

# SWIMMERS NEWS



**MASTERS  
SWIMMING**  
Queensland



## Pan Pacific Masters Games

The 2012 Pan Pacific Masters Games pool events were held at the Southport Pool from Thursday, 8 to Saturday, 10 November. The Open Water Swim was held at Lake Hugh Muntz on Sunday, 11 November.

Overall the events were very successful despite the rather miserable weather.

336 Competitors attended the pool events and 135 the Open Water Swim, many of whom came from interstate, New Zealand, Japan and Canada. There were 103 non masters swimmers, some of whom promised that they would join a club to become a member.

Toni Cameron, was the Meet Convenor and she was more than ably assisted by Alan Patterson, the VP South. Ray Smythe was our Meet Referee and he in turn was supported by Stan Pearson, Derek Coghill, Rob Lucas, Dave Maynard, Ken Liddy and Karina Horton on one day. We were also pleased to have the support of Mike and Chris Birmingham from NSW, who travelled to the Gold Coast just to assist us.

John Kerr (QBN) assisted Toni with the announcing and he did this for three days.

As with all our swim meets, we rely heavily on our volunteers on the day, but one who was there from the first day, more than a year before the actual event took place, was Brian Deane. His assistance picking up equipment, carrying, setting up and more, was once more done without question. He is truly a gem!

To all our volunteers, including Sue Patterson and her assistants from Redlands Bayside, Sue and Allaine (QTT), Denise, Margaret, Phil and all the additional people from QMM, thank you very much for your help and support. We could not have run this meet without that help and that of our very important timekeepers. Names not mentioned are no less important—thank you to everyone involved and to all our competitors for making it all possible. We hope to see you all in 2014.

### Inside this issue:

|                           |    |
|---------------------------|----|
| Doreen Matthews           | 2  |
| Around the Clubs          | 2  |
| Take your Mark!           | 7  |
| Hard Yakka Swim Challenge | 8  |
| Thanks & Thoughts         | 10 |

### Special points of interest:

- Breaststrokes- 9
- MSQ Forum- 9
- Upcoming Dates-11

Edited by  
Helga Ward



A highlight of the meet, was the visit by Olympian, Leisel Jones. She kindly and patiently had her photo taken with a number of our competitors and here she is with our very own Bruce Muller, from the Rats of Tobruk in Townsville.

## Doreen Matthews

With commitment and perseverance our goals are achievable. Having recently started swimming in my late thirties, my goal is to train for triathlon events in late 2013. I started swimming in the last six months at Redlands Bayside Masters Swimming Club and have started to improve my freestyle stroke under the guidance of our coaches Alan Patterson and Simon Bole-Brown. I am repeatedly told by the coaches that swimming correction takes 20,000 strokes for the muscle memory to set in and often need reminding of the commitment and perseverance needed to achieve my goals.

The inspiration for that commitment came recently at our club's swim meet at Cleveland pool. As a time keeper at the swim meet, I got to witness firsthand the rewards of the hard training and perseverance of fellow club members that I'd seen in the pool during our training sessions over the previous few months; in particular the achievements of one of our members, Doreen Matthews. Doreen won a silver medal at the meet in preparation for an upcoming goal.

Two years ago at the age of 86, Doreen made a commitment to achieve her swimming goals. She spotted our coach's medals and said, "I want some of those!" Alan suggested that she train under his guidance and participate in the Pan Pacific 2012 Masters Games swim meet.

Doreen has been so dedicated in the preparation for the Pan Pacs. She has been a regular at the pool, training three times a week in order to increase her fitness, improve her stroke and practice her turns. She sometimes took two buses or did the 2km walk to get to the pool for her training.

between them. A remarkable achievement!

## Janice Smith

Doreen is a remarkable and inspirational lady that has not only achieved at swimming, but on many fronts. She was a wireless operator in Townsville in the army during the war, a dedicated

SES volunteer for Bowen for 10 years in her sixties, and an active member of the Golden Oldies Club. At the age of 68, in a night exercise in the SES, Doreen was winched down from a Black Hawk Helicopter. Doreen, in 1995 at the age of 71, abseiled off Kangaroo Point. More recently, she joined the Drum Corp and laughs that she will have to quit in the next few years because they can no longer insure members over 90 years old. Doreen recently competed in the Pan Pacs swim meet, winning three medals in her elected events.

