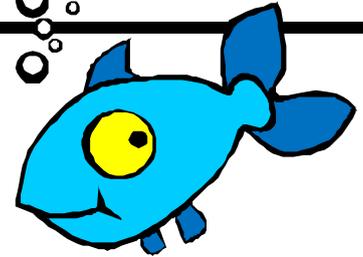


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

February 2021

PRESIDENT



It is always an anxious time in December and January watching people renew their memberships for the next year, but this was a good year. All of our new members re-joined and now we have 37 full members, 6 second claim and 15 social members with a couple hopefully still to come. I was sad to see Geoff Barnard retire; he has been such a stalwart for many years. He has promised to come in for a coffee.

The recent Club AGM, held again at Bold Park Aquatic Centre, was very well attended. Quite a few people enjoyed a short swim before the meeting. Reports and finance documents had been circulated beforehand to

speed up proceedings. The Management Committee was elected unchanged and the formalities were dealt with fairly quickly. The news that Crabs' Palace is to be removed promoted a lively discussion on how we would handle catering for our next Club Challenge!

Later, the club awards were presented. These trophies represent a year-round effort by many swimmers to achieve their best performances. A Certificate of Appreciation was presented to Marilyn for her outstanding contribution to the club. Congratulations to all. You'll find more on the presentations on the next page.

The day after the AGM we found ourselves in lockdown again, hopefully only for five days this time!

The first Club Challenge for the year, Newman Churchlands, is just round the corner and that will be quickly followed by Melville. Then, at the end of March, the State Championships will be held in short course at Mandurah. Two of our new members, Anna Clare and Tania Strickland, are in a team for their first Rottnest Swim. Good luck girls!

Finally, new coaches Mark Anderson and Anne Edmondson, have received their accreditations and Bill Woodhouse should receive his later this month. A great effort, well done everybody! The club has really appreciated all the hard work and long hours this trio has taken to get there.

See you in the pool,
Peter

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NEWBIE TEAM HEADED FOR ROTTNEST



Not very long ago, Anna (left) and Tania (below), decided to raise awareness of melanoma by entering the 2021 Rottnest Channel Swim. The husband of one of their team mates is being treated for advanced melanoma. Their team name is "Just keep swimming, just keep swimming".

At the outset, neither Anna nor Tania had any experience of swimming in the ocean. Now, having gamely entered several open water events and showing marked improvement each time, their confidence has been boosted and they are looking forward to reaching Rottnest on Saturday 20th February. They are both very appreciative of the support Stadium Masters has given them.



The start of the Rottnest Channel Swim at Cottesloe Beach is a spectacle not to be missed. Anna will leave at 7:20am so look out for her: number 890 in a bright orange cap! Here's the link if people would like to make a donation:

<https://rotnestchannelswim.gofundraise.com.au/page/JustKeepSwimming-13697553>

CLUB AWARD WINNERS FOR 2020

Well done to the winners and runners-up of the Club awards for 2020. With all the upheaval last year, the State swim was cancelled and only three Club Challenges went ahead. Ours was one of them! The Cliffe Webb Award for outstanding performance at the State Swim and Stadium Masters LiveLighter Club Challenge could not be awarded this year.



Kevin Wren Award for the male Club champion
Joint Winners: **Craig Barnard** and **Dale Wilcox**



Lynda Joachim Award for the female Club champion
Winner: **Audrey Bullough** Runner-up: **Pamela Walter**



Founders' Award for commitment to swimming and improvement over the year:
Winner: **Brett Jago** Runner-up: **Louise Norris**



Beatie Norris Endurance Award for long distance swimming presented by two of Beatie's daughters, Pamela Walter and Judith Lithgo.
Joint Winners:
Cas Brown and **Merilyn Burbidge**

Participation Award: Cas Brown

For active participation in all aspects of club events.

“Cas regularly and consistently participates in training sessions, Club Swims and Club Challenges and is one of the main timekeepers at the Thursday and Friday Endurance 1000 sessions. She also continually promotes the benefits of swimming regularly and belonging to the Club.”



President’s Award: Mark Anderson

Selected by the President and awarded to the Club member who has made an outstanding contribution to the administration and/or development of the Club.

