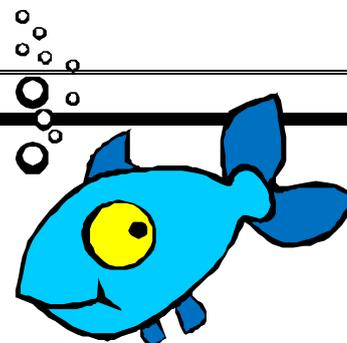


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

July 2022



PRESIDENT

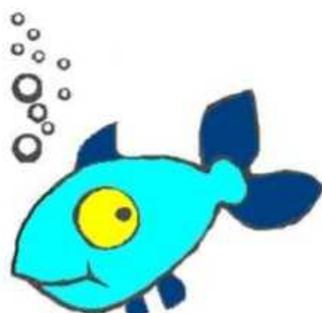
Hi everyone,

We are well into winter now and at last we are getting some decent rainfall. Most of our sessions are now indoors and the weather shouldn't have much effect on attendance. However, it's also the time of year that many head north for some warmth and, with our newly found travel freedom, interstate or overseas. Then there is the need for some of us to spend a bit of time in iso! These same events are also impacting our Coaches - over the next 6 weeks several will be away and we will be in short supply at poolside so please bear with us. For some sessions you may need to follow a written programme

placed at the pool end wall so check out Snappets Dec 2020 edition for the shorthand (website Club Publications). And a warning to the Tuesday evening swimmers, enjoy it while you can I'll be back!

Three dates for your diary. The Golden Groper Relay is on Saturday 13th August and is a great event to dip your toes into competitive water. On Saturday 1st October we will be holding our Bunnings Subiaco Sizzle please set aside some time to help out. Lastly, we are now planning to combine the postponed Annual Lunch with a Christmas event on Saturday 26th November and we are keen to hear your ideas on venue and format please let Committee members know your thoughts.

Keep it long and smooth, cheers Mark



VENUES WEST

IN THIS ISSUE:

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Please remember to Follow us on Instagram  [stadiummastersswimming](https://www.instagram.com/stadiummastersswimming)
and Like us on Facebook  Stadium Masters Swimming Club

EVENT WRAP UP Swim For Memory Sunday 26th June

By Barry

This year s Swim for Memory was (as for last year) in aid of the Australian Alzheimer s Research Foundation(AARF). 14 teams registered for the event (6 from Belmont Masters with another team Belmont Masters/Somerset Masters combination). The remaining seven teams were associated with Stadium Masters. The event (a one-hour relay swim for teams of 4) was held indoors at HBF Stadium in a 25 m pool. Prior to the event,all WA Masters Clubs had been invited to take part.

There were three types of awards to be made:

- 1.Longest distance swum in the appropriate masters age group.
- 2.Distance swum closest to the nominated distance.
- 3.Most money raised for the charity

The results for awards are shown below. Six age groups were represented and only in the youngest age group was there no competition

Team	Age Group	Nominated Distance (km)	Distance/Laps swum (km)	Award
Slippery Seals	72-119	5.5	4.375	Age Gp. winner
Super Seals	120-159	3.4	3.9	
Salty Sea Horses	120-159	2.525	4.625	Age Gp. winner
Dolly	160-199	2	2.2	
Spunky Seals	160-199	4.7	4.45	Age Gp. winner
CityBeachCSalts	200-239	2.55	2.55	Nearest Nominated Distance
ForgetMeNots	200-239	3.3	3.2	Most money donated
Bold Park Babes	200-239	3.5	3.8	Age Gp. winner
Belmont Beauties	240-279	2.6	2.6	
Less is More	240-279	3	3.5	Age Gp. winner
3 Fossils is a Gem	240-279	2.85	2.7	
The Originals	240-279	3.5	2.9	
Belmont Belles	280-319	2.4	2.85	Age Gp. winner
BetterLatethan Never	280-319	2.5	2.575	

The Belmont teams Slippery Seals , Spunky Seals , and Belmont Belles were age-group winners as well as the Somerset/Belmont team Salty Sea Horses .

