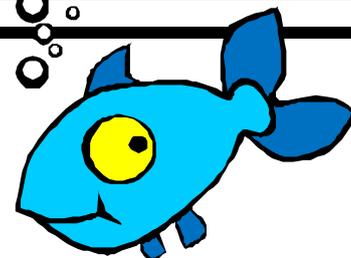


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

July/August 2019



PRESIDENT

Peter Lyster says hello from rural France where he is having a great time with all his family. They are staying in two converted farmhouses, modernised rustic, with enormous rooms. He says he's "not in a position to write a worthwhile President's report so will do a double one next time!"

ANNUAL CLUB LUNCH Barry Green

For its 27th birthday celebration, club members and spouses gathered at Vina H, a Vietnamese restaurant in Nedlands. Unfortunately illness prevented long-time members Pat Byrne and June Maher (on her 90th birthday) and her husband Bill from attending. However we were thrilled that one of the original club members, Hazel Christie, was there.

President Peter Lyster welcomed all guests who were then feasted on a Vietnamese banquet – more food than we could deal with! After the main course, Peter handed year certificates to those present. Those qualifying were:

Zee Marsland, Pat Byrne, Tricia Summerfield, Pamela Walter (25 years);
June Hough, Dee Stephenson (20 yrs); Bill Woodhouse (10 yrs); Marg Smithson (5 yrs).

Captain Pamela Walter announced the 31 swimmers who were listed in the 2018 State and National Top Ten and presented their certificates. Collating all the information and preparing the certificates was a mighty task which is greatly appreciated.

Finally, Peter presented Barry Green with the fifteenth Certificate of Appreciation issued by the club, "recognising Barry's dedication to Stadium Masters and the huge commitment of time and effort he gives to the club in the creation and delivery of swim programs in coaching sessions."

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CAPTAIN Pamela Walter

Club Swim Saturday 13th July

Fourteen swimmers took part in this short course meet which was held to help swimmers prepare for the Golden Groper State Relay Carnival. Des Seery, a Masters Swimming WA Meet Referee, was invited to give a pre-swim talk on all things technical. This is a new initiative by MSWA officials to try to reduce the frequency of DQs and to familiarise swimmers with the starting procedure at meets so they feel more comfortable about entering carnivals. Very generously, Des stayed on to act as Starter for our heats, reinforcing our understanding of the range of whistle signals used. Des's talk was the first to be given to a club.



There were three other firsts - Dale Wilcox, Tania Gregg and Brett Jago all experienced their first Club Swim and all said they enjoyed it. Because only 25m and 50m events were on offer each swimmer was able to enter four events, resulting in many close tussles and ten club records being broken. Thanks to Marg Watson who volunteered to be Chief Timekeeper and record times and to everyone who held a stopwatch between their heats.

Ann Ritchie	25 FR (PAB); 25 BA (PB/CR)
Audrey Bullough	50 FR (PAB/best since 2013); 25 FR (best since 2018)
Cas Brown	25 BR (best since 2016)
Margaret Smithson	25 BA (inaugural)
Meryllyn Burbidge	50 BU (PB/CR); 25 BU (PAB/CR); 25 BR (PAB/best since 2016/CR)
Pamela Walter	50 BR (best since 2017); 25 BU (best since 2016)
Sara Cann	50 BR (best since 2016)
Tania Gregg	50 BR, 25 FR, 25 BA, 25 BR (all inaugural)
Bill Woodhouse	50 FR, 25 FR, 25 BR, 25 BU (all PAB)
Brett Jago	50 FR, 25 FR, 25 BR (all inaugural/CR); 25 BU (inaugural)
Chandra Veliath	50 FR, 50 BR, 25 FR, 25 BA (all PB); 25 BR (inaugural)
Dale Wilcox	50 FR, 25 FR, 50 BR, 25 BR (all inaugural)
Graham Wimbridge	50 FR (PB); 50 BR, 50 BA, 25 BU (all PB/CR)

Twelve women and eight men have signed up for the Groper Relays, just perfect for two men's and three women's teams. Woe betide anyone who pulls out!

WHAT DO THOSE POINTS MEAN?

You may have noticed a points score appearing after your name in Meet results. Here's a hypothetical example:

100m Butterfly Short Course

Name	Age	Time	Points
Hope Springs	21	1:23.13	342
Delphine Flounder	61	1:53.82	248
Coral Fisch	82	1:43.30	959
John Dory	41	59.53	739
Bruce Nark	58	1:20.84	405

The closer your time is to the FINA Masters World record for your age group, gender and event, the higher the number of points. Points are calculated based on Masters World records as of the most recent FINA Masters World Championships. These records can be found on the FINA Masters website.