“Mark had made a considerable contribution to the Club, completing his coaching training with many hours on pool deck, coaching the Tuesday night swimmers and always ready to step in to fill a vacancy. He has helped the Club funds with a well-organised sausage sizzle and he uses his initiative to overcome problems before they arise. Thank you Mark.”



Endurance Star Awards 2020

Star awards are an incentive to swim longer distances. A One Star Award is given for completing the Endurance 1000 program in any one stroke, a Two Star Award for any two strokes, etc.

- ★ Sara Cann, Dale Wilcox (Breaststroke)
- ★★ Audrey Bullough (Freestyle/Backstroke)
Bill Woodhouse (Freestyle/Breaststroke)
- ★★★ Cas Brown, Pamela Walter, Marilyn Burbidge (Freestyle, Backstroke and Breaststroke)

Please remember to Follow us on Instagram  stadiummastersswimming (133 followers)
and Like us on Facebook  Stadium Masters Swimming Club (82 likes)

CAPTAIN Pamela Walter

Re-located training sessions

As always when school goes back swimming carnivals start so we will be outdoors in the 10-lane pool for the Wednesday and Friday sessions. However on **Wednesday 10th and 17th February** there are no lanes at all. Instead we have booked lanes at **Bold Park** for those two days at 9:30am.

Direct swimmer registration

This year all LiveLighter Club Challenge entries must be by done directly by swimmers, starting with Newman Churchlands on 21st February via <http://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|4>. Please enter soon as there is a cap on the number of swimmers the host club will take.

Endurance 1000 swims

Timing for Endurance 1000 swims is available on Thursdays 9:30 – 10:30am and Fridays 12:30 – 1:30pm.

State Championships at Mandurah on 27th and 28th March

Please let me know if you are going to enter this meet and want to be part of the shared accommodation.

Club Records

The Club records for 2020 are available on the Club website: www.stadiummasters.org.au. Your name might be there, especially if you graduated to a new age group last year. Go on – have a look!

HOW TO ORGANISE YOUR ENDURANCE 1000 FILE FOR 2021

To make it easier for Bill to enter your times swimmers are asked to:

1. Remove all recording sheets from the previous year from your file
2. Set up your file for 2021, beginning with your 2021 cover sheet (available in the big blue file in the cage)
3. Group your recording sheets in the order shown on the cover sheet: Freestyle 400m, 800m, 1500m, ½ hour, ¾ hour and 1 hour, followed by Backstroke, Breaststroke, Butterfly and Individual Medley.



WELCOME: Anna Clare



I joined Stadium Masters because I have foolishly agreed to do the Rottneest Channel Swim in February, in a team of four including Tania Strickland, to raise awareness of melanoma. I also worry about my kids not being sun smart. So I thought I'd better get in some regular practice and improve my stroke. I've never swum in a group or with a coach before and it has been a steep learning curve! Everyone has been really friendly and welcoming and I can already see big improvements in my technique.

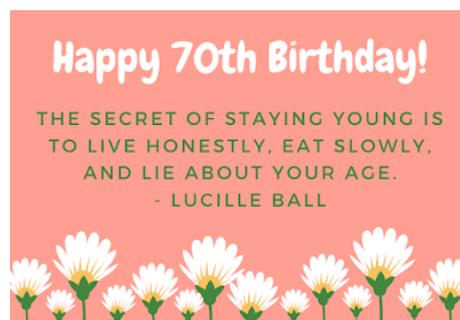
Outside of the pool I work full time, have two teenage kids, two middle-aged dogs and a husband so I keep pretty busy. We're originally from the UK and have been in Perth for four years now. Normally I enjoy travelling but not so much at present! However, I have had fun exploring more of WA, including diving at Exmouth which I will definitely repeat. Looking forward to getting to know you all in the year ahead.

We also welcome Carmen Harrison as a new second claim member and Chris Mathews as a social member.



Brett Jago	8 th February
William Curtis	21 st February
Audrey Bullough	25 th February
Pamela Walter	6 th March

Here's a special greeting for Pamela!



