MALVERN MARLINS

LAP TALK

MALVERN MARLINS

MAY 1995

AUSSI MASTERS SWIM CLUB MELBOURNE

MARLINS BACK AT HARRY'S IN DROVES

Poolies Stunned!

PRESIDENTS REPORT

by Gerry Tucker

Yes folks, we're back in town. After a layoff for many of us for some eight weeks, it seems that the Marlins are returning to their old stomping grounds at Harry's and Kowora.

The coaches tell me the numbers are up and as winter settles in, it appears we're all getting used to swimming in the cold air conditions again.

Over the next five or six months there is certainly plenty on for us. The mid-year dinner has a confirmed date of 1 July. See the social column for more details on this huge event, where Andrew Bowden will present the Victorian long course championship certificates.

Yes folks, we're back in town

There are a number of inter-club competitions leading up to the short course championships, in September, details of which are in your Swimmer Newsletter and are also mentioned later in this Laptalk.

Early entries for the Australian Master's Games will be accepted up to 31 May. If you wish to participate in the "early entry" prizes make sure you get your entry in by then. If you are entering, please let Andrew Bowden know so that we can work out our Marlin relays

Aerobic swims are definitely starting again on Saturday 3 June at Harry's. This will not be a training session, as such; although you will cover some distance in the aerobic swims and have some fun being timed and timing other Marlins. If you wish to join in the fun of aerobic swims, please be sure to be at Harry's each Saturday after noon, starting on 3 June at 3.00pm sharp.

The Marlins Club has a great reputation for it's social activities and for that we are deeply indebited to Sue Murray and her tireless social committee for organising the events they do. However, Sue does need more help. Even if you do not have the time to actually join the social committee, you could volunteer to assist in the various functions we have. Please let Sue know. Sue works full time, herself, as well as fitting in her social committee activities and keeping up her fitness. I know Sue and the rest of the committee would appreciate your help.

A perennial reminder! Our training sessions both at Harry's and Kowora are not very long. At best we can get an hour and a half at either pool. Coaches go out of their way to arrive on time and are ready to coach you for the full period we are allowed by the pools.

I know many of you have commitments which make it hard for you to arrive on time. However, it is important that you make every effort to do so, so as not to disrupt the warmup and the early part of the sessions for everybody else.

Please be on time for training sessions. Don't keep the coach waiting

At Harry's, if you are late, please warm-up in the public lanes and only join the group when you are fully ready to participate in the session. At Kowora please try to arrive at the designated time of a 7.00pm start. On Saturdays and Sundays at Harry's there is no excuse! Please arrive by 3.00pm on Saturday and 8.00am on Sunday morning.

Happy winter training!

(Continued on page 2)

CAPTAIN'S REPORT

by Andrew Bowden

Before I begin this month's column I have one more item that I need to mention from the 1995 Long Course. In the last Laptalk failed to mention Elana McNeil's first place in the 30 to 35 age group (one of the most competitive age groups) sorry Elana.

Well as the weather cools down you would think that there would not be many events to compete in. Wrong! Not only in the immediate future is there a few events to compete in but there are enough events in the near future to give us something to aim for.

On May 28, Syndal is holding a long distance meet with 400, 800 and 1500 distances in every stroke. This meet is an excellent opportunity for anyone to set a State or Australian record given that Syndal is a 25 metre (short course) pool and that not too many events of this type are held. In addition to the possibility of capturing a record, your swim will earn you aerobic points (see below) both for yourself and for the club. To enter see the entry form later in this edition.

A couple of years ago I swam a 1500m backstroke at the Doncaster meet in their 50m pool. I collected a State record simply because no one else had swum that distance before. So give it a go, it is also a great way to improve your form strokes.

On June 3, Frankston is holding its annual interclub meet (see entry form later in this edition). This event holds something for everyone as the winner is the person who swims closest to their nominated time. This is the only type of event where I could have a chance of beating Kerin Perkins (unfortunately he in not in my age group). This is your chance to turn the tables on the one person (who was probably an ex Australian representative) who always seems to turn up on the days you want to swim and just coincidently in the same events you have chosen.

You can also take a chance and swim your weakest stroke that you never use in competition, this time its your consistency and not your speed that will give you the edge. Maybe I will swim breaststroke.

On June 24 the Gippsland flippers are holding their annual interclub. Their entry form assures me that Morwell is only 1 hour out of Melbourne and I have heard that it is a lovely pool out there. See the entry form for further details.

