Newsletter of the
Malvern Marlins
AUSSI Masters
Swimming Club Inc.,
PO Box 20, Malvern 3144

February 1997

MALVERN MARLINS

LAP TALK

National Titles entries boom

12 relays for Homebush

President's report

By Viv Merrill and Gerry Tucker

National swimming titles

Eighteen Marlins will be competing in the AUSSI Masters National Swim at the Sydney International Aquatic Centre, Homebush, over Easter. This is the largest number of Marlin entries since the Melbourne Nationals in 1992. Furthermore, we have entered no less than 12 relay teams, including 8 mixed teams. We wish all those competing the best of luck and hope they bring back lots of medals and ribbons!

The AGM

The club's Annual General Meeting was held on 10 February at Northbrook House. There was a very good turn out of members at the meeting, with a particularly impressive female majority.

The election of the 1997 committee was held and we are pleased to welcome four new people on to it: Kate Wallace as Secretary, Gordon Turnbull as Recorder, Deryn Thomas as Public Relations Officer, and Viv Merrill as Co-Vice President. See the official committee list on p. 2 for all the details.

One of the important items discussed was the upcoming club questionnaire, which you can read more about further on in this article.

After the meeting closed, Dan and Kate Wallace ran a successful 'fire sale', selling off club gear at bargain prices, and bringing in quite a bit of money. Thanks to both of you.

Annual Presentation Dinner

Thanks very much to our Social Committee, Glenda Kerridge and Deryn Thomas, for organising the hugely successful Annual Dinner, which was held on 22 February. Fifty-seven people attended and we had a large room all to ourselves. It seemed that everyone had a great time.

It was a night for presenting ribbons, medals and certificates, as well as our five club trophies, for which the club had bought and engraved five new silver plates.

1996 Club Awards winners

Peter Niere won both the Best and Fairest award and the Aerobic Trophy. Peter Rainey took out the Club Champion award for the second year in a row. The Coaches' Award for the most improved swimmer was won by Gordon Turnbull. Viv Merrill was presented with the Marlins Award for the great work she did filling in as Treasurer during 1996.

Congratulations to all the winners. The awards were certainly well deserved.

Final placings for the Aerobic Trophy and Club Champion are detailed in this month's *Lap Talk*.

Training at Korowa

The training sessions on Wednesday nights from 7.00 to 8.30 pm at the Korowa pool are now in full swing. Daniel Wallace is coaching and the sessions lend themselves to quality individual training. Come along and support these evenings now, and enjoy them even more once winter sets in.

Malvern Marlins Committee 1997

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Kate Wallace
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Club Captain
Peter Niere
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Recorder
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Registrar
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Deryn Thomas
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Aerobic swims
Gordon Turnbull has taken over from Peter Niere as the organiser of the Saturday morning aerobic swim sessions. The club's goal is to earn 3000 points in 1997 and we are well on the way, with an excellent turnout of swimmers over the last month. Gordon will be able to give you your progress score throughout the year and might even be able to explain the complicated scoring system in two easy sentences if you ask him.

Questionnaire
In a few weeks time you will receive a questionnaire from the club. This survey will seek your views on a range of issues related to your participation in club activities. When you do receive it please take some time to fill it in and make sure to post it back. Your comments will be greatly appreciated.

Easter brunch
On Sunday 23 March, after training, we are holding our annual Easter Brunch. This year Julie Johnson has kindly offered her home as the venue. Hot cross buns, tea, coffee, maybe even Easter eggs...read on for more details.❑

Captain's report

By Peter Niere

In my first report as club captain the first thing I must do is thank Andrew Bowden for his efforts over the past few years. The systems Andrew has set up for handling major meet entries and for organising our own interclub competition make transition to this job easy. I look forward to maintaining the momentum the club has generated recently and to seeing us improve our performances at all levels of swimming.

Nationals in Sydney
Over Easter (27–29 March), the AUSSI Masters National Swim will be held in Sydney at the Homebush pool. Entries have now closed but I'd like to wish all our competitors the best of luck and may many PBs be set in the Olympic pool.

