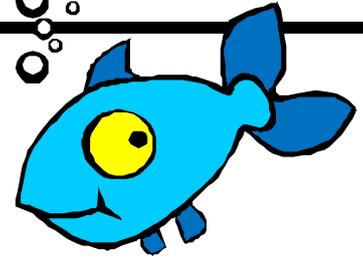


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

July 2020



PRESIDENT

Swimming at the pool is definitely back to normal. After being “locked out” for two months, it was good coming back to short course lanes to ease into training and it made the drills seem a bit easier, too. At times we have had the pool almost to ourselves and we have been able to spread out of our allocated lanes. That won’t last!

It’s been great to see so many members swimming again and numbers are back to pre-COVID levels. Attendance on Sundays has even increased. We’ve also had more enquires and we currently have four would-be members on their free month’s trial. Barry has been doing a lot of one-on-one coaching to get them ready to join the squad.

Tania has our Instagram account up and running. Each post from her also appears on our Facebook page. I would ask all our members who use social media to please “follow” our account and to forward it on to family and friends; it’s a very inexpensive way to promote the club. Tania has more details further on in the newsletter.

Lovely to see Tricia in for coffee last week and looking very well after her dreadful accident in the City Beach surf but we are sorry that it will be a while before she is swimming again.

Several events are coming up soon: a supper evening on 28th July, Elena’s clinics start the next day, the club lunch is planned for 12th September and our LiveLighter carnival will be on 25th October.

See you in the pool, Peter.

SUPERSNAPPER

Congratulations to Dale Wilcox, SuperSnapper for June! Dale swam 3000 metres Breaststroke and set new Club Records in short course for 1 hour, 1500m and 3000m. He achieved all this even though he got out of the pool after the hour was up and spent three minutes (while the watch was still running) listening to Pamela’s reasons for him to get back in and plug on to 3000m!

Some days later, Dale was told that he would have his photo taken after swimming. He wasn’t told why but came well prepared to make the event memorable. Onya Dale!



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FROM MSWA

LiveLighter Winter Solstice Swim

Results: Mandurah (2245 points), Westcoast (2170), Busselton (960), Bunbury (885).

Congratulations to all participating clubs. We received some fantastic photos and videos that captured the spirit of fitness, friendship and fun. Overall it was a massive success and we have plans to make the LiveLighter Winter Solstice Swim and annual event.





WELCOME

Welcome back to Vic Paul who has recently joined Stadium Masters as a full member, transferring from Claremont Masters.

Vic was a member for two years about a decade ago. Even before that he gave valuable help with coaching the day swimmers and has provided many good training programs for Sunday mornings. Already Vic has joined in swimming and timekeeping in the Endurance 1000 program.

We hope Vic enjoys swimming and socialising with our club again.

WHAT AN IMPRESSIVE ACHIEVEMENT!

Q: Who in the club swam in five events at official meets in 2019 and gained five firsts in the State Top Ten rankings for that year?

A: Ann Ritchie!

Ann holds the honour of being the Club's most senior swimming member. Last year she advanced into a new age group (85-90) and swam 25, 50 and 100 Freestyle and 25 and 50 Backstroke. Four of these also achieved listings for Ann in the National Top Ten. Go Ann!



COMMITTEE DECISIONS from the meeting held on 1st July

- LiveLighter Club Challenge** planned for 25th October. MSWA has asked clubs to try to make events shorter and faster. We have traditionally run 50m, 100m and 200m in all four strokes and that takes 3 to 3.5 hours. Also the expected reduction in pool costs has actually become an increase. We will await further input from MSWA and make the final decision at the next meeting.
- Online raffle:** Agreed to put the \$130 into one draw: 1st \$50, 2nd \$20 and 3rd \$10. \$50 to go to club funds. Bill to restart the weekly raffle.
- Elena's clinics:** We have received a grant from MSWA of \$300 towards the cost of the clinics.
- Swim for Memory:** Agreed to cancel the event for this year but definitely to run it next year.
- Stop watches** to be checked and faulty ones replaced.
- Concern expressed over five swimmers** we have not seen at training for some time. Various committee members to contact each swimmer.
- Content for Snappets:** Peter asked each of the committee members to provide material for future issues.

★ **HAPPY** ★
BIRTHDAY!

And very best wishes to

Patrick Cooney 3rd August

Marg Watson 4th August

Pat Byrne 26th August

Solution to last month's Birthday Quiz for those who haven't already asked Siri!

