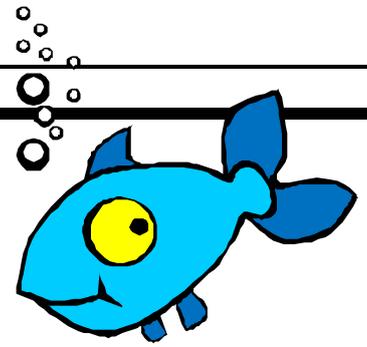


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

September 2022



PRESIDENT

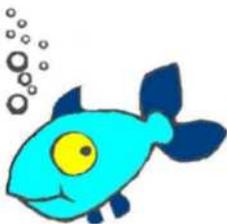


By the time you read this we should have held our Sizzler – so many thanks to everyone who helped to make this a successful event. We are now heading downhill fast towards our Act Belong Commit Club Challenge (ABCCC) event on Sunday 23rd October - please support this event by competing, assisting poolside, or even better, doing both.

The weather is warming up and our training sessions are outdoors again, and this is usually accompanied by an increase in attendance and a few more swimmers in each lane. So please adhere to some simple lane etiquette (see website 'Club Publications' – Nov 2020 Snappets). In essence this entails leaving a reasonable gap to the swimmer in front, allowing following swimmers space to touch the wall, and not obstructing leading swimmers setting off on the next routine.

With the advent of the longer and warmer evenings, I'm planning on adding some underwater video sessions to some of our Tuesday evening training sessions (6.30 – 7.30 pm). There is nothing like seeing for yourself what your technique really looks like, and where you might be able to make some gains. If you are interested in participating, please let me know.

Make it easy on yourself - minimise your drag coefficient, cheers Mark



www.stadiummasters.org.au

Please remember to Follow us on Instagram  stadiummastersswimming
and Like us on Facebook  Stadium Masters Swimming Club

IN THIS ISSUE:

Event Wrap-Up – Claremont Gropers Relay
Breaststroke & Backstroke Clinics with Elena
New Member profile – Dudley Lowe
Endurance swim Corner
Club Captains Corner
Club awards – Super Snapper, Supa Nova,
Million metres
Vorgee million metres
Profile – Honorary Life Member Tricia
Summerfield
October / November Birthdays
Goggle Saw
Diary Entries
Acknowledgements

EVENT WRAP UP – Claremont Masters Gropers Relay – Sat 13th August 2022

By Pamela

Claremont Masters hosted this event at HBF Stadium which was a relay only event in the short course pool format. Most of our relay teams performed better than the nominated times which were worked out by adding recent individual times so well done. Our reaction times for changeovers was generally slow so we need to try and organize a practice changeover session before our own Stadium Masters ABC (Act, Belong, Commit) carnival. Barb and Peter Scott were our relay fast guns with a start reaction time of .23 and .56 respectively. Rob had a good changeover reaction time of .28.

No relay club records were broken but some teams came close. Laura set two new club records for the FR25 and FR50. Peter Lyster set a new club record for BA25 in his age group. Stadium Masters ended up placing 11th on the day. Here are the results:

Name	swim	LC/sc	Date	Time	Comparison
Pamela Walter	FR50	25	13/8	49.44	-
Laura Chambers	FR25	25	13/8	16.34	inaugural/CR
Laura Chambers	FR50	25	13/8	35.03	inaugural/CR
Cas Brown	BA25	25	13/8	33.06	Best since '21
Cas Brown	BA50	25	13/8	1:13.63	Best since '20
Barb Tate	BA25	25	13/8	21.67	PB
Barb Tate	FR25	25	13/8	18.46	inaugural
Peter Lyster	FR25	25	13/8	23.94	-
Brett Jago	FR25	25	13/8	17.76	Best since '21
Jil Mogyorosy	FR25	25	13/8	22.99	-
Peter Scott	BA25	25	13/8	23.37	inaugural /CR



Barb and Laura

Photos by Sue W

Relay team: Kim, Pamela, Peter S, Brett



BREASTSTROKE CLINICS - with Elena Nesci – August 2022

After the Backstroke clinics held in June 2022 Stadium Masters put on two more sets of clinics- Breaststroke and backstroke - for members. Here's a summary of all sessions...

