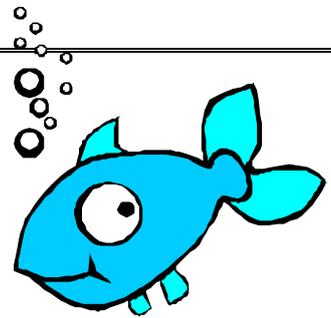

SNAPPETS



Stadium Snappers Masters Swimming Club Inc www.stadiumsnappers.net.au October 2013

PRESIDENT'S JOTTINGS

The committee has been busy with many items over the past two months and we have had good discussions with happy and agreeable outcomes.

Our Club Challenge was a busy day and thanks to all those members who helped in many ways. Special thanks to our Meet Director Anne Edmondson and to Sue Shilling who took on the task of running Meet Manager leading up to and on the day. The cost of running our event becomes more expensive each year with the cost of the timing pads and the requirement that we use Challenge catering. We ran at a loss this year and to overcome this we need to attract more swimmers.

We have been able to get paid volunteer work at two Triathlons, the Pink Triathlon on 3rd November and the Tadpoles Triathlon on 9th March 2014. This will enable us to keep our fees at the same level for 2014.

Thank you to 'Tricia who is coaching a morning session on Wednesdays. This was started to attract members while the crèche was open and from this session we have gained four new Snappers.

The numbers at the last two club swims were very low, so it was agreed with the recorder and the committee that we discontinue club swims for the time being. If any swimmer wants a time to be put in for an upcoming Club Challenge it can be done in a training session.

The Club Challenge run by Fremantle at Bayview pool was held on a very cool day and it was warmer in the water than out. We placed third overall. It was good to swim at a different venue.

All our interclub events have now finished and it is over to those competing in E1000 to finish their swims before 8th December; good luck to those starting the Open Water Swim Season.



Geraldine Klug, President.

Congratulations to Somerset, winners of Snappers' Live Lighter Club Challenge.

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Birthdays

November

2 Barry Green
26 Ann-Maree Lynch
29 Helen Green

December

8 Peter Williams
8 Gail Parsons
9 Thelma McKenzie
24 Kylie Leaman
31 Don Lane

January

1 Mark Etherton-Beer
2 Zelda Marsland
7 Bill Woodhouse
8 Jil Mogyrosy and Andrea Morton
22 Pat Sugars
27 Alan Earnshaw



Congratulations to Bill on his 70th birthday and to Jil on her 60th birthday.

Diary Entries for October and Beyond

Date	Event	Time	Venue
Sun 27 Oct	Bowls	1pm	Dalkeith Nedlands Club
Sun 3 Nov	Pink Triathlon	6am	Challenge Stadium
Sun 10 Nov	OWS 1.6km, 400m	8.30 Check-in	Lk Leschenaultia
Mon 18 Nov	Committee	7pm	Mt Claremont
Sat 14 Dec	OWS 1.6km, 400m	8.15 Briefing	South Bch Fremantle
Sun 15 Dec	Picnic	11am	Jabe Dodd Park, Mosman Pk.
Mon 16 Dec	Committee	7pm	Mt Claremont
Mon 23 Dec	Lane Hire ceases	All week	Challenge
Mon 6 Jan	Lane Hire recommences	All Week	Challenge
Sun 9 Mar, 2014	Triathlon Volunteers	6am	Challenge Stadium
23-26 Apr 2014	Nationals	Weekend	Rockhampton Qld
26-27 Apr 2014	WA Masters Games	Weekend	Albany WA
24-25 May 2014	Masters WA States	Weekend	tba
2015	Nationals	Weekend	Hobart, Tasmania

Swim Results

Snappers Live Lighter Club Challenge 2013

On Sunday 22 September a fine array of volunteers enabled our Snappers Club Challenge to run smoothly and competently. Congratulations to Meet Director Anne Edmondson.

