



# SWIMMERS NEWS



**MASTERS  
SWIMMING**  
Queensland

## Irene Keel—The Dardenelles

By Irene Keel

The first year I went to swim across the Dardenelles, a tremendous storm blew up overnight and we were advised that unless we were really strong swimmers, we shouldn't do it. As I was still recovering from shoulder surgery, I decided to go with the advice.

This year I went back to do it again and the conditions were the opposite of the previous year. I went three days before the swim so that I could join the coaching clinic that Swim Trek, organisers of the non-Turk swimmers, put on every year. I had a good session with Simon Murrie, who owns Swim Trek, just checking my shoulder head positions and sighting buoys and landmarks. It helped settle nerves before the swim. The next day we had a free swim and our first medical. Up until then there had been a strong wind blowing and we were all a bit worried what the water would be like, but overnight the wind dropped completely and it was a perfect day for the swim. That night we had a pre-race briefing and we were told there would be two boats to indicate the line to take and they would be positioned by GPS. The first one would be at 700 metres and the second further away.

On the morning of the swim we had a second medical. A couple of the fellows had a higher blood pressure reading so the doctor told them to sit out for a while, which made them feel worse, but after a calming talk by one of the Swim Trek coaches, they passed when tested again. We all went across by ferry, which then left and so the only way back was to swim it. No going back now! We could see the first boat alright and could swim straight towards it. Unfortunately, although we didn't know it at the time, the boat drifted in the main channel and it was the longest 700 metre I have ever swum—closer to 900 metres or 1km. The second boat was never seen by anyone.



At about the halfway mark, about four Turkish boys passed me—they started about six minutes after the non Turks, and so I was able to get a move on and follow them for quite a way, before I could see the finish in the distance, which is when I just went for it. Because the race must be finished in under 1 hr 30 mins (shipping can only be held up for that time), I had it in my mind to try to swim it in 1 hr 18 mins. At the finish, the time is recorded as you step onto a pad from the chip you have attached and then the times are displayed on a huge electronic board. It took about half an hour for my time to come up and I was very nervous about it, but when I saw the time of 1hr 6 mins and 55 secs, I was absolutely stoked.

The presentation was a wonderful event and the camaraderie among all the swimmers was just great. Not only was I the oldest female competitor, who received a gold medal, but the President of the Canakkele Rotary club that run the event, presented me with his own pin from his lapel.

Lastly, I would like to acknowledge a large part of my success to the training program worked out by my coach, Jan King and Jenni Neil — my training partner.

### Inside this issue:

QSM-30 years	2
Coach: Daph Soppa	3
Around the Clubs	4
Coaching Courses	7
Take your Mark	8
Meet Director	9

Edited by  
Helga Ward

### Special points of interest:

- Which records can you break?
- Upcoming Meets 2012
- AGM and the BMB



## QSM—CELEBRATING 30 YEARS



*Max Gillespie, Member of QSM and Life Member of MSQ*

Southside Masters.

Their bank balance of \$8.14 grew to \$138.10 after a few very kind donations by two of their members. The membership now stood at 50. In time it grew to as many as 130 members.

Max Gillespie, a relatively new member, attended the meeting in 1982. His contribution to Masters Swimming has been considerable and the acknowledgement of his role is reflected in his Life Membership of his club and of Masters Swimming Queensland. One of the State Titles' Trophies has been named the 'Max Gillespie Trophy'.

Jen Thomasson, Helen Holmes and Carolyn Collins now also enjoy Life Membership of the club.

QSM recently celebrated its 30 year anniversary at their own swim meet at Chandler, held on the 19th November. Their club was the second one to be formed in Queensland shortly after the formation of Masters Swimming Australia (formerly AUSSI) in 1976.

Carol and Russell Bond, the original members, initially formed the club at Hibiscus to cater for swimmers on the southside of Brisbane. The other club was on the northside. Members at the time included May Hilton, Pat Liddle, Pat Watson, Rita Knight, Ross Tilley, Brian Brymer, Ken Boardman, Barry Guthrie, Thor Eriksen and John Beresford.