Breaststroke summary by Pamela

Three breaststroke clinics were held, two were held during the Wednesday sessions and the third session (which was a combined re-hash of previous 2 sessions) was held on the Saturday morning 27th August, which gave those who can't attend the Wednesday session the benefit of Elena's knowledge. Here is the summary:



Breaststroke Clinic #1 – held Wed 3rd August

During this first session Elena concentrated on the body position and the kick.

In breaststroke the kick provides about 60 - 70% of the propulsion. Breaststroke is the 2nd most difficult stroke behind butterfly. Called breaststroke because the chest does a lot of the work in the lift and drop stages plus the hands brush the chest on their way forwards to the glide position. Be a rooster – breast out and proud. Thumbs are together. Hands can be either side by side or palms facing. Knees point down towards the bottom of the pool, legs slightly apart with knees slightly outside of the hip line.

Before getting into the water:

1. Lying on your tummy on the ground, feet separated, toes turned out. Kick round and together.
2. Work in pairs. Person kneeling behind holding the instep of the person executing the kick and applies slight forward pressure which the swimmer has to kick against, round to ankles together and point.

In the water

1. Narrow float - Hands out the front, head looking down to the bottom of the pool, ankles together – streamline in glide position (canoe position) - hold.
2. Again – this time hands slightly apart. Do 3 times.
3. In pairs – One stands on the ledge and holds the instep of the swimmer's feet. Swimmer has knees bent, toes out, pushes against the resistance. Not a jerk action, kick all the way through then glide to flags. Concentrating on a relaxed start to the kick then push/kick all the way through until the ankles come together and toes are pointed.

-
4. Holding a kick board out in front with fingers on top and thumb underneath. Hands at the back of the board and arm out stretched. Push off, lift (not head. Lift comes from the thoracic – open chest), drop (push chest towards the bottom of the pool and drop head), draw (legs up, ankles hide behind the bottom) drive (kick), glide (canoe position).
 5. Narrow hands – small scoops – lift from the thoracic, drop (push chest towards the bottom of the pool and look to the bottom of the pool), draw, drive and glide.
 6. Fewest strokes – lift, drop, long glide (canoe position) – 12 or less in a 25 m pool is good.

The swimmer needs to return to a streamline position (canoe) between each stroke cycle. The longer the distance = the longer the glide. If you contract the hamstrings towards the back end of the kick the heels will come up and this will cause eddies in the water. The kick is not a jab outwards. Kick right through to the end when the ankles come together and toes are pointed. Lift from the thoracic to breathe.

Breaststroke Clinic #2 – held Wed 17th August

During this second session, Elena concentrated on working the top half, concentrating on the arms and timing. Arms are approximately 30% of the propulsion of the stroke.

Breaststroke is a challenging stroke and timing is very important.

The principal function of arms in breaststroke is to compliment and maintain the drive from leg power, eliminate drag and maintain streamline body position.

Arms – Throughout the stroke the hands are always inside the line of the elbows and in front of the chest. At the start of the stroke the elbows are higher than the wrists. With a sharp accelerated circular movement the hands whip around to meet in front at the chest, elbows come in against the body, then drive forward to the glide. This is a continuous action. The rest position is in the glide where arms are at full stretch with the head between the upper arms (canoe position).

Drills with flippers

1. Using a gentle padder kick. Arms in front, scull – Each hand does an infinity sign or figure 8 on its side with hands coming together then moving apart. Hands soft and cupped. Remember to think about keeping a ping pong ball in your cupped hands throughout. Thumbs facing forward lead in and out. On the outward action the hands rise.
2. Using a gentle padder kick. Arms in front, scull lifting chest to breathe every outward part of the scull stroke.
3. Lying with the chest on top of the lane ropes and arms stretched out in front perform the arm cycle. The lane rope will prevent the arms coming too far back making the swimmer keep the whole arm action in front of the chest.
4. 3 balls – tennis ball, basketball then beach ball – gentle dolphin kick. The kick comes with the drive forward of the hands.
5. 2 quick strokes then 3rd stroke emphasise the glide.

