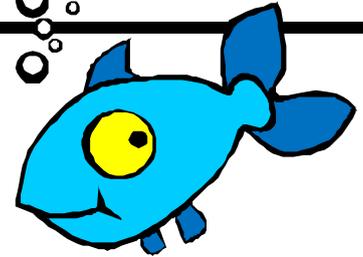


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

March 2020

PRESIDENT



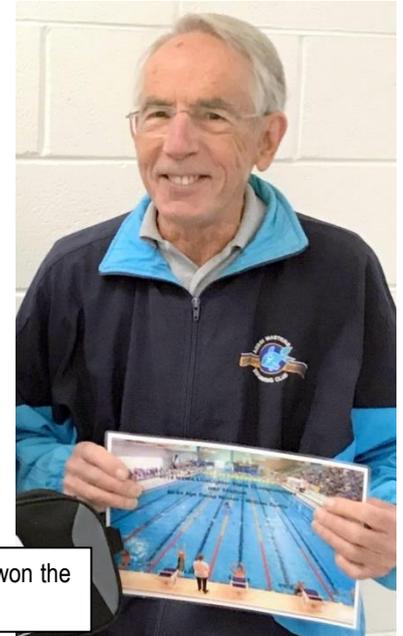
Interclub Challenges are with us again. We got off to a good start at Newman Churchlands with some splendid individual swims and fine relay results from quite a small team. Now that COVID-19 has forced the cancellation of swimming events to at least 31st May, we don't know when the next interclub meet will be held. Sadly the State Swim at Mandurah is one of the casualties. We were particularly looking forward to that meet as it was to be in short course.

The Sydney Nationals have also been cancelled but this won't affect us as we did not have any of our swimmers entered. Nor did anyone go to the Nationals in Adelaide last year but in 2018, when they were held in Perth, we won a swag of medals in both individual events and relays. William Curtis was the star of that show, scoring three medals. If we can do it in Perth, we can do it in Darwin next year.

As we go to press, HBF Stadium is operating normally and it is business as usual. So our training sessions will continue as normal. If there are any changes Pamela will email members.

See you in the pool, Peter

As well as winning three medals, William also won the 80-84 age group for WA at the 2018 Nationals



DARWIN NATIONALS 2021



Now is the time to be thinking about and planning to go to the Nationals in Darwin, 30th April to 3rd May, 2021. We have sent teams to the Nationals in other cities before, including Darwin way back in 2007 when they were last held there. Our ten swimmers in that team had a fantastic time, all the better because the two oldest team members won medals: June Hough - two bronze and Pat Sugars - a silver. To cap it off, June celebrated her 80th birthday while in Darwin!

So let's all think hard about it over the next couple of months and see if we can get a team together.

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CAPTAIN Pamela Walter

Newman Churchlands LiveLighter LC Club Challenge Sunday 16th February



Victorious Men's 280+ relay team: Dale, Peter, Craig and Bill

each other for points, making it harder for them to score. Our team of 11 swimmers, six women and five men, came a creditable seventh. Dale didn't put a foot wrong in his first interclub. Our men won their 280+ relay and our women were second in their relay, also 280+. Audrey, having advanced to the 80-85 year age group, had the honour of being our oldest swimmer. She was less fortunate in winning the last choice prize in the very long-winded raffle! Stadium's swimmers were ably supported by timekeepers Cas, Lesley and Marilyn, marshal Barry and MSA official Pamela.

In the highly anticipated Newman Churchlands carnival 170 swimmers from 20 clubs participated, providing fierce competition and enthusiastic and rousing cheers from supporters. It was great to see Superfins take first place. They had an advantage in having a big team but, as their swimmers are very nearly all young, they were vying with



Audrey and Pamela after their relay. The other two had scarpered!