She participated in four swims and achieved medals in the 50m backstroke, and in the 50 and 100m freestyle. She was delighted to meet and be congratulated by Leisel Jones.

Having achieved her 2-year swimming goal, Doreen is looking forward to enjoying the social aspects of our club and simply "playing" in the pool. Her efforts will continue beyond her competitive years as club members and I take inspiration from Doreen's efforts and focus on the hard work and dedication required to achieve our goals. With commitment and perseverance our goals are achievable. Thanks Doreen!



## AROUND THE CLUBS

compiled by Helen Holmes

**Twin Towns Masters** have had a very busy few weeks lately with the Redlands meet, the Water Dragons Carnival and the Pan Pacific Masters Games. Giving their time along with David and Ken were Allaine and Sue who were both involved in the officiating at the Pan Pacs. Thanks also to those who gave up their weekend to time and officiate at the Water Dragons event. All these volunteers help to keep the events running smoothly and their time is much appreciated. At the Redlands Meet Barbara and George won their age groups with Robyn and David M gaining 3<sup>rd</sup> placings. These four also won both their relays. Super effort! At the Pan Pacs, Michael, Barbara and Robyn did themselves proud winning 26 medals.

Congratulations to Rob S who was recently initiated into the OBE group, which now numbers eight. Health, happiness and lots more swimming to them all.

A very successful group returned from the Alice Springs Games with a host of individual and relay medals plus P Bs. Well done swimmers, and in particular Michael who was presented with a lovely trophy for winning his age group.

The club now has brand new caps available thanks to the generosity of Treasurer Michael.

The last official swim for the year will be 15<sup>th</sup> December after the club Christmas party on December 2<sup>nd</sup> at Club Banora. Club swim resumes on Jan 8<sup>th</sup> 2013.

## AROUND THE CLUBS continued

**Miami Masters** enjoyed their involvement at the Pan Pacs Masters Games and indeed many members helped out in a variety of roles to help make the event successful. A special thank you to Toni Cameron for all her efforts both in preparation and on carnival days as announcer. Top pool performances came from Denise R, John C, Marg F and Club Captain Carole S, who can still manage a PB or two. Mention must be made of Pauline B who is still out there competing. She did have some heart problems last year, but it looks as if she's just shrugged it all off and is swimming better than ever.

Congratulations one and all!

QMM is now in possession of its own clubroom at Miami pool. Thanks to some skilful and opportune negotiation with GC Council by Alan G and Lance K, they were given a chance to spend some of the money saved for just such an occasion. With a few extensions and quite a deal of internal changes, they now have something quite special. Special thanks must go to those who did the work, especially Jim S.

Significant activities over the last few months have included: a quiz night, conducted by the ever reliable Julie S, and a few Saturday afternoon coaching sessions conducted by swimmers with specialist skills in specific strokes. Each activity has proved popular and well appreciated by club members.



*Margaret and Denise from Miami assisting at the PPMG. In the background is Sue Patterson from Redlands Bayside (red shirt)*

**Redlands Bayside Masters Swimming** held a memorable Swim Meet in October after extending their closing date and those who participated thoroughly enjoyed the Spring sunshine, a pleasant venue and great friendship in and out of the pool. New member Janice, who in her late thirties, began swimming with the club and under the guidance of coaches Alan and Simon, has started to improve her stroke. She has the commitment and perseverance to achieve her goals. The inspiration for that commitment came after acting as Timekeeper at their Meet and witnessing firsthand the rewards of the hard training and perseverance of fellow club members. One truly dedicated member used the meet to help her prepare for the Pan Pacific Masters Games where she won three medals.



*Alan with Leisel Jones*

Alan was the very enthusiastic and hard working Meet Director at the Pan Pacific Masters Games, who helped make that event a winner, not only for his own club members, but all the many competitors who attended from far and wide. Well done Alan!

**Brisbane Southsiders** spent a most enjoyable spring day competing, timing and relaxing with friends at the Redlands Bayside meet in October. Thanks for supporting us Max. The wonderful 4 x 50 Medley Relay team of Amy, Helen, Stan and Carl showed how to win in their 320+ age bracket...a first for the club. Well done team!

Each of the 12 members who competed, gained a place in their age group and QSM won the day with their average point score ahead of Redlands and Yeronga.

