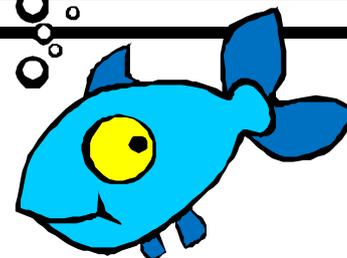


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

December 2020



PRESIDENT

2020: what a year that was! It's been unlike any year any of us would have experienced. Overnight the governments acted very decisively and suddenly we were not able to use our pools. Here in WA we were very fortunate while in other states Masters Swimmers were out of their pools for many long months. Even so many events had to be cancelled, including the 2020 States and the Nationals for both 2020 and 2021.

Happily, there is an extensive pool program for next year, with six LiveLighter Club Challenges, the very popular Golden Groper relays and the States, to be held in March at Mandurah. In October, Perth will host the Masters Games for all sports with the swimming events being organised by MSWA. There will be no shortage of competitions!

As we are now in December, it's time to renew your club membership. Insurance is included in your membership so it is important to renew before 31st December. Elizabeth has sent out instructions to everybody for the different membership types.

There are a lot of people who put in loads of effort to keep our club going and I would like to thank my fellow committee members for all their hard work during this difficult year. Also to all those members who support the club in so many ways, thank you. And a very special thank you to all our coaches, especially the new ones going through training and awaiting their accreditation. They really have done well and have bags of enthusiasm. MSWA has changed the accreditation process and MSA has just given its tick of approval. So, it won't be long before we have five accredited coaches.

Have a great Christmas and New Year, especially those re-uniting with family after all the border closures. See you in the pool in January.

Peter

SATURDAY IN THE SEA

Remember to come to Cottesloe Beach on Saturday mornings to enjoy a dip with friends inside the shark barrier. Meet on the grassed area on the north side of Indiana Teahouse at 8:00am. Lots more to see than just a black line as you hone your open water swimming skills.



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END OF YEAR BREAK IN LANE HIRE AT HBF STADIUM

Last session for 2020: Sunday 20th December; first session for 2021: Sunday 3rd January

CAPTAIN Pamela Walter



Fremantle LiveLighter LC Club Challenge Sun 15th November

Fremantle's carnival was well attended - 130 swimmers from 15 clubs. The day was overcast at first but ended up sunny, catching out a few who got burnt because they hadn't put on sunscreen and didn't take a hat! Fremantle won by 80 points from Rockingham with Claremont third. We tied for seventh place with Swan Hills; Claremont won the prize for the highest number of points per swimmer. Our team's fine performances are shown in the table.

To put some spark into the day, Fremantle ran a roughly 4 x 25m Wild West novelty relay and Dale, Barry, Brett and Sophie took part. The first swimmer had to put on a cowboy hat, straddle their horse (a pool noodle!) and fire at the other teams with a water pistol while swimming, without getting their hat wet, to hand over the hat, horse and pistol to the next swimmer. After all this excitement the splendid banquet for lunch al fresco was much appreciated.

| | |
|------------------|--|
| Brett Jago | 50 BA (PB) |
| Cas Brown | 50 FR and 50 BR (both PAB/best since 2019) |
| Chandra Veliath | 50 FR, 50 BR and 50 BA (all best since 2019) |
| Dale Wilcox | 50 FR (PB by 5 sec); 50 BR (best since 2019) |
| Jil Mogyorosy | 50 FR (PAB/best since 2016) |
| Merilyn Burbidge | 50 FR (best since 2018) |
| Pamela Walter | 50 BA (best since 2019) |
| Sara Cann | 50 BR (best since 2019) |
| Sophie Wilkinson | 50 BR (inaugural) |

SUPA NOVA AWARD

Congratulations to Jil Mogyorosy, who received the Supa Nova for entering the Fremantle LiveLighter Club Challenge. This is the first year since 2016 that Jil has swum in a Club Challenge and now she has participated in all three Club Challenges on offer this year.