- Beethoven would have celebrated his 250th birthday this year if he were still alive.
- Superman's birthday is 29th February.
- The tradition of the birthday cake and candles originated in Germany.
- William Shakespeare died on his 52nd birthday on 23rd April.
- Your Golden Birthday is when your age in years is the same number as the day of the month on which you were born. Superman was 29 on his Golden Birthday and Shakespeare was 23 on his. (How old were you?)
- Anne Frank received a diary for her 13th birthday



CAPTAIN Pamela Walter**Short Course Club Swim Saturday 11th July**

Fifteen swimmers was the best turn-out for a Club Swim in a good while and could even be a PB! Because we haven't had much opportunity to be timed this year we aimed to record as many times as possible so took 25m internal times in the 50m events and 100m times within the 200m events. Several people managed to record five legal times for their three swims and three people recorded six times. Other clubs who don't hold club swims won't get the same opportunity so I'm expecting lots of high rankings in the State Top Ten for the year. Barry, Marg W and 'Tricia all deserved their chocolate reward for running the heats even though they weren't able to swim themselves. Dee scored a chocolate bite, too, for swimming 200 Free when she thought she might have to stop at 100. Bravo! Helen and Mark both swam very well at their first Club Swim, although Mark barely survived a swimsuit malfunction. He made another spectacle the following Wednesday when he came to training in orange fluoro high vis bathers but we saw less of him that day!

A good few notable achievements:

Audrey Bullough	25FR, 100FR, 200FR (all PAB); 50FR (PAB/best since 2013); 25BA (PAB/CR)
Bill Woodhouse	200FR (PAB/best since 2014)
Brett Jago	25FR, 50FR (both PB); 100FR (inaugural); 200FR (inaugural/CR)
Cas Brown	25BR (PAB/best since 2016); 50BR (PAB); 50BA, 100FR, 200FR (PAB/best since 2018)
Dale Wilcox	100BR, 200BR (both PB); 25BR (inaugural)
Dee Stephenson	25FR (PAB); 50FR (PAB/best since 2018/CR); 100FR (PAB/best since 2011/CR); 200FR (PAB/best since 2012/CR)
Helen Loake	25FR, 50FR, 25BR, 50BR, 100BR, 200BR (all inaugural)
Louise Norris	50FR (PB); 200BR (inaugural); 25BU (PB)
Mark Anderson	25FR (inaugural); 50FR, 25BR, 50BR, 100FR, 200FR (all inaugural/CR)
Merilyn Burbidge	50BA (best since 2018); 200BA (PAB/best since 2012/CR); 25BR (PAB/best since 2016/CR)
Sara Cann	25BR (best since 2016)
Tania Gregg	50FR, 25BR, 100BR, 200BR (all inaugural)

Most people took part in the popular clinics run last year by Elena Nesci and benefited from them. The Club has engaged Elena to run further clinics this year. Get ready to learn more! Here's the schedule:

Freestyle 1	Understanding/implementing hip drive	29 July	9:30 – 11:00
Freestyle 2	Hip drive development	12 Aug	9:30 – 10:30
Backstroke 1	Stroke development	2 Sep	9:30 – 10:30
Backstroke 2	Stroke development	16 Sep	9:30 – 10:30
Breaststroke 1	Stroke development	21 Oct	9:30 – 10:30
Breaststroke 2	Stroke development	4 Nov	9:30 – 10:30
Starts, turns, finishes all strokes		25 Nov	9:30 – 10:30
Open water skills		date TBC	9:30 – 10:30

ANNUAL CLUB LUNCH AND PRESENTATIONS**Barry Green**

We propose to hold the club's 28th birthday celebration on Saturday 12th September at VinaH restaurant, 151 Broadway Nedlands, where we held it last year, conditional on the State's pandemic social distancing rules being removed to Phase 5.

As usual, certificates for those reaching the "magic" numbers of 5, 10, 15, 20 and 25 years of membership will be presented and the National and State Top 10 listings will be announced.

The cost remains the same as last year, \$40 per person, which includes a three-course meal and corkage for BYO wine. Beverages which are available there, wine, beer, soft drink, tea and coffee, are at an individual's expense.

I have to keep track of numbers to tell the restaurant and collect, and account for, the money. There will be a sign-up sheet in the cage, but email indications to barryjohnngreen@yahoo.com.au would be appreciated. If you make a transfer of money to the club bank account (BSB 036-063 Account # 162984), please identify it as the lunch and for whom and notify me.



GOGGLE SAW

• Louise and Rob Norris delighting in the wonders of Ningaloo with Helen and Mark. Helen couldn't resist taking this photo. She thought Louise looked like the 'escaped (senior) mermaid of Ningaloo'!



