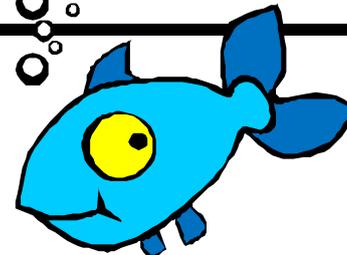


SNAPPETS

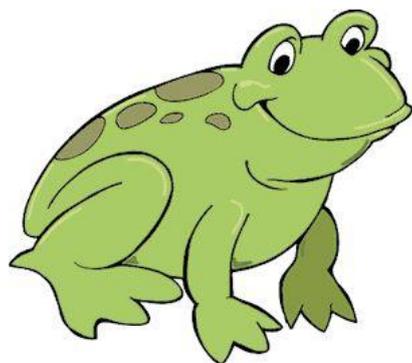


Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

September 2018

A FEW WORDS, THOUGH NOT FROM THE PRESIDENT



Barry and Helen are overseas and wise words from the President are unavailable this time.

Frogs appeal to me. They are quirky, come in a wide variety of sizes, shapes and colours and I admire their amazing ability to swim and jump. Their presence in a locality is an indicator of the good health of the environment there. As the health of our Club is threatened, maybe we should introduce frogs. Here's a modern parable in which a frog is the hero!

Merilyn Burbidge (Editor)

A frog was hopping around a farmyard, when he decided to investigate the shed. Being somewhat careless, and maybe a little too curious, he ended up falling into a bucket half full of fresh milk. As he swam about, trying to reach the top of the bucket, he found that the sides were too high and steep to climb. He stretched his hind legs to push off the bottom of the bucket but found it too deep. However this frog was determined not to give up and he continued to struggle. He kicked and squirmed and kicked and squirmed until, at last, all his churning about in the milk had turned the milk into a big hunk of butter. The butter was now solid enough for him to climb onto and get out of the bucket!

"Never Give Up!" is the message here. We should all band together and keep trying.

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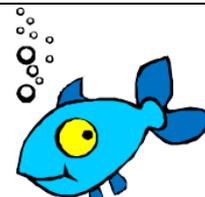
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OUR IMPORTANT 1500 METRE EVENT: Please be a swimmer or a helper

Each year, as a service to Masters Swimming WA clubs, Stadium Masters hosts a long course 1500 metre distance swim. This year's event is coming up on Sunday 21st October at 1:00 pm. Please help to make this a success by:

- Volunteering as a timekeeper or runner - contact me on 0419 909 566 or phjl@westnet.com.au
- Bringing a cake, sandwiches or fruit for afternoon tea for our guests – contact Marg Watson on 0408 949 656 or dmawatson@inet.net.au
- Taking part as a swimmer. You can use the swim as part of your Endurance 1000 program in freestyle, backstroke or breaststroke. We should have enough lanes to make sure you will have a lane to yourself. Entries please by Monday 15th October to Chandra Veliath: veliath7779@gmail.com.



Many thanks and looking forward to seeing you as part of the team,
Peter Lyster (Meet Director).

GOGGLE SAW

- Sara recording good times to win two Breaststroke events at the WA Disabled Sports Association swimming carnival on 1 September.
- William recently receiving treatment in hospital for pneumonia. This was his first stay in an Australian hospital after living Downunder for 36 years. It is lovely to see him well again and back at swimming. (He was also seen at a funeral this week. Luckily it wasn't his!)
- Stuart entering the food he had eaten into his new fitness app. The app lost no time in sending an ambulance to his house!

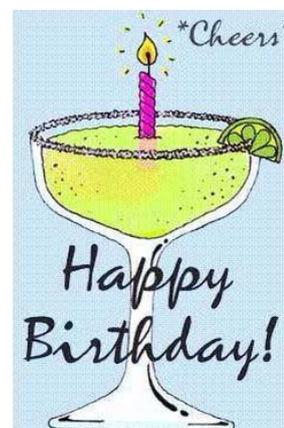


CAPTAIN Pamela Walter**Somerset Masters 1500 Metre LC Distance Swim**

| | | |
|--------------------------------|-----------|-----------------------------------|
| Ann-Maree Lynch Calnan (60-64) | 1500 Free | 29:28.22 (PB by 3.5 minutes!) |
| Pamela Walter (65-69) | 1500 Back | 33:05.84 (PAB/best since 2015/CR) |

Leeming Masters 400/800 Metre SC Distance Swim

| | | |
|--------------------------------|----------|----------------------------|
| Ann-Maree Lynch Calnan (60-64) | 800 Free | 15:08.40 (Inaugural) |
| Pamela Walter (65-69) | 400 Back | 8:15.94; 800 Back 16:47.90 |

BIRTHDAYS**September**26th Audrey Wren (93)**October**6th Cas Brown8th Hiroko Shimoda (21)16th Madeleine Denness19th Hazel Christie22nd David Hodby**November**1st Helen Loake

Special greetings to our youngest member Hiroko Shimoda, turning 21, and to our oldest member, Audrey Wren, turning 93!

