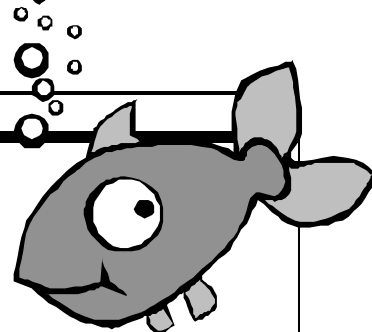


SNAPPETS



Stadium Snappers Masters Swimming Club Inc, PO Box 532, Claremont 6910

August 2010

PRESIDENT'S MEMO TO MEMBERS

2011 Stadium Snappers Masters Swimming Club Membership Fees

Earlier this year Venues West indicated an increase in lane hire charges for most user groups including Snappers. This is expected to commence in July 2011 and be incrementally increased over 3 years. Since Challenge Stadium has sponsored Snappers from its inception in 1992 the club will, of course, argue its special case but it appears prudent to expect a significant rise.

Further, Masters Swimming WA is proposing a \$7.00 increase per person in annual registration fees for 2011 (currently \$23.00 per person). At the next Council of Clubs meeting on August 17, I will argue strongly against this, seeking support from other MSWA Clubs.

Because the club has been running at a "small" deficit for the past few years, and because of the impending significant expenditure increases, it is, in my opinion, unavoidable to seek the members' approval for a 2011 subscription fee increase.

At the Management Committee meeting on August 16, the Treasurer and I will make a definite proposal, which if agreed will, in accordance with the constitution, be put to the members at a General Meeting to be called before the end of August.

Barry Green

DIARY ENTRIES FOR AUGUST AND BEYOND

<i>Date</i>	<i>Event</i>	<i>Time</i>	<i>Venue</i>
<i>Sunday 8 August</i>	<i>Somerset 1500 Metre Swim (LC)</i>	<i>warm-up 8:30 am</i>	<i>Somerset St pool</i>
<i>Monday 16 August</i>	<i>Snappers Committee meeting</i>	<i>7:00 pm</i>	<i>Barry's place</i>
<i>Tuesday 17 August</i>	<i>Council of Clubs meeting</i>	<i>7:00 pm</i>	<i>Sports House</i>
<i>Saturday 21 August</i>	<i>Club Swim</i>	<i>1:00 pm warm-up</i>	<i>Challenge Stadium</i>
<i>Saturday 21 August</i>	<i>BE ACTIVE Coaches Workshop</i>	<i>1:00 – 4:00 pm</i>	<i>Sports House</i>
<i>Saturday 28 August</i>	<i>Claremont Masters SC Relay Carnival</i>	<i>12:30 pm</i>	<i>Challenge Stadium</i>
<i>Saturday 11 September</i>	<i>MSWA clubs Presidents meeting</i>	<i>TBA</i>	<i>TBA</i>
<i>Sunday 19 September</i>	<i>Snappers Club Challenge (LC)</i>	<i>warm-up 8:00 am</i>	<i>Challenge Stadium</i>
<i>Monday 20 September</i>	<i>Snappers Committee meeting</i>	<i>7:00 pm</i>	<i>Barry's place</i>

BIRTHDAYS

AUGUST

Leanne Youngs
Patrick Cooney
Fen East
Margaret Watson
Wyvern Rees
Alex Bogoni
Eleatha Beare
Ken Bruce
Neil Ross
Pat Byrne

SEPTEMBER

1 Duncan McMurtrie 3
3 Vic Paul 6
3 Kim Klug 7
4 Leisa Woodfield 9
4 Doris Kimber 21
5 Audrey Wren 26

Birthday greetings to these Snappers.

Wyvern, blowing out 80 candles is good exercise for the lungs!

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PROGRESS ON CLUB CLOTHING

The method of ordering the full range of club clothing only once a year has proved successful. There has been a tremendous response to offering a choice of tracksuit, fleece jacket and long-sleeved polo shirt for winter, a sleeveless fleece for mid-season and either a navy or white short-sleeved polo shirt for summer, all with the "aqua snapper" embroidered logo. On 28th July, I placed an order for 35 items, which helps reduce the cost of embroidery, and am told it will be three weeks for delivery, ie mid-August.