That's all the events in the immediate future. However, everyone should start thinking about the Masters games to be held in Melbourne in October, and if you do not feel like swimming there are a whole range of other events to compete in. The entry forms are rather volumuous so we have not been able to put one in Laptalk, so if you are considering competing please let me know and I will get an entry form to you some how. There is also a hotline number if you want to know more information about the games (9666 4238). Closing date for entries is August 3.

If you already have an entry form or are obtaining one from someone else, please let me know if you are swimming anyway, there is the opportunity for the Marlins to enter a few relay teams and I would like to get an idea of all potential swimmers.

In terms of events past, the Marlins flag was kept flying at the Nationals in Perth by John O'Dowd and Peter Rainey. Unfortunately John strained a muscle in his first event and was not up to his best for the rest of the meet. I have not yet seen the results but I hear that Peter once again did extremely well. A 1min 3 sec for his 100 fly was one of his more notable results.

While on the topic of Perth, it is interesting to note that compared to our 2 swimmers, Power Points were represented by 14 swimmers. While it is some time off, next year's National titles will be held in Canberra, given the size of our club and the relative proximity of Canberra to Melbourne this would be a great opportunity to test yourself against the best in the Australia. There is a strong possibility that the Marlins will be organising something for us to attend as a team similar to the long course in Warrnambool held 2 years ago.

On Saturday June 3 the club will be starting up its Aerobic swimming sessions. Chris McCall coordinates our "Aerobic" swimming sessions which basically involve people swimming longer distances. Distances include, 400m, 800m, 1500m, Thirty minutes, Forty five minutes and One hour swims.

Each time a person swims he or she earns points for both themselves and the club. Points earned are determined by a person's age and the speed/distance swum. The person accruing the greatest number of points will be awarded the Clubs Aerobic Trophy, while also placing that person in line for a State or National aerobic placing. Points also accrue for the club with a trophy for the club which has the highest number of points.

To support Chris we are looking for a few volunteers to assist with timing and recording on Saturday afternoons. Although assisting with the timing, volunteers will also be able to complete an aerobic swim each time they turn up. Please let me know if you would like to help out, it would involve about 1½ hours every month.

Congratulations to Peter Niere and his wife Anne on the arrival of their first child Emma. Mother and child are both doing well.

Attendances at Harrys are now improving and since Korowa has been repaired numbers are expected to pick up here also.

For those of you looking to get back into the water here a 10 good reasons to swim at Harrys at Monday and Wednesday evenings:

1. There are always spaces in the car park
2. You can do backstroke without getting the sun in your eyes
3. There is no possibility of getting sunburnt
4. After training you can watch the people doing water aerobics in the indoor pool
5. The pool temperature is the same as

(Continued on page 3)

in the summer, in fact recently it has been a little warmer

6. You can watch the coach get cold, and possibly wet, while you are warm in the pool
7. There are no children doing bombs in the lane next to you
8. With the pool being used less often the water is crystal clear
9. Dan and Janine Mc and Janine H and Judy set the best programmes
10. Because it is dark you are able to
    - wear those old tissue paper bathers without being too embarrassed
    - hide how quickly you have turned white or that your legs have not been shaved for a few of weeks

FACTS AND FIGURES

by John O'Dowd

I hear that sessions are really quiet following the State Long.Course.

At Korowa last week I called in and only nine people were swimming. Looking at the Register the attendance at recent sessions there have been down.
Harold Holt has also been through a quiet period but I believe is now getting back to normal.

Many of us have had a break of 8 weeks since Doncaster.

SO LETS GET GOING AGAIN!!

I hope that the new Roster for Members to attend either Harold Holt or Korowa Girls School, is working out..

Figures for this year are as follows:-

	May 95	Total	1994	1993
New	1	22	54	74
Re-Reg	0	115	104	78
Trans to	1	1	1	-
Trans from	1	1	-	-
Total	1	137	159	152

Female Members, 75.
Male " , 62.

Welcome to the following new Member:-Grant Le Paige.

Best wishes to Mandy Smith who has moved to Sydney and has transferred from the "Marlins" to a NSW Club.

Dont forget to advise me of any change of address or telephone number.

Something to Think about?

"Has our membership stabalised?"

This chart shows the growth of the Club since we started in 1990.
Total New 326! Where are they now?

Year	New	Re-reg	Total
1990	28	-	28
1991	77	23	100
1992	70	60	130
1993	74	78	152
1994	55	104	159
1995	22	115	137

As you can see, our New Registrations have declined since1993 with only 22 so far this year. There is still the Short Course to come plus we are all hoping for a spin off from the Masters Games to be held this year in Melb in October, so our New Membership may still increase.

The positive is our Re-Reg at 72% (115 out of 159) is by far the best we have had, discounting our first year when we only lost 5 members.