Bold Park Babes (Kim Mann, Michelle Hogue, Diane Wood, Joy Johnson), and the team Less is More (Helen Loake, Mark Anderson, Angela and Farook Razvi) were age-group winners. For the nearest to nominated distance, the City BeachCSalts (Phyll Tiller, Barry Green and Barry's cousin's son and a granddaughter) were spot on target!

The award for most money raised for the charity was a clear win for Kim Simpson's team (including Margaret Smithson, her son Sharif, and Craig Barnard). This team raised \$1,750 from 26 donors at last count. Really a magnificent effort.



The team The Originals was going to comprise Audrey Bullough, Mary, Peter, and Erin Gray, but the Grays fell ill and so Anna Clare (who had been on deck as safety officer) joined Audrey Bullough, Brett Jago and Phyll Tiller to form an impromptu team despite both Phyll and Brett having swum earlier!

Other Stadium related teams were 3 Fossils and a Gem (Bill Woodhouse, Dale Wilcox, Brett Jago and Sara Cann) and Better Late than Never

(Carmen Harrison, Peter Jones, Robyn Smith, and Mary McHendry). Many thanks to all swimmers.

It should be (gratefully) remembered that Stuart Gray is responsible for the fish trophies that are awarded each year (with an elastic band on each of them so that they come right back for use the next year).

All money raised was to benefit the Australian Alzheimer's Research Foundation, **the grand total being \$6171.20**. This "final" tally was made up of 62 online donors for \$5,214 and cash donations of \$957.20 to give us our grand total of \$6171.20 (last year's total was about \$5,425). Pamela Walter (club captain), who could not be here for the event, swam a sponsored 5 km swim before she left Perth and raised \$520, contributing to our overall total. Well done Pamela.

Considering our over-all target was set at \$1,500 with a conservative expectation of each individual participant being able to attract \$25 of sponsors, we did very well for a very worthy cause. Let's hope this donation is instrumental in finding a cure for Alzheimer's!

Other Stadium club members came down to support the event; Tania Strickland, Deirdre Stephenson, Margaret Watson, and Jo Alievski. I hope I haven't missed someone.

Thank you also to Venues West for their support of this event and to MSWA who also assisted us in promoting this event.

Ed's note: On behalf of all at the Club, thank you to Barry for organising this worthy event.



Photo MSWA



EVENT WRAP UP CLUB SWIM SATURDAY 2ND JULY

A long course club swim was held on Saturday 2nd July. Results are as follows, noting that Marg Smithson was the swimmer of the meet. Well done Marg.

Name	Swim	LC	Time	Comparison
Audrey Bullough	BA200	50	6:18.59	best since 2021
Audrey Bullough	FR100 -	50	2:34.31	-
Audrey Bullough	FR50 -	50	1:08.02	-
Cas Brown	BR100	50	2:55.70	- best since '21
Cas Brown	BR200	50	5:56.90	best since '21
Cas Brown	BA50	50	1:15.62	-
Cas Brown	BR50	50	1:24.70	-
Phyll Tiller	BA200	50	4:36.15	inaugural
Phyll Tiller	FR100	50	1:58.18	-
Phyll Tiller	BR50	50	1:12.31	-
Brett Jago	BA200	50	4:24.69	inaugural
Brett Jago	BA50	50	58.84	-
Brett Jago	FR100	50	1:36.30	best since '21
Bill Woodhouse	FR100	50	1:47.15	best since '21
Bill Woodhouse	FR50	50	45.93	-
Bill Woodhouse	BR50	50	1:04.08	best since '21
Barry Green	BA100	50	2:12.27	-
Barry Green	BA50	50	58.96	-
Barry Green	BR50	50	1:02.50	-
Kim Simpson	BR100	50	2:02.15	inaugural
Kim Simpson	BA50	50	56.50	-
Kim Simpson	FR50	50	42.08	- 2nd best time
Dale Wilcox	BR100	50	2:14.81	best since '21
Dale Wilcox	FR50	50	55.06	-
Dale Wilcox	BA50	50	59.99	-
Margaret Smithson	FR200	50	5:20.74	best since '21
Margaret Smithson	FR100	50	2:21.44	best since '19
Margaret Smithson - swimmer of the meet	BA50	50	1:33.15	best since '21