Thanks to those who volunteered although they were unable to swim: Timers: June Maher and Marg Watson, Raffle Seller: Audrey Bullough; Marshals: Robyn Wilson, Geoff Barnard, Carmen Harrison, Helen Green; Announcer: Richard Diggins; Luncheon Supervisors: Cas Brown, Deirdre Stephenson, June Hough; Recorders: Sue Shilling, Julie Stone, Andrew Burbidge; and overall supervisor: Geraldine Klug. Thanks to all those who swam, volunteered and multi-tasked! It was a wonderful effort and visitors were most appreciative. Thanks to those who contributed generously to the seven hampers. Winners were very impressed, including our own Marg Watson, Marg Somes and June Hough.

Snappers, with 15 swimmers, came second on 168 points, and passed the winning trophy to Somerset, 183, who presented a strong team with swimmers in most age categories. Congratulations to Westcoast who won the Handicap Award.

Congratulations to Pat Sugars, Barry Green and Eleanor Parsons who scored the maximum 12 points each, to Deirdre Stephenson, Andrea Morton, Anne Edmondson, Kim Klug and Theresa Elliott who scored 11 points and to Sally Gaunt who scored 10 points. Other swimmers contributed with a further 9, 8 and 7 points plus the relay points for two firsts and a second place.



Australian Masters Games in Geelong October 2013

Congratulations to Andrea Morton who won Gold for her 100 Fly SC and Silver for her 400 IM, 200 IM, 200 BR, and 50 Fly. Two State Records are pending for Andrea's 200 IM and 400 IM. Well done.

Congratulations to Elizabeth Edmondson who returned home with 9 Gold in the Disability Section of the Masters Games.

Bayview-Fremantle Live Lighter Club Challenge

18 swimmers contributed to Snappers being placed 3rd, behind Fremantle and Beatty Park. Thanks to our timers, Helen Green, Marg Somes and Marg Watson. Marg Watson also took some fine photos. We were fortunate to have some of our 2nd Claim members swimming with us which enabled us to swim four relays in the Mixed Freestyle and mixed Medley.



St Hilda's new Aquatic Centre proved to be an enticing venue with comfortable water temperature for the cold windy morning, well equipped change rooms, good seating for spectators and covered parking. Our thanks to Bayview Saints for their hospitality and to Fremantle Masters for the well run event.

Open Water Swims

Maida Vale Masters is offering an inaugural 400m Novice section as well as the 1.6km swim at Lake Leschenaultia on Sunday 10 November. Fremantle Masters also offers a 400m Novice swim, a comfortable introduction to the longer 1.6 km swim, on Saturday 14 December.

Wednesday Morning Swim Initiative

The recently added Wednesday morning session, coached by 'Tricia, is proving popular and attracting good numbers, about 14-15 per session. It has also brought us four new Snappers and two new second claimers. Other swimmers belonging to Masters Clubs, mainly Claremont and Bold Park, swim with us and pay a small contribution to lane hire.

To date the programs have been focused on sprint training for the LiveLighter Club Challenges. Now the focus will shift to endurance and distance swimming for the summer season of open water events. All are welcome.

Audrey's Million Metres - The Impossible Dream

In September 2006 a large, nervous, frumpy Audrey in a very 1950s conservative swim costume entered the pool at Challenge Stadium, as a guest of Pat.

Every 25m she would stop, hang onto the side in the slow lane and have a rest. After a few weeks she managed to get to the end of the 50m lane and would rest with a long chat before setting off for the return lap.

She well remembered saying to Pat, 'Will I ever be able to turn and make it back to the other end without stopping?'



Pat's reply was, 'Instead of stopping at the end, turn, take few strokes, then stop for your rest!'

It worked. But any notion of recording metres swum for that miracle million would have been considered a joke.

Then along came coaches and the persistent Elizabeth, always encouraging, advising and helping. They persuaded Audrey to dream about swimming in the World Masters Championships at Challenge Stadium in 2008. Count the metres and record them on the way to a Million Metres!

Snappers' former Club Recorder, Pamela, presented encouraging Star Awards annually to those who swam every distance in one stroke and Audrey aimed high, consistently achieving the Two Star Award each year.

