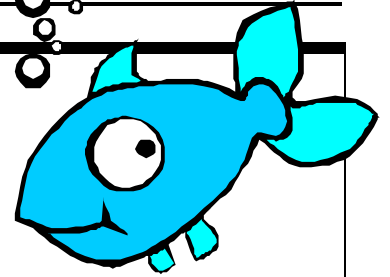


SNAPPETS



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

August 2011

PRESIDENT'S REPORT

The day squad is still training in the 25 m pool but for a couple of weeks water polo in the indoor pool moved us outside. Fortunately the weather was quite kind although the walk back from the outdoor 10 lane pool to the changing rooms can be a bit "breezy"!

At the Swan Hills BE ACTIVE Club Challenge on July 3, Maida Vale (239 points) pushed Snappers (211 points) into second place. The advantage lay in the number of swimmers. Maida Vale had 20 to Snappers' 17 allowing them to field one more relay team! Congratulations to all those swimmers who took part in this carnival and in other long distance meets, because there were many personal best and age group best achievements.

We are looking forward to the Short Course Relay Carnival coming up on August 14, a Club Swim on August 27 and, most importantly Snappers BE ACTIVE Club Challenge on September 11. Everyone is encouraged to swim and help in some way to make this event a success.

The club celebrated its 19th Birthday party at the annual dinner held on June 25. Everyone who attended enjoyed the evening in its new format. Thanks go to Pat Sugars, our social organiser for arranging a splendid event. The recipients of the 5, 10, and 15 year certificates of membership of the club were:

5 years	Audrey Bullough, Wayne Davies, Elizabeth Edmondson, Merle Loukes
10 years	Geoff Barnard and William Curtis
15 years	Don Lane and Wyvern Rees.

Our trusty recorder, Pamela Walter, handed out the State and National Top 10 certificates to those swimmers who had earned them and was in turn acknowledged with a well-deserved Certificate of Appreciation "in recognition of her exemplary and conscientious services to the Club in various roles, especially as Recorder since 1995".

At their meeting on July 18 the Committee agreed on the lane hire requirements for August, September and October. Most importantly, the Committee has agreed to hold a Special General Meeting on August 20 to (hopefully) approve the fee schedule for 2012 and the Bylaws. **It is essential that a quorum of 19 or more members is achieved at this meeting to vote on the motions.** The meeting venue and timing have been chosen to be convenient for a good attendance. **Please be there!**

Barry Green

In this issue

Regular features

President's message.....	1
Diary entries	2
Goggle.....	2
Birthdays	2
Social news	3
ILFWA	3
Pool swim results.....	5
Deadline for next issue....	6

Special features

Notice of SGM	1
Swimathon.....	2
MSWA Presentations.....	4
Snappers and privacy	4
Streamlining.....	6

You will already have received notice of this important meeting and explanatory notes, but here is a reminder to note the date in your diary. Your attendance is vital.

NOTICE OF MEETING

A Special General Meeting of the Club will be held in the Cottesloe Crabs club room at Challenge Stadium at 3:00 pm on Saturday 20 August 2011.

- Business to be transacted:
1. Proposed membership fees for 2012
 2. Establishment of a membership fee raffle starting in 2012
 3. Bylaws of the Club.

Jackie Egan, Hon Secretary, 19 July 2011

BIRTHDAYS

Wishing these Snappers the best of birthdays!



August

3rd Patrick Cooney
 4th Wyvern Rees
 4th Margaret Watson
 6th Eleatha Beare
 14th Ken Bruce
 26th Pat Byrne
 29th Wendy Herzberg

September

6th Vic Paul
 7th Kim Klug
 21st Doris Kimber
 24th Rob Murphy
 26th Audrey Wren
 27th Kate Watson

