



PRESIDENT'S REPORT

At the recent Council of Clubs meeting, Lillian was presented with a certificate by MSWA for ten years of excellent service in preparing the certificates for all State records. Every member who has been lucky enough to receive one of these certificates knows what an excellent job Lillian does.

In their planning MSWA wants the State Championships to be held in the country every few years. With this thought in mind the 2015 State Championships may be held in Geraldton.

The Aerobic trophy that is held in our cabinet at present will remain in our possession.

The new committee of Stadium Snappers has met twice since the AGM and these meetings have completed a lot of business. The committee agreed to email all Level 1 coaches, asking them if they would like the club component of their fees refunded for this year. This is to thank them for the work they do as coaches. All of them declined the offer as they stated they only do one coaching session a week. Our level 2 coach prepares four sessions a week. Our level 2 coach also prepares special coaching sessions for swimmers leading up to special events e.g. State Championships and the Groper relay carnival. She will also help any swimmer with stroke technique if asked.

The committee has placed four advertisements in the Post newspaper over the next four weeks. We hope this will attract some new members.

We are holding an open 1500m event on Sat 8th June. When we do this we need someone to run the Meet Manager component. Over the years Andrew Burbidge has done this job superbly and over the last two years with help from Bernard Egan. We would really like to find one of our members who is computer literate and is prepared to learn how to run Meet Manager. If there is anyone who feels they could do this job I would appreciate it they could please get in touch with me.

The Club Swimathon in aid of Motor Neurone Disease will be held on Sunday 12th May so please mark this in your diary. Sponsor forms may be collected from the cage.

Geraldine Klug,

Achievements

- Lillian Hadley: 10 year MSWA Excellence Service Award

Lillian has served MSWA for over 10 years, initially as Aerobics Recorder for 3 years from 2002, then as State Records Officer since 2005. Lillian will retire from the position at the end of 2013 and, hopefully, do some more swimming. All members appreciate the time and effort Lillian has put into our sport.

- Pamela Walter: Accredited Referee
Congratulations Pamela.

Handbook

Merilyn has advised that the Handbook has been updated and is Available on the website: www.stadiumsnappers.net.au
Thank you Merilyn for this generous service.

Contents

President's Report	1
Achievements	1
Birthdays	2
Diary	2
Goggle	2
Endurance Awards	3
Open Water Swims	3
Memorabilia	5
Club Clothing	5
Social Events	5
Attendance Statistics	6
Swimathon	7
Gail's Swim	8
Recorder	9
States	10

Birthdays: April, May, June

April

8 Eleanor Parsons
18 Geraldine Klug
22 Margaret Somes
27 Lynda Joachim
30 Carmen Harrison

May

7 June Hough
9 Mark Watters
16 Merle Loukes
19 Richard Diggins
27 Tricia Summerfield

June

11 John Christie
18 David Fairclough
23 Brian Downing
23 Wayne Davies
24 Lillian Hadley *
29 June Maher



Congratulations to Lillian on her 80th birthday.

Diary Entries for April and Beyond

Date	Event	Time	Venue
17-20 April	Nationals	All day	Sydney
Mon 29 Apr	Committee Mtg	7 pm	Regent Pk
Sat 4 May	400/800 SC		Thornlie
Sun 5 May	Club Swim	9 for 9.30am	Challenge
Sun 12 May	Swimathon	All day	Challenge
Sat 18 May	400/800/1500 SC		Narrogin
Mon 20 May	Committee	7pm	Regent Pk Mt Claremont
25/26 May	States	Sat 9am w/u	Challenge
Sat 8 June	1500 LC	1pm	Challenge
Sat 15 June	Annual Dinner	6.30 for 7pm	Ocean Gardens
Sun 16 June	400/800		Riverton
Mon 17 June	Committee	7pm	Regent Pk Mt Claremont
Sun 22 June	LL Club Challenge		Mandurah

GOGGLE saw

- Two of our Coogee swimmers hiding in the bushes in an attempt to dress in private!

Endurance Swim Awards

Congratulations to all our swimmers who bravely and consistently participated. Snappers came second to Somerset and achieved 12 282 points, only 361 points behind Somerset.

Snappers averaged 178 points per swimmer, with 23 Females achieving 10 584 points and 7 Males achieving 1 698 points.

30 swimmers out of the 69 Club Members for 2012 participated in the Endurance 1000 swims. Well done and thank you to each person who swam.

Albany achieved the highest average with 15 of their 20 Club members participating.