In 1979 the club moved to Tri-Sports Complex. Tri-Sports, the former name of QSM entered an inter-club swim meet hosted by Gold Coast in 1981. The entry fee was a mere \$1.00 and as they had a few record breakers, it was decided that the time had come to purchase two stopwatches.

In 1982, the club hired lanes at Chandler and in the same year they changed the name to Brisbane

The club has grown from strength to strength and in the process, it has enjoyed the membership of some wonderful swimmers. Jen Thomasson and Gary Henry have had World ranking times in open competitions, while others have done really well in aerobic distance events. Harry Redpath is one of those achievers, who enjoyed significant success in aerobic and other long distance swims, including the 10,000m events.

A highlight for club members was the World Masters Championships held at Chandler, which involved many of QSM members, who assisted in running the event.

The club is well positioned on the southside of Brisbane and it is regarded as one of our consistently strong and supportive clubs.

## STATE LONG COURSE CHAMPIONSHIPS—HERVEY BAY ACCOMMODATION

**10% Discount\***

As a proud supporter of the 2012 QLD Masters Swimming State Championships, we would like to offer competitors and supporters 10% OFF accommodation when you stay with us for 2 nights or more!\*

\*Terms and conditions apply. Minimum 2 nights stay. Valid for stays between 1 - 30 March 2012. Must book by 29 March 2012 and quote "swim". Subject to availability. Bookings must be made by phone, not online. For full terms and conditions please visit [www.fraserlodge.com.au/swim](http://www.fraserlodge.com.au/swim)

[www.fraserlodge.com.au/swim](http://www.fraserlodge.com.au/swim) 1800 641 444

9—11 March  
2012  
Hervey Bay



## COACH: DAPH SOPPA - written by Daph

I was born Daphne Beryl Jacobsen to Sydney and Vera Jacobsen. Raised in Bundaberg, I come from a family of six: three boys and three girls I am the second eldest. Life was very hard for us after the war. Dad had been in the Army and saw action in the Middle East. Mum was ill during this time, but always managed to have a smile and a cuddle for us kids (there were 4). When dad came home, work was non-existent and the only work dad managed to get was working on the railroad north of Bundaberg. We all lived in a big old army tent. We used to stand beside the railway tracks and sing out "Paper! Paper!" and the people would throw out their old books or newspapers. This was our reading matter. One day a big six foot Goanna chased us through the tent. We escaped by climbing on the table. Mum came to the rescue chasing it with a mattock. Scary stuff! When work picked up, Dad became a Gun canecutter at Morelands. I remember trekking across the cane fields with smoko consisting of Syrup dumplings and billy tea. Schooling was by correspondence, which I hated doing, so Mum used to tie me to the table leg until I did it. Today this would be child abuse at its worst.

It did not hurt me and it taught me the value of schooling. It wasn't till later that our family became involved in sport. Mum and Dad played tennis and were Bundaberg champions. My brother Allan, sister Pam, brother Brian and I were encouraged to swim and of course play tennis at an early age.

There wasn't much sport back in the 40s; only one winter and one summer sport, so we swam in summer and played hockey or tennis in winter. We all had success in our swimming; winning our respective age champions in all strokes as well as diving. I went on to compete at State Level and achieved moderate success gaining placings in my favourite events: 200 IM and 200 Freestyle. Allan went into life saving. I coached the Bundaberg March Past teams to State Championships, while Pam went on to become the Netball regional director for Capricorn. Tennis, well let me say we played that is all. The younger sibling, Ross also swam; Rosemary, the youngest lived with my Aunty as Mum had died in childbirth. Mum was my motivation to swim and although not a swimmer herself, she knew what we did wrong. I was selected to go to Brisbane for further coaching. I was swimming well and my times were equal to Australian standards, then mum passed away and I had to help raise the family. This was a very sad time as I was only 16 years old, but, we managed.

