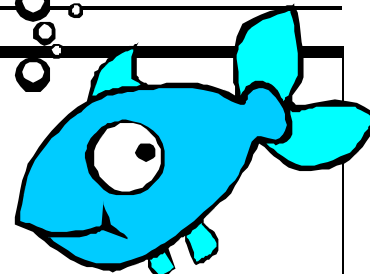


SNAPPETS



Stadium Snappers Masters Swimming Club Inc www.stadiumsnappers.net.au January, 2012

PRESIDENT'S REPORT

What with all the cricket and tennis going on at the moment, club members are still turning up for a swim in the pool! This is great, because the open water swim program is in full flow, Newman Churchlands BE ACTIVE Club Challenge is on 12th February and the State Championships are early in March. Before we know it, there are the Nationals in Adelaide in mid-April.

This year the Club Challenge program is reduced to four carnivals. We have been granted entry to Newman Churchlands, Swan Hills, Snappers and Osborne Park, but there are the States, Nationals, Distance Swims (including Snappers' 1500 m) and the State Relay Carnival as well. This should keep our competitive juices flowing. Of course I hope that more swimmers will participate in aerobic swims now that single swims count for points under the new arrangements starting this year.

Although the Club did not hire lanes over the Christmas/New Year period the attendance at the pool was amazingly good and so, I assume, has kept the effects of seasonal indulgence at bay.

Do look regularly at the Club's web site <http://www.stadiumsnappers.net.au/> as more and more Club information is being placed on it. Webmaster, Elizabeth Edmondson, is keen to receive feedback about the site and its contents.

Finally, at the Annual General Meeting on 25th January, I will be stepping down as President of the Club as required by the Constitution. I want to thank all those members who have supported the Club over the two years I have been honoured to serve in this role. I wish the new Committee all the best for their term of office.

Barry Green

In this issue

Regular features

President's message	1
Diary entries.....	1
Welcome new members	3
Goggle	4
Birthdays.....	4
Social news.....	4
MSWA Matters.....	5
OWS results.....	7
Deadline for next issue	8

Special features

2012 Committee	2
Aerobic awards for 2011.....	2
Attendance analysis 2011 ...	3
Vorgee Endurance 1000.....	5
Fundraiser.....	6
Greetings from Sue.....	6
Rottneest hopes.....	8
Instructions for aerobics	9

DIARY ENTRIES FOR FEBRUARY AND BEYOND

Date	Event	Time	Venue
Wednesday 1 February	Mini Ashes Sculling Contest	1:30 pm	Challenge Stadium
Friday 3 February	Twilight sail on STS Leeuwin	3:30 pm	B Berth, Fremantle
Saturday 4 February	Club Swim – long course	1:00 pm warm-up	Challenge Stadium
Sunday 12 February	Newman Churchlands Club Challenge – long course	TBA	Newman College pool
Sunday 19 February	Alcoa Mandurah Masters Ocean Swim 1500m or 3000m solo	9.00 am start	Henson St Beach, Mandurah
Saturday 25 February	Rottneest Channel Swim	from 5:45 am	Cottesloe Beach
Sunday 26 February	Snappers' Beach Picnic	from 8:00 am	City Beach
Sun 4 – Mon 5 March	MSWA State Swim		Bunbury
Sunday 11 March	Coogee Jetty to Jetty	8:00 am briefing	Coogee Beach
Saturday 24 March	MSWA State OWS	7:30 am rego	Coogee Beach
Sat 14 - Tue 17 April	37th National Masters Championships		SA Aquatic and Leisure Centre, Marion, Adelaide
Saturday 16 June	Snappers' 20 th Birthday Dinner	TBA	TBA

ELECTIONS AND APPOINTMENTS FOR 2012

Stadium Snappers Management Committee

These officers were elected to the Management Committee by the 30 members present at the Annual General Meeting on 25th January 2012.

President	Julianne Crowley	Social Organiser	Pat Sugars
Vice President	Geraldine Klug	Captains: Night	Kim Klug
Treasurer	Anne Edmondson	Day	Bill Woodhouse
Secretary	Jackie Egan	General Members	Elizabeth Edmondson
PR and Membership	Theresa Elliott		Patrick Cooney

Appointments were also made at the AGM to fill the positions listed below.