Jil had a great day at Fremantle. As well as enjoying her swims, she won first prize in the raffle and took home a hamper overflowing with treasures. She deserved to win after buying 23 raffle tickets!





And very best wishes to a busload of members!

| | | | |
|------------------|---------------------------|----------------|--------------------------|
| Peter Downey | 29 th December | Jil Mogyorosy | 8 th January |
| Zee Marsland | 2 nd January | Peter Lyster | 17 th January |
| Tania Strickland | 2 nd January | Phyll Tiller | 22 nd January |
| Anna Clare | 5 th January | Mark Anderson | 27 th January |
| Bill Woodhouse | 7 th January | Dee Stephenson | 4 th February |

COMMITTEE DECISIONS Peter Lyster

Main points from the Management Committee meeting held on 25th November 2020

In a very long and busy meeting we dealt with

1. Preparation for the AGM on 30th January 2021. Official notices to be sent out by 16th December. Same format as last year - Swim, AGM, Awards, Discussion, BBQ at Bold Park Aquatic Centre.
2. A resolution for three General Members on the Committee for 2021.
3. Fees for 2021: No change from 2020; discounted fees for new members and fulltime students to be retained.
4. Reregistration of current members: Elizabeth to send out instructions on 1st December. Fees to be paid by 31st December.
5. Treasurer's report: The Club will have a surplus this year due to the pool being closed because of COVID and reduced charges from VenuesWest.
6. Finalisation of Annual Awards.
7. Finalisation of Club calendar for 2021 - to go onto the website.

DIARY ENTRIES FOR DECEMBER AND BEYOND

| Date | Event | Time | Venue |
|---------------------|--|-------------|--------------------------|
| Sat 19 Dec | WOW Swim: Coogee 10K OWS | early am | Coogee Beach |
| Sun 20 Dec | Last training session for 2020 | 9:30am | HBF Stadium |
| Mon 21 Dec | Christmas morning coffee | 9:15am | Claremont Pool |
| Sun 3 Jan 2021 | First training session for 2021 | 9:30am | HBF Stadium |
| Wed 13 Jan | Management Committee meeting | | |
| Tue 19 Jan | After training dinner | TBA | TBA |
| Sat 30 Jan | Social swim, Stadium Masters AGM, barbecue | from 2:00pm | Bold Park Aquatic Centre |
| Wed 3 February | Starts and turns clinic | 9:15am | HBF Stadium |
| Sat 6 February | Club Swim long course | 1:00pm | HBF Stadium |
| Sun 14 February | Busselton Jetty OWS | am | Busselton |
| Sat 20 February | Rottnest Channel Swim | from 5:45am | Cottesloe Beach |
| Sun 21 February | Newman Churchlands LC Club Challenge | TBA | Newman College |
| Sat 27 February | Club Swim | 1:00pm | HBF Stadium |
| Sun 14 March | Melville LC Club Challenge | TBA | Melville Aquatic Centre |
| Sat 27/Sun 28 March | MSWA State SC Swim | TBA | Mandurah |



KEEPING UP

With the little girl comfortable on his lap, Santa asked the usual, "And what would you like for Christmas?" The child stared at him, open-mouthed and horrified for a minute, then gasped, "Didn't you get my email?"

TECH TIPS Mark Anderson

Learn Shorthand

Many of us have been around the block (a few times) and this is often accompanied by a deterioration in eyesight. The white board isn't so easy to read from the pool through goggles, so I try to use the largest notation possible. Fewer symbols in a set area means they can be LARGER and therefore easier to read. This is achieved by using shorthand and I am regularly asked 'What does that mean?' So here is a crib sheet.