Please make payment when you collect your order, which will also include your invoice, to Pat Sugars (day group) or Gail Parsons (night group).

Aqua polo shirts and aqua/navy tracksuits are still official club clothing, but are no longer available.

Marg Watson (9387 5463; dmawatson@iinet.net.au)

Ed: It's a good idea to put your name on your new clothing!

GOGGLE SAW

- Laiene Maxted enjoying a visit with Snappers, both poolside and at afternoon tea
- Marg and Brian Somes returning to Perth excited after their trip to Europe during a very hot spell there, while we were experiencing frosts
- A mid-winter Tuesday evening training session relegated to the exposed outdoor 10-lane pool due to the Australian Army carrying out an exercise in the more sheltered 8-lane pool.



SWIMMING TO THE 2011 NATIONALS IN PERTH

So far, after two complete months of recording and some distances for July, we have swum 1460 km. This means we are battling to reach our target of swimming 5000 km as a club before the Masters Swimming Nationals in April 2011. All members' swims count, whether in training, competition or just fun. If you haven't sent in your tally for July, please do so asap to Pres Barry at barryjohnngreen@yahoo.com.au.

DID YOU KNOW? Eleventh instalment

- Snappers' Swim Around Australia began on 1 January 2006, aiming to circumnavigate Australia before the World Masters Championships in April 2008. The most direct route is 12,155 km! All distances swum by Snappers were added and by October we had recorded 3,090 km swum in a clockwise direction to almost reach the waters of the Northern Territory.
- As at March 2006, four Snappers had successfully completed the Rottneest Channel Swim as solos: Leon Musca (2003, 2004, 2005), Eleanor Parsons (2004), Neville Knuckey (2006) and Gail Parsons (2006).
- Tricia Summerfield received the Service to Masters Swimming WA Award for 2006. She has served on the MSWA Board as Director of Development and is currently Director of Coaching.
- Elizabeth Mills, swimming under her maiden name of Edmondson, found Snappers through a shopping centre promotion to attract new members in September 2006. Although polio in infancy weakened Elizabeth's legs, as a teenager she won medals and broke world records at the Paralympic Games in Tokyo (1964) and Israel (1968). As an adult, difficulty in gaining access to pools prevented her from swimming. Now, with a ready supply of Snappers buddies to help her from car to pool, she looks unstoppable as a swimmer.
- In June 2007 14 Snappers, out of a club membership of 74, were 80 years old or more.

Barry Green

SNAPPERS BE ACTIVE CLUB CHALLENGE

Our next big event of the year is our Club Challenge on Sunday 19 September when we invite other clubs to vie with us for our Club Challenge trophy. Snappers' coaches are doing their best to encourage and extend swimmers during normal club training sessions as well as the special session on Saturday afternoons.

Soon volunteers will be sought to fill various roles in the lead up to the carnival and on the all-important day. Donations of unperishable food and drink items will also be called for to make up our legendary hampers for the raffle. So shop ahead and look out for the box in the cage to receive your contributions!

YOUR GOGGLES MIGHT GIVE YOU GLAUCOMA!

Claremont Groper, Dr Ross Littlewood, has alerted us to some worrying information. There is a glaucoma risk from swimming goggles if they are too small since they may exert pressure onto the eye. The risk is increased by fluid loading (drinking lots!) immediately before swimming and by the duration of any one period of uninterrupted wear. Theoretically we should be wearing goggles wide enough to press on the bony rim of the socket and not the soft tissue of the eyelid. We should probably also remove goggles from our eyes whenever we are resting.

Ross says people should be aware that a pressure reading taken during a standard eye check at the opticians will completely miss this type of glaucoma. Detection requires either visual field testing or, even better, a nerve fibre analysis with a machine called an OCT. Most ophthalmologists have this equipment.

Ed: I can forward the full two-page article to anyone interested in reading further on this topic.

JACKIE EGAN

Growing up in Manly in Sydney close to the beach meant that there was always a major focus on the water from birth. My parents were keen not to lose any of their children to drowning accidents, so swimming lessons started early at the age of 4 years.