Dad was very strict and had a saying that I have never forgotten. *If you want to do something, do it to the best of your ability and try, never not try. Never leave yourself wondering if you could do better.*

I have carried this with me throughout my career as a wife, mother, coach, player, administrator, and swimmer.

I married Raymond Soppa in 1956 and we have three children, Susan (Netball), Tony (AFL), Paul (Rugby League and Equestrian Dressage State Champion). We have nine Grandchildren - one deceased and five great grandchildren. Ray although not a sportsperson himself, has always supported me in my Netball career and later in my swimming.

I was involved in netball for 51 years as a player (State Level), Vice Presidents at Bundaberg and Southport, Queensland Coaching convenor, State netball Coach and Wide Bay Development Officer for netball. We moved to the Gold Coast due to Ray's work. This was fortuitous as it enabled me to Coach at State Level. I had 12 years with Queensland netball and loved every minute of it. I have always tried to be innovative with Coaching, having the state Juniors doing Aerobics as a warm up, involving Wayne Bennet as a motivational speaker to the open State team as well as being the first State coach to have training sessions against men. Won a National Champions with State under 21.





## DAPH SOPPA *continued*

We then moved back to Bundy to be close to our daughter.

I am a life member of Bundaberg Netball. Recipient, of The Australian Sports Medal.

I only came back to swimming at 64 and found I still loved it. I have been fortunate in my life to have enjoyed good health. I have coached masters for 5 years, first as assistant coach now as Coach. I get great enjoyment out of setting challenging | programs and seeing the swimmers achieve their goal, be it competing at a high level, participating at swim meets, or just mastering a stroke.

I work for the Bundaberg Swim Academy and have done so for 8 years first as learn to swim teacher level 2 to level 3 now I do level 4, 5 and Junior squads Stroke correction classes and Adult classes. My motivation as a coach for Juniors is the enjoyment I see on the faces of the kids and their parents the smiles and the proud looks , as they see their children go on to the next level.

*Swimming experiences.*

Well the high-lite would have to be the 2011 National Championships in Perth where I gained 4 Gold, 2 silver and a bronze.

Breaking a State Record for the 400 IM at Noosa was a shock as I just swam the race and everything just jelled. When I hopped out of the pool the timekeepers said that was a good swim Daph. I just said thank you not knowing I had broken the record. Did not find out until I received the certificate two months later.

*The reason I became a coach:*

I can't say any one thing made me take up coaching. It is always a thing I love to do. I always enjoyed the involvement with young people watching them grow and develop in their chosen sport and now I am doing something I love and passing on my knowledge to both young and old.

*Motivation:*

Striving to be the best that I can. Never half do anything. Not necessarily winning but keeping my times the same as when I came back to swimming.

I have a saying :

Athletes have the will to win,  
But need the will to prepare to win



## AROUND THE CLUBS

compiled by Helen Holmes

**Gladstone Gropers** will finish 2011 with 86 registered members. In previous years a special sign-up day was held in November, combined with a social event, but this was cancelled due to members now registering on line. However, it was decided to have a formal sign-on day in January for those who do not have internet access or credit cards.....it may result in a social event on the day.

Gropers are again swimming in the outdoor Pool and after a cool start in September/October, attendances picked up in November.

Several farewell functions have been held to say thanks and good luck to Richard and Dianna – they will be missed.

The members also said 'goodbye' to one of their Life Members – Val Onions – who passed away in October. Gropers formed a guard of honour as a tribute to Val's volunteer work for the club... a kind and caring person.

The club held their end-of-year function on November 25<sup>th</sup>, in the Gladiators Club House in the

Aquatic Centre – a nice partnership with a Swimming Queensland Club.

**Hervey Bay Humpbacks** have set up their committee for the State Swim and are already working on details with Rosie. She and Paula attended a series of committee workshops that have been most informative, and will no doubt help with the work of the State Committee.