TECH TIPS: No Pain No Gain Mark Anderson

When the Coach says Easy, Moderate or Hard, what do they mean? During exercise your level of exertion is usually assessed by your heart rate measured as beats per minute (BPM) and training zones are set as a percent-range of your maximum heart rate (MHR). Your MHR is approximately 220 minus your age so, for a youthful 60, the MHR is about 160 BPM. However, compared to running or cycling, it's not so easy to monitor your heart rate while swimming. Also your MHR will always be lower when swimming, typically by 10 – 15 beats. This is due to factors that include the horizontal body position, the buoyancy of water (less gravity effect) and water-cooling.

An alternative is to use the Rate of Perceived Exertion (RPE) scale shown to the right. The RPE can be correlated with heart rate training zones and swim pace, as shown below.

Swimming Pace	% MHR	RPE
Easy	50 – 70	4 - 5
Moderate	70 – 85	6 – 8
Hard	85 – 95	8 – 9
Race / Sprint	95 – 100	9 – 10

The rest interval between activities usually depends on the pace of the activity. A sequence of '4 x 50 FR – Sprint' may have a rest interval of 60 – 90 seconds between repeats, but '4 x 200 FR - Moderate' should only allow a 15 – 20 seconds rest interval to obtain the maximum benefit. So, work hard and watch the clock!

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc.

DIARY ENTRIES FOR FEBRUARY AND BEYOND

Date	Event	Time	Venue
Sat 6 February	Club Swim	1:00pm warm-up	HBF Stadium
Sat 20 February	Rottneest Channel Swim	from 5:45am	Cottesloe Beach
Sun 21 February	Newman Churchlands LC Club Challenge	Warm-up 8:15am	Newman College
Sat 27 February	Community Day for Club promotion	9:00am – 12:00noon	Floreat Forum
Sat 27 February	Club Swim	1:00pm warm-up	HBF Stadium
Mon 1 March	WOW Swims: Mullaloo Mile	6:30am check-in	Mullaloo Beach
Sun 14 March	Melville LC LiveLighter Club Challenge	8:00am warm-up	Leisure Fit, Booragoon
Sat 27/Sun 28 March	MSWA State SC Swim	TBA	Mandurah

SUPERSNAPPER AND SUPA NOVAS



Bill Woodhouse is SuperSnapper for December for completing the fourteen Endurance 1000 swims in two strokes, Freestyle and Breaststroke.



Anna Clare and Tania Strickland share the Supa Nova award for January for their first open water swim. For Tania the 2.5km was the greatest distance she had ever swum and she managed it in a choppy sea. What an inspiration!



GOGGLE SAW

- A sea of swimmers on the grassed area at Cott when four of the Saturday group turned up, unaware that the Cottesloe Classic Mile was on. We swam inside the shark barrier; they risked it outside!
- Anne Edmondson and Peter Lyster wearing similarly patterned bathers. Anne was disappointed that the photo didn't show her specially painted hot pink toe nails!
- Chandra, winner of the Founders' award for 2019, reluctantly removing the trophy from his lounge room wall where it was firmly fixed. He hadn't realised that it had to be returned after a year so that it could be presented to the winner for 2020!

HOME ALONE **Barry Green**

Ed: By the time you read this, we hope that our latest five-day lockdown will be over. On his return from a recent trip to Victoria, Barry had to endure the standard 14-day home quarantine. Here's how he coped.

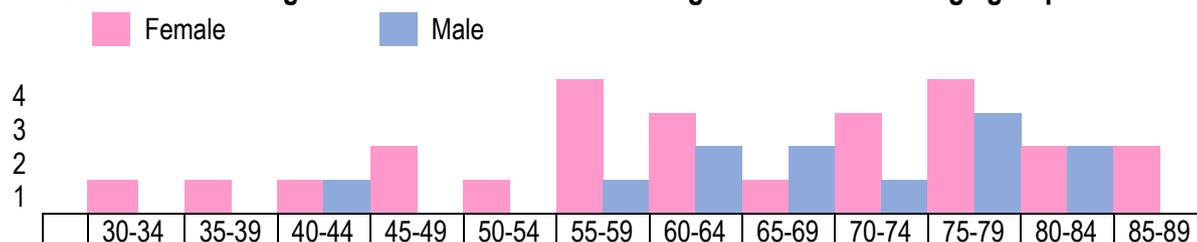
Each day I swam three times in my backyard pool. I must confess that I didn't do 2km sessions, as I would have become dizzy in my 10 metre pool. I potted in the garden, although not too much. This is not my usual activity! My culinary skills had to expand somewhat to satisfy my need to eat. Helen had a stash of books so I did lots of reading and I kept abreast of the news with the newspapers I have delivered. Am I the only one?