Some points to note:

Tricia Summerfield and Eleanor Parsons achieved maximum points of 1005.

Anne Edmondson and Theresa Elliott achieved 930 points and

Pamela Walter achieved 928 points.

Swim Results

Open Water Swims

BHP Super Series

20 Jan 2013

Name	Distance	Time	Group	Place
Leon Musca	2.5km	36:06.16	41-55	3
David Fairclough	5km	1:15:04.31	41-55	4
Eleanor Parsons	5km	1:22:36.69	56+	1

Cottesloe to Swanbourne

2 Feb 2013

Name	Distance	Time	Group	Place
Leon Musca	2.2km	27:29	40-49	3
David Fairclough	2.2km	29:12	40-49	6

Swim thru Leighton

9 Feb 2013

Name	Distance	Time	Group	Place
Eleanor Parsons	3km	51:30	50-59	1

Congratulations Leon, David and Eleanor. These are fantastic Open Water Swim results.

Mandurah

17 February 2013

Name	Distance	Time	Group	Place
Leon Musca	1.5km	23:33	Overall	1
Eleanor Parsons	1.5km	27:04	55-59	1
Andrea Morton	3km	59:18	50-54	3
Theresa Elliott	3km	1:20:24	70-74	2
David Hodby	3km	1:23:00	70-74	1

Mandurah OWS

150 swimmers arrived at Mandurah to be presented with a brisk southerly wind, providing both current and swell. The morning was cool and sunny before cloud developed and finally, after the presentations, some light rain which quickly cleared people away.

The swim was strenuous and the times were slower than last year but the cooler weather made the event even more enjoyable. Another first for Andrea, as she entered unknown waters! Pamela officiated and explained that the starting buoy presented a few problems by drifting from its mooring!! Thanks to Mandurah Masters for their hospitality and organisation, for Blue Chip Timing and for the sheltering Marquee.

Coogee Jetty to Jetty 10 March 2013

Name	Distance	Time	Group	Place
Pamela Walter	1500m	27:20	55-64	7/28
Theresa Elliott	1500m	30:00	65-74	5/14
Merilyn Burbidge	1500m	30:36	65-74	6/14
David Hodby	1500m	31:48	65-74	15/18
Sally Gaunt	750m	20:36	55-64	8/8
Pat Sugars	750m	22:13	75+	2/3

With over 500 swimmers participating in the popular Jetty to Jetty Swim at Coogee the wave starts and Blue Chip timing finish in the water contributed towards a good experience. The early light rain cleared away and left calm conditions with almost no stingers. Being divided into ten year age groups meant larger groups and more challenging competition. However a good morning was enjoyed by all. Theresa was awarded the closest to nominated time prize with a spot-on estimate!

State OWS Championships Sun 24 March

Name	Distance	Time	Group	Place
David Fairclough	2km	31:45	40-45	2
Eleanor Parsons	2km	33:59	55-59	2
Theresa Elliott	2km	49:31	70-74	4
Merilyn Burbidge	2km	50:17	70-74	5
Stuart Gray	2km	43:16	70-74	1
David Hodby	2km	47:38	70-74	2



State Open Water Championships

Theresa, Merilyn and Stuart were among the 209 Master swimmers in the 2km.

Congratulations to Stuart for being first in his age group. Thanks to Des for the photo.

Albany Harbour Swim Sat 30 March

Albany Masters Open Water Harbour Swim on Sat 30th March was completed by Theresa Elliott with a win in the 70-74 age group. About 100 swimmers appreciated the excellent organisation and the calm but cold conditions.

Denmark Ocean Classic Mile Sun 31 March

Two Snappers, Marilyn Burbidge and Theresa Elliott, tackled the rolling surf on Easter Sunday morning with 120 other brave swimmers. The day was sunny and the water was cold with only a mild swell. The event was hosted by Denmark Surf Life Saving Club.

Nationals in Sydney, 17 April 2013

Good luck to our two swimmers, Eleanor Parsons and Andrea Morton who will swim with Claremont.

Club Memorabilia Albums

Marg Watson has dedicated many years to keeping the archives for Stadium Snappers. She has reported that the Archival section of the State Library is interested in having our Yearly Albums for their social history collection.

They will remain accessible to the club for any purpose, will be kept in album form, not digitalised, and will be available for research and displays.

Snappers Committee has considered this request and have approved it, in principle, subject to the club retaining the last five years, per annum.

The collection contains photos, names, newspaper cuttings, results and flyers.