EVENT WRAP - CLUB SWIM - SUNDAY 10 JULY

Another club swim / clinic was held on Sunday 10th July in the short course pool in preparation for the Riverton ABC CC (Act, Belong, Commit Club Challenge) on the 17th July. Participants also practiced dives, backstroke starts, turns, takeovers and finishes. Results of timed 25m and 50m swims were as follows:

Club Swim results 10/7/22 (short course pool)

Swimmer	Event	LC/SC	Time	comparison
Audrey Bullough	FR50	25	1:09.56	-
Audrey Bullough	BA25	25	39.72	-
Barb Tate	FR50	25	42.02	inaugural
Kim Simpson	FR50	25	41.62	inaugural
Kim Simpson	BR50	25	55.23	inaugural
Phyll Tiller	BA50	25	58.21	PB
Phyll Tiller	BR25	25	32.03	-
Brett Jago	BA50	25	57.81	-
Brett Jago	BA25	25	26.75	-

BACKSTROKE CLINICS - with Elena Nesci

By Barry and Tricia

Backstroke Clinic #1 held Wed 15th June

In the first clinic Elena discussed the foundation elements of backstroke:

- 1 BALANCE = CORE + SYMMETRY
- 2 AXIS ROTATION = LATERAL CHAIN
- 3 CONTROL = TIMING HAND + HIP
- 4 KICK = NEAT, FAST, SOFT

The similarity of backstroke and freestyle means a good backstroke technique will enhance and balance freestyle swimming. Backstroke is fully symmetrical freestyle is less so if unilateral breathing is used. Core strength is essential to all swimming strokes.

In the pool balance was tested with snow angels using a pull buoy. Floating on their back, swimmers were asked to raise their arms above their heads and then lower them to hip level (in snow this would create the appearance of wings).



The lateral chain of muscles from hip to shoulder controls the stroke. Hip position is critical to control and streamline. The lateral chain involves the muscle groups down the side of the torso: the lats, the obliques, hips plus the core.

Kicking drills were done with fins and swimmers were asked to make the depth of the kick sufficient to move within a small bucket.

Head, chin chest hips and feet are all held high in the water

The drills were:

Tin soldier = gentle kick with arms by sides

Leading arm scull, other arm in periscope position (hand reaching to ceiling) and alternating with emphasis on axis rotation (compared to a chicken on a rotisserie)

Periscope only

Kicking only

Backstroke Clinic #2 held Wed 29th June

- 1 BALANCE + BREATHING
- 2 AXIS + AERIALS
- 3 CATCH + CONTROL
- 4 KICK + KINETIC

MAINTAINING BALANCE is achieved with symmetry and a regular breathing pattern.

Arm recovery is active in backstroke as the arm is thrown back above the head and into the water freestyle arm recovery is neutral.

The kick needs to be consistent and the whole stroke is kinetic. Acceleration is achieved through the pull component of the arm stroke.

With the focus points:

- Lateral Chain
- Full stroke components
- Timing Stroke, Kick and breathing
- Power : how and when?

TIMING TIPS:

- Hand in = hand out
- Hip drive = hand push
- Hand in = breath in/out
- Shoulder up = breath in/out

CATCH TIPS:

- Open armpit
- Hand back and down
- Latch, catch, pull and push
- Accelerate
-



FROM THE ABOVE:

1. This is a stroke about the longitudinal axis (from head to toe) so rotation from the core (as in freestyle) is essential, and of course the activation of the lateral chain.
2. Breathing patterns can vary on the entry of the same arm (every second arm stroke) or (when sprinting) on every arm stroke
3. Hand entry (latch) is little finger in first (usually), although some elite swimmers seem to enter with flat hand palm down. The hand catches the water, the elbow bends (to get the hand nearer the body) and the arm pit is open to embrace as much water as possible on the pull. The pull finishes when the hand is about at hip level and then

pushes downwards. There must be a pop song which includes latch, catch, pull and push.