## AROUND THE CLUBS continued

Following this event club members attended a special 'Fond Farewell' morning tea at Bob and Carol's lovely home to thank coach (Club Recorder and Life Member), Jen for all her hard work for the club over the past 24 + years, as she and Brian have relocated to the Sunshine Coast. Jen has been more than just a coach and she will be greatly missed both on and off the pool deck. Good wishes for the move from all at Southside.

At the Pan Pacific Masters Games recently, 11 club members swam very successfully with medals to all. As well, they also gave their time out of the water to time and officiate Splendid effort everyone!



*Amy Mulcrone at the Toowoomba meet in September.*

The Club's Presentation Breakfast is to be held at The Royal Qld Yacht Club on Dec. 9<sup>th</sup> where the inaugural Alan Robinson Memorial trophy is to be presented.

The final club night will be 12<sup>th</sup> December and the final activity ....A sausage sizzle at Masters Hardware on December 23<sup>rd</sup>.

Compliments of the Season to all. Come back safely. Club will resume on January 10<sup>th</sup> for another year of Fitness, Friendship and Fun.

**Albany Creek Ducks** were recently presented with a \$2,100.00 grant from Moreton Bay Councillor Mike Charlton, to be used for their 2013 Swim Meet.

In September, 32 members swam for "BLUE SEPTEMBER" - Cancer for Men, and they covered a distance of 60.3 km (24,012 laps) and raised approximately \$2,000.00. What a magnificent effort!

On the same day five members attended the Toowoomba Meet and they came home with the club trophy.

Congratulations to all swimmers, you are truly inspirational.

Ten club members competed in the Open Water Swim at Heron Island with mixed results, but a great time was had by all.



At the recent Pan Pacific Masters Games four members of the club walked away with a swag of medals... Penny - 1 Gold and 4 Silver; Jamie - 2 Silver; Leanne - 1 Gold and 1 Bronze and Karina - Silver in the Open Water Swim.

Congratulations all!

Albany Creek would like to take this opportunity to wish A Very Merry Christmas to all involved in Masters Swimming.

**Toowoomba Tadpoles** held a great swim meet in September with many PBs achieved and everyone enjoyed the day. Meet Director Matt did a great job to ensure the meet ran smoothly and he even managed to complete his swims. Special thanks to all who assisted with timing and official duties and to Ashley and Michelle in the control room. Thanks to Rosalie and her helpers for the refreshments all day.

Thank you to ERGON for sponsoring the 'dash for cash'. Congratulations to all who competed on the day and for the placegetters in their individual age groups.

Two very special presentations were made at the pool recently... namely to Stephen G— a certificate for achieving the maximum Aerobics points in 2011; Ann T a National Record certificate for her 1500m Short Course Backstroke swim at the QBN swim meet in August. Heartiest Congratulations to you both!

At the Pan Pacific Masters Games Ann, Beres, Rosalie, Paula, Lynne, Stephen and John did the club proud in their endeavours in the pool and Open water swim, bringing home some impressive -looking medals

A breakfast away from the pool in November was a great way to participate in the 'Friendship and Fun

## Around the Clubs continued

side of Masters Swimming and it was thoroughly enjoyed by all who attended.

**Nudgee Blue Fins** thanked all who helped at the first Club Night for the swimming season and trust they will continue to support their young swimmers. It is a great way to help them familiarise themselves with competing at swim meets.

Good Luck Wishes were extended to the Blue Fins very special members Tiffany, Colin and Mathew for their trip to Italy to compete in the 6<sup>th</sup> Down Syndrome World Championships. The team will have a 3 day pre championship camp at the AIS, European Training Camp near Milan before competition starts. Members look forward to hearing about their experiences.

A team of Club Members joined in the Fun and Swimming at Pan Pacs as well as providing full time timekeepers for the event, which were most appreciated by the organisers. Thanks to you all.

A morning tea FAREWELL to Lorelle is to be held at the pool on Thursday 13<sup>th</sup> December after swimming at approx. 9:30. Lorelle has announced her retirement from that date and members wish her well for the future.

Blue Fins Christmas Breakfast and Trophy Presentation will be held at Neal and Jenny's on Sunday 16<sup>th</sup> December.