DIARY ENTRIES FOR AUGUST AND BEYOND

Date	Event	Time	Venue
Sunday 7 August	Somerset long course 1500	8:30 am warm-up	Aqualife Centre, E Vic Park
Sunday 14 August	Golden Groper State Short Course Relay Carnival	8:30 am warm-up	Challenge Stadium
Monday 15 August	Snappers' Committee meeting	7:00 pm	Barry's place
Sunday 21 August	Belmont short course 400/800	TBA	Belmont Oasis Leisure Centre
Monday 22 August	Croquet afternoon	1:00 pm	Cambridge Croquet Club
Saturday 27 August	Club Swim - long course	1:00 pm warm-up	Challenge Stadium, outdoors
Sunday 11 September	Snappers long course BE ACTIVE Club Challenge	TBA	Challenge Stadium
Monday 19 September	Snappers' Committee meeting	7:00 pm	Merilyn's place
Fri 7 to Sun 9 October	13th Australian Masters Games (entries close on 7 August)		State Aquatic Centre, Oaklands Park, Adelaide

SWIMATHON 2011

A while ago, on Sunday 15th May, the Club's annual Swimathon was held to support the Motor Neurone Disease Association of WA. Despite it also being Derby Day for the Dockers and Eagles, 17 Snappers covered 36200 metres between 8:00 am and 3:30 pm. Most of the swimmers took the opportunity to record times in the aerobic program. Thanks to Sue Colyer who made the preliminary arrangements this year and 'Tricia who took charge when Sue was away. Last year's event was held in short course. This year we were lucky to have the lanes in long course as the indoor pool was left in that mode for us after being converted for a previous event. We appreciate Challenge Stadium's gesture of giving us two lanes free of charge for the day. The \$4369 that was raised was not a record but was nevertheless a substantial donation to MNDWA.

GOGGLE SAW



- Eleanor looking happy under the weight of all those medals won at the Masters Swimming Australia Championships in Perth in April.
- The article below published in a July issue of "The Post". Captain Bill has had at least one enquiry as a result.

Masters get along swimmingly

If you can't swim during the day, there are evening swimming options for members of the Stadium Snappers Masters Swimming Club.

Younger swimmers often prefer the evening sessions.

The club, which caters for swimmers from 18 to whatever, hires lanes at Challenge Stadium on most days of the week.

There is usually a coach on pool deck to help swimmers with their strokes and provide a program for those who want one.

Members are a cheery bunch, as well as being supportive and encouraging.

If you are interested in joining, call Bill Woodhouse, day group captain, on 9284 6226 or Kim Klug, night group captain, on 9385 1165.



SOCIAL NEWS

Although numbers were down on past years at the Annual Dinner on Saturday 25 June, the food was excellent and served beautifully and promptly to the tables, so there was no chance of people missing out. Everyone seemed to have got the “quizzles” right, so I gave them all their prize of a small choc! I don't remember who won the four spot prizes, except I know Barry got one and George Klug got another. We ended up with a profit of \$220.

Ed: Thanks to Barry and Pat for donating the pre-dinner drinks, adding considerably to the profit for the evening.

On 11th July, a group of members enjoyed a satisfying lunch at the Captain Stirling Hotel. Meals were served at a big table set up specially for us, all for the price of the usual counter lunch. We went on to the Windsor Cinema to see the film "The Trip", which most enjoyed. A few may have found the dialogue not their cup of tea but the scenery was extra good.

A croquet afternoon at the Cambridge Croquet Club, opposite the Floreat Forum, is booked for Monday 22nd August commencing at 1:00 pm at a cost of \$20 each, including all equipment (mallets, balls, etc) and an instructor to give us the basics. So far we have 19 players and are hoping to make up five teams of four. Tea, coffee and biscuits are available for afternoon tea and we will bring a cake or two ourselves. Should be quite good fun! Our croquet guru, Wyvern, is certainly hooked on the game.

Pat Sugars

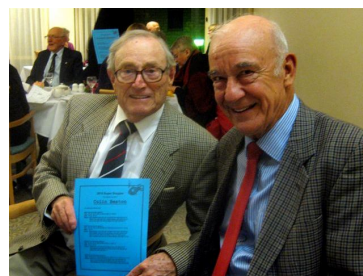
Taken at the dinner (thanks to Marg Watson)



Audrey W and Zee



Hazel and John Christie



Colin and Brian S



President Barry presenting a Certificate of Appreciation to Pamela



Audrey B, Merle and Elizabeth



Corrie and Dee

IMPROVES LIKE FINE WINE AWARD

Congratulations to Rob Shand who received the Improves Like Fine Wine Award in June for his persistence in achieving One Million Metres over 11 years.