4. As in all strokes, after the catch the pull involves and acceleration!
5. The timing of the arm strokes is so that the entry of one hand coincides with the emergence of the other to start its recovery. The push of an arm stroke coincides with the reach for entry of the other (latching).

DRILLS (with fins):

Kick inside bucket

Double arm to focus on open armpit and hand position

Single arm concentrate on rotation and arm stroke details

Marching soldier alternate arm movement above water, requires strong core

Full stroke - 4 x25 m build

Full stroke with fins off 4x25 m build

VORGEE MILLION METRES APP

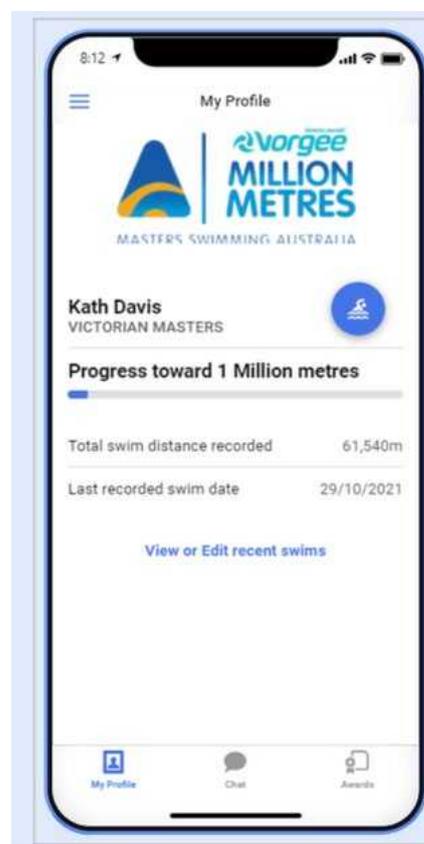
For those wanting to know more about the Vorgee Million Metres program

For your information Stadium Masters have currently recorded in excess of **36 558 650 metres** so far in the program.

There are a handful of current swimmers who are on their way to their first million metres Phyll Tiller, Anna Clare, Sue Woodward, Tania Gregg, and Brigitte Shuhkraft. 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/>



Million Metre Badges The Vorgee Million Metre Awards are national awards for completion of 1, 2, 3, 4 (introduced in 2016), 5, 7 and 10 million metres. The member logs the distance achieved at each swim (training, endurance or competition) on an easy app. All distances swum are cumulative. There are no requirements of style or speed and it is the member's own responsibility to record the distance swum.

EVENT WRAP UP Riverton ABC CC (Act, Belong, Commit Club Challenge) Sunday 17th July

The Riverton ABC CC was held at the Riverton Aquatic Centre on Sunday 17th July. Five members entered this event. Stadium Masters registered a 5th placing overall, excellent considering only 5 members swimming! Results are as follows:

Name	Swim	LC/sc	Time	Comparison
Audrey Bullough	FR50	50	1:04.95	-
Audrey Bullough	FR100	50	2:32.78	-
Audrey Bullough	BA200	50	6:08.73	Best since '21
Brett Jago	FR50	50	41.26	-
Brett Jago	FR200	50	3:38.16	Best since '21
Dale Wilcox	FR50	50	51.48	-
Dale Wilcox	BR50	50	58.47	-
Dale Wilcox	BR100	50	2:12.42	Best since '21
Barry Green	FR50	50	50.16	-
Barry Green	BR50	50	1:02.60	-
Barry Green	BA100	50	2:07.40	PAB/ best since '19/CR
Phyll Tiller	BR50	50	1:12.48	-
Phyll Tiller	FR100	50	1:54.44	-
Phyll Tiller	BA200	50	4:28.42	PB

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 15 July 2022

Cas	575pts
Audrey	562
Merilyn	23
Barry	35
Brett	24
Marg S	59
Phyll	665
Pamela	490
Bill	143
Sue	32

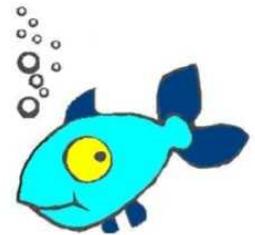
Total 2608 Points



Translate points into kilometres and that takes us by air route 119 kms before Melbourne via Adelaide. We have just another 1000kms to Sydney then and a further 916kms to Brisbane. Can we do it? Yes with more participants!!