**Sunshine Coast Seals** had five competitors at the Redlands Swim Meet and with Amanda, Anne, Tess, Geoff and George all gaining perfect scores of 50 points in their age groups, they also won the best small club trophy. Terrific effort everyone! This was a great follow up to the results from the Maryborough Meet when Margaret, Ailsa and Joy gained 1<sup>st</sup> in their age groups and Wendy 2<sup>nd</sup> and QSC also won the trophy for Best Small Club. Wow, what a team! That made three trophies for the club as they also won the highest aggregate trophy at Northside in August. Amanda, Ailsa and Tess won their age groups at Toowoomba Meet in September. Best wishes go with Margaret and Wendy when they compete in Rescue 2012 in Adelaide.

Congratulations to Joy G who set a record for 400 Free Short Course (still to be ratified) in the 90-94 age group. You are an inspiration Joy! 'I just love to swim'. Nancy packed her cosies and sunglasses ready to board the Pacific Dawn for a wonderful cruise and members look forward to hearing her stories after that adventure with her mates.

Thanks to the brilliant job of design and printing done by Kwik Kopy Printing Centre at Bokarina, the new QSC posters and flyers are now

ready for distribution and should be a great promotion for the club.

Presentations for 2012 for outstanding achievements, Club Person of the year and top Male and Female swimmers will be done at the AGM Christmas Party on Sunday 16<sup>th</sup> December.

**Noosa Challengers** did a quick whip up of members to support Redlands Swim Meet when it appeared it may have to cancel and submitted a very creditable 10 entries. Redlands is a delightful venue and despite it being a hot day, the cool bay breezes and covered stand facing north made for a very pleasant day.

There was an innovative Friendship Relay where a maximum of 2 members from one club could combine with others to make up a freestyle relay team. Jacky and Nic combined with Neil and Vicky from Caboolture to swim as 'the Fab Four' to take out the \$100 for the team swimming closest to their nominated time. They were stoked! Marcia was pretty happy with her raffle win and Christina swam only a postal and still received a Gold medal. In fact every swimmer medalled... amazing!

Results from Noosa's own meet were delayed an incredibly long time, but they now have their name engraved for the third consecutive year on the Perpetual Shield for the Mixed Medley Relay closest to a National Record. Congratulations to Brian, Stephanie, Kim and Tony... great effort and only 24.36 the difference.

Congratulations also to Brian C and Bob Mc for achieving their 3 Million Metres awards. Mighty effort fellows!

Noosa Masters Swimming Club is proud to claim Clinton S, Jana C, Tyron B and Jessica W as members, who were at the Down Syndrome Swimming Championships in Italy with manager Sue. They have proved to the world that through their hard work and determination, just how dedicated they are to their sport.

Noosa also welcomes new president Stephanie who is taking over the reins from Pat, following a health hiccup. They thank him for his valued support and dedication to Noosa Masters.

*PPMG:  
Helen,  
Brindle  
and Brian:  
the 3  
Breast-  
stokers*



## Around the Clubs continued

**Hervey Bay Humpbacks** hosted a very successful Maryborough Masters Short Course event at their pool while the Maryborough complex is undergoing reconstruction. President Gary thanked all who were involved in a variety of roles. Special thanks to Pres. Doug and Maurice as Assistant Meet Director for their determination to ensure the Meet proceeded. Above all congratulations to Bridgit for the outstanding job of Meet Director. Her two TV interviews can only enhance the standing of Masters Swimming in the community, particularly in light of the difficult time of loss being felt in the Humpbacks club.

The club's next fundraiser will be held at Bunnings and thanks to those workers who have volunteered to assist. The AGM will be held in a few weeks and club awards will also be presented on the day. Nominations may be placed in the yellow box in the new club room for awards and committee positions.

Secretary Gail attended the wedding of her beautiful daughter in October and sent a photo for members to share this happy occasion.

The proposed date for the Christmas get together is December 8<sup>th</sup> when barefoot bowls may be the order of the day.

A BLACK AND WHITE theme is planned for the club Annual Swim Meet in February so members are asked to start thinking of their outfits and skits.



A memorial service was held at the Bush Chapel at the Botanical Gardens for Liz, Rex and Helen. Members could show that they are not just members, but are like family. Karen and Pete sent a heartfelt thank you to all the wonderful people in the club who gave kind words, hugs, support and cards to help them through the loss.

