbridge and Gavin Cull. Audrey rates an honourable mention for swimming the butterfly leg in two events! Thanks to Elizabeth who made sure nobody missed their heat and to Pamela and Jackie for arranging our swimmers into 23 teams! Refer to the last page to get an idea of how tricky this is.

Leisurepark Masters Distance Short Course 400/800/1500m Sunday 31st July

Pamela was our sole representative, swimming 400 IM and 800 Back.



MASTERS SWIMMING WA LiveLighter 2016 All Club Challenge LONG COURSE MEET

1:00pm Saturday 15th and 9:00am Sunday 16th October
HBF Stadium - Mt Claremont



Event program available at mswa.asn.au

Masters Swimming WA's premier annual event for Clubs and members to enjoy participating as a team and challenging themselves in individual events. Swimmers may enter for events on one or both days.



August
26th Pat Byrne

September
6th Bill Cresswell
7th Peter Marcello
16th Kat Fortnum
26th Audrey Wren (our oldest member at 91!)

GOGGLE SAW

- Sara Cann winning all three of her events at the Act-Belong-Commit swimming carnival on 13th August. Well done Sara!
- Four-metre long, dark shapes zooming along the bottom of the pool and putting the wind up our swimmers – people in wetsuits and oversize fins in a scuba diving class.



SOCIAL Helen Green

Annual Lunch

The club celebrated its 24th birthday at a lunch at St Ives Centro on Sunday 17th July. Thirty-six members and friends gathered for pre-lunch drinks and then enjoyed a wonderful 3-course meal. During a pause in the lunch, President Barry Green announced the 5, 10 and 15-year memberships as follows:

- 5 years Jackie Egan
- 10 years Audrey Bullough and Elizabeth Edmondson
- 15 years Geoff Barnard, William Curtis, Madeleine Denness and Lillian Hadley.

Barry thanked the organisers of this event and spoke briefly, saying

- public relations is functioning well with special thanks to Elizabeth Edmondson maintaining the club website and facebook page and Marilyn Burbidge editing *Snappets*,
- Venues West has agreed to sponsor the lanes for events hosted by the club and endurance swim lanes for the next 3 years,
- competition swimming results have been good in both pool and open water,
- with membership on the low side (we would like to see it grow!), it is essential for the club to raise funds, and special thanks must go to Peter Lyster for helping our efforts here by organising a sausage sizzle, sale of The Entertainment Book and Tri-event marshalling,
- the group swimming at Claremont Pool is an important part of the club – thanks to Pamela Walter and Marg Watson for encouraging and supporting them.

Pamela had prepared interesting puzzles and brain twisters, fortunately putting us all out of our misery by giving us the solutions at the end of the meal. Social Organiser Helen Green thanked her helpers, in particular Marg Some who had been most helpful.

It was wonderful to see so many familiar faces, both swimmers and social members. We look forward to next year's event, the Club's 25th!



We were denied the solution to this brain-teaser in which you assign digits (0-9) to the letters so that the sum is correct. Can you solve it?

SEND
+ MORE
MONEY

RECORDER

Hope you've been recording those Endurance swims through the winter months. Soon it'll be time for Anne to enter your swims timed in this third quarter. Please leave your files in the cage for her to collect at the end of September.