Could we cope with 234 (72%) of all the Members we have introduced?

"COMPETING IN THE POOL, ADULT, AUSSI MASTERS STYLE."

By Mary MacCana.

This year a relatively new Marlin, Vanessa Robert, undertook two new swimming challenges, some open water swims and the State Long Course Championships at Doncaster.

We asked her about her experience of pool competition, with a view of encouraging other "newies" towards our State Short Course in September.

"Vanessa, Had you ever swum in competition before? And were you nervous?"

-Thirteen years ago I swam in school and inter-school, and yes, I was nervous but not of how I'd go (I knew I could only do what I could). What worried me was not knowing about how it all worked, worrying that I'd be like a fish out of water in those ways. Actually it was all very well-organised and self-explanatory.

"Did you manage to enjoy it then?"

-Yes, I did, actually. I was pleased with my results which were all rewarding as they have now become my benchmarks.
I enjoyed meeting people, other Marlins who attend training sessions different from mine, and even enjoyed doing a bit of timing.
Also there was good support from our club coaches; Janine and Janine gave me lots of helpful hints, and Daniel the thumbs - up at the end of it!

"Have you anything to add?"

-Yes, it would be handy to have information in Laptalk about what's involved and what you would need for a whole day, simple information that those who are acustomed know about.

"Finally, what was the easiest, the Pool competition or Open Water?"

-The pool, there was excitement and adrenalin, whereas the Open Water was plain, garden variety, FEAR!!

Vanessa's "Benchmark" times and events were:
*200 Free - 2.58.37
*100 Free - 1.18.86
*50 Back - 46.96
Congratulations Vanessa and thanks for your thoughts.

CLUB NEWS & SOCIAL EVENTS

MID YEAR DINNER

Saturday July 1st
7:30 pm
Delhi-Durbar Indian Restaurant
59 Glen Eira Rd, Elsternwock
B.Y.O.
$20:00 Banquet Dinner
Entree
3 Main Courses
Dessert
Coffee
Vegetarian banquet Available
(Please indicate if you are vegetarian when purchasing your ticket)

Tickets must be purchased on, or prior to
Wednesday June 28
Tickets may be purchased:
*At training sessions
*By filling out the form below

PANCAKES AFTER TRAINING

Sunday June 18th
$3:00
incl. Pancakes, Fresh Toppings, Juice

UPDATE YOUR DIARY

June 18	Pancakes after training
July 1	Mid-Year Dinner
Oct.14	Annual Dinner
Oct.28-29	Weekend Away Collendina Resort Ocean Grove

HEALTH REPORT

"Overzealous athletes may risk illness, report finds"

Athletes who train too hard could be depleting their immune systems and risking infection, a new study has found.

Researchers from the University of Western Australia have shown that severe stress during several hard days of exercise depletes blood levels of glutamine, an amino acid the body produces which is essential for a healthy immune system.

The infections that athlete risk range from the common cold to glandular fever, depending on which infectious agent is in their immediate environment.

Associate Professor David Keast and colleagues sugegest in today's *Medical Journal of Australia* that glutamine supplements might be necessary for athletes affected by exercise-induced stress and overtraining.

Glutamine is produced by several parts of the body - by skeletal muscle, the liver, the brain and the gut. But it is believed that the skeletal muscle is the main supplier of the acid to the immune system.

Professor Keast said the danger was not among athletes who overdid their exercise in one day, but among those who tried too much over many days or weeks.

The researchers took two sets of fit young men. One group of seven men were required to undergo quick, heavy training on a treadmill. The other group, of five men, undertook ten days of more intensive exercise.

Both groups had significantly reduced glutamine levels, but the first group regained their blood glutamine levels in hours. The levels among the second gropu stayed down for about six days.

(As reported by STEVE DOW, medical reporter, in **The Age,** *Monday 2 January 1995.)*

MID YEAR DINNER

Please send *..... tickets at $20.00per/person for the Mid Year Dinner.

I enclose a cheque for $..... (payable to **Malvern Marlins**)

Send to: Sue Murray
13/94 Tennyson Street
Elwood 3184

(Please enclose a stamped self-addressed envelope) ENQUIRIES: Phone Sue Murray 531 1681

Office use only
Cheque Number..... **Bank**.....

CLUB TRACKSUITS

DO YOU WANT ONE???

If so, please complete the form below, attach a deposit of $25:00 and leave in the tin addressed to Rob Christie **by May 31st**

We need a minimum number of 20 before we can order- and we know there are at least 20 people who want one!

The short course is on September 2nd and we want to be able to show the new Marlin's colours and wear them on this day.