Every time the stroke is completed in the glide position.

Arms, lift chest/breathe, draw/kick, glide.

There must be acceleration through the arm and the leg movement.

Maintain streamline.

BUTTERFLY CLINICS - with Elena Nesci – September 2022

Summary notes by Barry, Pamela & Elena

Two butterfly clinics were held and summarised below:

[Butterfly Clinic #1 – held Wed 7th September](#)



1. Mobility – increased range = better technique.

Thoracic

Hips

Ankles

2. Technique

Kick – undulation initiated from sternum.

Flow through – no sharp angles, so like “radio waves.

Kick hands in, Kick hands out

Early breathing/ early head return

3. Timing

Down/up – in/out - waves.

Peaks and troughs = hand + kick timing.

Elena stressed that on this stroke one can't fudge the technique! Undulation is essentially the “fifth” stroke (clearly for fly and breast strokes, but also used in coming out of starts and turns in back stroke and freestyle).

Mobility is forward and back in breaststroke and fly whereas it is rotational for backstroke and freestyle.

Poolside drills:

- a. Standing still and undulate starting the wave for the sternum.
- b. Rocking on feet from toes to heels.

Then 5 exercises -

- c. On a towel (to avoid knee damage) lying flat on your stomach, palms on the floor either side of the chest. Arms press up keeping the hips and legs touching the ground. Alternate between this position and “downward dog” (head on ground with arms extended in front). 10 minutes/day! Louise called it the cobra.
- d. Kneeling with hands on ground below shoulders and shoulder width apart. Put one hand on head and touch that elbow to the opposite wrist. Then rotate opening up the chest so the elbow faces the ceiling. Try and get the elbow as high as possible.
- e. Hip flex. Down on one knee, hands together above head, then lean the upper body away from the open side. (Stretch the obliques). 5 times. Then change legs.
- f. Lying on your back. Arms outstretched. Knees at right angles. Move knees side to side to touch the ground but keeping the shoulders in contact with the ground.
- g. Standing (holding on for balance if necessary) and tilt one foot over onto its little toe and hold for 30-60s (ankle stretch). Change legs!

In the water with fins;

1. Vertical fly kicking.
2. Hands by the side, undulate and kick 25 m (breath to side) – remember “radio waves”.
3. Hands extended in front undulate and kick 25 m (breath to side) – remember “radio waves”
4. 360° Rotation. Clockwise for 25 m and then anticlockwise 25 m undulation and kick (arms by the side). Face down/on side/ on back/on side.
5. If 4 is too difficult, try alternating face to side/face down. And then try alternating side/face up. Kicking and undulating on the side is more difficult than on the front or back as water pressure is equal on both sides of kicking action. (?)
6. One arm fly - remember kick on hand water entry and kick on hand water exit.
7. One arm, the other arm, then two arm strokes - remember kick on hand water entry and kick on hand water exit.
8. Remove fins and try 6 and 7.

Butterfly Clinic #2 – held Wed 21st September

Arms - trajectory and power

Soft hands – feel the water. On entry, thumbs slightly lower as hands tilted slightly away from the body (although some younger swimmers have entry with flat hands).

Scull to latch. Like breaststroke at the beginning of stroke.

Hinge to catch. Keep elbows high and forearms hinge about them (hands outside shoulder line).

Pull to drive. The hands trace out an “hour-glass” line, coming in to the hips (and then slightly away from the body in the next “push” phase).

Push to lift. Do not lift too high and accelerate as in all strokes. Remember with the body undulation that the “radio-wave” shape is one of low amplitude.

Throw to glide

Note that the recovery is active (not as in freestyle – passive).

Flow – rhythm and glide

Radio-waves – even and constant.