For the more mathematically inclined who may want to try the formula using their own times, it is:

$$\text{Points} = \left(\frac{\text{World Record time}}{\text{Swimmer's time}} \right)^3 \times 1000$$

2018/19 MSWA WOW Open Water Swim results

Jackie Egan: 2nd of 230 in 45-54 age group
Anne Edmondson: 11th of 160 in 55-64 age group
Pamela Walter: 5th of 65 in 65-74 age group

happy
birthday

AUGUST 3rd Patrick Cooney
4th Marg Watson
26th Pat Byrne
SEPTEMBER 6th Bill Cresswell

They say that age is all in your mind. The trick is keeping it from creeping down into your body. Author unknown

DIARY ENTRIES FOR JULY AND BEYOND

Date	Event	Time	Venue
Saturday 3 August	Golden Groper State SC Relay Meet	warm-up 12:45pm	HBF Stadium
Saturday 17 August	Inaugural Annual MSWA Club Conference	8:30am – 4:00pm	DLGSC, Leederville
Sunday 18 August	Somerset 1500 Metre LC Distance Swim	rego by 8:45am	Aqualife, East Vic Park
Saturday 7 September	Stadium Masters 1500 Metre LC Distance Swim	TBA	HBF Stadium
Sunday 22 September	Leeming LiveLighter Club Challenge	TBA	

OUTCOMES OF MANAGEMENT COMMITTEE MEETING 24TH JUNE Peter Lyster

- Combining the Wednesday morning and afternoon training sessions will continue for July and early August as we have a shortage of coaches due to holidays.
- Past members have been emailed a copy of *Snappers* and invited to come for a swim. To be repeated again.
- Our Stadium Masters 1500m Distance Swim has been sanctioned for 7th September. Chandra and Jackie to prepare MM and send invitations to clubs.
- Club lunch all arranged by Helen, Marg and Barry.
- Masters Swimming Australia and MSWA have confirmed the reduced fees for July to December membership. We will reduce our new member fee to \$120 from 1st July.
- Pamela has organised certificates recognising years of membership and Top Ten achievements.
- Elena's breaststroke clinic will be held in September and a butterfly clinic later. Dates to be confirmed.

CLUB CLOTHING Tania Gregg

Swimmers, I have an abundance of Snappers swim caps at the moment. With a few meets coming up now is the time to buy one for \$10.

Please email me on tania_gregg@hotmail.com or text 0418 900 931 to arrange purchase.



KOALA JOKES ARE TRENDY!

Q: Why did the koala fall out of the tree?

A: Because he was DEAD.

Q: Why did the second koala fall out of the tree?

A: Because he was stapled to the first koala.

Q: Why did the third koala fall out of the tree?

A: Because he thought they were playing a game.

Q: Why did the boy fall off his bike?

A: Because three koalas fell on top of him.



Ed: What place has this joke in a swimming club newsletter, I hear you ask. My answer is twofold. Firstly it's wacky light relief from all the swim-related items; secondly there is ample evidence on YouTube that koalas are competent swimmers so you may learn a bit by watching them!

SUPERSNAPPER

Congratulations to Louise Norris for winning a SuperSnapper Award! Louise was recognised “for her excellent performances at the State Championships with three closest to best times and one inaugural.”



GOGGLE SAW



- this label on a suitcase but didn't know whose suitcase it was. Perhaps it was Peter L's, Barry's, Helen's, or Pamela's.
- a group of swimmers marching backwards, or trying to, as a novel warm-up for backstroke.