There is a size medium and large (and a small size pants) to try on in the club's locker. A shorter tracksuit leg can also be made to order.

You do not have to order the same size top and pants. Please indicate below, which size you require in both.

All enquiries can be directed to Rob Christie on 527- 5487.

CLUB GEAR ORDER FORM

Name_____ Date____/____/____

Tracksuit Top: Med ☐ Lge ☐ X-Lge ☐

Tracksuit Pant: Small ☐ Medium ☐ Lge ☐ X-Lge ☐

*____Tracksuits	@$110:00	$_____
*____Fully Lined Top	@$ 75:00	$_____
*____Bathers, Women	@$ 40:00	$_____
*____Bathers, Men	@$ 26:00	$_____
	TOTAL	$_____

Short leg ☐ Long leg ☐

(PLEASE ATTACH $25:00 DEPOSIT)

FRANKSTON PENINSULA AUSSI

JUNE 3rd

JUBILEE PARK POOL
HILLCREST RD FRANKSTON (MELWAYS 102 –J5)
6.00 PM WARMUP , 6.30 PM START .

PROGRAMME :

EVENT 1 – 200m Breaststroke
EVENT 2 – 50m Butterfly
EVENT 3 – 50m Backstroke
EVENT 4 – 50m Breaststroke
EVENT 5 – 50m Freestyle
NOVELTY RELAY

Entries : all entries on blue and pink cards .

(a) Early entries by 1st June to : Alice Kinnaird
8 Woolston Drive
Frankston , 3199 .
(03) 783 5448

(b) Entries also taken on the night .

Entry Fee : $ 15 – 00 Includes swim and supper .

NOTE 1 : WINNERS – CLOSEST TO NOMINATED TIME
NOTE 2 : POOL LENGHT 25 METERS
NOTE 3 : MAXIMUM OF THREE EVENTS

GIPPSLAND FLIPPERS INTERCLUB MEET

DATE: SATURDAY 24TH JUNE, 1995

VENUE: MORWELL LEISURE CENTRE (25M POOL)
MC DONALD ST., MORWELL
(ONLY 90 MINUTES FROM MELBOURNE!)

TIME: 6.00PM WARM-UP, 6.30PM START

EVENTS:
75M } CHOICE OF
50M } FORM STROKE,
25M } NO REPEATS
100M } (I.M. NOT INCLUDED)

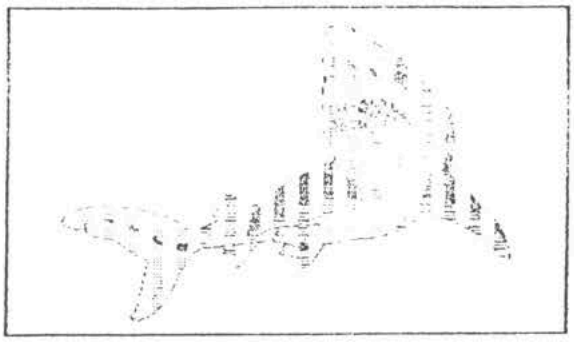
COST: $15 SWIM AND SUPPER
$5 SUPPER ONLY

ENTRIES: ON PINK AND BLUE CARDS TO
KAY STEER
51 PHILLIP STREET
TRARALGON VIC. 3844
(051) 750 160

CLOSING: FRIDAY 16TH JUNE.

P.S. *DON'T FORGET OUR HAZELWOOD PONDAGE 1/3/8 KM SWIM ON SAT. 28TH OCTOBER...*

Syndal Shark Long Distance Swim Meet



Entry Form

Sunday May 28th:
12-30 pm - 6 pm

400, 800 and 1500 metre events

" The event for the long distance swimmer. "

Name: ..... AUSSI No: .....

Address:. .....

Tel: ..... Age at Dec. 31st 1995: .....

Swim any 2 Events

Event 1. 400 metres

Stroke: ..... Nom. Time: .....

Event 2. 800 metres

Stroke: ..... Nom. Time: .....

Event 3. 1500 metres

Stroke: ..... Nom. Time: .....

All swimmers will be advised of approximate time of events prior to the meet.

Entries close **May 15th.** **Return** entries & $15-00 entry fee to Robert East, 369 High Street Rd. Mt Waverley VIC 3149. Tel. 807 4851

Indemnity Disclaimer

I hereby waive all and any claims ,or cause of action which I might be entitled to have against all managers, personnel, officials, organisers or any person whatsoever, involved in the Syndal Long distance swim meet and any other competitors who may be liable for any damage in respect of any matter whatsoever arising out of/or incidental to the swim meet.

Signature:..... Date:.....