Bill Woodhouse	50 FR (best since 2019)
Brett Jago	200 FR (PB by 3 sec)
Craig Barnard	50 FR and 200 FR (both PAB), 50 BA (inaugural)
Jil Mogyorosy	50 BA (PAB/best since 2016)
Margaret Smithson	Omitted from results of the Club Swim 1 st Feb: PB by 2 sec for 50 FR!
Pamela Walter	50 FR (best since 2018); 50 BU (best since 2019)
Peter Lyster	50 FR and 50 BA (both best since 2019)
Sara Cann	50 FR (PB by 7 sec); 100 BR (PB by 10 sec)
Sophie Wilkinson	50 BA, 50 BU and 100 BR (all inaugural)

Club Swim, long course, Saturday 7th March

With a mere eight swimmers the events, conducted in the indoor pool and reflecting the program for the upcoming Melville carnival, were quickly over. Deb Wagstaff swam brilliantly in her first Club Swim. Most participants managed PABs or even PBs. No Club Records fell this time but Audrey's 50 Back and Brett's 50 Free and 100 Free were within a second or two of records set in 2007! Starter Barry didn't use his whistle so as not to confuse the synchronised swimmers in the same pool. Timekeepers could clearly hear his stentorian "Go!"

Audrey Bullough	100 FR and 50 BA (both PAB)
Brett Jago	50 FR (PB), 100 FR (PB by 35 sec!), 100 BR (PB)
Cas Brown	100 FR and 50 BA (both PAB)
Debra Wagstaff	50 FR and 50 BR (both inaugural)
Sophie Wilkinson	100 FR (PB by 12 sec), 50 BA (PB by 3 sec)
Tania Gregg	50 FR (PB by 3 sec), 50 BR (inaugural)
'Tricia Summerfield	50 BA (PAB), 100 BA (PAB/best since 2013)

DIARY ENTRIES FOR MARCH AND BEYOND

Date	Event	Time	Venue
Wednesday 6 May	Freestyle clinic with Elena Nesci	9:15am	HBF Stadium
Wednesday 27 May	Freestyle clinic follow-up with Elena	9:15am	HBF Stadium
Wednesday 10 June	Breaststroke or Backstroke clinic with Elena	9:15am	HBF Stadium
Saturday 13 June	Stadium Masters Swim for Memory	TBA	HBF Stadium

COMMITTEE MATTERS

Key points from the Committee Meeting held on 12th February 2020:

1. Handovers: Jackie has essentially handed over the Secretary's job to Barry. Barry is in the process of handing the Treasurer's job over to Dale. Dale and Barry to visit the bank to complete formalities for Dale.
2. Allocation of duties and confirmation of dates:
 - a. LiveLighter Club Challenge, 5th October: Peter
 - b. 1500 Metre Distance Swim, 2nd May: Peter (now cancelled)
 - c. Charity swim, to be called "Swim for Memory", 13th June: Barry
 - d. Lane hire: Barry
 - e. Annual Lunch, date to be confirmed as either 11th or 18th July: Barry
 - f. Christmas windup, date to be confirmed: Pamela
 - g. Sausage Sizzle, 3rd October: Richard Diggins, assuming he is available.
3. Social organisers still to be finalised.
4. 'Tricia has set up a sub-committee of Coaches to develop a yearly plan.
5. Dates have been agreed with Elena for a series of clinics and the first will be freestyle starting on 6th May. All the dates will be on the calendar shortly. Grant to be requested from MSWA.
6. A proposal was accepted to create a new recruitment section in the website. Cost is approx. \$1056 for the first year, \$264 for the second. Tania to maintain the new section. Elizabeth to be asked to maintain the existing parts of the website.
7. Tania will be responsible for social media. She will set up an Instagram club account and liaise with Jackie re the club's Facebook account.
8. Pamela proposed a series of social events: Minigolf in March, Video night in June, Trivia night in September. Dates and details to be finalised.

SUPPORT POSITIONS FOR 2020

Recorder	Chandra Veliath	Safety Officer	Gavin Cull
Assistant Recorder for Endurance 1000 swims	Bill Woodhouse	Meet Director Club Challenge and 1500m Distance Swim	Peter Lyster
Snippets Editor	Merilyn Burbidge	Webmaster	Tania/Elizabeth
Registrar	Elizabeth Edmondson	Social Member Liaison Officer	Marg Watson
Membership Officer	Barry Green	Clothing Officer	Not confirmed yet
Public Relations Officer	Pete Lyster	Social Organiser	Not confirmed yet



FROM ASSISTANT RECORDER Bill Woodhouse

Congratulations to those nine or ten people who have started their Endurance 1000 programs. Please leave your E 1000 file in the cage at the end of March so that I can enter your times into the data base.