### **Whitsunday Warriors:**

OHAYOO.....Kay and Bob Corskie have returned from their couple of weeks in Japan full of sake and sushi. They had a wonderful time.

It's great to see Margaret Cunningham back into training after a couple of minor injuries.



8 swimmers participated at the North Mackay Sinkers meet held on Saturday 1 December. They all had a fantastic time. Bob & Kay Corskie, Di O'Donnell, Andrea Mitchell and Vicki Stubbs received first place in their respective ages. Cheryl West and Louis Neethling both 2<sup>nd</sup> place in their age groups. "Westy" swam all PBs! (better than nominated times). Maria Neethling swam in her first ever carnival, swimming 25m freestyle in 33 seconds. Kay Corskie won the "Tropical Challenge". She nominated 2.05.00 and swam 2.04.97 - very impressive! Well done to all the team for all their great performances!

Social Convenor, Vicki Stubbs organised a lovely get-together after training one Tuesday night after training - it was an enjoyable night at one of the Proserpine hotels! Vicki is also planning our Christmas Function which is to be held on Sunday 9<sup>th</sup> December at the Proserpine Pool... rumour has it Santa might drop in?

A big thank you to Andrea Mitchell for her ongoing contribution to coaching on Tuesday nights! All swimmers who attend are grateful for your time and advice! THANK YOU!

**MSQ and the Branch Management Board wish to thank all our dedicated officials and volunteers for their tremendous work and commitment to Masters Swimming and our clubs.**

**We wish you all a happy and safe festive season.**

## Take your Mark!

Mark Erickson

*I hope you all have a very merry Christmas and a fantastic New Year!!! Here are a couple of festive training sessions to assist over the next few months... enjoy?*

### '12 Days of Christmas' Swim Programme

"On the first day of Christmas, my swim coach gave to me?" can be sung by swimmers just before each set... Can be modified to suit swimmers... fins optional.

| Days of Christmas                 | Level 1  | Level 2  |
|-----------------------------------|--|--|
| 1 <sup>st</sup> Day of Christmas  | 200m   | 400m Free  |
| 2 <sup>nd</sup> Day of Christmas  | 2 x 25m Fly or Fly kick                                    | 2 x 50m Fly                                      |
| 3 <sup>rd</sup> Day of Christmas  | 3 x 25m Dive starts, swim to 25m and walk back             | 3 x 25m dive, swim to 25m and walk back          |
| 4 <sup>th</sup> Day of Christmas  | 4 x 25m Breaststroke on 1 min                              | 4 x 50m Breaststroke on 1 min/1.15               |
| 5 <sup>th</sup> Day of Christmas  | 5 x 25m Free Pull with 10 sec rest                         | 5 x 50m Free Pull on 1 min                       |
| 6 <sup>th</sup> Day of Christmas  | 6 x 25m Back stroke on 45 sec/1 min                        | 6 x 50m Back on 1 min/1.15                       |
| 7 <sup>th</sup> Day of Christmas  | 7 x 25m Form Kick - not free (fins optional) on 1 min/1.15 | 7 x 25m or 50m Form Kick (fins optional) on 1.30 |
| 8 <sup>th</sup> Day of Christmas  | 8 x 25m IM order on 1 min                                  | 8 x 25m IM order on 45 sec                       |
| 9 <sup>th</sup> Day of Christmas  | 9 x forward rolls/tumble turns (stand after each )         | 9 x tumble turns (stand after each)              |
| 10 <sup>th</sup> Day of Christmas | 10 x 25m Free Kick (fins optional) on 1 min                | 10 x 25m or 50m Free kick (fins optional)        |
| 11 <sup>th</sup> Day of Christmas | 11 star jumps  | 11 start jumps                                   |
| 12 <sup>th</sup> Day of Christmas | 12 jelly beans?  | 12 jelly beans? Or whatever?                     |



# HARD YAKKA SWIM CHALLENGE

Celebrate Australia Day (some time in January)... with a Hard Yakka Swim Challenge... get your mates together, swim hard and then celebrate with a barbie and a beverage in “true blue” Aussie fashion. There are four levels. Look forward to your feedback and photos! Happy New Year!