Accelerate + throw (go for distance per stroke).

Maintain length and streamline.

For longer distance fly rest on the scull – but must maintain glide!

The catch takes in a ball of water which diminishes on the pull and push, but the catch must be wide enough to encompass a big ball!

Kick hands in/kick hands out!!!

In water with fins (after a warm-up)

1. Hands scull (figure 8 – infinity sign) combined with undulation and fly kick. Timing should try and have a kick on every sweep out but also possible to do two kicks per cycle if necessary. Two different rhythms but both effective.

2. Scull to latch, then catch and release combined with undulation and fly kick. When releasing the catch make sure undulation is at a minimum or stopped altogether. This is a disjointed drill and shouldn't feel too fluid!

3. Interrupted fly – we actually didn't do interrupted fly at the clinic. It's a drill where you stop the stroke at the back end of the push and then relax the arms back into the water and recovery underwater a bit like a breaststroke pull out recovery.

4. Single arm fly (catch focus) - (reach out, watch the shape of the arm stroke) combined with undulation and fly kick. Timing! One length use one arm, then next length use the other arm. Breathe to the side. A modification to this is to switch arms at half-way.

5. Dive fly – Two-arm fly but on entry make a shallow dive of the head and shoulders and continue to kick 3-4 times submerged, surface and perform a standard double-arm stroke and repeat submersion as hands enter water. Aim for flow and forward trajectory.

6. Glide fly (survival fly) – Two-arm fly but slow the stroke and glide on the entry to latch (combined with undulation and fly kick). No need to kick in the glide phase but must maintain core engagement to retain streamline.

NEW MEMBER – WELCOME TO DUDLEY LOWE

Dudley has been a member for a while now but let's find out a bit more about him...

Hi Everyone

My name is Dudley.

Some of you may not have met me yet as I'm a FIFO worker and spend half my life away from home working on helicopters.

My roster now has me working 2 weeks away in Broome and 2 weeks at home.

I'm from Cape Town, South Africa and moved down under in June 2015.

I have been living in Perth since December 2018.



I come from a family of beach bums and water babies.

My mom was a swimming teacher and coach who taught me how to swim at age 2

I started training at 6 yrs old and achieved state colours when I was 8, 10 and 11yrs (Western Province of South Africa) back in the 80's.

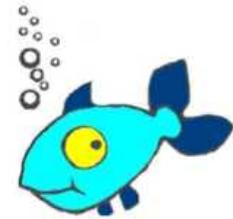
However, shortly after puberty struck, I discovered the love of surfing, and the distractions of high school made me lose interest in competitive swimming.

I decided to try give competitive swimming another crack and joined the club towards the end of last year.

Working away does make this a bit hard as it interferes with training, but I shall try my best to persevere.

Looking forward to meeting you all.

Cheers Dudley



ENDURANCE SWIM CORNER

by Bill – Endurance points recorder

It has been suggested it would be fun to convert all endurance swim points into kilometres and attempt to swim to Brisbane. Or further if we can. Here are the latest endurance swim results as at 30 September 2022:

Craig	40
Cas	775
Audrey	562
Merilyn	23
Sara	20
Laura	5
Anna	195
Barry	115
Brett	399
Dudley	40
Denise	2
Kim S	5
Margret S	82
Phyll	665
Pamela	625
Dale	150
Bill	231
Sue	66

Total 4000

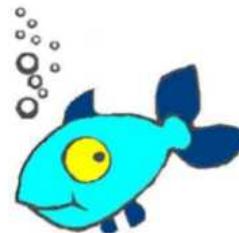


Points into kilometres takes us 231kms before Brisbane from Perth via Adelaide, Melbourne and Sydney. Eighteen swimmers have participated in the latest update, which is excellent participation by Stadium members.

For those wishing to test their endurance swimming and add to our kilometres and Stadium Masters points score, members are available for timing on **Thursday mornings between 9.30am and 10.30am** and **Friday afternoon between 12.30pm and 1.30pm** before the coaching program starts.