CLUB CLOTHING Tania Gregg

Jil and I went to the uniform suppliers in Osborne Park and saw a great range of merchandise, hoodies, both zip-up and pull-over, two styles of polo shirts, long sleeved T-shirts as well as swim bags, towels and coffee cups. Most of the clothing is in the cyan blue club colour but the T-shirt and one of the polo options is a slightly different shade of blue that may suit some. All merchandise is sourced locally and the turn-around time will be only about two weeks. We don't have to order in big numbers, so members will be able to order what they like. Watch this space!



YOUR COMMITTEE REVEALS THE TRUTH!

Peter: In the last *Snappets* I stated that on a car rally, heeding a call of nature, I vaulted over a wall and landed in a pig manure pit. No, this happened to the competitor behind us. He went in almost to his waist! The smell was unbelievable and 3 minutes later he had to get back in the car to navigate.



Pamela: I would have chained myself to a tree in Manjimup to protest against logging but, as a newly appointed young teacher, I was somewhat wary of how the Education Department would view that action and discretion won.



Barry: I never trained, formally, to be an astronaut. It would have been fun though.



Dale: No, I didn't play the keyboard on a TV show. I played the piano accordion.



Tania: It wasn't me! It was my mother whose photo, as a teenager with her pet rat on her head, made the front page of the *Daily News*.



Bill: I did white-water raft on the turbulent flooded Shotover River in NZ and survived paragliding from the top of a mountain in Queenstown. I made up the bit about the bungee jump!



HAPPY BIRTHDAY

So many birthdays to celebrate!
Especially good wishes to Stuart (80), Sophie (30) and Geoff Hadley (85).

MARCH

Anne Edmondson 21st
Richard Ingleby 21st
Geoff Barnard 23rd

APRIL

Stuart Gray 12th
Sophie Wilkinson 13th
Jackie Egan 14th
Louise Norris 17th
Geoff Hadley 21st
Gavin Cull 22nd
Marg Some 22nd

APRIL

Chandra Veliath 25th
Geoff Lane 25th
Lynda Joachim 27th

MAY

Sara Cann 3rd
June Hough 7th



Super Snapper

Congratulations to Brett Jago, SuperSnapper for February!

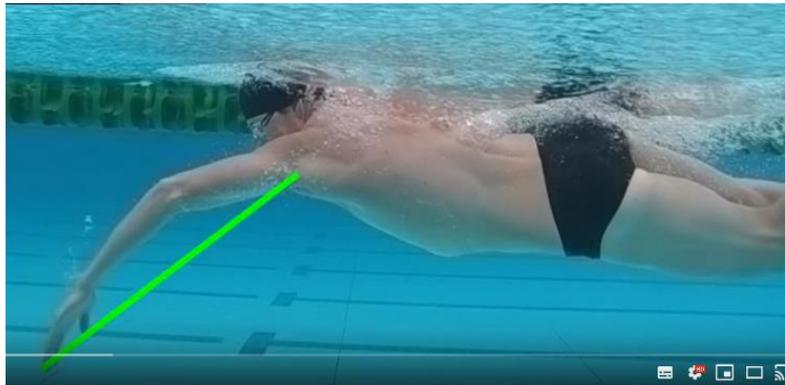
Brett has made huge improvements in his times, taking 45 sec off his time for 200 Free at the first Club Swim for the year. He took a further 3 sec off at the Newman Churchlands LiveLighter Club Challenge plus 24 sec off his time for 100 Breast.



TECHNIQUE TIP #3 Mark Anderson

The Catch - what it should look like

Many of you recently had your swimming action videoed. Here are some photos of what an elite swimmer does during the Catch phase. You can slo-mo and pause your videos and compare your technique.



High elbow/EVF (early vertical forearm)

During hand entry and glide, the fingers should be slightly below the wrist, the wrist just below the elbow, and elbow a touch below the shoulder.