Upcoming events
A few events are coming up in the next month and we'd like to see a good representation of Marlins at them.

On 16 March Powerpoints host their annual 1 hour swim at the Prahran pool. There are usually great prizes for age group placegetters, and if you let them know you're an AUSSI swimmer your swim will count for aerobic trophy points.

Some interclub meets in March are: Warrnambool on 1 March and at Sale on 16 March. Please call me if you're interested in these.

Surrey Park relay meet
On 15 February, 24 Marlins competed in the Surrey Park all relay interclub. If you missed it you missed seeing Torsten Kasper, Kim Wilson and Gayle Heron all make their debuts for the club, Daniel Wallace swimming breaststroke, Karyn Gaudin make a second 25m comeback to touch out her Doncaster opponent, Gayle Heron make the biggest change of pace ever seen when she realised the swimmer in the next lane was right next to her, and Sue Watkins master a backstroke start off a slippery wall.

At the time of writing final results aren't known but out of our 16 main relay teams we had at least 10 first places and 2 seconds. A great team effort from all involved.❑

Head Coach's report

By Daniel Wallace

Dear Marlins,
Firstly, may I thank all members for showing confidence in me and our program direction by allowing me to continue as Director of Coaching, as decided at the recently held Marlins' AGM. My congrat-

ulations to the new members of the committee and thanks to those outgoing.

The Open Water season is now behind us and our focus is now the AUSSI Masters National Swimming Titles in Sydney at Easter and the State Long Course Swimming Titles on 12 April. Accordingly, our style of program will now change, with quality and technique work being emphasised. At each session you will have the opportunity to work on your sprinting. This is the most effective means of improving your times and race preparation.

Importantly though, our preparation must be balanced. I feel that while the actual training for events such as these is important, our overall aims of fitness, fun and friendship must be satisfied as well. Use this program to get your diet in order. Take your training further than the pool. Make it reach into your day-to-day living and the results will take you beyond best times.❑

Registrar's report

By John O'Dowd

January was a busy month for the club's registrar and treasurer. The good news is that we have quite a few new members and plenty of reregistrations for 1997.

Many thanks to all those Marlins who have been prompt with their renewals. For 1996 members who do not reregister prior to our March issue of *Lap Talk*, this will be the last issue you will be mailed until we receive your 1997 subscription of $50.

The membership figures for this year are as follows:

	February	Total
New	7	7
Reregistered	60	60
Total	67	67
Female members	37	
Male members	30	

Welcome to the following new members:

Andrew Fairweather, Catherine Ryan, Margaret Dickinson, Kimberley Wilson, Torsten Kasper, Gayle Heron and Dominic L'Huillier.

Don't forget to advise me of any change of address and/or telephone number.❑

Last chance to reregister

Attention all members who are currently unfinancial.

This February issue of *Lap Talk* will be your last until you reregister.

Please complete the membership subscription form in this issue and post it with your cheque for $50 to The Registrar, Malvern Marlins, PO Box 20, Malvern 3144

Don't miss out on all the news. Reregister now!

Recorder's report

By Gordon Turnbull

Aerobic sessions have started for the year, and so far we have held four sessions at Harold Holt at 9.30 am on Saturdays.

At a recent session we had nine swimmers, and it was good to see some new participants. At this stage of the year most swimmers are completing 400 and 800 metre swims, so you don't have to be super fit to complete these distances in a comfortable time, and begin the process of scoring points for the club in the National Aerobic Trophy. The aim of the National Aerobic Trophy is to encourage all swimmers to improve their fitness and endurance in all strokes as the year progresses.

