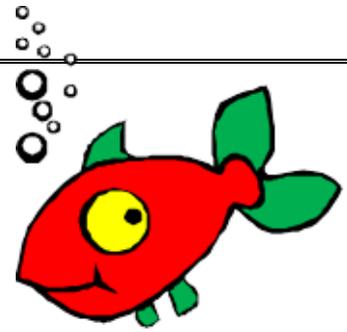


SNAPPETS



PRESIDENT

Although Helen and I are grand-parenting in San Francisco, we have been able to get in a few swims at the local swimming pool - not as magnificent as our HBF Stadium pools!

From what I hear, club swimming is going really well, with members trying to complete their endurance programs. Our last event, Swim for a Reason, was superbly organised by Stuart Gray and Ann-Maree Lynch Calnan and was most enjoyable. The open water season is now underway and our small contingent is participating vigorously.

The club's next important event is the Annual General Meeting. I have already sent out the notice of meeting and associated papers. It is required by the constitution and is most important that we have nominations for the five positions on the Management Committee. The club needs a new committee elected at the AGM to build on the work of previous committees. Also essential

is to have a quorum at the AGM, and to approve the Bylaws. Hopefully, all these regulatory issues can be successfully dealt with so that the club can get down to doing what it is established for, to swim!

See you at the pool
Barry Green

End of year break in lane hire at HBF Stadium

Last 2018 session: Friday 21st December
First 2019 session: Sunday 6th January

SUPERSNAPPER FOR OCTOBER

Congratulations to Mat Lovelock for his excellent performances at the Fremantle LiveLighter Club Challenge on 28th October, gaining him the SuperSnapper award. He achieved three PBs, beating his own club records. Well done Mat!



Re-registration for 2019

Membership fees are due by 31 December. To renew, go to Masters Swimming WA at <https://mswa.asn.au>. Click on "Membership", then "Re-registration" and follow the prompts.

WELCOME

We are very pleased to welcome new member Libby Danckert to the Club and wish her loads of fitness, friendship and fun through swimming. Libby has been training with 'Tricia's group on Wednesday mornings and on Friday afternoons, too.





DECEMBER

20th
29th

Mathew Lovelock
Peter Downey

JANUARY

2nd
4th
7th
17th
22nd
27th

Zee Marsland
Jane Meneghello
Bill Woodhouse
Peter Lyster
Pat Sugars
Mark Anderson

Keep ageing like fine wine!

CAPTAIN Pamela Walter

It's a good motivational exercise to keep track of your best times for the year. Fill them in on the Best Times sheet that I sent on 10th December and email the sheet to Recorder Chandra Veliath at veliath7779@gmail.com or leave it in the cage by 16th December.

Chandra will then submit your times for State and National Top Ten listing.



DIARY ENTRIES FOR DECEMBER AND BEYOND

Date	Event	Time	Venue
Sat 15 December	WOW Swims #3 Christmas 10km		Coogee Beach
Sat 22 December	Perth City 100 x 100s on 100 (LC)	8:30 am	Perth College
Sun 13 January 2019	LiveLighter Open Water Swimming Technique Clinic	8:30 am	HBF Stadium
Sat 19 January	Stadium Masters AGM	2:00 pm	Claremont Clubrooms
Sun 20 January	WOW Swim Thru Perth		Swan River
Sat 26 January	WOW Mandurah Australia Day Swim		Doddi's Beach



FROM MASTERS SWIMMING WA

MSWA New Website is NOW LIVE

As part of a nationwide rollout of new websites for Masters Swimming, the new WA website is now 'live'. Check it out! We are still loading documents onto it, so we ask for your patience while we continue the updates.

2019 Events

For information about all events in the remainder of 2018 and 2019, please use the EVENTS page. This new Calendar feature shows all upcoming events by category. You can search for future dates of Council of Clubs, LiveLighter Carnivals, distance meets, swimmer and coach education opportunities, technical officials courses as well as other external events. As each event approaches, clicking on the event will enable you to find links to entry and/or booking forms. You can also export all events into your own online calendar. We hope you enjoy this new feature.

A SIZZLER AT BUNNINGS

Jackie Egan

Thanks everyone for giving up your time on Sunday 2nd December for the club sausage sizzle. It was hard and hot work especially at the back beside the BBQ but the \$800 plus raised was worth it! Special thanks to Elizabeth who was there all day handling the money and the customers and to Wanda, too, for supporting our club.

SWIM FOR A REASON Sunday 18th November

Stuart Gray

Raising Funds for Alzheimer's Research.