GOOD DEAL ON FUNKY BATHERS

Swimmer's World have a new shipment of Funkita bathers – these are attractively wild-patterned togs for both men and women. We can get 15% discount if we have at least 10 orders. Captain Bill has the catalogue or you can check out the range in the store at 208 Cambridge St, Wembley.

MASTERS SWIMMING WA ANNUAL AWARDS FUNCTION

At MSWA's 2011 awards function on Sunday 26 June, many Snappers received recognition for their swimming achievements at the National Masters Swimming Championships (mentioned in *Snippets* in June 2011). Age group winners in the 2010-2011 Dale Alcock Open Water Swim Series were also recognised and included these Snappers:

Anja Messmer	18-24	40 points	Leon Musca	40-44	58 points
Eleanor Parsons	55-59	78 points	Theresa Elliott	65-69	95 points

Sue Shilling (72 points) won the 45-49 year age group but as she was a first claim member of Geraldton when the season began, her points were allocated to Geraldton.

Earlier in the year it was announced that Snappers had come second in Australia and first in WA in the points score in the National Aerobic Trophy program. The achievement at State level earned us the right to have our Club name inscribed for the first time on the very big and heavy State Aerobic Trophy and to hold it for one year. It is on display in the trophy cabinet downstairs at Challenge Stadium for all to marvel at. WA clubs have been participating in the aerobic program since 1980, during which time only four clubs have won the trophy. Some of the thirty aerobic-swimming Snappers who contributed points to this win are photographed here.



CLUB MEMBERSHIP INFORMATION AND PRIVACY

The question has been raised in Committee as to whether membership information should be made available to all Club members. The office of the Australian Information Commissioner has confirmed that privacy legislation DOES NOT apply to Snappers because our annual turnover is less than \$3,000,000! However the Club should adopt BEST PRACTICE, which is to inform members of how their personal information is handled. That is the reason for this article.

At present the Committee has two spreadsheets of members' information:

1. Emergency Contacts – this contains each member's name, address, telephone/mobile phone numbers, Masters Swimming Australia registration number, date of birth and, for emergency contact, the telephone/mobile number of the emergency contact person and the relationship to the member. This information is in the cage ie, it is available to all members.
2. Contact Details – this contains each member's name, address, email address, telephone/mobile phone numbers, registration number and date of birth. The only extra information about the member it contains is the email address. This spreadsheet is at present held only by Committee members. It does NOT contain the emergency contact details.

The above information is required for the Committee to carry out its duties in Club matters. It is certainly not meant to be made available to third parties, apart from Masters Swimming WA and Masters Swimming Australia as part of the registration of swimmers. Our policy on safety requires that the Emergency Contact information is available in the cage for swimming sessions.

If members object to making available to other members their email address, they should contact the Assistant Registrar, Elizabeth Edmondson. Otherwise, the Contact Details will be given to members on request.

Barry Green

RESULTS

Riverton Long Course 400/800 Metre Distance Swim Sunday 26 June 2011

All five Snappers who swam in this event came first in their age groups. And they were all women!

Pat Sugars	400 Back
Theresa Elliott	400 Free and 800 Back
Pamela Walter	400 and 800 Breast
Eleanor Parsons	400 Free and 800 Back
Sue Shilling	400 Back and 800 Free

Swan Hills BE ACTIVE Short Course Club Challenge Sunday 3 July 2011 (from Recorder Pamela Walter)

Anne Edmondson	BR50 (PB25 by 6 sec), IM100 (PB25 by 3 sec), FR200 (PB25 by 8 sec) – stand-out result!
Theresa Elliott	BR50 (PB25), BR200 (PB25)
Barry Green	BA25 (PAB25/CR25/best since '08), BR50 (PAB25/CR25/best since '08), IM100 (PAB25/CR25/best since '09)
Helen Green	FR25 (best since '08), FR100 (best since '09)
Geraldine Klug	BR100 (PAB25/CR25/best since '09), BR25 (PB25/CR25/State Record)
Kim Klug	BA25 (PAB25), BR25 (PB25/CR25), IM100 (PAB25)
Eleanor Parsons	BU25 (PB25/CR25/State Record)
Gail Parsons	BR50 (PAB25), BR25 (PAB25/CR25), IM200 (PB25/CR25/State Record/ beating her '08 time)
Vic Paul	BA25 (inaug 25/CR25), BU100 (inaug 25/CR25), BA200 (inaug 25/CR25/State Record)
Pat Sugars	BR25 (best since '08)
Pamela Walter	BR50 (PAB25), BR100 (PAB25/CR25/best since '08), BR200 (PAB25/CR25/State Record)
Bill Woodhouse	FR50 (PB25), BR25 (inaug 25), IM200 (inaug 25)

How about this for remarkable placings by our 17 swimmers?