(Ed: Abbreviations may vary from coach to coach. In a few cases I have added alternatives to those Mark uses.)

| | |
|----------------------|--|
| FR | Freestyle: Whatever you do most quickly and easily, usually Aussie Crawl. |
| FM | Form: Any stroke other than Crawl. |
| BK (BA) | Backstroke |
| BR | Breaststroke |
| FL or FY (BU) | Butterfly |
| KK | Kick only: '50 - KK BR' means 50m Breaststroke kick only. |
| IM | Individual Medley: All 4 strokes in order FL(or BU)-BK(or BA)-BR-FR. |
| KK IM | Kick only IM: '100 - KK IM' means 25m each of FL(or BU) + BK(or BA) + BR + FR, kick only and continuous. If with fins then substitute FL kick for BR. |
| PULL | Use a PULL BUOY between your thighs, midway or slightly closer to your knees. '50 - FR PULL' means 50m FR with no use of your legs allowing you to focus on arm action while keeping your bottom end floating and maintaining a streamlined position. |
| DPS | Distance Per Stroke: Count your arm strokes (1 per arm), usually over 50m. The aim is to maximise the distance travelled each stroke (minimise count). Focus on efficient Catch, Glide and Streamline with a low stroke rating. |
| 8-3-8 | 8 kicks one side, 3 arm strokes, 8 kicks on other side. Also 6-3-6. Kick on your side with lower arm stretched in front and upper arm by your side and streamlined. Then 3 FR arm strokes resulting in swapping of the leading arm, 8 kicks on this side, repeat. As well as a kick drill, the aim is to drive the rotation for the 3 strokes. This drill is mostly frequently done with fins. |
| C-UP | Catch-Up Freestyle: The leading arm doesn't move from the Glide to the Catch until the recovery hand is also in the full Glide position. |
| ¾ C-UP | As above, but your Glide hand moves into the Catch after your recovery hand enters the water. This is how you should aim to swim Freestyle all the time, except in very short sprints (= < 50m). |
| ALT | Alternate: '200 - FR - ALT 25s hard/easy' means continuous 200m FR, alternating between a fast 25m and a steady 25m. |
| CONT | Continuous: '3 x FR75+FM25 - CONT' means a continuous 300m with each 100m split as 75m FR and 25m FM. |
| REPEATS x.yy | Repeat on a set time: '5 x 100 - FR - REPEATS (on) 2:05' means you swim 100m five times and each 100m commences 2 minutes 5 seconds after commencement of the previous 100m. You must watch the clock and the faster you swim each 100m, the more rest you have. The aim is to have between 10 and 20 seconds of rest. |

There will be an exam! See you in the swim.



FROM ASSISTANT RECORDER

Bill Woodhouse

Endurance 1000 points up to 17th December show that more swimmers have completed more swims than last year and scored more points, too, putting us in a good position compared to other WA clubs. Well done all!

| | | | | | | | |
|------------------|-----|---------------------|-----|------------------|----|------------------|-------------|
| Pamela Walter | 855 | 'Tricia Summerfield | 230 | Dee Stephenson | 10 | Graham Wimbridge | 3 |
| Merilyn Burbidge | 855 | Brett Jago | 208 | Sophie Wilkinson | 10 | Jil Mogyorosy | 3 |
| Cas Brown | 851 | Vic Paul | 155 | Jen Hauer | 8 | Phyll Tiller | 3 |
| Bill Woodhouse | 620 | Sara Cann | 135 | Jackie Egan | 5 | | |
| Audrey Bullough | 570 | Peter Lyster | 35 | Barry Green | 5 | | |
| Dale Wilcox | 285 | Anne Edmondson | 15 | Gavin Cull | 3 | Total | 4394 |



GOGGLE SAW

- Barry bringing a cake for afternoon tea. His birthday had slipped by with no cake so he brought one for Helen's birthday. He had slaved all day to prepare a sumptuous, gooey sponge which the Stadium's regulations forced us eat outdoors.



- Peter having his head measured to make sure that the hat will fit. Or is it a halo?