Essential to my mental well-being was the amazing support I have received from family and friends. Not only have they supplied provisions and meals but sent me emails and had telephone conversations with me. Talking to oneself is OK for a limited time only, so a big thanks to those club members who got in touch!

COMMUNITY DAY AT FLOREAT FORUM

The Floreat Forum has a community day on Saturday 27th February, 9am to 12noon. We have booked a space for a stand/display for Club promotion. If you are able to help, please speak to Peter Lyster 0419 909 566.

Bar Chart showing number of first claim swimming members in each age group in our club in 2021



Observations

We have about twice the number of women as men!

Our membership is skewed toward the upper age groups, particularly amongst the men.



What is this dog's name? If you can remember Murray Ball's cartoons, you must be able to recall the dog's name!

STADIUM MASTERS BANK DETAILS

Now that it's standard practice to make payments electronically, here's a reminder of the Club's bank details:

BSB 036 063 Account # 162984

CLUB CLOTHING

The Club has in stock a range of uniform polo shirts and hoodies, some new, some secondhand, both men's and women's. If you'd like to try these for size or order new items, please talk to Pamela or Tania. A club rashie is also being considered.



OPEN WATER SCENE

The photo shows Cottesloe Beach just before Christmas when the pylon was painted red, green and silver and wore a Santa hat.

The water was divine on this Saturday and has been great lately, too. There are acres of room inside the shark barrier. Herring and whiting are plentiful and the ocean temperature sits around 24C which is perfect for swimming. It's a fine way to start your weekend. Meet on the grassed area on the north side of Indiana Teahouse on Saturdays at 8:00am.

WOW Swim: City of Cockburn, 19th December

	Distance	Age Group	Time
Pamela Walter	3.4km	65-74	1:20:58
Anne Edmondson	3.4km	55-64	1:06:12

The photo below shows the ideal conditions at Coogee Beach for the record number of entrants!



Swimming WA Round 7: Mullaloo 2.5km, Sunday 27th December

	Category	Time
Anna Clare	Legend	56:48
Tania Strickland	Legend	1:24:27
Pamela Walter	Super Legend	59:33

Pamela says: "I woke to the sound of the wind ripping through the tree out the front but when we arrived at the beach the conditions were good. The water temperature was pleasant, there were no stingers and there was little wave action. Afterwards the three of us had breakfast at the Dome to finish off a lovely morning."

Swimming WA Round 8: Cottesloe Classic 16th January 2021

	Distance	Category	Time
Anna Clare	2.5km	Legend	52:03.4
Pamela Walter	2.5km	Super Legend (and oldest female!)	57:24.8
Tania Strickland	1.25km	Legend	34:46.8

Swimming WA Round 9: Sorrento Tuesday 26th January 2021

	Distance	Category	Time
Anna Clare	5km	Legend	1:48:00
Pamela Walter	2.5km	Super Legend (and oldest female!)	54:55.7

Another record turn-out: 1100 swimmers. Tania Strickland was missing from this event. She was busy becoming an Australian citizen. Congratulations Tania!

A LETTER TO THE EDITOR

After numerous trials, Pfizer Pharmaceutical announced its COVID vaccine. Pfizer also created Viagra. If they can raise the dead they will easily cure the living!

2021

Is it a prime number?

Try to figure it out, using only pen, paper and your own grey cells!

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Peter Lyster, Tania Gregg, Pamela Walter, Barry Green, Mark Anderson, Elizabeth Edmondson and Anna Clare for their contributions to this issue. The deadline for the next issue is **Friday 12th March** and I will be delighted to receive your items.

Merilyn
mburbidge@westnet.com.au