Thanks to Marg for making this arrangement. She is happy to receive comments and will leave one album in the cage for a couple of weeks for general interest.

Club Clothing

Available at the moment:

Near-new long-sleeved polo necked shirt, white with embroidered badge left breast, size: medium, price: club donation. Any clothing worthy of recycling is always welcome. There will not be a club clothing order placed this year. Please address all thanks and enquiries to Marg Watson.

Social Event

On a beautiful Sunday weather-wise, we held our beach breakfast at City beach. There were 38 members and families in attendance and all enjoyed the occasion. The profit from this day was over \$200 as those who provided food did not want to be reimbursed, and we thank them for that.

We have received a quote of \$52 per head for a three course meal for our Annual Dinner, on Sat 15th June. This will be held at Ocean Gardens. The committee has agreed that we will charge only \$50 a head and use the profit from the Beach breakfast to cover the extra \$2 and also a free drink before the dinner.

Deirdre Stephenson, Social Convener

Triathlon Volunteers

On 17th March and on 7th April two generous groups of volunteers raised approximately \$700 for the club by marshalling at the Triathlon competitions. Volunteers over the two days included Gail, Tricia, Andrea, Kim, Richard, Cas, Colin, Barry, Helen, Pat (twice), Geoff and Robyn Barnard, Marilyn, Jackie, Geraldine, Sue, Margaret, Bill and Wanda. Thanks to everyone who took part.

SNAPPERS IN THE POOL AT CHALLENGE STADIUM 2012

Data is collated from the club attendance diary and relates to swims at Challenge Stadium only. Figures do not include our club's BACC or the State Swim. This year, the total attendance of 3868, is slightly up from 2011 (78 swims or 2%).

Wednesday and Friday attendances have decreased; Tuesday, Thursday, Saturday and Sunday numbers have increased. Mondays are included in the total but not in the averages as this is a casual session and the diary is not consistently completed.

Several Snappers swim regularly outside the times when the club reserves lanes, e.g. as second claim members of Claremont. Of the totals for Tuesday 23% are not in reserved lanes; Wednesday 9%; and Friday 23%. Of the overall total of 3868 swims, 368 (9.5%) are not in Snappers booked lanes.

Key data

Year	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	Cf 2011
Membership	99	84	72	79	83	82	85	86	81	71	-12.5%
Attendance											
Annual total	3883	4112	3796	4238	4404	4151	4950	4940	3790	3868	+2%
Av monthly	324	343	316	353	367	346	413	412	316	322	+2%
Av weekly	75	79	73	81	85	80	95	95	73	74	+1%
Av daily	11	11	10	12	12	11	14	14	10	11	
Average per member	39	49	53	54	53	51	58	57	47	54	
Highest at one session			37 Wed	37 Wed	40 Fri	38 2W1F	40 Fri	38 Wed	35 Wed	31 Wed	
Monthly averages											
Tues	56	48	37	44	39	40	34	26	26	34	
Wed	113	104	103	111	126	107	130	122	107	91	
Thurs	24	28	16	29	25	32	25	28	20	26	
Friday	102	107	97	108	119	109	127	118	99	89	
Saturday	32	30	25	26	21	39	32	39	39	44	
Sunday	22	26	25	28	29	39	38	41	32	34	

Prepared by Tricia Summerfield, Coach, January 2012

SWIMATHON – 12th May 2013

A note from Sue Colyer

Just a reminder to sign up for the Swimathon to be held on Sunday 12 May 2013, starting 8am and finishing by 4pm. The sign-up sheet is now in the cage. There is still space for an early start! What about getting a team together to finish some aerobic swims? Swimmers in a team only need to swim a distance that is comfortable for them – 100m, 200m, etc and you can still get some sponsors!

Your sponsorship sheet is available online and in the cage, so sign up as many sponsors as you can. There is still some time for you to train up for any distance or time, but why not aim for a longer distance this year!!

What is the Swimathon all about?

Purpose:

This annual event commenced in 1999, initially to raise funds for the Paralympics' Swim Team, then adopted the MND Association in 2001. In 2004 the Club selected MNDA as its permanent charity in honour of two club members who succumbed to this disease – Betty Rees and Heather MacGowan. A complete history of these results is shown in Appendix A of the Handbook. Club swimmers use this event to swim the longer time and distance swims of the Aerobic Program: ½ hour, ¾ hour, 1 hour, or 3000 metres, even 5000 metres. Swimmers find sponsors to contribute money per lap or just a straight donation for their swim. We also collect money on the day at a display near the lanes in which we swim. In the last 11 years we raised over \$55,000.00 and in 2011 we raised \$4369.00. ALL money raised goes to the MND Association.