AND HEARD

- Pamela asking a question at the November Council of Clubs meeting and receiving cheers all round. Her question was, "Can someone please show us how to fold the new pop-up banner, given to all clubs by MSWA, to get it back in its bag?" Pamela can now do this quite successfully but she might still be the only one!

BUTTERFLY CLINIC 25th NOVEMBER WITH ELENA NESCI

Barry Green

Although Butterfly had been experimented with since the 1930s it was officially recognised by the world swimming body, FINA, only in 1954. Elena's main focus was on

- **Streamlined** body position
- **Undulation of the body** in the form of a "radio" wave, achieved through a rhythmical kick
- **Timing** - kick as the hands enter the water, and kick as they recover out of the water
- **Acceleration** - as in all strokes, after the catch, the arm-stroke must accelerate.

Drills (all with fins)

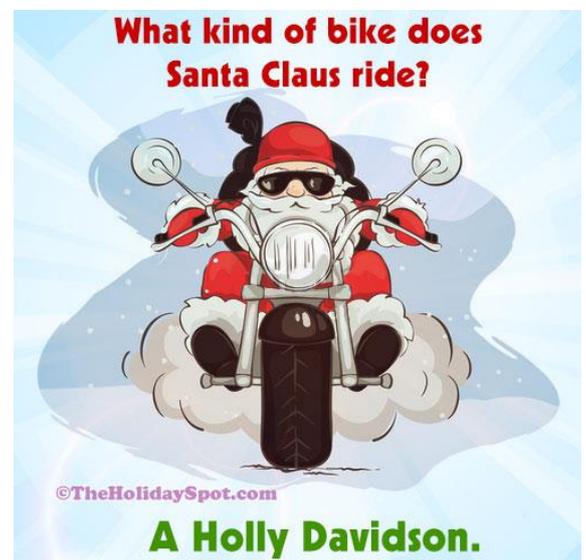
1. Vertical kick with the sternum leading the body's undulating motion. The fins should be pointing downwards and the knees bend only slightly, i.e. no kicking from the knee.
2. Starting with a vertical kick, move to the horizontal and, arms by the side, kick and undulate, moving the arms forward only when it is necessary to breathe. Build from 25m sets to 50m.
3. As for 2 but with arms always extended in front. The arms should not move!
4. Submerge (mermaid). Push off from the end and work as for 3. Only surface to breathe.

At this stage, Elena stressed that, unless the undulation and kick are correct, it makes little sense in moving on to arm drills. However, to avoid boredom in this clinic she proposed to move on.

5. Single arms. Here the arm action must be timed appropriately with the kick (see Timing above). Breathing is to the side of the arm in action.
6. 2-2-2. This is the shorthand version of the drill involving 2 strokes left arm only, 2 strokes right arm only and then 2 strokes both arms – breathing only once, while the eyes are looking down.

A guy bought his wife a beautiful diamond ring for Christmas. After hearing about this extravagant gift, a friend of his said, "I thought she wanted one of those sporty four-wheel-drive vehicles."

"She did," he replied, "but where was I going to find a fake Jeep?"



WELCOME

This month we are thrilled to welcome three new members, Phyll Tiller, Tania Strickland and Anna Clare, all of whom will be celebrating birthdays in January. We wish them many happy times swimming with Stadium Masters. Here's a taste of what makes Phyll tick and a glimpse of Tania's busy life.

Phyll Tiller

One day in October 2020 I was driving past the HBF Stadium on my way home, feeling a little down as two years ago I had broken my coccyx playing on a kids' slide. COVID isolation didn't help. It still was a pain in the butt. I stopped off at the Stadium to enquire about Water Aerobics classes and I joined. Then, on my way to a class, I noticed the "Let's Swim Together" invitation to the Stadium Masters Swimming Club training session the next Sunday.

I had not swum in a long pool since 1982 while living in Papua New Guinea so it wasn't going to be easy. Driven, well "encouraged", by Barry, I was gasping for breath when I reached the end of the (50 metre!) pool for the first time. That excited me! Everyone I met made me feel very welcome that day and I knew it was for me. I also know that to swim well I must do it often.