I learnt to swim at Manly Baths which was essentially a jetty jutting out into the harbour. Methods of swimming instruction were simple in those days. The instructor provided a distraction and then pushed me off the jetty into the deep water of the harbour allowing me to learn to swim "naturally" as he put it. I never remember him actually giving me any instruction on *how* to swim. I was not put off however and spent most of my childhood at the pool or the beach. I became a



lifesaver at Manly beach when I was 13, as soon as they allowed girls to become members. We did not have a shower or toilet to use and the men were hostile towards us, but it was all worth it, just to wear that red and yellow hat. I remained involved as a surf lifesaver for many years until I left Sydney to move to Perth in 1989. Since then my swimming has been very off and on.

My son, Nick, who is now 14, is a very keen swimmer and surf lifesaver, so I have spent many hours around the water. Last year I finally decided to stop being a spectator and I joined Claremont Masters. However, I wasn't really enjoying it. My son advised me that I couldn't do something I didn't enjoy so I needed to look for another club that might suit me better. Wise words from a young man!

As soon as I joined Stadium Snappers and had my first training session alongside Theresa, I knew this was the club for me. Everyone was so friendly, the training sessions were great and I really enjoyed the friendly chat after training.

My next goal is to train hard and compete for the club at the meets and hopefully win Snappers a few more points so we can edge out our rivals. It is a wonderful club and I am so glad that I have found you all!

POOL SWIM RESULTS from Recorder Pamela Walter

Westcoast BE ACTIVE Club Challenge 27 June 2010

Eleatha BEARE	FR200 (PB50 by 14 sec); FR50 (PB50)
Meryl BURBIDGE	BA50 (PAB50)
Beng CHUA	BA50 (PB50)
Sue COLYER	IM200, BU50 and FR50 (all PB50)
William CURTIS	BA50 (best since '08); FR200, FR50 (best for 2010)
Anne EDMONDSON	FR200 (PB50 by 5 sec); BR100 and BU50 (both inaug50)
Elizabeth EDMONDSON	BR100 and FR50 (both PAB50)
Theresa ELLIOTT	FR200 (PB50 by 10 sec); BR100 (PB50 by 3 sec); BA50 (PB50 by 12 sec)
Helen GREEN	FR200 (PB50 by 10 sec); BA50 (PB50); FR50 (2 nd best)
Barry GREEN	BR100; BA50 and FR50 (all best for 2010)
Richard INGLEBY	FR200; BU50 and FR50 (all inaug50)
Corrie LODDER	BR100 and BA50 (both inaug50)
Eleanor PARSONS	BU50 (PB50); FR200 and FR50 (both PAB50/CR50)
Gail PARSONS	BA50 (PB50/CR50); BU50 (PB50); FR50 PAB50
Sue SHILLING	FR200 (PB50 by 11 sec); FR50 (PB50)
Dee STEPHENSON	FR200 and BA50 (both best for 2010)
Pat SUGARS	FR200 (best since '07); FR50 (best for 2010)
Pamela WALTER	IM200 (PB50); BR100 (PAB50/CR50 best since '99); BA50 (best since '08)
Robyn WILSON	IM200 (PAB50/CR50); BA50 (PAB50)
Bill WOODHOUSE	BA50 (PB by 11 sec)



Helen and Barry Green



That's Eleanor in colour!

Thanks to Beng for the photos

Gosnells/Leisure Park 400/800 Distance Swim (SC) 25 July 2010

Snappers took 10 of the 20 records broken at this meet: two each to Kim Klug, Gail Parsons, Eleanor Parsons, Robyn Wilson and Vic Paul. Congratulations to our champions!

BLONDES ON THE SUN

*A Russian, an American and a blonde were talking one day.
The Russian said, 'We were the first in space!'
The American said, 'We were the first on the moon!'
The blonde said, 'So what? We're going to be the first on the sun!'
The Russian and the American looked at each other and
shook their heads. 'You can't land on the sun, you idiot!
You'll burn up!' said the Russian.
The blonde immediately replied, 'We're not stupid, you
know. We're going at night!'*

DEADLINE

Many thanks to Barry Green, Pamela Walter, Marg Watson, Robyn Wilson, Jackie Egan and Beng Hooi Chua for providing interesting material for this issue of Snappets. Please send your contributions for the next issue to amburbidge@westnet.com.au by **Friday 17th September**.
Merilyn

Common sense and a sense of humour are the same thing, moving at different speeds. A sense of humour is just common sense, dancing.
William James



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