What to do: Each swimmer who participates in this Swimathon nominates a distance or period of time to swim. Sponsors can choose to pledge an amount of money based on the number of laps the swimmer completes, or simply a lump sum to cover the entire swim. A record is kept of the distance and time for each swimmer. Last year 17 swimmers completed 36 km in 7.5 hours. Can we do better in 2012? And we will need some volunteers to time keep and rattle the collection tin!

What is Motor Neurone Disease? Motor Neurone Disease (MND) is the name given to a group of diseases in which the nerve cells, neurons, controlling the muscles that enable us to move around, speak, breathe and swallow fail to work normally. With no nerves to activate them, muscles gradually weaken and waste, with death within 2-3 years of diagnosis. The patterns of weakness vary from person to person. At present, there is no known cause, treatment or cure, but co-ordinated research is being carried out across the world and some progress is being made. Our funds go towards care and support of people living with MND.

MND Awareness Week is held this year from 5th - 11th May 2013, the week before our swim so watch out for the publicity.

From Sue Colyer

- Swimathon sponsor sheets are available in the cage.

Snappers History: there are some copies available if people missed out. Please see Theresa.

Non-Committee positions were appointed at the first meeting of the 2013 Committee:

I.T. Manager Eleanor Parsons, Assistant I.T. Manager Sue Shilling

Recorder Kim Klug, Assistant Recorder Anne Edmondson

Webmaster Elizabeth Edmondson, Assistant Treasurer Helen Green,

Clothing Officer Margaret Watson

Gail's Duo Swim to Rottnest

Team Name: WONDER WOMEN
Category: 100+ Female Duo
Time: 6:31:50
Place: WINNERS ARE GRINNERS



As you can imagine, during the week before the Rottnest swim there is a lot of focus on the weather! So I told myself this year, 'Gail, don't look at the weather. Gail, don't look at the weather. Gail, don't look at the weather'. So at 2:00am on Monday I find myself looking at the weather.

Training on Monday, I was greeted with a sea of sad faces, not a lot of hype conversation going about the swim at all. What do I do when I get home? I check the weather.

Training on Wednesday, the general mood of the squad was quite sombre. Then, after training, it started; the conversation revolved around the weather and it went on and on and on. Conclusion: Yeah, right! There is never a conclusion. It just keeps going on and on and on. What do I do when I get home? I check the weather. At this stage the forecast was 'air temp on the ocean 21 degrees, wind and big swell'. I didn't take a lot of notice of anything else just the air temp but I was quietly freaking out. A trip to Mountain Design kitted me out in an Ice Breaker. So the plan was to wear layers, lots of thermal layers.

Thursday, checked the weather in the morning, midday and evening and at 3:00am – why? Coz I can!

Friday, checked the weather in the morning, midday and evening and at 3:00am – why? Coz I can!

Saturday arrived. I had packed double what I would normally take. I put my bathers on and then my layers. Sue very kindly drove us to the boat at 4:45am. I was quietly overheating in the car but thought I should treasure this heat as it will be just downhill once I step onto the boat. I say farewell to Sue, jump on board the boat and sure enough once out into the open ocean I put another layer on.



So we arrive at Cottesloe, phone fellow team mate Erin and paddler Lester to confirm all is good on the beach. I then slip into my Ugg Boots. I have a rule about Ugg Boots; they are not allowed past the front gate. So that rule has gone out the window; I'm out in the ocean in them!

The radio announces that Duos are go. We have no problem all hooking up and we are off. The conditions were very sloppy to start. We swam 30 minutes each then went to 3 x 20 minutes each. The ocean seemed to settle down, but still a very big swell. Once the sun came out we reduced our swim times to 15 minutes then down to 10. Each time I hit the water I was getting colder and colder. Erin on the other had was fine. She didn't seem to be affected by the air temperature at all....biaaaaatch!!!

So we are nearly there and both swimming well. We are now down to 5 minutes each. So I do my last 5 minute sprint and then told by David, 'keep swimming'. What tha ... !! That wasn't the plan. Anyway Erin and I swam to the finish line together feeling very pleased with ourselves.