CLUB CAPTAIN'S CORNER

Hi all, here is what is coming up for our members:

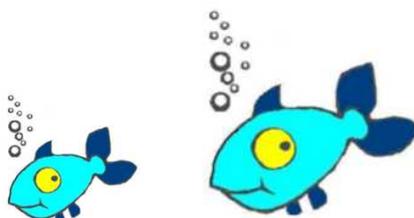


NEXT AFTER TRAINING SUPPERS –

Next after training supper will be held on the Tuesday night 18th October (and following that 29th November) after the normal Tuesday swim session at 6.30p, again at the Wembley Hotel. All welcome, please let Marg Smithson know if you will be attending so she can book numbers smithsonmarg@gmail.com

CLUB SWIM IN PREPARATION FOR OUR CARNIVAL – SAT 8TH OCT

To prepare our swimmers we always hold a club swim 2 weeks before any interclub carnival. It will be held in the 10 lane pool. Warm up is at 1.00pm. The races will start at 1.30pm. After the club swim there will be an extra half hour set aside for instruction and practice of dives, starts and turns for the different strokes. The sign up sheet is in the cage.



UPCOMING EVENT - STADIUM MASTERS ABC CLUB CHALLENGE – Sunday 23rd October 2022

Our Stadium Masters ABC Club Challenge (*previously Live LighterClub Challenge LLCC*) is coming up.

Put this date in your diaries please. Peter Lyster is the Director and has already sent an email to members requesting help. If you haven't already, let him know if you are swimming or can help with running the event – OR BOTH!

It is proposed to hold the post-meet lunch in the UWA Hockey pavilion and food will be required (FRUIT AND CAKES/SLICES PLEASE). Items and baskets will also be requested for the raffle prizes.

Please register to swim. We need lots of swimmers so we can make up good relay teams. You are allowed to swim in 3 individual events and I'd encourage you to swim the maximum 3.



STADIUM MASTERS



2022 Act Belong Commit Club Challenge Series Meet

a round of the National Swim Series

DATE: Sunday 23rd October 2022.

VENUE: HBF Stadium, Stephenson Ave, Mt Claremont. Indoor long course, electronic timing.

TIME: Warm up from 8.00am to 8.45am. Meet starts at 9.00am.

COST: Cost of meet entry is \$20.00 plus online costs per swimmer and includes pool entry.

ENTRIES CLOSE: Sunday 16th October 2022.

REGISTRATION LINK: <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|32>

EVENTS:

1. 200m IM 2. 200m Free 3. 200m Fly 4. 200m Breast 5. 200m Back
(Please choose only one of these events)
6. 100m Free 7. 100m Fly 8. 100m Breast 9. 100m Back
(Please choose only one of these events)
10. 50m Freestyle
11. 50m Breaststroke
12. 50m Backstroke
13. 50m Butterfly
14. 200m 4x50m Women's Freestyle Relay 15. 200m 4 x 50m Men's Freestyle Relay.

The meet is OPEN to all Masters Swimmers and will be limited to the first 140 swimmers.

- Masters Swimming Australia swim rules apply to this meet.
- Swimmers may participate in 3 events and in an appropriate Relay.
- All participating Clubs are to provide timekeepers.
- Refreshments will be provided afterwards in the UWA Hockey Club rooms.
- Direct swimmer registration can be found at this link
<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|32>

CLUB ANNUAL LUNCH & CHRISTMAS FUNCTION

This year it has been decided to combine the annual birthday lunch (the club's 30th) with the Christmas function. The date has yet to be confirmed with venue most likely to be the UWA Hockey Club. More details will be revealed as they come to hand...