Coaches

Senior Coach (Level 2)	Eleanor Parsons
Level 1 Coaches	'Tricia Summerfield
	Gail Parsons
	Kim Klug

Ancillary Positions

Assistant Treasurer	Pat Byrne
Recorder	Pamela Walter
Assistant Recorder	Elizabeth Edmondson
Safety Officer	Geraldine Klug
Information Manager	Eleanor Parsons
Registrar	Elizabeth Edmondson
Webmaster	Elizabeth Edmondson

Honorary Auditor Mandy Guo

AEROBIC SWIM AWARDS FOR 2011

Club Aerobic Awards 2011

The Club Aerobic Award was introduced in 1995 to encourage members to participate in the National Aerobic program. It is presented annually at the AGM to the swimmers who have gained the most points. Points are given for each aerobic swim completed regardless of the time taken by the swimmer: 2 points for each 400 m swim; 4 points for each 800 m; and 10 points for each of the longer swims. Swimmers who achieved the Club Aerobic Award in 2011 are:

Younger swimmers (250 points)

Eleanor Parsons and Sue Shilling

Older swimmers (220 points)

Theresa Elliott

Aerobic Star awards 2011

Star Awards, initiated in 2000, are another incentive to swim aerobics. A One Star Award is given for the completion of the aerobic program in any one stroke, a Two Star Award for any two strokes, etc. In 2011 swimmers achieved 16 certificates and 42 completed strokes.

★ Marg Somes completed all 14 swims in Freestyle and Kylie Leaman completed the IM program.

★★ Dee Stephenson, Pat Sugars, Audrey Bullough, Barry Green and William Curtis completed all 28 swims in the two strokes of Freestyle and Backstroke and Cas Brown and Kim Klug completed all 28 swims in the two strokes of Freestyle and Breaststroke.

★★★ Elizabeth Edmondson, Theresa Elliott and Merylyn Burbidge completed all 42 swims in the three strokes of Freestyle, Backstroke and Breaststroke and Anne Edmondson completed all 38 swims in the three strokes of Freestyle, Backstroke and Individual Medley.

★★★★ Pamela Walter completed all 52 swims in the four strokes of Freestyle, Backstroke, Breaststroke and Individual Medley.

★★★★★ Eleanor Parsons and Sue Shilling completed the entire Aerobic Swims program of 62 swims in Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley.

MEMBERSHIP RENEWALS FOR 2012

This is the final call for Snappers' membership renewals. If you want help, please contact the Registrar, Elizabeth, at folash5@hotmail.com or on 0401 189 799.

WELCOME

We are very pleased to welcome two more new members, Ruth Mills and Sally Gaunt. Ruth lives in Canberra and will swim with us when she is visiting her mum, Elizabeth Edmondson. Over the Christmas period she has already recorded several aerobic swims. Sally has transferred from Osborne Park, whose venue at Beatty Park is being refurbished and whose alternative training venue is too far from where Sally lives.

We also welcome old friends from Guernsey Masters, Evelyne and Mike Banfield, who have joined us on previous trips to Perth, although it is four years since their last visit.

SNAPPERS IN THE POOL AT CHALLENGE STADIUM 2011

Data are collated from the club attendance diary and relate to swims at Challenge Stadium only. Figures do not include our club's BE ACTIVE Club Challenge or the National Swim which was held in Perth this year. This year's figure for total attendance (3790) is somewhat down on previous years, reflecting a decrease in membership of 6%.

Sunday, Wednesday, Thursday and Friday attendances have decreased; Tuesday and Saturday numbers have remained steady. Mondays are included in the total but not in the averages as this is a casual session and the diary is not consistently completed.

As several Snappers swim regularly outside the times when the club reserves lanes and some also swim as second claim members of Claremont, in all Snappers' gate entry numbers are probably somewhat higher than totals reflected but booked lane usage is down.

Year	2003	2004	2005	2006	2007	2008	2009	2010	2011	cf 2010
<i>Membership</i>	99	84	72	79	83	82	85	86	81	-6%
<i>Attendance</i>										
Annual total	3883	4112	3796	4238	4404	4151	4950	4940	3790	-24%
Average monthly (12)	324	343	316	353	367	346	413	412	316	
Average weekly (52)	75	79	73	81	85	80	95	95	73	
Average daily (365)	11	11	10	12	12	11	14	14	10	
Average per member	39	49	53	54	53	51	58	57	47	-16%
Highest at one session			37 (Wed)	37 (Wed)	40 (Fri)	38 (2 Wed 1 Fri)	40 (Fri)	38 (Wed)	35 (Wed)	-8%
<i>Monthly Averages</i>										
Tuesday	56	48	37	44	39	40	34	26	26	=
Wednesday	113	104	103	111	126	107	130	122	107	-12%
Thursday	24	28	16	29	25	32	25	28	20	-29%
Friday	102	107	97	108	119	109	127	118	99	-16%
Saturday	32	30	25	26	21	39	32	39	39	=
Sunday	22	26	25	28	29	39	38	41	32	-12%

Tricia Summerfield
Coach, January 2012

BIRTHDAYS

February

- 1st Jean Beaton
- 4th Dee Stephenson
- 20th Joan Sheppard
- 21st William Curtis
- 25th Audrey Bullough



Happy Birthday to those celebrating in February. Pablo Picasso is reputed to have said: "One starts to get young at the age of sixty and then it is too late." He was wrong! It isn't too late. Welcome to Club 60, Joan.