All in all it was a good day. You can't achieve these things without your support crew. Thanks to Lester our paddler who didn't flinch when Erin did a bomby off the boat and drenched him. You did a fantastic effort. Thanks to David for being on the boat in amongst doing Presidential duties via radio, managed to keep us on course even when both Erin and I were questioning why we were so far away from the fleet. Thanks to Curly our Skipper and his crew Barry and Brett (Brett affectionately known as the Boat Bitch). Love the entertainment and jokes. Thanks to you all, great effort

Club Swim

The next club swim will be on Sunday 5th May 9.00am warm up with 9.30am start and the sign-up sheet will be in the cage in the next few weeks.

This club swim will be an excellent opportunity for those swimmers who want to see how their training is coming along for the upcoming State Championships to be held on the 25th/26th May.

E1000 Swims

Many have already been busy doing E1000 swims. This is great to see and the first 3 months of swims has been presented to the Information Manager on the Endurance Recording Sheets for data entry onto the e1000 portal.

All swimmers participating in this program are reminded to follow the guidelines as per the Snappers Handbook 2013 and the E1000 rules which are on the Masters Swimming WA website. The recorder will not accept any swims from swimmers who have not followed these rules and guidelines.

The next date for collection of your swims will be Wednesday 26th June for the day swimmers and Sunday 30th June for the rest of our swimmers.

Club Records 2013

The final club records have been released and will be on the Snappers website very shortly, a hard copy will also be put in the cage.

Top Ten Awards

It has been decided at Committee level that because of all of the information that swimmers can now access through the Masters Swimming web site on the results portal, there will be no Top Ten Awards presented at the dinner this year. The information on the web site provides the swimmer with the correct information and times and a lot more detail than they had access to before TM was introduced. If any swimmer without a computer would like to have their top 10 rankings both at State or National Level printed for their records please let Kim know.

From Kim Klug, Recorder

Greetings from former members, Barbara and Derek Fentiman

Derek reports: More snow today; this time last year we had temperatures of 20 degrees and more, with a hose pipe ban as well. This year some people are getting flooded for the third and fourth time, with many accidents due to the snow. Barbara saw her specialist in February about her spinal problems. Her bone density has improved, slightly and her new hip is not degenerating any more. She is still in a lot of pain but doesn't complain. Still swimming two or three times a week, about 1500 metres each time.

Derek is happy to hear from people via his email: bardel@go-plus.net

<p>Thanks to all our contributors: Geraldine, Gail, Sue Colyer, Kim, Sue Shilling, Trici, Marilyn, Pat and Elizabeth. Comments and contributions are welcome. Deadline for next issue is June 4th 2013 Please send material to elliott.theresa@johnxxiii.edu.au</p>

To all active and financial WA members

Are you participating in the **LiveLighter 2013 State Championships** in May or do you think it is not for you?

Whether you are a new or long-time member of Masters Swimming you may not have entered for various reasons:

- You think you have to be a really good swimmer to 'compete' in swim meets
- You think State Championships means serious swimming races and not much fun
- You joined your Masters Club to swim for fitness, health and the social activities
- You think you are too old to participate in a swim meet
- You are only interested in swimming in open water events
- You don't want to spend all weekend at Challenge Stadium because you have commitments

Masters Swimming WA encourages you to enter the State Championships in May:

- Swimmers of all abilities participate in Masters State Championships - some who can only manage one 50m freestyle event and maybe one relay;
- It is not the Olympics – the State Champs are just like one big interclub swim meet, with a social gathering at the end of the meet;
- Swim meets are an opportunity to test how your training is going. It can be viewed as a challenge where members aim to do personal best times or enjoy the fun of swimming with Club mates in relays;
- There are no finals, one enters a time for an event and is placed in a heat to swim with other swimmers who have entered similar event times, no matter how old or what gender;
- If your time is limited you can enter to swim on one day only or both mornings, to fit in your family or other commitments;
- It is all about participation, cheering for your Club mates, enjoying meeting and catching up with members from other Clubs;
- Or you might like to come along to spectate and cheer for your Club mates or hold a stop watch to help as a volunteer. Spectators and volunteers have free entry courtesy of MSWA.

PS Are your personal details updated on your page of the Masters Swimming WA Database? Ask your club registrar for help.

Wendy Holtom, Executive Officer - Masters Swimming WA

T: 08 9387 4400 Mob: 0417 941 251 E: wendy@mswa.asn.au W: www.mswa.asn.au

Are you ready to make a healthy change? A healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today. Learn more at www.livelighter.com.au

The State Government through the Department of Sport and Recreation and Lotterywest is a major supporter of Masters Swimming WA. Sport and recreation builds stronger, healthier, happier and safer communities.