From the above results the standout swimmer is Phyll Tiller. She is honing and consolidating her technique in all strokes with the long distance swims. Especially impressive is her backstroke.

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.



SOCIAL SNAPPERS CORNER by Marg W

We will **all** be pleased to see the return of the sun and warmer weather!

The number in the pool was lower this winter, due mainly to post-lockdown holidays, family catch-ups, medical issues, COVID worries etc. However, a hardy group of 3 or 4 swam regularly, with a few others joining for coffee afterwards. We tried swimming an hour later, but it wasn't popular. So it's back to 8am Monday and Wednesday.

And, the club tradition continued !! - 'cake with coffee' to celebrate a birthday! Elizabeth (Edmondson), June (Maher) and Lillian (Hadley) were the latest, with more to come in August.

The Bold Park group still meet for coffee on the 1st Friday of the month, however the August date is 'on hold'.

Until next bulletin - KOS (keep on swimming)Marg W



CERTIFICATE OF RECOGNITION ELIZABETH EDMONDSON PLY

This certificate was recently presented to our very own Elizabeth Edmondson. It is interesting to note that Olympians have been able to add OLY after their name for several years now. Paralympians have only been able to add PLY since February this year. Congratulations to Elizabeth.



WEBSITE UPDATE

Deb Wagstaff has been busy updating our Stadium Masters website and has given it a major overhaul. It is completed now with only updates required to keep it current. Please have a look and refer to it for any updated information or to see this newsletter or any archived editions:

<http://www.stadiummasters.org.au>

It is a great place to check what's coming up too, look in the **What's New** section!

AUGUST / SEPTEMBER BIRTHDAY



AUGUST

Patrick Cooney	3 Aug
Marg Watson	4 Aug
Pat Byrne	26 Aug

SEPTEMBER

William Cresswell	6 Sept
Dale Wilcox	16 Sept
Kim Simpson	30 Sept

CLUB CAPTAIN S CORNER

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

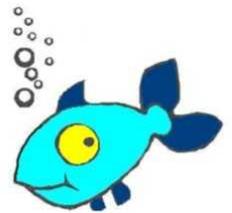
NEXT AFTER TRAINING SUPPER

Next after training supper will be held on the Tuesday night 6th September after the normal Tuesday swim session at 6.30pm. Most like venue is the Wembley Hotel. All welcome, please let Marg Smithson know if you will be attending so she can book numbers
smithsonmarg@gmail.com

NEXT SWIM CLINICS WITH ELENA

Breaststroke and Butterfly

Breaststroke Clinic #1 will be held with Elena on **Wednesday 3RD August** with Breaststroke Clinic #2 to be held on **Wednesday 17TH August**. There will also be a repeat of the sessions on **Saturday 27th August** (9.30-10.30am). Please let Pamela know if you wish to attend this session. A lot of swimmers favour breaststroke so do not miss these clinics. It is fine to attend all sessions if you so wish.



Butterfly Clinic #1 will be held on Wednesday 7th September and Butterfly Clinic #2 to be held 2 weeks later on the 21st September

CLAREMONT MASTERS GOLDEN GROPER RELAY SATURDAY 13TH AUGUST

As many swimmers as possible should register on line for this Golden Groper Relay.. The cost is \$25 and the gala warm-up starts at 12.45 pm for a 1.15 pm start. This event is a load of fun (25s and 50s only) and as many swimmers (even those who claim to be non-competitive) should enter immediately. Bold Park Masters has already registered 22 swimmers! It is hoping that Club Captain Pamela will, on her return at the end of this month, start putting relay teams together. Refreshments provided afterwards and don t forget the Dash for Cash swim!