The club welcomed their newest member John M who joined in time to swim at the Maryborough Meet. This was a great day held at Hervey Bay and although the wind was a little cooler than ordered everything ran smoothly. Thanks must particularly go to Janet who kept all the preparations running successfully. A big thank you to all members and families who helped throughout the event. Mostly everyone must have received a lucky lane prize thanks to Louise's generous donation of goodies.

Social events have included attendance at 'Chicks@ the Flicks', and Whale Watching.

## AROUND THE CLUBS *continued*

**Noosa Challengers** have certainly tasted the extremes in pool venues this year but are always a welcome sight when they attend. A few months ago a handful of their members ventured down the highway to compete in a club carnival held in a tiny pool... housed in what felt like an even tinier shed. Amazing scenes transpired when it was realised that after cramming in the officials, timekeepers etc. there was room for neither water nor competitors. It was sort of Catch-22 Masters' style. As Goldilocks would have said, it was a case of "Too Little". Thinking back to May, their own venue demonstrated what the 'Just right' feeling was for swimmers and spectators alike... not to mention a perfectly beautiful day.

Then came the pool complex designed for the Commonwealth Games. Envisage endless tiers of seats, a ten lane pool plus separate warm up pool, electronic score board etc... but with only about 100 people in attendance. With marshalling, timekeeping and or other duties, it only leaves a few to share the spectator seats. Intimate is not the word that springs to mind. 'Too Big'. 2012 Short Course in July might see them venture south again to see their names in lights.

Those who attended had a good time and Noosa was placed 4<sup>th</sup> overall out of 20 clubs.

**Sunshine Coast Seals** made a very impressive haul at the Adelaide Games in October with the Indoor Rowers bringing home a massive 42 medals. At the swimming Wendy acquitted herself well and Derek officiated for the swimming in the new Aquatic Centre which proved a real winner. Wendy's kayaking was also very successful. Congratulations!

Iain had a great party to celebrate his 50<sup>th</sup> birthday. Lois has arrived back after months of house sitting in Europe. Brigitte and Yvonne have also returned from their great holidays.

The club's AGM and Presentation of Awards Day is to be held on Sunday 11<sup>th</sup> at the park just north of Kawana Waters Surf Club. It will be BYO food and drinks and Secret Santa gifts to share. Hopefully their very talented member, George, will entertain them once again.

Interesting thought... 'Remember, when you point your finger at others, three are pointing back at you.'

**Nudgee Blue Fins** have taken delivery of their new dress shirts and members are asked to contact Julie to make their purchase. The club members sent their condolences to Lyn on the death of her dear brother John.

The last club swim night for the year was held at the end of November. This was a special evening as the children were racing for medals in their age groups. All the helpers were greatly appreciated. Congratulations to Blue Fin Julie Davis who was awarded a Silver Medal in her Age & Weight category at the recent World Masters Weightlifting Championships in Cyprus.

The club's Christmas Breakfast and Presentation of Awards will be held on Sunday 11<sup>th</sup> December. Bevan will be there to assist with on line registration.

A Christmas morning tea will be held for all swimmers at the pool after swimming on Thursday 22<sup>nd</sup> Dec.

**Brisbane Southside** decided to go ahead with their 30<sup>th</sup> Anniversary Meet in November in spite of unprecedented low entries, as it was such a milestone. All members contributed to the success (socially) of the day and were very appreciative of those who made the effort to be with them on the day. The most exciting event was the Rosita Gillespie Challenge Relay which was won by the host club. Thanks to the team of Heather, Jen, Hyan-Song and Stuart for their tremendous effort! The special cake made by Carol B was cut by Max, as our longest serving member present.

The ladies from Noosa particularly enjoyed this part of the proceedings.

The Harry Redpath Relays were well swum by all with honours being shared by the men and women. It is hoped that more swimmers will take advantage of this great venue in 2012 when the event will be run in July as a Short Course Meet. It is great to see the reaction times at the start of races as well as the result on the electronic board at the end. Carol and Bob did an absolutely fantastic job with the raffles. Hearty thanks you two, from all members!

The club's most recent success was at Aqualicious Swim Meet when they won the Average Point Score Trophy. Well done swimmers!