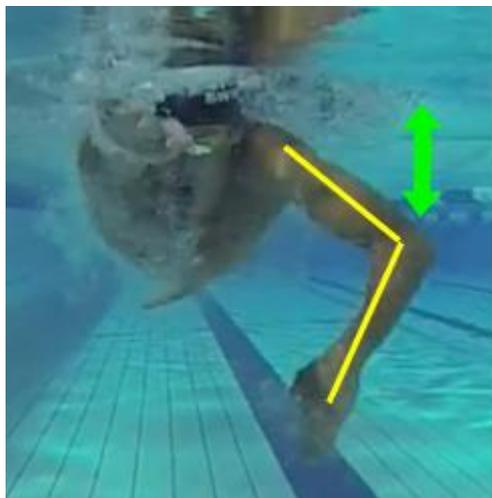
From the glide, the first action is to tilt the forearm down, leading from the fingers while keeping the elbow 'out front' to reach the Catch position. This action moves the elbow out wider than the shoulder. As shown by the green line, the elbow is well above/in front of the line joining the hand and shoulder.

The Catch

The setup for the Catch is also like reaching around a beach ball (red circle). This elbow forward/up position presents the largest surface area (upper arm + forearm + hand) for pulling yourself past the water using your lats (big back muscles). Force can now be directed backwards (yellow arrow).

Pull hard, trying to keep your forearm and hand facing the back of the pool (vertical) for as long as possible in the stroke.

Also note the timing of the arms - at the Catch the recovery arm is entering the water. Timing is about same as '3/4 Catch Up', which is why we do a lot of 'Catch Up' drill during swim sessions.



From the front view you can see that the angle at the elbow is about 100-120 degrees (yellow). A wider angle (straighter arm) results in directing too much force downwards rather than backwards. Also note that the elbow is well outside the line of body/shoulder and well below the surface (green), but the hand is under the shoulder. The hand should stay on this line all the way through the stroke and travel along a line under the edge of the body.

After passing under the shoulder in the same vertical plane (shoulder-elbow-forearm-hand) the hand starts to shallow and finally exits with the thumb brushing the thigh. The goal is to keep the hand as vertical as possible for as long as possible.

Please let me know if you would like a video made of your swimming action and we can try to arrange a mutually convenient time.



GOGGLE SAW

- Geoff Hadley feeling seriously outmanned at Claremont Pool one Monday morning when he had to share his lane with seven women and four ducks.
- Brett carefully studying the course when the Club played mini-golf. It paid off as he took the least number of shots to complete 18 holes: 46.



MILLION METRE AWARDS ACHIEVED BY CLUB MEMBERS

Distance (m)	Name	Year	Distance (m)	Name	Year
1 million	Julian Keys	1996	2 million	'Tricia Summerfield	2008
	'Tricia Summerfield	2000		Merilyn Burbidge	2008
	Merilyn Burbidge	2005		Theresa Elliott	2013
	Beatie Norris	2006		Anne Edmondson	2016
	Margaret Somes	2007	3 million	Pamela Walter	2004
	Cas Brown	2011		Gail Parsons	2006
	Elizabeth Edmondson	2011		'Tricia Summerfield	2011
	June Maher	2011		Merilyn Burbidge	2011
	Robert Shand	2011	Anne Edmondson	2018	
	Theresa Elliott	2011	4 million	New category: none yet!	
Anne Edmondson	2012	5 million		Gail Parsons	2010
Sue Colyer	2012			Pamela Walter	2011
Andrea Morton	2013		'Tricia Summerfield	2015	
Audrey Bullough	2013	7 million	Pamela Walter	2016	

Note that TWO only men from our club have achieved a Million Metre award; 14 women have done it. Dale is doing his best to redress the imbalance by beginning to record his distances from the day he joined the club! You can find out how to keep your tally from the Masters Swimming Australia website: Programs, Million Metres Program.

SOCIAL NEWS

Mini Golf at Wembley, 5th March

On a gloriously warm and calm evening about 15 players had fun on the mini-golf course. Sara's game was at its peak: she scored three holes in one! Most stayed on for a relaxed meal afterwards.