DIARY ENTRIES FOR SEPTEMBER AND BEYOND

| Date | Event | Time | Venue |
|------------------|--|-----------------|---------------------------------|
| Sat 15 September | LiveLighter South West Skins LC Event | 11:15 warm-up | SW Sports Centre Bunbury |
| Wed 3 October | Committee meeting | 6:30pm | Regents Park |
| Sat 6 October | Maida Vale Masters 400/800/1500m SC Distance Swim | 1:00 – 5:00pm | Darling Range Sports College |
| Sat 13 October | Club Swim | 1:00pm | HBF Stadium |
| Sun 21 October | Stadium Masters 1500m LC Distance Swim | 1:00 – 4:00pm | HBF Stadium |
| Sun 28 October | Fremantle Masters LiveLighter LC Club Challenge | am | Fremantle Leisure Centre |
| Sat 3 November | Round 1 Swimming WA OWS | 7:30am | Leighton |
| Sat 3 November | Augusta Adventure Fest 2km Ocean Swim | 8:30am | Flinders Bay, Augusta |
| Sun 4 November | Riverton Masters 400/800/1500m State LC Distance Championships | TBA | Riverton Leisureplex |
| Sun 11 November | Lake Leschenaultia OWS | am | Lake Leschenaultia |
| Sun 18 November | Stadium Masters Swim for a Reason Relay Event | 9:00am – 1:00pm | HBF Stadium |

A PLUS FOR STADIUM MASTERS Stuart Gray

Masters swimming has obvious social and physical benefits that probably save the health budget millions of dollars. It is doubtful that many give it a thought while following the black line. Nor would many dwell on the contribution to water safety that swimming provides. The Royal Lifesaving Society statistics for 2017 reveal that 291 Australians drowned, including 42 in WA, and there were many more near-drownings often with on-going catastrophic results. Seventy people aged 65 and over drowned at aquatic locations across Australia between 1 July 2016 and 30 June 2017. This was a 27% increase against the 10 year average of 55 drowning deaths and the 58 drowning deaths reported in this age group in 2015/16. Older people are encouraged to test their skills and fitness in the controlled environment of a public swimming pool prior to recreating in open water.

These facts highlight a major contribution made by Stadium Masters Swimming Club. At present the club is not highly attractive to young competitive swimmers but it is one of the few clubs to accept and nurture swimmers who are less competent or out of condition. This is a valuable public service that the club should continue to provide.

Justice is a dish best served cold because if it were served warm it would be just water.

COACH'S CORNER Barry Green

Ed: Apologies to Barry - he sent this item for the August issue but I made a mistake and repeated the item that had been used in July so here it is!

It is clear that swimmers sometimes do not understand what a coach is asking them to do, either by the spoken word or on a written schedule, so I thought I would try to clarify a few things, **my way!**

1. **DPS (Distance per Stroke)**

The aim here is to try to reduce the number of strokes taken to complete a length, i.e. the stroke becomes more propulsive. This drill is useless if the swimmer doesn't count strokes. When the coach asks you how many strokes you have taken to swim a length, you should know!

2. **EZY, Mod, Hard**

These terms are about effort applied to a swim. EZY is just what is says and is used in warm-ups and cool-downs and sometimes before more intense effort. The meaning of Hard is also clear. Sometimes MAX is used for maximum effort. Mod (Moderate) is harder to define. Coaches of competitive groups may state percentages of maximum effort but, for most Masters swimmers, this is difficult to gauge. Mod should certainly not be Hard or EZY but for each swimmer will be rather individual. Of course the closer the swim is to maximum effort, the more demanding, and more rewarding, the effort.

3. **Kick drills (legs-only)**

The hands should not be used for propulsion. Quite often kick drills are done with a kickboard. When no board is used, the hands should be extended in front and, ideally, should be held together.

4. **Pulling drills (arms-only)**

The legs should not be used for propulsion. Usually pull drills are done with a pull-buoy between the legs. The position of the pull-buoy is important and should be such that the legs do NOT provide any propulsion. Optional additions are hand-paddles which, if used correctly, will help to prevent poor hand entry and give extra loading to the arms because of the increased hand area involved in propulsion. The hand should remain in the shadow of the paddle and not grip its edges.

Performing drills correctly is an essential part of good training. Near enough is not good enough!