• Craig hooking up his caravan for his annual trip to the mecca of Broome.

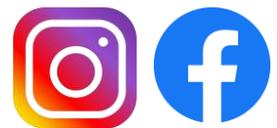
• This news bulletin from a source somewhere in Ireland.

BREAKING NEWS... swimming pools to re-open from the 4th July, but due to continued social distancing regulations there will be no water in lanes 1, 3 and 5.....

DIARY ENTRIES FOR JULY AND BEYOND

Date	Event	Time	Venue
Tues 28 July	Dinner after Tuesday training	8:30pm	Shalimar restaurant
Wed 29 July	Elena's clinic: hip drive in Freestyle	9:30 – 11:00am	HBF Stadium
Sat 8 Aug	Masters Swimming WA Club Conference	9am – 4pm	Bendat B'ball Centre
Wed 12 Aug	Elena's clinic: development of hip drive in Freestyle	9:30 – 10:30am	HBF Stadium
Wed 19 Aug	Council of Clubs meeting	6:30pm	RLSWA
Sun 30 Aug	Just 100s carnival: 5 x 100 short course events	1:00pm	HBF Stadium
Wed 2 Sept	Elena's clinic: Backstroke 1	9:30 – 10:30am	HBF Stadium
Sat 12 Sept	Annual Club lunch	12:00 noon	VinaH restaurant
Wed 16 Sept	Elena's clinic: Backstroke 2	9:30 – 10:30am	HBF Stadium

STADIUM MASTERS AND SOCIAL MEDIA Tania Gregg



As well as a website, Stadium Masters now has their own Instagram and Facebook accounts. Our Facebook site has been around for a while and our Instagram account was set up in April this year. Establishing a club social media presence makes our club visible and known out there in the community and is a way of increasing our membership base. We have to "go where the people are", promote our Club name and keep ourselves relevant. A survey of members revealed that many, typically those who are older, do not use and are not interested in social media. However I encourage those who do have Facebook and Instagram accounts to "Like us" on Facebook (search Stadium Masters Swimming Club) and "Follow us" on Instagram (stadiummastersswimming).

Since setting up our Stadium Masters Instagram account there have been posts such as 7 months for 6 deal, getting back into the pool after COVID restrictions were lifted and our 320+ women's relay making the World Top Ten. Sixty-one people are Following our account and our account is Following 18 other relevant accounts, eg Port to Pub, Elena Nesci, Rotto Channel Swim and some swimming clubs. In the week 23 June to 29 June our Instagram account had six visits to the "about us" section and one click to our website. The Instagram account is linked to our Facebook page so generally when I do an Instagram post, the same post will pop over to Facebook too.

Currently 67 people "Like" our Facebook page. The last couple of posts have reached around 30 people. Our Facebook page was visited 28 times in the past 28 days and I am hoping this will improve.

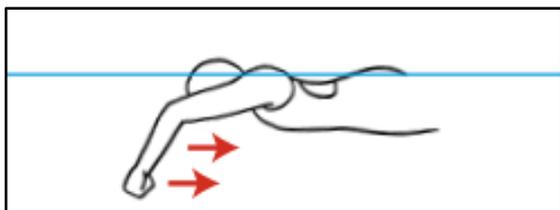
With more people Liking or Following our pages, hopefully the algorithm gods will work in our favour and the increase in activity on our accounts will attract more members.

TECH TIP: Freestyle Fist Drill **Mark Anderson**

This is an easy freestyle drill that helps you to

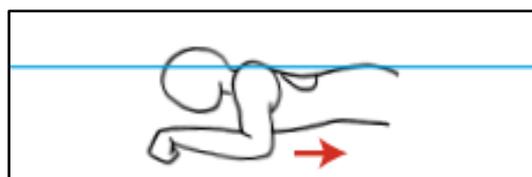
- obtain a better 'feel' for the water
- use your forearm for propulsion (not just your hand)
- maintain a high elbow and achieve an EVF (early vertical forearm)
- appreciate the role of the hand.

With your fist clenched, simply push off and start swimming freestyle and continue for a length. To obtain good movement you need to use your forearm as a paddle. Focus on maintaining a high and forward elbow position until your forearm is vertical below the elbow – then engage your lats* and pull, accelerating through the full stroke.



