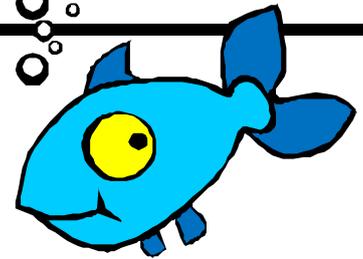


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

May 2019

PRESIDENT

Time is rushing past and it's amazing that April and Easter are over. There is a bit of a nip in the air in the evenings and the duvets have been pulled out of the cupboards, but the days are sunny and very warm and we will continue to enjoy the outdoor pools until we move inside in June. Now that the school carnivals are over, it's much less crowded and we are able to get all our lanes.



Tania, Anne E, 'Tricia and Peter L displaying our new promotional banner

The LiveLighter Club Challenge that we are hosting on 5th May is a major undertaking for the club and involves a lot of people working very hard on the day for it to run smoothly, with support from all the Masters Swimming WA Technical Officials. HBF Stadium has come to the party and provided three pairs of tickets to AFL games at Optus Stadium for our raffle. As expected, we have a good number of entries as it is only three weeks now to the State Championships on 25th and 26th May.

A very small team of four swimmers and two helpers went to Mandurah's LiveLighter Club Challenge. We have lost some of our keen

pool competitors from last year plus a lot of members were away or injured or Mandurah is too far away. (Really? It's a suburb of Perth!) The team swam well but I hope we will see a much bigger team for our carnival on 5th May.

The first part of Elena Nesci's freestyle clinic was held on 10th April and was well attended by the Wednesday swimmers. Elena spent some time on theory and then we put it into practice in the pool. I certainly learned a lot from it and I think everybody did. Barry has written up a detailed report on page 5. It looks like Elena's coaching will qualify for MSWA funding so we have applied for a grant of \$300 towards the cost.

See you in the pool
Peter Lyster

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GOGGLE SAW

- Two of Cas Brown's grandchildren being announced as Champion boy and Champion girl swimmer at their school carnival.
- Audrey not being enthusiastic about doing an Endurance 1000 400 Freestyle one Wednesday, because of a troublesome shoulder, but doing it anyway and recording her best time of four such swims this year.
- Superfins winning the President's Trophy as well as the 72-119 year Age Group trophy at the National Championships in South Australia.



CAPTAIN Pamela Walter

Melville LiveLighter LC Club Challenge Sunday 24th March

For the first time in more than a decade Stadium Masters was unable to field a team!

Mandurah LiveLighter Club Challenge Sunday 7th April



Barry and Marg between heats

We did marginally better in sending a team of four to this carnival. At least our team was well balanced with two men and two women which meant the same four could enter the two relay events on offer. On a beautiful day to be in and around a pool, we finished 13th of 18 clubs. Thanks to Marg Watson and Barry who doubled as timekeepers and cheer squad.



Bill off to a great start

Audrey Bullough	50 FR (PAB/best since 2013); 25 BA (best since 2016)
Bill Woodhouse	25 FR (PAB); 100 IM (PAB/best since 2013); 100 FR (PAB/best since 2017)
Peter Lyster	All Peter's times were close to those he recorded last year: best since 2018
Merilyn Burbidge	100 BA (best since 2017)

Club Swim Long Course Saturday 13th April

Tricia Summerfield	200 BA (PAB/best since 2013); 50 BU (best since 2016); 50 FR (best since 2015)
Helen Green	50 BA (PB); 50 BR (PAB); 50 FR (PAB/best since 2017)
Bill Woodhouse	200 IM (PAB/best since 2013)
Jennie Bolton	50 BA (inaugural)
Chandra Veliath	50 BR (PB)

Swimming Dinner 23rd April

Just a small number of night swimmers were able to come to Jackie's after training because most were either away or were feeling off colour. The meal was supposed to be a simple affair, but Jackie certainly set the bar high with a three course spread of Thai pumpkin soup, tagliatelle, meat balls and a rich tomato sauce, then brownies and ice-cream. Jackie grew the chilli, lemon grass and kaffir lime used in the soup in her own garden! It was all delicious. I needed to go back for more training but could hardly move to get out of my own road. The next supper is scheduled for 4th June.

WELCOME

A big welcome to Debra Wagstaff who joined Stadium Masters only a few days ago!

**Support Stadium Masters Swimming Club!
Get your new Entertainment Membership today.**



Click [this](#) link.