CHRISTMAS PICNIC Sunday 11th December 2011

The Christmas Picnic went off very nicely – good weather, good spot at Beaton Park and good attendance. Although I arrived at 9:30 am I could have found a spot closer to the BBQs, had I arrived even earlier. However, our site was shaded by trees and not too far from parking.

David Watson and Colin did a great job in cooking the tasty, gluten-free sausages, with Bill running back and forth to let them know how many were needed. Nibbles, salads, cakes and desserts were all delicious, too.

Marg Somes and her crew put together attractive hampers for the raffle, adding to Club funds. Cliffe Webb presented the Award that bears his name and Barry presented the rest of the awards.

Many thanks to Marg Somes, David, Colin and Bill and everyone who brought the accompanying dishes to make the day very enjoyable.

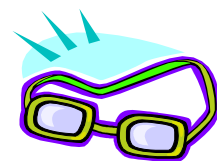
Pat Sugars

20TH ANNIVERSARY DINNER

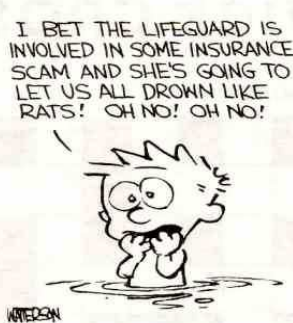
This year Snappers are celebrating a significant milestone: the 20th anniversary of our foundation. Pat Sugars and her team of helpers are planning to make the Annual Dinner on Saturday 16th June a special celebration. We are delighted that our first President and sole life member, Lynda Joachim, has agreed to come from Brisbane for the event. Other past members have shown interest in coming as well. Please make a note of the date and keep it free so that you can be part of the celebration, too.

GOGGLE SAW

- More men than women in a training session on Saturday 14th January – must be a first for Snappers.
- Barry signing up for the new Masters Coach Intro course scheduled for February. Well done, Barry!
- Fewer Snappers than usual at afternoon training on Wednesday 25th January. The official temperature recorded at Swanbourne that day was 41.8C at 1:57 pm! Perhaps the missing Snappers were at home preparing for the AGM that night or perhaps they had more sense than to come out in the midday sun.



CALVIN & HOBBS



VORGEE ENDURANCE 1000 PROGRAM

The Vorgee Endurance 1000 program is a swimming program designed to encourage people to swim distances from 400 m to 60 minutes duration in a variety of strokes. From the beginning of 2012 it replaces the Aerobic Trophy Program.



- The 62 component swims in the program remain the same.
- In distances of 400 m and 800 m, points are awarded for *each* swim up to a maximum of five, ie every swim will count and it will no longer be necessary to swim five of each stroke in these distances to score points.
- Within each age group there are now three point scoring categories instead of six as before.
- The maximum number of points that an individual can score is 1005!
- The total number of swims (gaining points) that can be completed is 62, broken down into:

25 individual 400m swims (max score for each swim = 5 points)	125
25 individual 800m swims (max score for each swim = 10 points)	250
3 by 1500m swims (max score per swim = 40 points)	120
3 by 30 minute swims (max score per swim = 40 points)	120
3 by 45 minute swims (max score per swim = 50 points)	150
3 by 60 minute swims (max score per swim = 80 points)	<u>240</u>
	1005

Complete details of the Vorgee Endurance 1000 program are available on the Masters Swimming Australia web site www.mastersswimming.org.au. There is also a hard copy of the program in the cage.

MASTERS SWIMMING WA MATTERS from Wendy Holtom

MSWA New Website

It is up! We now have our new web site through IMG via Clubs Online. However it will need some tweaking and updating and we will make changes and corrections ASAP. Project Officer Nadine Georgiades has done a fantastic job in getting this developed and implemented. We advise members who have our MSWA web site under "Favourites" on Internet Explorer to delete that link and key in the address again which will then go direct to the new site.