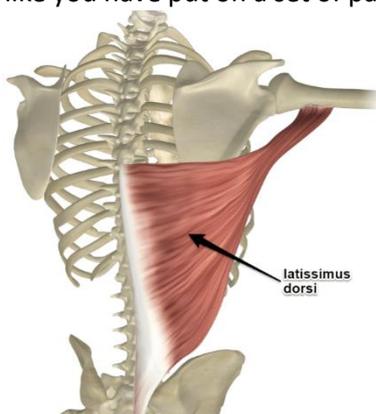
✓ Like this, with high and forward elbow to direct arm propulsion straight backwards

Not like this with dropped elbow



Don't hurry the hand entry otherwise your fist will generate lots of bubbles – slow the water entry down and focus on the EVF and pull after the catch.

Do alternating lengths of this drill with full hand freestyle. Maintain the same EVF with the full hand freestyle and it will feel like you have put on a set of paddles.



* 'lats' – Latissimus dorsi

These back muscles attach to your upper arm and are much larger and stronger than any of your arm or shoulder muscles. Engaging your lats at the catch allows you to generate more force and forward propulsion.

SOCIAL MEMBERS NEWS

Monday, 23rd March seems a lifetime ago. That was the week the pools closed for the COVID-19 lockdown.

It took some mental stamina to get back in the pool mid-winter! But happen it did, on Monday 15th June 8am at Claremont, and Friday 19th 2pm at Bold Park. There was a good turn-up each time and plenty of encouragement. Also, three consecutive weeks of cakes at the Tee Box Cafe to celebrate birthdays made it even more worthwhile!

At Bold Park, Hazel had her first swim a couple of weeks ago and was particularly pleased with doing 300m in the long course pool - pretty good after a long lay-off and some health problems. Marg Somes and Zee enjoy the therapeutic benefits of the indoor pool, while June Hough can be relied upon to bring the biscuits. It's good to be back in the swim!

FROM ASSISTANT RECORDER Bill Woodhouse
Endurance 1000 progress points to 30th June

Cas	410	Audrey	213	Merilyn	70	Barry	5
Pamela	345	Bill	210	Sara	34	Gavin	3
Dale	255	Brett	138	Jackie	5	Graham	3



BLAST FROM THE PAST: HeartSwim

HeartSwim was a joint venture between the Heart Foundation and Masters Swimming WA. Our club entered teams in all five HeartSwims held between 2004 and 2009.

2004

Hearty Snappers Marg Somes, Lillian Hadley, Geraldine Klug, William Curtis, Marilyn Burbidge

- Raised about \$720 through HeartSwim raffle, sale of biscuits and gold coin afternoon teas
- Won the prize for Best Costume at our venue, Challenge Stadium
- Were also the Oldest Team (333 years) but were ineligible as the team had already won a prize!

4 Belles and a Whistle Eleanor Parsons, Gail Parsons, Tricia Summerfield, Robyn Wilson, David Corney

- Won the prize for Best Team Name at our venue

2005

Licorice Allsorts Pat Sugars, Marg Watson, June Maher, Cas Brown, Colin Beaton

- Raised \$730 through HeartSwim raffle, sale of marmalade and HeartSwim sponsorship
- Swam 7.2 km
- Won the Funkiest Outfit prize at our venue
- June and Colin won prizes for Oldest Female Swimmer and Oldest Male Swimmer

Where's John? Sue Colyer, David Corney, Gail Parsons, Tricia Summerfield, Robyn Wilson

- Swam 9.1 km



2006

Sweet Tarts Dee Stephenson, June Hough, Sue Colyer, Pamela Walter, Jeannine Heinrichs

- Raised \$545 through HeartSwim raffle, sale of marmalade and sponsorship
- Won the prize for Funkiest Outfit
- June won the prize for Oldest Female Swimmer

BRET Brett Machielsen, Robyn Wilson, Eleanor Parsons, Tricia Summerfield

- Won the prize for being closest to their nominated time after the first hour



2007 HeartSwim was not held. Challenge Stadium was being refurbished and participation at other venues had not been strong enough in past years to risk conducting the event in 2007.

2008 Audrey Bullough had a smile from ear to ear on learning she had won first prize in the HeartSwim raffle: two nights for four people at Quay West, Bunker Bay. The raffle raised \$12,500.

2009

- 48 teams provided 240 participants. Tricia and Sue Colyer were part of a Sport and Rec team.
- Volunteer support was excellent, including a group of day-swimming Snappers.
- \$37,000 was raised; "matching" was provided by BHP so the total increased considerably.

HeartSwim has not been held since 2009.

ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Peter Lyster, Tania Gregg, Bill Woodhouse, Marg Watson, Pamela Walter, Barry Green and Mark Anderson. The deadline for the next issue is **Friday 21st August** and I look forward to receiving your items.

Marilyn Burbidge

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