Lillian and Geoff Hadley's 60th Wedding Anniversary

The Social Swimmers, who meet Mondays and Wednesdays at Claremont Pool, helped Lillian and Geoff celebrate their 60th wedding anniversary this month



with an after-swim morning tea. Due to the Covid-19 advisory bulletins, two members absent enjoying Rottneest, Patrick on the Nullarbor somewhere and Stuart Gray recovering from abdominal surgery, our numbers were down but the food, the warmth and the enjoyment were real.

We were especially intrigued and honoured to read the congratulatory cards Lillian and Geoff received from all our Heads of State and even the Queen! Congratulations Lillian and Geoff! Oh, and we also learned that Claremont Pool will be closed for a month starting Monday 23rd March.

OPEN WATER SCENE Pamela Walter

Ed: Bravo Pamela for your sole effort in representing our club in the last three OWSs! Pamela doesn't really enjoy being on her own in open water swims and would love the company of other Stadium Masters swimmers at these events next season.



CAMBRIDGE OWS Saturday 8th February

This fundraiser for Surf Life Saving in the town of Cambridge was a tough 2km circuit from Floreat SLSC to City Beach and return. For the first half we were swimming into a decent swell and I felt as if I was being buffeted around while swimming on the spot. My goggles were fogging up and I had to stop every 5-10 strokes to clear them. I couldn't see where I was going so took a jagged route home. I hardly saw any buoys including the ones marking the groyne so I missed the supposed seal that was swimming near the groyne. Others in the changerooms who had swum the 4km or 6km told us that a helicopter hovering over them set off its siren and all the remaining swimmers were ordered out of the water. The reason: a shark sighting!

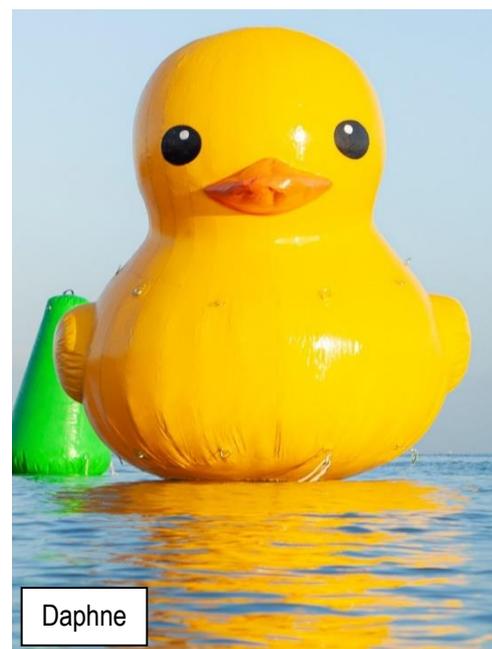
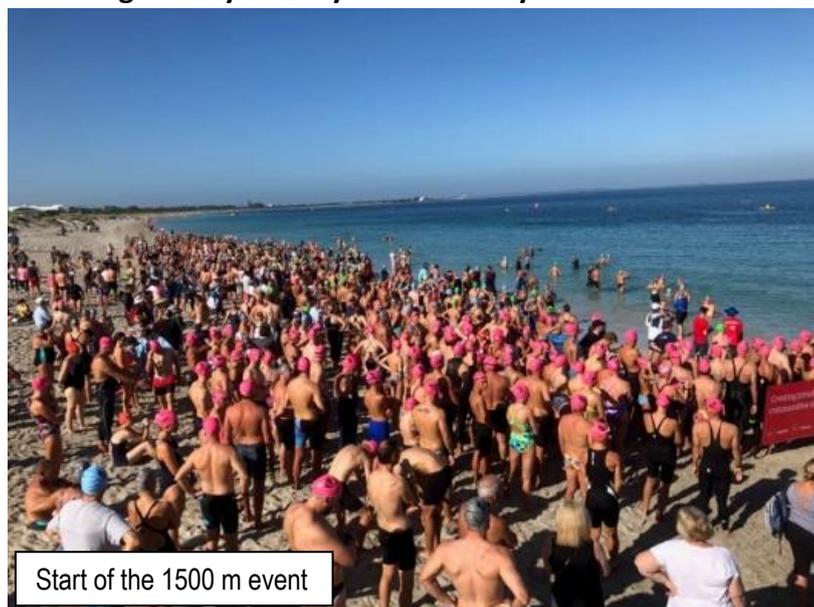
	Event	Age Group	Time	Age Group place
Pamela Walter	2 km	60 plus	49:34	2 nd