ROTTNEST VIRTUAL SWIM – NEXT YEAR – SAT 25TH FEBRUARY 2023

A Rottnest Virtual Channel Swim is to be held on the actual day of the Rottnest swim and can be achieved with teams of up to 10 members. In the 70/80-year age group, already 9 of our members have expressed interest in taking part. Perhaps other groups of members in the club would like to participate in this event? For more information click here:

<https://rotnestchannelswim.com.au/virtual-rotnest-channel-swim/>

CLUB AWARDS – SUPER SNAPPER & SUPA NOVA

SUPER SNAPPER AWARD WINNER JULY 2022 – MARGARET SMITHSON

Margaret receives this award for being the Swimmer of the Meet in our July club swim. Her 200m Free and 50m Back times were her best since 2021 and her 100m Free time was her best since 2019. Hooray!!



SUPER SNAPPER AWARD WINNER AUGUST 2022 – LAURA CHAMBERS

Laura received her Super Snapper award for breaking 3 club records. Two of the records were broken whilst swimming for the Club at the recent Golden Gropers Relay Carnival with the remaining record achieved for a times 400m Free e1000 swim. Congratulations Laura!

SUPA NOVA AWARD WINNER APRIL 2022 – DUDLEY LOWE

Dudley received this award as he swam in his first competition for Stadium Masters at the State Championships and he swam his first e1000 swim at our hosted 1500m event. In doing so, he beat 2 club records with his internal 400m Free and 800m Free distances. Excellent Dudley!





SUPA NOVA AWARD WINNER JULY 2022 – KIM SIMPSON

Kim receives her award for competing in her first race over 50!

SUPA NOVA AWARD JOINT WINNERS AUGUST 2022 – DENISE & PETER SCOTT

Denise and Peter are joint winners in August for swimming in their first competition for Stadium Masters at the recent Golden Gropers Relay Carnival. Congratulations you two!



ANNE EDMONDSON RECEIVING HER VORGEER 4 MILLION METRE AWARD



It is one of Australia's iconic pools. Here is the beautiful façade of North Sydney pool which is now undergoing extensive renovations. Eighty six world records have been set here, including records by Dawn Fraser, Shane Gould and Murray Rose. Watch a time lapse video of the reconstruction by clicking the link below:

[Youtube time lapse of North Sydney pool](#)



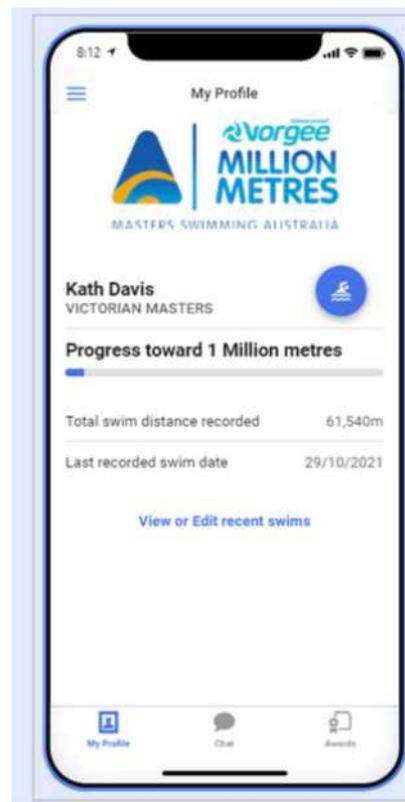
VORGEE MILLION METRES APP

Whilst we are on the subject of swimming millions of metres here's how we can follow in Anne's footsteps. For those wanting to know more about the Vorgee Million Metres program...

For your information Stadium Masters have currently recorded in excess of **36 646 825 metres** so far in the program.

By putting the app on your phone it is easy to keep track of your metres swum. Just keep on swimming!

More about the program and the app can be found here:
<https://mastersswimming.org.au/programs/million-metres-program/>



PROFILE – 'TRICIA SUMMERFIELD – AN HONORARY LIFE MEMBER

Following the first article about our first Life Member Lynda Joachim, here is the next instalment from 'Tricia Summerfield. 'Tricia was made an Honorary Life Member of Stadium Masters Swimming Club in 2013

MY SWIMMING JOURNEY

I learnt to swim in Southampton baths, England. My mother never learnt and was very keen for us all to be safe in the water. We arrived in Perth in 1962 and in the summer of 1962/3 I was under-13 swimming champion at school – much to the surprise of the Aussies.