The Annual Presentation of Awards Breakfast will be held on Sunday 11<sup>th</sup> Dec. at the Royal Yacht Squadron venue in Manly and members are all looking forward to it.

Special thanks to Narelle for organising the Swim Meet meal and the Breakfast on 11<sup>th</sup>. ***P S The new 50metre pool is at the tiling stage and looking fabulous!***

## AROUND THE CLUBS *continued*

**Albany Creek Masters** held their AGM and Fun Swim Day on 4<sup>th</sup> December, followed by a great BBQ breakfast. It really isn't that easy to swim up the pool with four cups of water on a kickboard!

They have a few new faces on the committee for 2012 and welcome them eagerly.

The club *Encouragement Award* went to John Barker for his participation and improvement in 2011.

The new Masters DVD was distributed to all members.

The keen club swimmers also fronted up after a successful evening at the Aqualicious Swim Meet - well done for a good meet!

The Ducks are now looking forward to the River City Meet in January and hope to see everyone at their meet in April 2012.

*My thanks to Marion for keeping up the regular news from Albany Creek. John B is taking over the PR role for 2012. H H.*

**Twin Towns Masters** held a very successful Friday night raffle in October before heading north to participate in the Redlands Swim Meet where they had the most competitors and apart from Noosa, farther away from the Cleveland Aquatic Centre than the other clubs.

Many ribbons were won on the day and all went home happy.

Unfortunately, there was a negative response to Southside's event and the only ones to make the trip were Thor, who was a member of the original Tri-Sports which went on to become Southside Masters, and David M and Ken who officiated on the day. These two were greatly appreciated by the "Southsiders" and Thor was able to show his special gold medal to some of the host club members while he helped with timekeeping.

The club's final day for the year will be Saturday 17<sup>th</sup> December with the two relays 'Inter-dominion and Captain/President - AND they will have their normal birthday morning combined with a Christmas Breakup.

Members sent a special *Get Well* message to their nonagenarian...George after he suffered an injury during a game of bowls. However, he assures everyone he is on the road to recovery and looking forward to the 2012 season.

***Compliments of the season to all the regular newsletter editors who help me keep the clubs informed of the interesting achievements of our Masters friends throughout the state. Helen H.***



*Photo: Albany Creek members enjoying their Christmas celebrations.*

### QAL's October Coaching Clinic

*Photos of the Coaching Clinic hosted by Aqualicious Elite Swimmer, Meagan Nay ran the backstroke session*



*Elite swimmer, Chris Wright demonstrating Butterfly at the clinic, which was held in October.*





## COACHING COURSES

Mark Erickson

During 2012, Masters Swimming Queensland will be organising various coaching courses throughout the state. Hopefully, a calendar of course dates will be published on the MSQ website listing dates, venues, costs and facilitators will be established early next year. The first course will be offered in SE Qld mid - January. Details with specifics will be emailed very soon.

The two components of the first level of accreditation are:

- ⇒ **Masters Swimmers Introduction to Coaching (Intro Coach) – one full day course**
- ⇒ **Masters Swimmers Club Coach (Club Coach) – one half day course** - must be held at least 1 month after Intro Coach Course

**Bridging Course – Coaching Masters Swimmers (CMS)** course ( extension course for Bronze licensed or equivalent coaches wanting to become a Masters Coach)

The Masters Swimming Australia (MSA) Coaching Masters Swimmers Course provides candidates with the basic coaching knowledge and skills of swimming to be effective MSA club coaches.

Completion of this course and assessment, combined with the appropriate pre-requisites is a recognised pathway to achieving the MSA Club Coach Accreditation. The Club Coach Course is registered with the Australian Sports Commission (ASC) National Coaching Accreditation Scheme (NCAS).

The Masters Swimming Australia coaching courses aim

to teach coaches how to be an effective coach, NOT how to coach the technical aspects of coaching swimming. It is expected that coaches will further their professional development by attending courses within their state to increase their knowledge on specific technical aspects of swimming.