THANK YOU FOR YOUR SUPPORT!

Or contact Peter Lyster direct: 0419909566 phjl@westnet.com.au

DIARY ENTRIES FOR MAY AND BEYOND

Date	Event	Time	Venue
Sunday 5 May	Stadium Masters LiveLighter LC Club Challenge	warm-up 8:45am	HBF Stadium
Thursday 16 May	Physio Injury Prevention and Conditioning (coaches)	8:00 – 5:00	Beatty Park
Saturday 25 May	MSWA LiveLighter State LC Championships	warm-up 12:00 noon	HBF Stadium
Sunday 26 May	MSWA LiveLighter State LC Championships	warm-up 8:00am	HBF Stadium
Wednesday 29 May	Council of Clubs meeting	6:30 pm	Cambridge Bowling Club
Tuesday 4 June	Social Dinner for Tuesday night swimmers	after training	TBA
Saturday 8 June	Stadium Masters Charity Swim	TBA	TBA
Sunday 30 June	Relay Clinic	TBA	TBA
Sunday 7 July	400/800m State LC Distance Championships	TBA	Riverton Leisureplex



HAPPY BIRTHDAY!

- | | | |
|-------------|------------------|---------------------|
| MAY | 7 th | June Hough |
| | 19 th | Richard Diggins |
| | 25 th | Jennie Bolton |
| | 27 th | 'Tricia Summerfield |
| JUNE | 4 th | Graham Wimbridge |
| | 8 th | Margaret Smithson |



Sustained exhalation is the way to go

When I was younger, I could remember anything, whether it happened or not. Mark Twain

TWO SUPERSNAPPERS FOR MARCH AND TWO FOR APRIL, TOO!

SuperSnappers for March, Dee Stephenson and Marg Watson, were mentioned in the last newsletter for challenging themselves to swim longer distances. They are pictured here.



Joint SuperSnappers for April were Bill Woodhouse and Helen Green for their excellent swimming performances, Bill at the Mandurah LiveLighter Club Challenge and Helen at the last Club Swim.

Bill: 25FR (PAB); 100 IM (PAB/best since 2013);
100 FR (PAB)

Helen: 50 BA (PB); 50 BR (PAB); 50 FR (PAB/best since 2017)

MANAGEMENT COMMITTEE MEETING 17th APRIL Peter Lyster

Subscriptions have raised \$4,903 to the end of March. About \$500 is still needed to make the budget, which should be achievable.

Decisions taken

- Club session times:
 - Thursday nights are back on, on a week by week basis when there are enough swimmers.
 - Friday afternoon will stay at 1:30 – 2:30pm with Endurance 1000 swims at 12:30pm.
 - Pamela will discuss with Wednesday afternoon swimmers a trial in May to combine the afternoon session with the morning session using extra lanes, with Tricia as Coach.
- Pull-up banner is completed and in use
- New member fee reduced to \$140 from 1st May
- Application for a grant of \$300 from MSWA towards Elena's clinics.

MEMBERSHIP Elizabeth Edmondson

At 1 May, membership of Stadium Masters stood at 56, made up as:

Ordinary members	33	Social members	18
Second claim members	4	Life members	2 (Tricia holds dual membership status!)

Reminder:

If your address, phone number, email address, etc changes please let me know so that I can update your details.

Registrar: elizabeth.edmondson@live.com.



Resulting from an initiative by Peter Lyster, Elena Nesci held a freestyle clinic at HBF Stadium on 10th April. Elena is a member and coach of Claremont Masters and she also has her own coaching business, eSWIM. Coming to swimming as an adult, Elena understands the learning curve required for Masters swimmers. She realises that Masters swimmers are often subject to movement limitations, but urges everyone to aim for the best stroke possible.

Eighteen swimmers attended the clinic, a mix of Stadium and Claremont Masters. After 30 minutes poolside, in which Elena discussed the basics of her approach, participants spent 60 minutes in the water carrying out drills.

Elena’s presentation can be summarised:

1. **The foundation elements:** breathing, head and body position, kick and rotation. The main aims are to reduce resistance and increase propulsion in a way that is least likely to cause injury. She stressed a streamlined body position and the role of rotation leading from the hips which reduces the load on the shoulders.

2. **The core and lats:** Elena showed how to engage the lats and core and stressed how important the core (pelvic floor) plus muscles around the hips and lats were in the body rotation.
3. **Catch and Hold:** The arms are responsible for about 80% of propulsion so it is important to “catch” the water and keep the wrist below the elbow at all times.
4. **Timing:** Of course, timing is critical and is best learned in the water.