During my university years I didn't swim much, played squash instead. In 1972 I joined Australian Volunteers Abroad and taught high school English and Social Studies to local children in East New Britain, Papua New Guinea; I coached swimming as an out-of-hours activity.

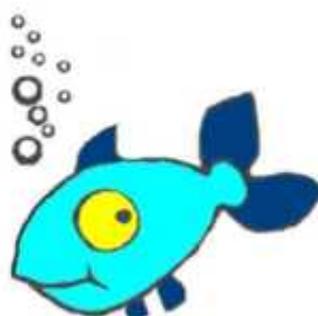
I married Fred Wells in 1977 and when we decided to start a family I thought I'd better get fit first. We lived in Mt Lawley then and I went to the Inglewood Pool, swam seven laps of the dive pool and was exhausted! It was all upwards from there. I joined the then Superdrome Snappers in 1994 having met then President Julian Keyes through work.

Our two children, Jacqui born 1980 and David born 1983, are both water lovers and David swam in a team to Rottnest in 2003 with old school mates – slower than our female teams in 2000 and 2001 I might add. Now I enjoy watching my grandkids Hope (7) and Charlie (4) take swimming lessons in Bunbury.

Here's the timeline of my major activities in Masters Swimming:

1994	Joined (then) Superdrome Snappers Masters Swimming Club
1995	Club Secretary
1996/7	Club Captain
1998	National Aerobic Trophy "Completed All Swims"
1998/9	Club President
1999	Certificate for Level 1M National Coaching Accreditation
2007	Sports Star Awards Certificate of Nomination – Skilled Service to Sport
2007	MSWA Service Award
2008	State Record 4x25m Women's Freestyle Relay
2008	Two Million Metres Certificate
2009	State Record 4x25m Women's Medley Relay
2009	Stadium Masters Certificate of Appreciation for 10 years of coaching and committee service
2010	Founders Award
2010	State Record 4x25m Women's Freestyle Relay
2010	State Record 4x50m Women's Freestyle Relay
2010	National Aerobic Trophy Top Points (390)
c2011	Initiated Wednesday 9:30am training session to attract more and younger swimmers
2011	Three Million Metres Certificate
2012	Industry Sports Coaches Awards: Certificate of Commendation
2012	Masters Swimming WA Merit Award for 5 Years' Service
2013	Club Vice President – major contribution to new club constitution and bylaws
2013	Honorary Life Membership Stadium Snappers
2013	Industry Sports Coaches Awards: Certificate of Commendation Service to Coaching

2013	Sport and Recreation Certificate of Appreciation
2013	Stadium Masters President's Award
2014	Industry Sports Coaches Awards: Coach of the Year
2014	Sports Star Awards Certificate of Nomination - Coach
2015	Club President
2015	Beatie Norris Award Inaugural Winner
2015	Five Million Metres Certificate
2015	WA Volunteer Certificate of Recognition
2015	Masters Swimming WA Excellence Award for 10 Years' Service
2015	Life Membership MSWA
2017	Club Coach Qualification – requalification under new requirements
2020	Covid – severe shoulder damage prevents swimming
2022	Still coaching!!
2000	Rottnest Channel Swim Team “EGYPT” 6:48.27
2000	One Million Metres Certificate
2001	Rottnest Channel Swim Team “GERT by Sea” 6:42.19
2002	Maximum Aerobic Swims (62) 270 points
2004	ASC Certificate for Contribution to Coaching
2005/15	MSWA Board member as Director of Development, then Director of Coaching – extensive work on new Club Coach course
2005	State Record Short Course 1500m Backstroke, 800m Backstroke, 400m Individual Medley, 100m Butterfly
2006	Stadium Masters Participation Award



OCTOBER / NOVEMBER BIRTHDAYS



OCTOBER

Cas Brown	7 Oct
Hazel Christie	19 Oct
David Hodby	22 Oct

NOVEMBER

Helen Loake	1 Nov
Barry Green	2 Nov
Sue Woodward	4 Nov
Ann Ritchie	4 Nov
Deb Wagstaff	20 Nov
Denise Scott	28 Nov



GOGGLE SAW

The price of a coffee going up by 6.4% at our favourite coffee place, the Lemon Tree café, HBF Stadium. Make sure you bring your keep cup to keep the price down.