Wyvern, Pat S, Geraldine, Barry, Theresa, Vic, Pamela and Eleanor all gained three first places.

Margaret S, Audrey B, Helen, Bill and Kim all gained two firsts and one second.

William, Anne and Gail all gained one first, one second and one third.

Elizabeth (no legs, remember) scored one first, one fifth and one DQ!

Elizabeth puts it this way: *"I managed to DQ myself! When I went to swim breaststroke I accidentally started off in freestyle so I stopped and got out, much to the bewilderment of the judges of strokes as they were concentrating on legs and not arms and hadn't seen a thing! I was told afterwards I should have kept swimming as I wouldn't have been disqualified!"*

We came second to Maida Vale who had 20 swimmers There, in the gospel according to Barry, lies the message. Thanks to Marg Watson, our only non-swimming timekeeper, and photographer too. Elizabeth helped as Marshal and Pat was Starter for some of the time. Well done to others who helped as well. Swan Hills has only seven members but still managed to serve six different soups plus a big table full of food.

Bunbury Have A Go Meet Sunday 24 July 2011

This event was held at the South West Sports Centre in Bunbury as a trial run for the 2012 WA Masters State Championships to be held there next March. Theresa represented Snappers in three events and hopped out of the water in between swims to help as an official.

Leisurepark Short Course 400/800 Metre Distance Swim Sunday 31 July 2011

Once again, all five Snappers who participated in this event came first in their age groups. And where were the men? OK, Vic Paul was there, but he was representing Bold Park.

Theresa Elliott	400 Back and 800 Breast
Pamela Walter	400 Breast and 800 Back
Eleanor Parsons	400 IM and 800 Free
Gail Parsons	400 IM and 800 Fly!
Sue Shilling	400 IM and 800 Free

PERFECT STREAMLINING by 2010 Coach of the Year, Frank Godden (from Masters Swimming Australia's e-News June 2011)

Every swimmer, when diving into the pool or pushing off the wall, achieves a degree of streamlining. Those who understand that minimizing the physical surface area exposed to the water and are willing to make the effort to achieve such streamlining will be rewarded with greater distance. Here are some tips for maximum streamline.

1. Hand over Hand

One hand should be placed firmly on top of the other with the thumb of the upper hand wrapped around the palm of the lower hand.

2. Keep Hands Parallel to the Surface

Just as a horizontal body is going to create the least amount of resistance, the swimmer should avoid pointing the hands in either an upward or downward direction.

3. Lock the Arm

The less bend in the arms, the closer together are the elbows, reducing the exposed surface area.

4. Press Biceps behind the Ears

Tuck the arms slightly behind the ears and press the biceps firmly against the head.

5. Align the Head with Body

Keep the head down and locked in place through the break-out and initial strokes.

6. Tighten the Bum

Squeezing together your two gluteus maximus muscles will enhance your streamlining ability.

7. Straighten the Legs

This action is a natural response following the push-off.

8. Point the Toes

When attaining a perfect streamline the feet should be forced into the horizontal plane, toes pointed directly away from the body.

9. Connect the Feet

So that the water tapers off the body place the feet directly next to one another one slightly on top of the other. This momentary position immediately after push-off will be disturbed once kicking starts.

10. Go the Extra Centimetre

When you have mastered the first nine steps go one more by extending the body head to toe another centimetre or so.

ACKNOWLEDGEMENTS AND DEADLINE

*Many thanks to Barry Green, Pamela Walter, Pat Sugars, Marg Watson and Elizabeth Edmondson for providing material for this issue of Snappets. Please send your items for the next issue to amburbidge@westnet.com.au by **Monday 12 September 2011**.*

Merilyn

**Stadium Snappers values the support
received from our sponsors**