### Recognition of Current Competencies (RCC)

Candidates have the ability to complete an RCC form for the Club Coach qualification instead of completing the Course. This allows coaches to receive recognition for already having acquired knowledge of coaching adult swimmers.

### Facilitators/assessors

All presenters/facilitators need to be a **qualified presenter/facilitator and assessor under the ASC course to present any component.**

This course must have been completed within the last seven years as there was a change in the syllabus. Presenters/facilitators must also have a strong swimming coaching background and a good understanding of the masters' swimming rules.

If you are interested in participating in a coaching course or presenting courses, please don't hesitate to contact me, Mark Erickson, [swimboy62@hotmail.com](mailto:swimboy62@hotmail.com) or the MSQ Administration.

## WHITSUNDAY WARRIORS ENJOYING SUCCESS

Congratulations to Andrea Mitchell on completing the Level 1 Masters Coaching Course! We have missed your bubbly personality coaching us and swimming with us while you were away in the UK... so welcome back!

Congratulations to the eight member Whitsunday team who took part in the North Mackay Sinkers Meet on 26<sup>th</sup> November – Bob and Kay Corskie, Linda Wardroper, Nicki Steel, Julie Mitchell, Cheryl West, Mark Erickson and Raylene Rasmussen. We all have a wonderful time! It was a very friendly and informal swimming carnival. The highlights include: the close tussles between Julie and Kay in their various swims, Cheryl West winning a silver medal for her great performances, Nicki Steel swimming awesome butterfly and 100IM and the close male 4 x 25m freestyle relay!



QWY swimmers at the North Mackay Sinkers swim meet.

## TAKE YOUR MARK

by Mark

# Conquer the Christmas

# Grinch



## If you dare

This Festive Swim Challenge is inspired by a postal swim a few years ago called the BEAST. I have called the Christmas swim challenge for 2011.... CONQUER THE CHRISTMAS GRINCH..... try it if you dare! The Whitsunday Club is attempting this as a Christmas distance swim challenge on Sunday 18 December followed by a Christmas smoko. I would like to encourage clubs or individual to finish the year with a challenge. Swimmers can choose their level of challenge (see below) I look forward to hearing how you go as well as your feedback.

Rest whenever you wish. Try to complete the activities within 2 – 3 hours max. The main objective is to complete the various activities for an aerobic fitness challenge.

### **Mega Grinch Challenge – 7km – recommended for swimmers who normally complete 4kms at training**

- 1200m Free
- 1200m Pull
- 1200m Kick with fins
- 1200m IM without fins
- 1200m Back Fins
- 1000m Breast

### **Maxi Grinch Challenge – 5km – recommended for swimmers who normally complete 2.5 – 3kms at training**

- 1000m Free
- 800m Pull
- 800m Kick with fins
- 800m IM without fins
- 800m Back with fins
- 800m Breast

### **Mini Grinch Challenge –3km – recommended for swimmers who normally complete 1 – 2 kms at training**

- 500m Free Kick
- 500m Free Pull
- 400m IM with fins
- 500m Back with fins
- 600m Free fins
- 500m Breast

I would like to thank everyone for their support throughout the year. I hope you all have a very Merry Christmas and a Happy New Year!!!

Mark Erickson ([swimboy62@hotmail.com](mailto:swimboy62@hotmail.com))



## MEET DIRECTOR

Gary Stutzel (NSW Technical Director)



No! Not the butcher, and not the barbeque cook either.

The Meet Director is that brave individual who organises our swim meets whether they be for 30 swimmers or 300.

Some Meet Directors have years of experience, even 35 years, but many do it for the first time and often only once. Why?

This is a highly complex job with many masters but few helpers and often it seems some very daunting requirements (see the NSW Consolidated Rules of Competition at Rules on [www.mastersswimmingnsw.org.au/](http://www.mastersswimmingnsw.org.au/)). Very little written direction has been available to assist the Meet Director and what there has been was often hidden from sight.