NOTES ON THE COUNCIL OF CLUBS MEETING 15th AUGUST Barry Green

- Draft pool and OWS programs for 2019 should be sent out to clubs soon.
- Two new Board members were introduced: Director of Governance and Director of Finance. There are also two new Sanctions Officers, one for pool events and one for OWS.
- A Masters Swimming WA strategic planning document is being prepared based on four pillars: "Profile, People, Partnership and Performance". It will be distributed for comment.
- The two main streams of income for MSWA are membership fees and government money. Due to the possible reduction of the latter, alternative streams need to be identified. MSA and MSWA levies for next year remain unaltered.
- Executive Officer Sophie Row has collated the results of a questionnaire sent to MSWA swimmers.
- The main item on the agenda was the special resolution seeking to approve the new constitution. This was accepted unanimously. The role of the Council of Clubs will be defined in the Bylaws which are still to be finalised and distributed for comment.
- Sophie Row introduced three items for discussion:
 - a) **Council of Clubs meeting format**

It was felt that meetings had become too formal and that collaborative discussion was absent. One suggestion was to alter the seating to have a more round-table atmosphere. There was a proposal to have a meeting of club presidents early each year.
 - b) **Member packs**

There was a strong push to remove the need for paper in these packs but the present contract with LiveLighter requires that their material is sent out this way. It was suggested that the MSWA documents be available on-line for clubs to send to new members after adding their own electronic material. This would shorten the time taken for a new member to be greeted into the fold.
 - c) **Club Websites**

Sophie Row's review of club websites revealed: fees charged were not readily obvious, training times were not always given and the benefits of joining the club were either absent or unclear. She said that a website should be used for static information and that social media should be used for photos. MSA and MSWA websites are being upgraded and will make more material available for clubs.

SWIM FOR A REASON **Stuart Gray**

September is Dementia Awareness Month, aiming to bring attention to the warning signs of dementia, enable Australians to gain more knowledge of the condition and provide information on how to support those who are affected. Dementia is the leading cause of death in women in Australia and the second leading cause of death in all Australians. It is likely to affect all of us directly or indirectly at some time in our lives.

Stadium Masters has a proud history of supporting either the Research or the Association. Our Swim-for-a-Reason on November 18th has a target of \$1200. Already on-line donations have exceeded \$500 and sponsorship donations have reached \$550. Income from sponsorship, in addition to each \$40 team registration, will more than cover expenses. Anything above will go to Alzheimer's Research.

Club members have begun organising and entering their teams. This is a Stadium Masters team effort so help us to help others by entering your teams as follows:

- Form a team of four – must include at least one person of each gender but team members do not have to be Club members.
- Dream up a name for your team and send it with the names and ages of your team members and your preferred one-hour time slot to Ann-Maree Lynch at summa@westnet.com.au.
- Take a Donations Received form from the equipment cage and record cash donations.
- Give your sponsors the option of donating on-line on the Everyday Hero fundraising page: aarcommunityfundraising.everydayhero.com/au/swim-for-a-reason.
- Offer to help on the day of the event with marshalling, time-keeping, recording, etc.



Licorice Allsorts 2005: Pat Sugars, Marg Watson, June Maher, Cas Brown, Colin Beaton

From the archives: Stadium Masters were happy to be part of the once-annual HeartSwim, raising funds for the Heart Foundation and twice winning prizes for Best Dressed Team!



Sweet Tarts 2006: Dee Stephenson, June Hough, Sue Colyer, Pamela Walter, Marilyn Burbidge, Jeannine Heinrichs

NOMAI JAGO



We were saddened that Nomai died early in September aged 91. Nomai was one of the originals who participated in Glad McGough's Swim to a Healthy Lifestyle course and was also a founding member of our Club when it was established in 1992. She maintained her membership for 20 years. In the early years, Nomai swam at interclub events, was a volunteer at the FINA World Swimming Championships held in Perth in 1998 and, with her husband Jack, was a regular at the Wednesday and Friday afternoon sessions. Her smiling face could be relied on to brighten the mood around the pool and around the table at afternoon tea. A dozen members and past members remembered Nomai at her funeral this week.



Goalball is a Paralympic sport played by visually impaired athletes in teams of three on a volleyball-sized court. Using a ball with bells in it, players try to score goals. Spectators must keep silent!

From Thursday 4 to Sunday 7 October, Goalball WA will be hosting the Australian National Goalball Championships at Perth Modern School.

Volunteers are needed:

- to help at a BBQ breakfast each day
- in the canteen
- as goal judges
- as escorts to guide players around the unfamiliar sportsground.

If you can help, please contact the Secretary of Goalball Western Australia, Nicole Abbott, on 0403 758 223 for more information.

WHAT I THINK MY BACKSTROKE START LOOKS LIKE:



WHAT IT ACTUALLY LOOKS LIKE



ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Barry Green, Stuart Gray, Pamela Walter, Peter Lyster, Elizabeth Edmondson, Jackie Egan and Sara Cann who have contributed to this issue of *Snappets*. The deadline for the next issue is **Friday 26th October**.

Merilyn Burbidge

mburbidge@westnet.com.au