Elena chose a few drills and noted that swimmers should understand the purpose of each drill. These drills were conducted with fins.

1. **Dead Man’s Float** with arms hanging down but body as horizontal as possible. This developed into a **Position 11** where both arms extend forwards at shoulder width in front of the body and a gentle freestyle kick allows for movement forwards. The eyes should be looking down at the black line.
2. **Rotisserie** - like a chicken on a spit with its axis through the body from the top of the head to the feet, arms at the side, rotating from side to side as one kicks and breathing every third rotation. This progressed to sequences of three rotations followed by two arm strokes. There are many variations, but the important thing is to ensure the stroke is driven by the hip rotation.
3. **Shark Fin** - with the body on the side and one arm extended in front, the other arm alternately moves up the body on the side, elbow pointing skywards to make a “shark fin”, and returns, then completes a full stroke to the initial position. Repeat for a distance of 25 m, then swap sides. This can progress to alternate strokes.
4. **Sculling** - while sitting on a kickboard, use cupped hands moving in and out in a figure of eight in front of the body. When done correctly, the body stays on the spot and whirlpools can be seen above the hands. Altering the hand motion slightly allows the body to move first forwards and then backwards. This drill is to gain a better feel for the water and realise how important the hand form is, neither “karate” nor “jazz”!
5. **Catch** - grasping the kickboard with one hand, alternately move the other arm forward and enter to catch only, then move the arm forward again and make a complete catch and recovery.

The acronym CAFÉ represents Elena’s points of focus: Core and Hips, Alignment, Feel and Effort.

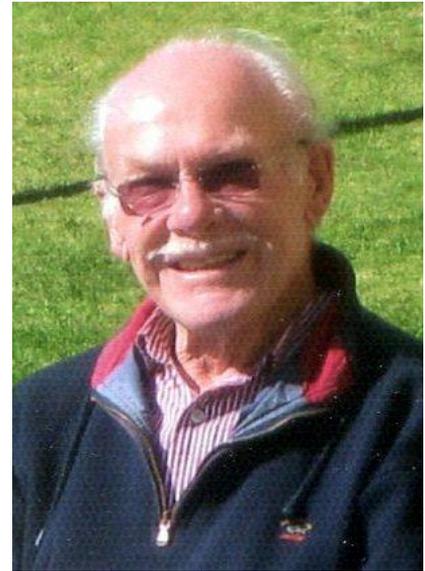
For swimmers of all abilities, and coaches, this was a most welcome look at the basics and Elena’s presentation was greatly appreciated. Swimmers and coaches will build on the clinic in preparation for a 1-hour in-the-water refresher clinic with Elena on Wednesday, 1st May.

ARTHUR JENKINS

We were saddened by the death in March of Arthur, aged 91. He was a Club member from 2003 until 2009 when he had to give swimming away due to his health deteriorating.

Those who were also members during this period remember Arthur as a quietly spoken, amiable, gentle fellow. His impeccable moustache suited his immaculate dress code and both were appropriate to the car that he drove: a Merc!

Arthur was born in Ballarat and came to Perth not long before he joined our club. Not being competitive by nature, he swam regularly to maintain fitness and enjoyed socialising afterwards over a coffee. One afternoon, soon after the poem *Albert and the Lion* by Marriott Edgar had appeared in this newsletter, Arthur's sense of humour was tickled and he amused the group by quoting lines of the verse in a fine Blackpool accent. He was also a very good guitar player and played in a band in his younger days.



SOCIAL

Now that the busy school carnivals are over, our Social members are enjoying the peace and quiet at Claremont and Bold Park Pools. Undaunted by the inevitability of winter, they will Keep on Swimming at both venues. You're welcome to join them at 8:00am at Claremont on Mondays and Wednesdays and 2:00pm at Bold Park on Fridays.



HONEY

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

To place an order, please text her on 0433771252 with your name and number of jars.



From left: Marg W, Helen G and guests - former President Sue Colyer, possible new member Sophie and Malvern Marlins annual visitor Mary Williams

ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Peter Lyster, Pamela Walter, Barry Green, Elizabeth Edmondson, Marg Watson, Tricia Summerfield and Richard Diggins for their contributions to this issue of *Snappets*. The deadline for the next issue is **Friday 7th June**.

Merilyn Burbidge
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