Twelve months ago Elizabeth, who had been conscientiously recording Audrey's monthly metres, year by year, said to the astonished Audrey, 'You have swum

900 000 metres and you are well on the way to a million metres!'

Audrey became very anxious and asked Elizabeth not to mention this again until she was past the finish line, just in case she sank before the end!

Now the dream has come true, thanks to the encouraging coaches and to Elizabeth. Special thanks to Vorgee! We love the encouragement.

Two Million Metres

Theresa joined Snappers in 2009 and conscientiously recorded her metres after each swim. She recalled her initial experience as a new member when, having swum 400m Aerobic swim, she was told by a kindly older member to stay in the water and keep swimming, then to record her distance when she got out and keep the total! From that day on, Theresa recorded her swim metres and has now completed her 2 Million Metre. Thanks to Vorgee who provide this encouraging incentive.



SuperSnappers Awards

The SuperSnapper of the month for August is Theresa Elliott. Theresa achieved an astounding 5 State Records in various Short Course distances in Backstroke, Breaststroke and Individual Medley.

Our September winner is Eleanor Parsons who won all 3 events at the Snappers Club Challenge as well as being part of the winning relay team.

Congratulations to Theresa and to Eleanor.

Farewell to MERLE LOUKES



Merle was guest of honour at a more than usually sumptuous afternoon tea in September, at which she spoke passionately about the benefits of swimming. Merle swam solo before discovering Snappers about seven years ago. From the time she joined she was a strong supporter of our Club, being a reliable timekeeper at Club Challenges for many years and ever generous in sponsoring our Swimathon. Due to her declining health, Merle has moved to Adelaide, where she is close to her son and grandchildren. We are sorry to lose her as a member and wish her well. Thanks to Merilyn for this contribution

New Members

Welcome to our new members: Mary Gray and Thelma McKenzie who have been swimming with the afternoon group, and to Maree Crouch, Lisa Dwyer, Jennifer Petelczyc, Mark Etherton-Ber and Peter Jones who have been swimming with the morning group. To date we have 68 members.

Efficiency in Motion

Some of our members attended a free video analysis session offered by Simon Le Couilliard from Efficiency in Motion. Simon first carried out a dry land assessment of the swimmers which was followed up by him filming their 100m swim and then giving instant feedback on the stroke via his i-Pad. All swimmers have now received their videos from Simon and are encouraged to share these with their coaches for further feedback. Simon can also offer special gym sessions tailored to individual swimming needs, so if anyone wants to contact him they can do so at simon@efficiencyinmotion.com.au. These can be group or individual sessions. Simon offers many other services which you can view at his website www.efficiencyinmotion.com.au. Contributed by Sue Shilling

Goggle Saw: Quick response to prayer

One member made a heart-rending plea at afternoon tea time, asking whether anyone had picked up her watch from the change-room. There were a few queries as to whether she meant Pat's watch which was misplaced on the previous Sunday at the Club Challenge, and requesting a description of her lost watch. So she described her valuable watch and some of us sent up a quick prayer to St Anthony who usually helps to find lost objects!

The sad member sat down and looked at her left wrist. Whether it was to check the time or to see whether St Anthony had responded in double-quick time, but sure enough he had. There was her watch in its usual place on her left wrist!



Raffle sellers: Audrey and Marg

CLUB CLOTHING

Good quality re-cycled clothing available for a small donation to the club:

One navy fleece jacket - large

One navy fleece jacket - medium

One aqua polo shirt, short sleeve – medium

New swim caps are available at \$11

Available from Marg Watson Tel: 9387 5463

email: dmawatson@iinet.net.au

Christmas Lane Hire 2013

Lane hire is suspended from the week of Mon 23Dec

and resumes the week of Mon 6 Jan 2014.

Pictured: Volunteers at our Snappers Live Lighter Club Challenge: Carmen, Helen, Robyn and Geraldine.



Thanks to all our contributors: Geraldine, Tricia, Audrey, Marilyn, Sue and to our Club photographer, Marg Watson. Comments and contributions are welcome before 8th Dec 2013 Please send material to elliott.theresa@johnxxiii.edu.au