While juggling stop watches and timing sheets at the end of the pool, I noticed some good swims. Leigh Rockell completed 1500 metres in 27 minutes 39 seconds, scoring 12 points; Andrew Fairweather came home in 27 minutes 24 seconds, scoring 9 points and Kate

Up-coming swim events

Note these dates in your diary

1997	
16 March	Sale Interclub, Gutheridge Pde Pool
16 March	Prahran 1 Hour Swim
27-29 March	(Easter) AUSSI Masters National Swim, Sydney International Aquatic Centre, Homebush
12 April	Victorian AUSSI Masters Long Course Swimming Championships, State Swim Centre. One day only
17 May	Ringwood Interclub, Ringwood Aquatic Centre
28 June	Syndal Interclub
6 July	Eaglehawk Interclub
24 August	(Sunday) Victorian AUSSI Masters Short Course Swimming Championships, Sports & Aquatic Centre, Albert Park
1998	World Masters, Casablanca, Morocco???
2000	World Masters, Melbourne or Perth???

Wallace did an excellent 800 free in 13 minutes 29 seconds.

Although we have just started, our current tally for the year is 51 points.

I look forward to seeing you at Harry Holt at 9.30 on Saturdays.❑

Malvern Marlins 1996 Club Champion

Final placings

Place	Member	Total points
1	Peter Rainey	523
2	Gerry Tucker	472
3	Peter Niere	466
4	Brian Davis	436
5	Jan Jeffrey	347
6	Patrick Devine	300
7	Andrea McNeil	299
8	Sally Stanford	295
9	Elana McNeil	274
10	Julie Johnson	273
11	Linda Denehy	258
12	Ian Dear	252
13	Andrew Bowden	245
14	Daniel Wallace	212
15	Steve Selig	201
16	Viv Merrill	173
17	Elizabeth Cosgrave	172
18	Jenny Devine	164
19	John O'Dowd	163
20	Megan Klemm	143
21	Caroline Tasker	131
22	Brad Banerd	124
23	Simon Horan	123
24	Derryn Thomas	122
25	Sharon Newstead	114
26	Clyde McMillan	113
27	Glenda Kerridge	109
28	Peta Taylor	102
29	Brian Thomas	82
30	Suzanne Alway	80
31	Karyn Gaudin	72
32	Sue Murray	72
33	Leonie Sandercock	70
34	Wayne Woods	70
35	Chris Dow	66
36	Janine McGinness	64
37	Sarah Gallagher	60
38	Sue Watkins	57
39	Sue Dimmick	52
40	Michael O'Flaherty	50
41	Gordon Turnbull	50
42	Bruce Allender	48
43	Geoff Salter	43
44	Grant Watson	43
45	Leigh Rockell	42
46	Robyn Willett	42
47	Charles Tuchtan	40
48	Elizabeth Fysh	38
49	Richard Land	36
50	Elizabeth Gibson	32
51	Tracey Linguey	32
52	Maryanne Long	28
53	Patricia Wuchatsch	27
54	Fay Barson	26
55	Janine Hunter	26
56	Julie Squires	24
57	Russell Smith	23
58	Sarah De Bomford	20
59	Elizabeth Matheson	20
60	John Seidl	20
61	Andrew Clarkson	19
62	Sue Nevins	19

Malvern Marlins 1996 Aerobic Trophy

Final placings

Place	Member	Total points
1	Peter Niere	210
2	Gerry Tucker	190
3	Gordon Turnbull	160
4	Leonie Sandercock	80
5	Andrew Bowden	60
5	Ian Dear	60
7	Caroline Tasker	42
7	Robyn Willett	42
9	Daniel Wallace	40
9	Sue Watkins	40
11	Kate Wallace	39
12	Clyde McMillan	30
12	Kathy Selig	30
12	Sharon Newstead	30
12	Andrea McNeil	30
16	Sue Nevins	27
16	John O'Dowd	27
16	Jo-Anne Albert	27
19	Chris Dow	25
20	Michael O'Flaherty	24
20	Debbie Robertson	24
22	Chris McCall	15
22	Richard Land	15
22	Viv Merrill	15
22	Brian Davis	15
26	Sue Murray	12
27	Pat Wuchatsch	2

Balance

This article was written for a General Practitioner's newsletter and had some relevant themes consistent with Dan's philosophy on our training/swimming.

Six areas can be considered as contributing to personal balance: Physical, Family, Knowledge or Learning, Social, Spiritual and Work. A moment's reflection at the end of the day soon lets us know if we are neglecting any of these vital areas and we can then take steps to redress the balance.