|  |   |
|--|---|
| <p><b>THE RIDGY DIDGE -</b><br/>Mega Hard Yakka Challenge</p> <p>100 x 100m = 10km</p> | <p>10 x 100m (75 Free, 25m Kick and scull)<br/>10 x 100m Free<br/>10 x 100m Free Pull<br/>10 x 100m Free Kick (fins optional)<br/>10 x 100m Backstroke<br/>10 x 100m Breaststroke<br/>10 x 100m IM<br/>10 x 100m Form Kick<br/>10 x 100m (50m Fly Kick, 50m Fly)<br/>10 x 100m Choice</p> |
| <p><b>THE FAIR DINKUM -</b><br/>Hard Yakka Challenge</p> <p>6km</p>                    | <p>30 x 50m Free (fins optional)<br/>20 x 50m Free Kick with fins<br/>20 x 50m Free Pull<br/>20 x 50m Back (fins optional)<br/>20 x 50m Breaststroke or Butterfly (fins)<br/>5 x 100m IM</p>  |
| <p><b>THE TRUE BLUE -</b><br/>Hard Yakka Challenge</p> <p>4km</p>                      | <p>20 x 50m Free (fins)<br/>20 x 50m Free Kick with fins<br/>5 x 100m Free Pull (or 10 x 50m Free Pull)<br/>20 x 50m Breast or Back (fins)<br/>5 x 100m IM</p>  |
| <p><b>THE DINKY DIE -</b><br/>Hard Yakka Challenge</p> <p>2km</p>                      | <p>10 x 50m Free (fins)<br/>10 x 50m Free Kick (fins)<br/>4 x 100m Back fins (or 8 x 50m)<br/>8 x 25m Fly or fly kick with fins<br/>4 x 100m Breast (or 8 x 50m)</p>  |

## Breaststrokes

Gary Stutsel

### ATTENTION BREASTSTROKE and IM SWIMMERS

In recent events officials have reported breaststroke swimmers who took a second arm stroke without doing an intermediate kick to reach the end of the pool. This has been seen at turns and at the finish of races.

This action, two consecutive arm strokes, leaves the Event Referee with no choice but to disqualify you, the swimmer. It does not matter how short the second arm stroke was.

**Rule SW 7** Breaststroke details all the actions that can and can't be done in Breaststroke. **Rule SW 7.2** states "throughout the race the stroke cycle must be one arm stroke and one leg kick in that order".

This means if you find yourself very close to the end wall when completing an arm stroke you should lunge forward with your hands to touch the wall. **Rule SW 7.3** allows your elbows to be above the water on this last stroke, making the finishing touch easier to achieve. This action should be practised in training.

Alternatively follow your last stroke with a kick as required by Rule SW 7.2 and hold your hands out till you touch. It is better to lose a second than be disqualified.

Never take a second stroke, or second kick to finish a lap. If you are in any doubt talk to your coach or one of the Referees.

(Gary Stutsel is an MSA and NSW Technical official)

## MSQ Video Competition

MSQ is introducing a 'Summer Stroke Competition' which will run throughout December 2012 and January 2013.

Information is also available on our Forum: <http://forum.mastersswimmingqld.org.au/>

The information has also been posted on the Noticeboard of our website.:

<http://www.mastersswimmingqld.org.au/> [Summer Stroke Video Competition](#)

This is the brainwave of David, our VP Sunshine and it has our Director of Coaching Services, Mark Erickson really excited. His regret is that he didn't think of it. Mark, will be the chief judge. Get Cracking and enter this free competition.

## MSQ Forum

MSQ Members Community  
is now online!

<http://forum.mastersswimmingqld.org.au>

**Queensland Members, other Australian State Members, International Masters Swimmers and all non-members are welcome to join.**

Join the conversation in the Official Pan Pacs Swimming event thread! Give us your comments and feedback, tell us about your achievements or disappointments.