A great turnout of members for a Sunday morning session, with a few welcome blow-ins...



Mmmm – Barry has given us something to ponder here:

Early on in my working life in Japan (1993-2003) my teenage daughter swam with a Japanese ladies (competitive) swimming club. The standard was very good but what really impressed me was that after each session, all the swimmers would get out of the pool and line up poolside facing the coach - and bow to him. Not only this, but then they would turn around facing the water - and bow to the water!

Respect for the coach and "reverence" (?) for the water. What's not to like?



DIARY ENTRIES

October	8th	Saturday	CLUB SWIM (pre-Stadium LLCC)	HBF Stadium 1.00pm
October	9th	Sunday	Coach Conference 3	MSWA
October	14th	Friday	Sundowner/Social Event	MSWA
October	18th	Tuesday	After Training Dinner	All welcome. TBA.
October	23rd	Sunday	Stadium Masters ABCCC	HBF Stadium Long course. 0800-1300 Indoor Pool and 4 dive
November	1st	Tuesday	MELBOURNE CUP DAY	Melbourne Cup Lunch?
November	2nd	Wednesday	Club Committee meeting	
November	4th	Friday	Let's Swim Together	Masters Swim Clubs MSWA coordinated
November	5th	Saturday	CLUB SWIM (pre-Mandurah LLCC)	HBF Stadium 1.00pm
November	6th	Sunday	Let's Swim Together	Masters Swim Clubs MSWA coordinated
November	13	Sunday	MSWA Lake Leschenaultia	WOW Swim



Lake Swim - WOW Swims Series Rd 1

Date: Sunday 13 November 2022

Time: Registration 8am First wave start 9:30am

Venue: Lake Leschenaultia, Chidlow

Entry Fee: From \$10 - \$45 (late entry fee after 9th Nov)

Entries Close: Wed 9 November - midnight

On the second Sunday in November the Lake Swim, hosted by Maida Vale Masters, is held in the magnificent surroundings of Lake Leschenaultia in Chidlow and offers a 400m "Jump in the Lake" event, an 800m, a 1600m and a 3200m event. If you've never done an open water swim this is THE Open Water Swim and a great opportunity to start. But above all else, don't forget it's all about having a great day! Have fun!!! See you at the lake !!!!

Enter here: <https://www.wowswims.com.au/lake-swim>



2022-23 WOW Swims Series Calendar

Date	Event	Location
Sunday 13 November 2022	Lake Swim 400m try it, 800m, 1600m, 3.2km	Lake Leschenaultia, Chidlow
Saturday 10 December 2022	Fremantle Ports Swim Thru 250m try it, 1600m, 3.2km	South Beach, Fremantle
Saturday 17 December 2022 <small>contingency date 18 Dec 2022</small>	Christmas 10k Merry Mile, 3.4km & 10km	Coogee Beach, Coogee
Sunday 22 January 2023	Swim Thru Perth 800m, 1600m, 3.5km	Matilda Bay, Crawley
Saturday 4 March 2023	Mullaloo Mile 400m try it, 800m, 1600m, 3.2km <small>1600m distance inc. MSA National Open Water Swim Championship</small>	Mullaloo Beach, Mullaloo
Sunday 12 March 2023	Coogee Jetty to Jetty Swim 250m try it, 750m & 1500m	Woodman Point, Coogee

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Mark A, Barry G, Pamela W, Bill W and Marg W, for their contributions to this issue. **Next issue will be out end NOVEMBER 2022.** Thank you in advance for your contribution. I look forward to receiving any items you would like to forward tania_gregg@hotmail.com