It does not mean that all of these areas need to demand equal amounts of our time, impossible anyway! We simply need to recognise what we enjoy and/or what contributes to our well-being in each of these areas and put that into practice regularly.

It doesn't necessarily mean a big change in *what* we do either. All it needs is for us to fill any gaps and ensure we don't overload in one area, 'work' being the most obvious.

Some personal examples for each of the areas were easily found and to give you some ideas, I will list a few:

- Physical: Walking, taking the stairs instead of the lift, swimming, Tai Chi, exercises.
- Family: Quality time with partner/parent and/or each child, doing something as a family even if it is eating a meal together, maintaining contact with extended family.
- Knowledge: Keeping the mind active through reading (this could be work-related), studying, increasing our skill

level by learning to weld, maintain a car.

- Social: Keeping in touch and spending time with friends, have a drink, invite them over, drop in for a coffee, make a phone call - friends, they are often our greatest support in times of crisis; they will not be there unless we maintain and care for the friendship.
- Spiritual: Anything that is nourishing to your inner self: meditating, relaxation, yoga, religion.
- Work: Does this need examples?! It will help the balance if the time we need to spend at work allows space for other things and also it can provide overlap with other areas but the basic agreement was that there must be life beyond work!

Now all we need to do is to remember to ask ourselves daily, 'Is my life balanced - am I incorporating these six aspects (or at least four of them each day) into my everyday life?' We were told it only takes 21 days to establish a new habit - so it's 20 now and counting! ❑

Baby news

Congratulations to Glenda Kerridge and her husband Warrick on the birth of their third child. Alexander Charles was born on 26 February, a bit earlier than expected, and weighed 6lb 12oz. Wonderful news!

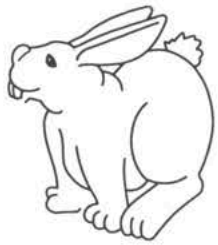
Easter brunch

Sunday 23 March

Come along after Sunday morning training for hot cross buns and a Buggs Bunny impersonating contest.

Venue: Julie Johnson's home, 7 Horace Street, Malvern.

Cost: about $3.00



Membership subscription for the 1997 AUSSI year

1 January 1997–31 December 1997

Total fees due: $50.00

Please be prompt with your payment, along with any other money due for clothing, entries or other arrears. Make cheques payable to Malvern Marlins AUSSI Masters. Post your completed form and cheque to:

Hon. Treasurer
Malvern Marlins
PO Box 20
Malvern 3144

Or bring it along to any training session. Ask for a receipt.

I will/will not be renewing my Marlins Membership for the 1997 AUSSI year.

My cheque/cash for $.....is attached.

Name ..... Signature.....

Change of address, telephone number etc. .....

.....

.....

Sports insurance

Wanted!

Ten people who attend a physiotherapist.

A minimum of 10 people required to obtain insurance cover. Cost per person is only $10 per annum (this figure will reduce if more members join).

This cover will give you a rebate of between 50 and 75% per claim, up to a maximum of $1000 per year.

If you also have private health insurance with physiotherapy cover, the insurance rebate will cover the gap between the cost of the treatment and the private cover rebate.

The cost to you? $0.00!!

You can attend the physiotherapist of your choice. However, discounts are available from your *Sportsnet* physiotherapist (see p. 2281 in the 1997 Yellow Pages).

Interested?
Call John O'Dowd for more details on 9576 0111 during business hours.

Windsor and Queens Road Physiotherapy Centres

members of *Sportsnet*

116 Punt Road, Windsor
Phone: 9529 2258

7/33 Queens Road, Melbourne
Phone: 9866 3998

Greg Cunningham • Wendy Braybon • Emma Colsen
Chris Constantinou • Jane Banting • Anthony Green

Sports teams covered by Windsor and Queens Road Spinal & Sports Physiotherapy Centres

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Footscray Football Club
South Melbourne Soccer Club
Victorian Soccer Federation teams
Australian Socceroos
Adelaide Giants Baseball Team
Australian Softball Team
Victorian Softball Team