Register and pay using this link:

<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|28>

Individual entries close 4/8/22. No late entries accepted. Meet director Richard Hughes mob. 0466 566 757

OTHER UPCOMING POOL MEETS

MAIDA VALE 1500M ABCCC



To be held Sat 6th August at Darling Range Sports College, Forrestfield. Warm up 12.30 for 1.00pm start. Cost of entry \$10.00 includes entry to venue. Refreshments provided. Entries close on Wed 3rd August 2022 and late entries may be accepted including on the day depending on numbers. Meet director Lynne Duncan mob. 0417 997 556

Register and pay here for Maida Vale 1500m ABCCC

<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|29>

SOMERSET MASTERS 1500M ABCCC

To be held Sunday 18th September.

BUNNINGS SAUSAGE SIZZLE

A sausage Sizzle will again be held again at Bunnings Subiaco on **Saturday 1/10/22**. This is our main fundraising activity and assists us in paying for our lanes to swim in. A roster of helpers will be established nearer the time. This fundraiser has been very successful in the past for the Club. Watch this space for more



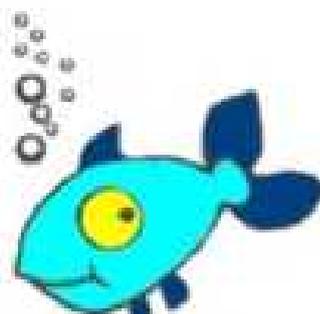
STADIUM MASTERS hosted ABCCC (previously LLCC)

The Stadium Masters hosted ABC Club Challenge (*previously Live LighterClub Challenge LLCC but now a change of sponsor, hence ABCCC Act, Commit, Belong Club Challenge*) will be held on **Sunday 23/10/22**.

Put this date in your diaries please. Peter Lyster is the Director and will in due course be calling for volunteers to help run this meet. It is proposed to hold the post-meet lunch in the UWA Hockey pavilion and food will be required (sandwiches, fruit, and cakes again). Items and baskets will also be requested for the raffle prizes. Stay tuned for more on this event

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 been set for **Saturday 26/11/22**. Venue is yet to be confirmed. As Mark noted in his president notes at the top of this newsletter, any suggestions as to venue and format will be most welcome.





GOGGLE SAW



Is this a bookshop or a swimming pool? Pamela in her recent travels visited a town in the UK called Settle. The pool and the book shop were closed at the time she was there but she thinks the pool is accessed through the book shop and the book shop helps fund the pool. We are so lucky with the brilliant facilities we enjoy at HBF Stadium.

The word "swims" upside-down is still "swims"

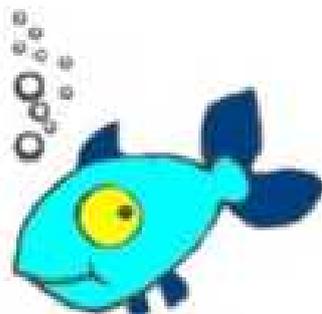


Wylie s Baths,
Coogee, Sydney
NSW

A fabulous place to
do some laps no
lines marked here

DIARY ENTRIES

August	3rd	Wednesday	Breaststroke Clinic 1
August	6th	Saturday	Maida Vale Distance event (1500)
August	7th	Sunday	Coach Conference 2
August	13th	Saturday	Golden Gropers State Relay Meet
August	17th	Wednesday	Breaststroke Clinic 2
August	24th	Wednesday	MSWA Council of Clubs
August	27th	Saturday	Breaststroke Clinic
September	6th	Tuesday	After Training Dinner
September	7th	Wednesday	Fly Clinic 1
September	14th	Wednesday	Club Committee meeting
September	18th	Sunday	Somerset Masters 1500
September	21st	Wednesday	Fly Clinic 2
September	25th	Sunday	Pool changes to LC mode
September	26th	Monday	QUEENS BIRTHDAY
September	27th	Tuesday	Quiz Night/Social Event



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 September 2022.** Thank you in advance for your contribution. I look forward to receiving any items you would like to forward

tania_gregg@hotmail.com