At last that has changed. The National Technical Committee has just completed the production of the "MSA Guidelines for Meet Directors and Clubs conducting an MSA sanctioned swimming meet". Sounds a mouthful but the guidelines justify their full title as they say what clubs need to checkout before they even apply for a sanction from their branch. Of course the starting point is a suitable pool, but how do you tell if a pool is suitable.

The Guidelines contain a checklist of what is required of a pool to make it suitable. They also go on to outline the areas of responsibility of both the Meet Director who organises the meet and the Meet Referee who oversees the conduct of the meet on the day(s) it is run. These two key officials must work together to achieve the results everyone wants and to ensure the sanction requirements are met. It also includes a Risk Assessment form, courtesy of the Queensland Branch, and details of how the seating area is to be set up for marshalling.

Of course the Guidelines are just that and it is possible to conduct a meet without following them to the letter provided the branch sanction conditions are met. There is no doubt that with time and usage the content will be modified, however, they represent current best practice.

I recommend they be read by all clubs considering holding a meet and by all Meet Directors both novices and the experienced.

## NATIONAL AND WORLD RECORDS

### Where and when can a swimmer set a National Record:

- At a sanctioned MSA meet with a certified / registered pool survey
- At a recognised meet conducted by SAL or one of its branches with a certified/registered pool survey
- At a recognised international meet swum under FINA rules with a certified/registered pool survey
- Where AOE is used and or a minimum of 2 timekeepers

### Where and when a swimmer can set a FINA World Masters Record:

- At a sanctioned MSA meet with a certified / registered pool survey

- At a recognised international meet conducted for/by FINA Masters with a certified/registered pool survey.
- Where AOE is used and or 3 timekeepers.

### Which records can you break at the Pan Pacific Masters Games or World Masters Games:

- An MSQ record if hosted in Queensland and if you are an MSQ registered swimmer
- An MSA record if you are a registered MSA swimmer
- A Pan Pacific Masters Games or World Masters Games record as an MSA or non MSA swimmer.

**You cannot break a World Record at the above events.**

## UPCOMING SWIM MEETS 2012

### Venue:

⇒	22nd January	River City Masters Swimming	Somerville House, South Brisbane
⇒	4th February	Caribee Rocky Crocs	Southside Swimming Pool, Rockhampton
⇒	11th February	Mareeba Masters Swimming	Mareeba Memorial Pool
⇒	18th February	Gladstone Gropers	Western Suburbs Swimming Pool
⇒	26th February	Miami Masters	Nerang Pool

## AGM AND THE BMB

The **Annual General Meeting** will be held shortly after the completion of the day's events at the State Long Course on the **10th March 2012**.

It is important that a representative from each club be at the meeting.

Nominations for positions on the **Branch Management Board** have been sent to clubs.

Please consider nominating for a position on the board and we encourage our younger members to consider becoming more involved at the state level. Don't assume someone else will do it for us. In 2011 we were unable to fill the position of Vice President Sunshine and yet we have the second largest number of clubs in this region, some of which are in the top ten in membership numbers.

We need more people to consider making a difference to our organisation and to progress we also need new ideas and a fresh approach to the future of MSQ. It is imperative that we grow the organisation and although we've introduced some exciting programs, everything is a work in progress. We cannot afford to sit back in the belief that we understand the needs of all our members and that someone else will do the job. That is not the case as we continually need to grow and adapt to our ever-changing social and economic circumstances.

***Why not adopt the attitude that your contribution as a board member allows you to see what you can do for MSQ at a state level?***

Right: 3 current members of the BMB:  
Ray Smythe, John Barrett and Alan Patterson

**PO Box 1279  
CAPALABA BC  
4157**

**TEL: 3245 1571**

**Email:**  
[administrator@mastersswimmingqld.org.au](mailto:administrator@mastersswimmingqld.org.au)

**Website:**  
[www.mastersswimmingqld.org.au](http://www.mastersswimmingqld.org.au)



*Merry Christmas and a happy and prosperous 2012  
Thank you to everyone in MSQ for your support during the year!*