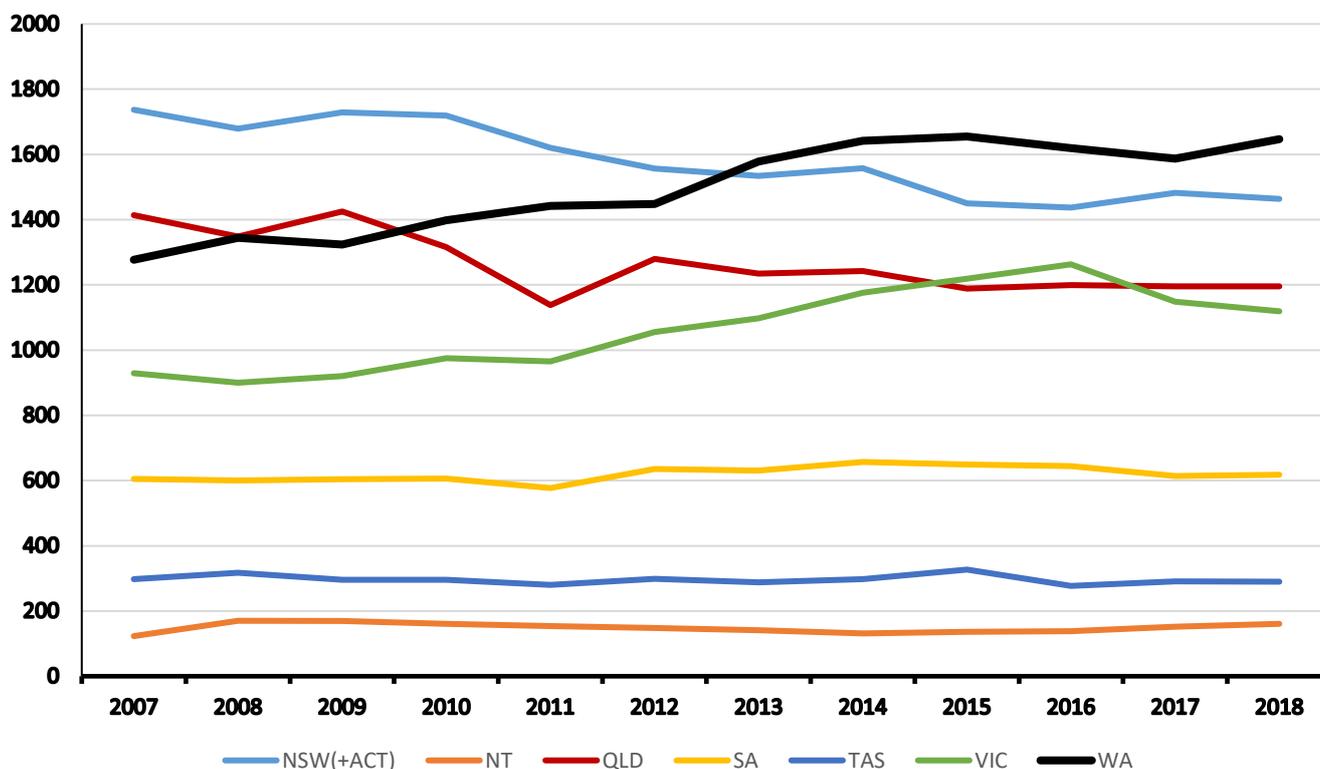


- Margaret Smithson earning two certificates

AND HEARD

- that, in honour of his birthday, Craig's wife baked his favourite zucchini cake to share with swimmers at afternoon tea. Just before Craig left for swimming he heard a strange snuffling noise. Investigation revealed his new dog tucking into the cake! There wasn't much to salvage and time was short so Craig dashed into IGA for replacements on his way to swimming. Everyone enjoyed the cake and enjoyed the story even more. Ever generous, Craig shelled out to buy all the remaining tickets in the \$10 raffle. He won and donated the \$10 to the Club's Swim for Alzheimer's event. Craig left soon after for several months in Broome!

Numbers of Masters Swimmers in Australian states



The graph shows the number of Masters Swimmers in each state dating from 2007. It is interesting to note that since 2013 WA has had more Masters Swimmers than any other State. NSW is next, then Queensland and Victoria. We must be doing something right here in the West!

STADIUM MASTERS SWIM FOR A REASON 6th July

Barry Green

This Stadium Masters Swimming Club event was held in support of the Australian Alzheimer's Research Foundation. The amount raised was in excess of \$5500! What a mighty effort from all those concerned. Thank you.

Last year was the first Swim for a Reason in the 1-hour relay format, the brainchild of Stuart Gray who also kindly donated the trophies. This year's event included four teams from Belmont Masters, one from Claremont Masters, five from our own club and two family teams.

After four hours of energetic non-stop laps, swimmers and supporters who hadn't already left for the Eagles vs Dockers derby assembled in Crab Palace for afternoon tea and trophy presentations. Trophies were awarded as in the table below. Thanks to our volunteer timekeepers and recorders, especially those who weren't swimming - Sally Ponchard, Judith Lithgo, Deb Wagstaff, Geoff Lane and Jackie Egan – and to Helen Green and Marg Watson and their helpers for the afternoon tea. Thanks to Pamela for selling on Gumtree the 16 tickets to Dockers and Eagles games donated by VenuesWest. This was another very time-consuming exercise for Pamela and netted nearly \$700!