DIARY ENTRIES FOR AUGUST AND BEYOND

Date	Event	Time	Venue
<i>Sunday 21 August</i>	<i>Book/CD/DVD fundraiser sale</i>	<i>2:30pm</i>	<i>11 Penryn Ave, City Beach</i>
<i>Saturday 27 August</i>	<i>Maida Vale Distance SC 400/800/1500m</i>	<i>1:00pm</i>	<i>Darling Range College</i>
<i>Saturday 3 September</i>	<i>Club Swim</i>	<i>1:00pm</i>	<i>HBF Stadium</i>
<i>Saturday 10 September</i>	<i>Bunbury LiveLighter Skins - LC Open Meet</i>	<i>warm-up 12:15pm</i>	<i>SW Sports Aquatic Centre</i>
<i>Wednesday 14 September</i>	<i>Committee meeting</i>	<i>6:30pm</i>	<i>Regent Park, Mt Claremont</i>
<i>Sunday 18 September</i>	<i>Stadium Masters LiveLighter LC Club Challenge</i>	<i>warm-up 8:00am</i>	<i>HBF Stadium indoors</i>
<i>Saturday 8 October</i>	<i>Sausage sizzle fundraiser</i>	<i>rostered</i>	<i>Bunnings Claremont</i>
<i>Sat/Sun 15/16 October</i>	<i>MSWA LiveLighter All Club Challenge LC Meet</i>	<i>1pm Sat, 9am Sun</i>	<i>HBF Stadium</i>
<i>Wednesday 26 October</i>	<i>Committee meeting</i>	<i>6:30pm</i>	<i>Regent Park, Mt Claremont</i>
<i>Saturday 5 November</i>	<i>Volunteering at the Rottnest Triathlon</i>	<i>TBA</i>	<i>Rottnest Island</i>

FUNDRAISING ACTIVITIES

Green Garage Sale The Greens' book sale is on Sunday 21st August at 2:30pm at 11 Penryn Ave, City Beach. All proceeds will go to the club. Please spread the word and come and buy!

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 Bunnings sausage sizzles can be big money earners. Ours is on Saturday 8th October outside Bunnings in Claremont, so please put up your hand for a place in the team and play a part in our success story!

Triathlon Volunteering There's a possibility to earn \$50 per volunteer on Saturday 5th November at the Rottnest triathlon, with food and a ferry ride thrown in! How good is that? Family and friends are welcome to volunteer as well. Later this year we have the opportunity to provide volunteers for triathlons on 11th December and next year on 15th January, 12th March and 9th April, with the club receiving \$45 for each volunteer. The tasks are often fun.

Please contact Peter Lyster (phjl@westnet.com.au) about the Entertainment Book and sausage sizzle and Jackie Egan (jackie_egan@westnet.com.au) to sign up for the triathlon volunteering.

NEW CLUB CLOTHING Pamela Walter

Anyone interested in buying one of the new aqua club polo shirts can contact me at pjdesigns@aapt.net.au. The shirts are in both men's and women's styles. We have sold out of the towels, caps and hoodies but if anyone would like one of those I can put their name on an order list and if I get enough I'll put in a new order.



HBF STADIUM MAINTENANCE

From Monday 29 August VenuesWest will be commencing works to the male, female and family change rooms within the wet-corridor near the indoor 50m pool. Work is expected to be completed by the end of November.

Temporary change rooms will be placed outside, to the north of the pool hall, near the water polo pool. We appreciate your understanding and patience while the work is going on.

Note: Due to the limited facilities available during this time, where possible we encourage you to shower and change at home or use the outdoor 8 lane change rooms.



TRIBUTE TO ALAN EARNSHAW

Alan joined the Club one year after his wife, Lorraine, became a member and continued his membership for 17 years. He died earlier this month aged 89.

A strong freestyle swimmer, Alan was also a classy player of football, golf and darts. He supported the club by swimming in Club Challenges as well as attending social functions. In later years walking out to the 10 lane pool was hard work for Alan but he continued to make the effort, chatting up the girls he passed along the way. Once in the water, he felt more comfortable, especially when Geoff Barnard was there at the end of the lane for a chat.

Weight training in older people not only improves performance, it helps us live longer!

Peter Reaburn PhD Associate Professor in exercise and sport science at CQUniversity.

Introduction

We've known for many years that endurance training prevents obesity, cardiovascular disease, hypertension and diabetes. Because of all these great health benefits, we've also known that aerobic exercise helps us live longer. However, while recent research has strongly suggested that weight training is critical for improving and maintaining performance in athletes both young and older, little is known about the effect of weight training on how long we live. A recent study has now conclusively shown that weight training into older age helps us live longer!