After expenses, the combined total of sponsorship, registration and donations was \$3774 which is three times our original target of \$1200! Congratulations to everyone who contributed and took part, with a special mention of coordinator Ann-Maree Lynch Calnan and the always reliable Marg Watson and Pamela Walter whose efforts assured the success of the event. Many thanks to the members and their families who made up the seven teams; their registrations added another \$280. A big thank you also to those who were timekeeping, recording, collecting cash donations and providing and delivering refreshments. These people are the heart and soul of the club.

I hope that members will show appreciation to the generous sponsors who supported the club. I can personally recommend their products. KC Australia, The Trophy Specialists, Swimmers World, Peregrine Travel Centre, The Post Newspapers and Onslow Road Pharmacy together contributed \$460 and gave an \$80 discount on trophy labelling.

MSWA have sent the club a message of congratulations as has Alzheimer's Research. Thanks to Amanda Beardmore at Alzheimer's Research for guiding us along the way. Amanda will be posting out receipts for cash donations in the near future and has invited members to tour their facilities in the New Year.

The results were as follows:

Team Name	Team Members	Age Group	Laps Swum	Award(s)
Pop and Dad	Stuart, Chandra, Erin, Jay	120-159	76	Best in Age group Most laps overall
MACH 3	Merilyn, Ashleigh, Connor, Heather	120-159	61.75	
Microwave	Peter L, Suzanne, Charlie, Zoe	120-159	52.35 (predicted 30!)	
Trim, Taught and 2 Terrifics	Pamela, Ann-Maree, Craig, Travis	200-239	68.75	Best in Age Group Most money raised Combined Laps and Donations
Team With No Name	Barry, Helen, Jackie, Wini	200-239	60.9	Closest to Predicted Laps (60)
Regents Park	Audrey, Cas, Lesley, Bill	280-319	54	Best in Age Group
WAMM-BAM	William, Ann, Marg, Mary	320-359	40.5	Best in Age Group



Q. What do you get if you cross a Christmas tree with an iPad?

A. A pineapple!

Q: Where do you find reindeer?

A: It depends on where you leave them!

Q: Why didn't Rudolph get a good report?

A: Because he went down in History.

Q: What is Santa's primary language?

A: North Polish.

Q: How did the ornament get addicted to Christmas?

A: It was hooked on trees its whole life.



GOGGLE SAW

Geoff Barnard rescuing armfuls of towels that had been languishing in the HBF Stadium Lost Property box and taking them to the Dogs' Refuge Home.



Anne Edmondson receiving her Three Million Metre award.

Pamela Walter presenting 'Tricia Summerfield with her Masters Swimming WA Life Member badge. They both saw the joke as the badge had been lost in limbo for the many months that 'Tricia has held life membership!

COACH'S CORNER

How to Fix Sinking Legs When Swimming Freestyle (part of an article by Matt Luebbers)

Ever feel like your legs are sinking when you swim freestyle? Do you have to kick a lot to keep your legs from dragging on the bottom of the pool? Correct your head position and you'll be halfway there.

If you're swimming with your head too high, try to always look straight down, with the very top of your head pointing where you want to go. Get a feel for the right position by standing as straight as you can, think very good posture, eyes looking forward. Imagine a line going from the sky, through the top of your head, down your spine and down your legs to the ground. You want to establish that same line in the water and swim forward along it.

Your body can act just like a see-saw. One end goes too low, the other tends to go too high; if your head is high in the water, your feet will tend to go low, unless you kick a lot to keep them up. Your upper body will tend to stay high in the water because of air in the lungs helping that part of the body to float like a filled balloon, and because you work to keep your head close enough to the surface of the water to get air when you need to take a breath.

Sometimes swimmers have to kick a lot to keep their body up and aligned. Nothing wrong with kicking, but you will save a lot of energy if you can use your kick more for forward movement, body balance, and to anchor the lower body so you can get more power out of your pull instead of relying on your kick.

Practise looking straight down when swimming and looking to the side when you breathe. Pay close attention to what you see while you swim to help get your head in alignment with the rest of your body. Think - good swimming posture, straight line head to feet - while swimming. If you are seeing your destination while swimming, then you are looking up too much. If you see the bottom of the pool, then the lane next to you, then the lane on the other side of you, you are swinging your head back and forth while you swim instead of keeping it still and aligned.



OPEN WATER SWIM SCENE

WOW #1: Lake Leschenaultia 1.6km Sunday 11th November

	Age Group	Time	Age Group place
Jackie Egan	50-54	29:03	2
Peter Gray	50-54	24:44	3
Ann-Maree Lynch Calnan	60-64	32:01	2
Stuart Gray	75-79	35:07	1

Swimming WA Round 3: Coogee 2.5 km Saturday 24th November

	Age Group	Time	Age Group place
Jackie Egan	Super Legends	29:03	3 (bronze medal!)