The event was most enjoyable and fulfilled the aim of giving something back to the community by donating the proceeds to Alzheimer's research. It seems as if the club should aim to host the event again next year!

Longest distance swum in each Masters age group	120-159	<i>H and the TWs</i> (Helen G, Michaela, Owen and Wini T-W)	3600 m
	160-199	<i>Easily Convinced</i> (Brooke P, Tristan P, Elizabeth K, Shai A)	3575 m
	200-239	<i>March Past</i> (Mark A, Helen L, Tania and Al Gregg)	3575 m
	240-279	<i>3 Thorns and a Rose</i> (Joy J, Carmen H, Mark H, Pat H)	2875 m
	280-319	<i>Regent Park Porpoises</i> (Audrey B, Dale W, Cas, Bill W)	2375 m
	320-359	<i>The Grandies</i> (Marg W, Mary and Stu G, Ann R)	2225 m
Closest to predicted number of laps		<i>3 Dicks and a Dora</i> (Pamela, Chandra, Graham, Gavin) Nominated 3075 m, swam 3075 m	
Greatest amount raised		<i>The Chlorine Machine</i> (Sara, Sophie, Barry, Merilyn)	\$1,074.27

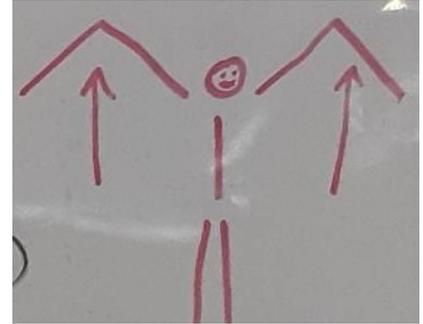


Sara, Sophie, Chandra and Gavin at the end of the day.

ELENA'S BACKSTROKE CLINIC 12th and 26th JUNE Barry, Pamela and Merilyn

Elena stressed the importance of

- **Breathing:** Because the face is out of the water in backstroke, there is no natural breathing pattern, as in the other strokes, but it is important for each swimmer to settle on one regular pattern.
- **Head and Body Position:** The body should be as horizontal as possible, with hips and toes kept near the water surface by tightening the glutes. Common faults include "sitting down", legs trailing downwards and excessive knee bend, all diminishing the streamline and introducing increased drag.
- **Kick:** The two options are flutter kick with single-arm stroke or frogkick with double-arm stroke. Flutter kick is, as for freestyle, initiated from the hip and most propulsion is achieved from the up-kick.
- **Rotation:** As for freestyle but not applicable to the double-arm stroke. Each swimmer will have his/her own acceptable rotation limit. While the body rotates from the core, the head should remain still with the eyes looking upwards to maintain a good body position.
- **Arm trajectory:** The little finger enters the water first, the hand catches the water and then the arm takes on a shape as if the swimmer puts their arm around the shoulders of someone standing alongside as in the diagram. The elbow should not drop, ensuring that as much water as possible is being caught. To finish the arm stroke, the hand pulls down to "pat the dog" near the thigh.
- **Timing:** The entry of one hand should coincide with the emergence of the other at the start of its recovery over the water. This is different from freestyle where an element of "catch-up" occurs with hand entry.



Land-based warm-up exercises

- Balance on one leg and swing the other leg forward and back.
- Balance on one leg and swing the other leg in front from side to side.
- Swing arms in opposite directions, led by left arm first, then by right arm.
- March forward - opposite arm and leg coming forward. Same backwards.
- Left arm stretched forward. Right hand gently pushes the fingers of the left hand back. Change hands.
- With knee bent, swing leg up in front of body
- Link fingers behind back.

Water drills for single-arm, all with fins

- Achieve a good body position, hands by the sides, head still, eyes to ceiling, bottom up, glutes tight, keeping body long between sternum and top of pelvic girdle, flutter kick with upbeat stronger than down.
- Hold kickboard over the knees and do as above without hitting the board with the knees.
- Hands by the sides, kicking and "rotisserie". Ensure that the rotation is core-driven, not shoulder-driven.
- One arm stroke with rotation. The arm is held as if around best friend's shoulders so that the elbow points away from the body to catch the greatest amount of water.
- Two arm strokes on one side, then two on the other.
- Periscope - one arm raised perpendicular to the water surface, then back down to water surface near knee, followed by a normal stroke. Repeat with the other arm.
- Zombie kick - arms held vertically while trying to flutter kick normally and keeping the body high in the water.