State Open Water Swim Mullaloo Beach Saturday 29th February

The water was relatively calm with no stingers. Open water swimming gives you time to think about your stroke and I could concentrate on Mark Anderson's advice to lead with my thumb, make an early vertical catch, rotate and follow right through to my hip.

	Event	Age Group	Time	Age Group place
Pamela Walter	1.6 km	65-74	33:52	4/6

24th Coogee Jetty to Jetty Swim Sunday 8th March



For those thinking of trying an open water swim, this is the best place to start. You have a choice of 1500 or 750 metres and the shallow water is calm and clear so that you can see the sandy bottom all the way. The swimmers walk north from the Woodman Point Jetty along the beach with only goggles and cap in hand. The 750m group peel off at the halfway mark for their start and the 1500m group continue to Coogee Jetty for theirs. I think there were about 1300 participants - for the last two years numbers have reached the maximum that Cockburn Masters can handle, including six waves in the 1500m. Last year Daphne, the caravan-sized bright yellow blow-up duck, was supposed to mark the start and finish. However, even before the event started, she broke her moorings and headed off on her own adventures towards South Africa. Luckily she was rounded up, undamaged, by a local fisherman and this year she hung around to see all the swimmers home.

	Event	Age Group	Time	Age Group place
Pamela Walter	1500 m	65-74	29:39	11/35

FROM THE REGISTRAR

Elizabeth Edmondson

At 19th March 2020 membership of Stadium Masters was made up as:

Swimming members	26
Swimming members 80 years and over	6
Second claim members	4
Social members	15
Life members	2

CREDIT CARD DETAILS

Your credit card is automatically saved on the SportsTG website when you renew your registration **unless** you tick the box. If you do not wish to have your card details saved please email me: elizabeth.edmondson@live.com and I will delete the information for you. BTW, I cannot see any of your credit card details.

ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Peter Lyster, Pamela Walter, Barry Green, Marg Watson, Bill Woodhouse, Mark Anderson, Elizabeth Edmondson, Tania Gregg and Dale Wilcox for their contributions to this issue of *Snappets*. The deadline for the next issue is **Friday 1st May** and I look forward to receiving your items.

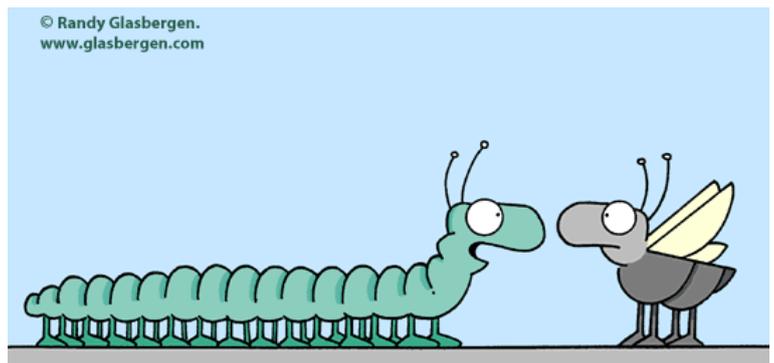
Merilyn Burbidge

mburbidge@westnet.com.au

EXERCISE IS GOOD FOR YOU: some ways to approach it

- Exercise early in the morning, before your brain figures out what you're doing.
- Every time you hear the dirty word 'exercise', wash your mouth out with chocolate.
- If you are going to try cross-country skiing, start with a small country.
- The advantage of exercising every day is so that, when you die, they'll say, 'Well, she/he looks good doesn't she/he?'

We all get heavier as we get older because there's a lot more information in our heads. That's my story and I'm sticking to it.



“I tried all the fitness fads, but my doctor was right all along—walking is still the best exercise.”