2012 Pool Events Calendar

The calendars have been posted to Clubs for distribution to members. Please advise your members of this process and ensure all members receive their calendar, thanks. (*Snappers, if you haven't received your calendar, you can collect it from the cage.*)

FROM THE REGISTRAR Elizabeth Edmondson

At 31st December 2011, Club membership was 81, of whom three were second claim members (two from interstate).

At 25th January 2012, membership was 65, made up as follows:

Renewed from last year	60
Second claim	1
New members	3
16 month	1

FROM THE RECORDER Pamela Walter

The 2011 Top Ten list should be on the Masters Swimming Australia web site sometime in February. Please look out for it, check your results and notify Elizabeth or me as to the details of any errors.

FUND-RAISING IDEA

Marg Somes has suggested that we compile a recipe book from a collection of Snappers' favourites. There is plenty of culinary expertise amongst our group of swimmers. Who can forget June Maher's matchsticks and trifle, Pat Sugars' chocolate brownies, Marg Watson's poppy seed muffins and Marg Somes' Christmas mince pies? If these aren't enough to take the cake, there is also the mouth-watering range of salads we've enjoyed at Christmas picnics.

Marg is willing to collect the recipes so please consider your specialities and send or give them to her to start the ball rolling. The plan is to sell the booklet, very likely to be illustrated, to members and their families and friends.

A GOOD SAMARITAN BEE (borrowed from Melville Masters' newsletter)

A man was out driving when his car stopped. Just as he was removing the cap from his petrol tank a bee flew up and asked what was the problem.

The man said, "I think I'm out of petrol."

Without hesitating, the bee flew off shouting, "Wait there!"

In a few minutes a swarm of bees arrived. Each one crawled into the fuel tank before flying away. As the first bee was taking off it said, "Now try it."

The man switched on the ignition and the car started. "Wow!" he exclaimed.

"What did you put in my tank?"

Grinning slyly, the bee answered, "BP!"



GREETINGS FROM SUE COLYER, 18th January

Hi Snappers

No snow in New York, but on the west coast we experienced 6-8 inches of snow last night, with a "super storm" predicted for tonight. Not sure what that means, but cold and up to 14 inches of snow expected. It is truly a winter wonderland here in the snow.

New York was exciting! I enjoyed being on the fringe of Times Square again for the celebrations. One million people in Times Square was the estimated crowd! Saw seven Broadway shows and three movies! The play, Wit, was a refreshing intellectual contrast to the very entertaining and technically spectacular musicals: Wicked, Priscilla, Porgy and Bess, Phantom, Spiderman and War Horse. War Horse, the play, had wonderful, believable full-size puppets for horses.

We saw Ellis Island (entry point for 12 million migrants to USA from 1892 to 1954) and sailed past the Statue of Liberty, but due to construction works and very cold winds did not leave the ferry! 9/11 memorials at WTC within the construction site were very moving. I feel that we must have walked around about 25% of Manhattan during the 17 days in New York!

Now back on the west coast for three more weeks to enjoy the rural life before getting back to Perth on 10 Feb. I look forward getting back into swimming soon.

Kind regards

Sue

HOUSE SITTER WANTED ...

... for our house in Floreat from 9th April to 22nd April. We have two small Jack Russells that need care and some companionship (they are naughty but nice). As encouragement, we will pay \$300 on our return. Could anyone who might be interested in staying in the house for two weeks please contact Jackie Egan on jackie_egan@westnet.com.au or call me on 0400 455 650?



OPEN WATER SWIM RESULTS

Fremantle Ports Swim Thru 1.6 km South Beach Saturday 10 December 2011

Swimmer	Age Group	Time	Age Group Position
Andrew WILSON	25-29	30:00	3
Julie CROWLEY	60-64	38:45	2
Theresa ELLIOTT	65-69	35:32	1
Merilyn BURBIDGE	65-69	37:48	2
Barry GREEN	70-74	33:47	3

Big pink buoys were a great navigational aid to swimmers. This was Julie's first OWS since her cycling accident resulting in a cracked pelvis. Andrew and Theresa both won hampers, Andrew for closest to nominated time over the whole field and Theresa for winning her age group. Barry won a spot prize.

Julie entered the Tower to Tower swim on 18th December but the event was cancelled when sharks were sighted at Scarborough Beach just minutes before the start. Refunds could not be given. However the organisers promised to reduce the entry fee for the event next year.