Research Methods

Data on adults aged 65 years and older were analysed from the United States 1997–2001 National Health Interview Survey (NHIS) and linked to death certificate data in the National Death Index. The main item of interest from the health survey was whether the interviewees were doing strength training two or more times a week.

Results

Only 9.6% of the 30,162 surveyed adults aged 65 and older reported doing weight training. 31.6% of those people died over the five-year survey period. These older adults who reported doing weights had 46% lower odds of dying than those who did not do weight training. The association between weight training and death remained even after statistical adjustment for past medical history and health behaviours such as smoking, drinking and other physical activity.

Conclusions

Although only a minority of older US adults met weight training recommendations of doing strength training twice or more a week, the weight trainers were significantly less likely to die of any cause than those older people who did not do weight training. The message is clear. The older we get the more important it is to do weight training, not only to improve performance, but to live longer!

Source: Kraschnewski, J. and others (2016). Is strength training associated with mortality benefits? A 15 year cohort study of US older adults. Preventive Medicine, 87, 121-127.



Problematic tan lines

HAIRDRESSER'S: A place where women curl up and dye.
COMMITTEE: A body that keeps minutes and wastes hours.
DUST: Mud with the juice squeezed out.
HANDKERCHIEF: Cold Storage.
MOSQUITO: An insect that makes you like flies better.
SECRET: A story you tell to one person at a time.
SKELETON: A bunch of bones with the person scraped off.
TOOTHACHE: The pain that drives you to extraction.
TOMORROW: One of the greatest labour saving devices of today.

A Captain's Lament

Merilyn Burbidge

The original words were written in 1999 after I walked in a Captain's shoes for the first time at a Club Challenge. As you read this updated version, spare a thought for the blood, sweat and tears that Captains Pamela and Jackie put into preparing our relay teams for the recent Groper Short Course Relay Carnival. They did a great job.

The Captain has a lengthy list
Of likely relay teams.
Computers have worked overtime
Producing teams in reams.
"Be prepared" is good advice
To face a swimming meet.
The Captain thinks she's got it licked
With foursomes clear and neat.

Time passes on and there she is
At noon on Relay Sunday.
Entries in and all is well -
It's sure to be a fun day.
Cruelly, the bad news comes -
Not one no-show, but three!
The Captain's face falls to the floor.
Ah, pity! Woe is she!

Thinking cap is clapped on head
And pen is grasped in terror.
What to do to save the day,
To rectify the error?
Who can do the Butterfly
In the 100 Medley Mixed?
Gavin? Barry? Bill or Stu?
Yes, Beng Hooi! That one's fixed.

But Beng's too young; it won't add up,
Not to two-eighty plus.
She can't use Pam: she needs a bloke.
Calm down, now. Mustn't fuss!
What about the Women's Free?
Two-forty plus looks nice.
Carmen, Jackie, Helen, Cas.
No! Helen's swimming twice!

Loud and clear across the pool,
Announcement's heard by all.
"Captains, get your relays in!
This is your final call!"
Combinations, permutations,
Write a little faster.
Give them all their true fair share
And so avert disaster.

All afternoon our Captain's strained:
The carnival's complete.
With eyes cast down, it dawns on her:
She hasn't watched one heat.
Now all you past Club Captains,
Who've been there on the spot,
How do you manage relay teams
To satisfy the lot?

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to these helpful "old faithfuls": Barry Green, Pamela Walter, Marg Watson and Helen Green for contributing to this issue of *Snappets*. Now picture me, on my knees, arms raised heavenwards in supplication for a greater response to my next request for input! The deadline for issue Number 7 for this year is **Friday 23rd September 2016**.

Merilyn Burbidge
mburbidge@westnet.com.au

Stadium Masters gratefully acknowledges a donation from BGC Concrete