Water-drills for double-arm

- As for single-arm with fins.
- Take off fins and frogkick, trying to kick upwards at the finish.
- Frogkick with board over the knees.
- Right arm only with frogkick, concentrating on catching as much water as possible; same with left arm only.
- Double-arm stroke emphasising glide. After the catch, the pull is diagonally into the body towards the knees. Hands finish propulsive part of stroke touching legs.
- Two frogkicks to one double-arm pull, concentrating on glide.
- Swing the right hand back and rest it on the water in a stretched position beyond the head. Bring the left hand to meet it then pull with both arms. Right, left, pull. Repeat with left hand leading. Left, right, pull.
- Zombie kick - arms held vertically while trying to frogkick normally and keeping the body high in the water.

JACKIE'S SWIM TREK



*Bay of Kotor: We swam most of this bay and hiked the mountain!
We stayed for the week in the little village of Perast on the other side.*

Ciara Drumm is a former Club member who was in Perth for a year and has now gone home to Ireland to practise medicine.

It was wonderful to catch up with Chiara in June on a Swim Trek tour in seriously picturesque Montenegro. We swam our little hearts out and had the most perfect week. We were very fortunate to have ideal weather every day.

Our group of 13 swimmers - 4 Swiss, 7 English, Ciara and me and 2 guides - was great fun and full of interesting stories and lots of laughs. Ciara made friends with the very handsome and lovely James who lives in London. He is an exceptional swimmer and quite literally swam rings around us. He was very kind and gracious to loop around us each time he got too far ahead of the pack and never once complained. But he did make us feel

very slow when he zoomed past us all on a regular basis!

We swam in the most awesome places - between and around small islands in the Adriatic Sea, through caves and submarine tunnels, in freshwater lakes and in beautiful bays. The water was quite warm but on occasion some very chilly spots from recently melted snow flowing off the mountains would cause us to scream and pick up our pace! Once, after we'd swum through an icy patch, we stopped to listen to all the others behind us. When the cold hit them their screeching and squealing could be heard right across the bay! It was hilarious!

Our guides were amazing, professional and lots of fun. They were really passionate about their swimming and gave us lots of tips along the way. One day we got the boys in the Montenegrin Navy very excited by swimming a little close to one of their ships. I was hoping for an arrest but sadly they left us alone when they realised we were just crazy tourists on a swimming holiday.

By the end of the week we had swum over 30km and eaten loads of amazing local food, including Montenegrin donuts for breakfast! At night we enjoyed fine dining on seafood, especially the grilled octopus which was to die for, and an abundance of good Montenegrin beer and wine and way too much gelato washed down with Aperol Spritzers!

The last full day we swam at Lake Skadar which is absolutely gigantic and so close to the Albanian border that we could see it in the distance. Ciara was on fire and was in the lead and we were struggling to keep up with her. I'm sure all the beer and wine helped! We definitely saw an improvement in our swim fitness over the tour.



Ciara in the church on the little island in the bay called Our Lady of the Rocks.

ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Peter Lyster, Pamela Walter, Barry Green, Tania Gregg, Helen Loake, Helen Green, Elizabeth Edmondson and Jackie Egan for their contributions to this issue of *Snappets*. The deadline for the next issue is **Friday 6th September**.

Merilyn Burbidge

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OUTBACK ADVENTURES

Helen Loake and Mark Anderson recently took a road trip to far flung Maralinga, Lake Eyre, Alice Springs and Uluru.

Here are some of their stunning photos. Helen says, "We saw very little wildlife which was disappointing - plenty of camels, brumbies and dingos. We'd hoped for a thorny devil and some birds, especially over Lake Eyre, but virtually nothing. We saw only two kangaroos the whole trip. Maybe it wasn't the right season."



The runway at Maralinga at 2.4 km is one of the longest in the southern hemisphere, strong enough for the space shuttle and with a little scrub cleared on either side could take the Antonov too! (The Antonov 225 is the world's biggest aircraft.)



Nothing better than a roaring campfire: temperatures in the desert drop quickly as soon as the sun sets. We weren't the only ones wanting to warm our toes!

Not much of a looker but the William Creek Hotel, miles from anywhere, is an awesome spot for a sundowner.



Co-pilot Mark taking a few snaps of Kata Tjuta (aka The Olgas).