**To be able post, simply click the "Create an Account" link on the left hand side.**

**Note:** *This username and password are not the same as used on the Members Registration Portal.*

**We're also posting a photo gallery.**

Please email any photos you'd like to share to [vpsunshine@mastersswimmingqld.org.au](mailto:vpsunshine@mastersswimmingqld.org.au)

## Thanks - An Expression of Gratitude

At our Pan Pacific Masters Games, we were unfortunately unsuccessful in gaining any sponsorship from the corporate sector. However, Toni came up with the idea of a “Friends of Swimming” sponsorship by approaching our own clubs and members. We were pleasantly surprised at the generosity of our clubs and members. I would like to acknowledge these sponsors, who so kindly donated either \$50 or \$100:

**Rosalie Lutvey from Toowoomba Tadpoles**

**The River Road Motel**

**Zymus**

**Miami Masters Club**

**Ray and Margaret Burridge—Scorpio Apartm)**

**Askcreative (Graphic Design)**

**Noosa Masters Swimming.**

**Caboolture Crays**

**Tweed Waters Motel**

**Croltrans (through Paul Crollick)**

**Mareeba Adult Swimming Club**

**Agraco Pty Ltd (Stephen Gray)**

**Brisbane Southside Masters**

**Vicki (Palm Beach Pool)**

**Cairns Mudcrabs**

We would be grateful if clubs would consider sponsoring an event at our State Short Course Championships in March 2013. You may sponsor more than one event.

More information will be sent to clubs, including any changes to the 2013 State Championships.

## Thoughts—Issues of Concern

There are two issues of concern, regarding members and clubs' involvements in matters relating to MSQ.

**The first** is a shortage of technical officials in Queensland. The current officials we have throughout Queensland are being stretched regarding their attendance at swim meets and some of the officials are also planning on retiring from these duties. It is often difficult for them to attend all swim meets and they have little scope in drawing from a large pool of officials as that simply doesn't exist.

At the recent PPMG, five MSQ officials from the South and Sunshine regions spent all four days at the event and another one joined them for one day only. An official from central Qld travelled to the event to assist them. However, we also had to draw support from two officials from central NSW.

With the imminent retirement of a number of officials, MSQ may find itself in a position of having to cancel swim meets as a result of a shortage of officials.

We appeal to all our clubs to consider the reality of this situation as a serious one that warrants discussion and action from clubs and members. If you are considering becoming an official, please remember, that you need not stop competing. The more officials we have on pool deck, the more many of them can compete in all their events. The BMB through its Technical Officials is planning on running courses before and after swim meets and we would like to encourage clubs to nominate their swim meets for such training.

**The second** concern is the lack of support by many members in taking up a position on the BMB.

We have not had a Central VP for the entire year and some of our current board members will be stepping down for various reasons. The list of vacancies on the board will be sent to clubs before the end of this year and we urge you to put up your hand for a position on our board. Without a Board of Management, we could easily fold and without technical officials we would have problems running swim meets. You represent the view of our members and as such your position on the board is very important if we wish to progress our organisation.

## UPCOMING MSQ INTERCLUB SWIM MEETS 2013

|   |                          |                                   |                   |
|---|--------------------------|-----------------------------------|-------------------|
| ⇒ | Sunday, 20 January       | River City SC                     | Somerville House  |
| ⇒ | 1 Feb; 8 March; 23 March | Central Cairns SC—Twilight Series | Trinity Bay SHS   |
| ⇒ | 9 February               | Gladstone Gropers SC              | John Dahl Pool    |
| ⇒ | 16 February              | Mareeba LC                        | Mareeba Mem. Pool |
| ⇒ | 16 February              | Miami LC                          | Pizzey Park       |
| ⇒ | 23 February              | Hervey Bay                        | Hervey Bay A C    |
| ⇒ | 15—17 March 2013         | State SC Championships            | Somerville House  |

**NOTE: The MSQ State Short Course Championships**  
Competitors will be able to swim in **9 individual events.**

### Member 4 Member

If every member of your club signs up a non member, who may be interested in swimming or who may not have considered swimming as an exercise option, imagine how many more members you may have in your club. Think of an incentive your club may offer its members to sign up new members for your club.

Share your club's incentive and successes with us.

### COACH REQUIRED

Brisbane Southside Masters are urgently seeking a coach for their enthusiastic squad who train at Chandler each Tuesday from 7:30 a.m. to 9:00 a.m. in pre-booked lanes in the Brisbane Aquatic Centre.

Anyone who can assist could contact Helen on 0407 029 272 for further details.

**PO Box 1279  
CAPALABA BC  
4157**

**Account Name:** Masters Swimming Queensland  
**BSB:** 064 107  
**Account #:** 0090 6273

**TEL:** 3245 1571

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

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

**Facebook:**  
[MSQ Masters Swimming Queensland Facebook](#)

**Twitter:**  
[@msqliaison](#)



 **Merry Christmas!** 