I'm a New Zealander. Sadly my husband, with whom I lived, travelled and worked in many, many Third World countries for 43 years, has died. Here in Perth I have a son and two grandsons, who say their Oma is "nearly famous", and another son and a granddaughter living in Dubai. I miss them.

My life so far has been full of adventures, cycling and camping in Europe and climbing mountain ranges in New Zealand, Switzerland, Austria, France, Italy, Germany and Denmark. Add to that kayaking in Perth and in Sweden. Not being able to travel to Europe this year I bought an Avan Cruiser and life now will be a competition between camping adventures and improving my swimming with Stadium Masters. Life is for truly living. We only have one chance at it so I've taken "No" out of my conversation!



Tania Strickland

Having not swum properly since I was at school (in the UK) I felt I really needed as much help as I could get after having been persuaded to join a team for the Rottneest Swim in February 2020. My two children and working full time had turned me into a bit of a couch potato over the last few years. I enjoy running but knew I would never improve my swimming without some support.

I could not have asked for a more welcoming introduction than I have received by everyone at Stadium Masters. They have not only encouraged, cajoled and pushed me, they have made me enjoy swimming - my previous memories involved shivering on the steps of a pool during the cold British summers!

CLUB CLOTHING

Available on order:

Polo shirts – 2 styles (shown right)
\$34.00 each (includes embroidery of Club logo)



Pacific blue/white



Navy/sky/silver



Fusion T-shirt hoodie (no zip), lightweight 160gm 60% Cotton/40% Polyester (shown left)
\$30.00 each (includes embroidery of Club logo)

Secondhand items for sale:

1 x Mens size L full zip hoodie (shown right) \$25
1 x Mens size M polo shirt (earlier style) \$15



New items currently in stock:

Snappers swim caps \$10
1 x Ladies size 16 polo shirt (aqua with white piping) \$28
2 x Ladies size 10 polo shirt (aqua with white piping) \$28
1 x Mens' size L polo shirt (aqua with white piping) \$28

Talk to Pamela or Tania if you'd like to order new clothing or view any of the items we have in stock.
We're looking into getting a club rashie and a towelling long shirt. More information will follow.

ACKNOWLEDGEMENTS AND DEADLINE

My thanks to everyone who has contributed items for *Snappets* during this odd year when we have learned to accept the unexpected. Thanks to Peter Lyster, Tania Gregg, Pamela Walter, Barry Green, Mark Anderson, Bill Woodhouse, Phyll Tiller and Tania Strickland for their contributions to this Christmas issue. The deadline for the first issue in 2021 is **Friday 29th January** and I will be delighted to receive your items.

All the very best for a happy Christmas and great swimming next year,
Merilyn
mburbidge@westnet.com.au

Please remember to Follow us on Instagram  stadiummastersswimming

and Like us on Facebook  Stadium Masters Swimming Club

CHRISTMAS WIND-UP PHOTOS ON BACK PAGE



CHRISTMAS WIND-UP 12TH DECEMBER

People responded well to Pamela's request to wear a crazy hat!



Biggest Hat: Sara's friend Jo and Dale Wilcox modelling their big hats beside Pamela, whose idea it was, of course!



New member, Phyll Tiller, with Ringmaster (aka President) Peter Lyster. That's why he was having his head measured!



Audrey's creation takes the cake in the Most Ridiculous hat category!



Tania, Barry, Marg and David Watson vying for Best Hat pertaining to Swimming/Water. Tania won!

And back at the Stadium: We are extremely grateful to our Club Coaches for the time and effort they put into preparing and delivering programs for training sessions. Here they are cheerfully wearing hats indicating the degree of torture they inflict on us. Thanks guys!



Anne: "This hurts me more than it hurts you"; Mark: The rack; Tricia: "Repeat"; Barry: Turning the screws; Bill: "You will enjoy this".