Swim Thru Rottneest 1.6 km Saturday 1st December

	Age Group	Time	Age Group place
Ann-Maree Lynch Calnan	60-64	31:23	9
Stuart Gray	75-79	31:43	2

WOW #2: Fremantle Ports Swim Thru South Beach 1.6 km Saturday 8th December

	Age Group	Time	Age Group place
Jackie Egan	50-54	29:42	2
Peter Gray	50-54	24:10	1
Ann-Maree Lynch Calnan	60-64	32:41	4
Pamela Walter	65-69	36:32	3
Stuart Gray	75-79	35:11	1

Swimming WA Round 4: Rockingham 2.5 km Sunday 9th December

	Age Group	Time	Age Group place
Ann-Maree Lynch Calnan	Super Legends	58:46	7

SOCIAL



Melbourne Cup Lunch Tuesday 4th December

This was organised by June Maher was loads of fun. About 25 of us enjoyed an excellent lunch and a bit-of-a-flutter, if only a sweep or two!

Christmas Pizza Function Pamela Walter

The evening was a great success with wonderful camaraderie, lots of talking and high spirits among the 34 of our members who were there. The pizzas were plentiful and delicious. A singer provided background music as people were arriving then faded away when it was time for the fun awards and presentations. Before making the following presentations, Pamela advised everyone that if they didn't receive an award they would probably be grateful!



Good Leadership: Peter Lyster for his excellent job of organising our 1500 Distance Swim and LiveLighter carnival. He had to put on silly Father Christmas glasses, nose and fake moustache.

Santa's Helper: Jackie Egan for using the whiteboard to organise swimmers into heats at the 1500. She was blessed with an Elf hat complete with big ears.

320+ Relay Team Members: Pat Sugars, Dee Stephenson, Ann Ritchie, William Curtis and Stuart Gray for being listed in the National Top Ten three or more times. They scored reindeer antlers.



SuperSuperSnapper: Graham Wimbridge for being named as SuperSnapper twice this year. He had to wear a fish Christmas tree decoration as an earring.



Pat, Dee, William, Stuart

Timing: Cas and Merilyn for timing the most swimmers for E 1000. They won crystal tree baubles for earrings.



Margaret Smithson

Eager Beaver Award/Fastest Gun in the West: Bill Woodhouse for being caught on camera as he left the blocks early. Trivia - of the top eight most notorious and fastest guns in the American Wild West three were called Wild Bill.

Dog's Breakfast: Jackie Egan for the haphazard arrangement of sheets in her E 1000 file.

Best Dressed in the Christmas Spirit: Margaret Smithson for creatively using a red tea cosy to round off her Christmas ensemble.

Frequent Flyer: Pamela for her many absences due to being away on holidays.

The coaches who attended were recognised and thanked for their time and effort throughout the year.

The group photo, overflowing with Christmas spirit, is already on the front page of our website in preparation for the flood of enquiries we're going to have at the beginning of next year.



Tricia and Stuart

FROM ASSISTANT RECORDER Peter Lyster



Here are the Endurance 1000 points up to 16th November 2018. Well done on another big increase of more than 2200 points since the last count in August. A few people have recorded more swims since mid-November and one or two files remain elusive! Please hand them in and ensure you get credit for your swims.

Merilyn Burbidge	855	William Curtis	155	Gavin Cull	50
Cas Brown	851	Ann-Maree Lynch	125	Travis O'Neill	36
Stuart Gray	760	Chandra Veliath	116	Barry Green	35
Audrey Bullough	570	Anne Edmondson	65	Peter Lyster	20
Jackie Egan	546	Craig Barnard	61	Sara Cann	10
Pamela Walter	515	Bill Woodhouse	60	Hiroko Shimoda	3

Club Total

4833

HONEY

Sara has honey for sale at \$8 for a 250 g jar, with all proceeds going to Claremont Therapeutic Riding Centre.

To place an order, please text Sara on 0433771252 with your name, number of jars and when you are going to pick it up at HBF Stadium, Wednesday or Friday 12:30 pm to 3:00 pm.



ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Barry Green, Pamela Walter, Marg Watson, Stuart Gray, Peter Lyster, Ann-Maree Lynch, Elizabeth Edmondson and Jackie Egan for their contributions to this issue of *Snappets*. The deadline for the first issue for 2019 is **Friday 25th January** and I'd love to receive material from as many people as possible.

Wishing everyone all the best for a wonderful Christmas and contentment in swimming in 2019,
Merilyn Burbidge

mburbidge@westnet.com.au