Cottesloe Classic Mile 1.6 km Cottesloe Beach Sunday 8 January 2012

Swimmer	Age Group	Time	Age Group Position
Sue SHILLING	45-49	27:09	2
Eleanor PARSONS	55-59	25:06	1

2012 Xstrata Nickel Swim Thru Perth, Matilda Bay 4km or 1.6 km Sunday 22 January

Swimmer	Age Group	Event	Time	Age Group Position
Leon MUSCA	40-44	4 km	45:57.02	1
David FAIRCLOUGH	40-44	4 km	52:29.33	6
Sue SHILLING	45-49	4 km	57:17.81	2
Eleanor PARSONS	55-59	4 km	52:39.67	1
Theresa ELLIOTT	65-69	4 km	1.13.58.50	1
Julie CROWLEY	60-64	1.6 km	32:55.33	1
Barry GREEN	70-74	1.6 km	29:07.55	2

Seven Snappers were part of the record field for this swim. Opinion was divided as to whether the out and back courses set this year were better than the one way courses of past years. However they all did well in mild water temperature on an overcast morning with no blinding sun. Eleanor said the 4 km course was short. She managed to follow David most of the way, an advantage because his young neck is good for sighting the buoys. Pamela was in a boat and had the very important job of lowering the flag for the start and then cruising up and down in the middle of the course keeping swimmers on track. Robyn was a land-based volunteer and Helen was there to cheer on the swimmers. Andrew Wilson was unable to swim but won a raffle prize, again!

Australia Day Swim, Scarborough Beach 2km Thursday 26 January

Swimmer	Age Group	Time	Age Group Position
Leon MUSCA	40-44	25:23.66	1
Sue SHILLING	50-54	31:22.50	4
Eleanor PARSONS	55-59	28:32.22	1
Julie CROWLEY	60-64	42:20.33	3
Theresa ELLIOTT	65-69	39:56.61	1
Barry GREEN	70-74	38:43.16	2
Mike BANFIELD	80+	39:01.49	1

Barry says: I think there was a record number of participants in the Australia Day swim – there were over 300. We all did our best, in various keys, to sing the National Anthem before the start. Luckily Scarborough Beach put on a kind face for us, making up for its rips and dumping surf over the last few days although Julie met with some stingers. There was an unexpected "gutter" near the water's edge, so the exit from the water was a bit more demanding.

Seen at the Australia Day Swim



Julie Crowley, Theresa Elliott



Mike Banfield



Kay Cox, Leon Musca

and at the Narrogin Open in December



ROTTNEST HOPES

Six Snappers are lining up for the Rottneest Channel Swim on Saturday 25th February. Leon Musca is swimming it solo. Andrew Wilson is the only Snapper in a team of four optimistically titled "Happy to make it". Eleanor, Robyn, Gail and Sue Shilling are also a team, called "ERGS". The solos leave Cottesloe Beach at 5:45 am so come and watch the spectacle lit by the rising sun.

Note: An erg is (i) a unit of work or energy! or

(ii) a vast area covered deeply with sand in the form of shifting dunes as parts of the Sahara Desert

ACKNOWLEDGEMENTS AND DEADLINE

Many thanks to Barry Green, Pamela Walter, Elizabeth Edmondson, Pat Sugars, Sue Colyer and Tricia Summerfield for providing material for this issue of Snappets, my last as editor. Please send your items for the next issue to the new editor, Theresa Elliott, at elliott.theresa@johnxxiii.edu.au by **Friday 2 March**. I wish her well in the position and hope she enjoys the role. Merilyn



Stadium Snappers values
the support received
from our sponsors



Stadium Snappers Masters Swimming Club

INSTRUCTIONS FOR FILLING IN AEROBIC SWIM SHEETS

Please fill in both cover sheet and swim sheets carefully, completely and legibly.

AEROBIC COVER SHEETS - at the beginning and throughout the year

1. Fill in your name and registration number in the space provided at the top.
2. Fill in your goals for the year. Your goal might be your PB or a best time from the previous year or you may choose to use the time needed to score certain points according to the Endurance 1000 point score table.
3. After each aerobic swim accurately transfer the finished swim time or distance, whether SC or LC and date of swim, from your swim sheet to your cover sheet.

SWIM SHEETS

1. Fill in your name, registration number and swim style in the spaces provided. Please write the stroke in full. (*B/stroke is not sufficient as it could be Backstroke or Breaststroke or even Butterfly(!) nor is Ba, Br or Bu as it may be difficult to distinguish one from the other.*)
2. At the bottom, in the spaces provided, write the date of swim and pool length and get the timekeeper to write their name **legibly**.
3. For Backstroke swims ask your timekeeper to initial your sheet beside 100m, 200m, 400m, 800m and 1500m to indicate that you have turned legally on your back at these stages (if you did!).
4. When the swim is an elapsed time eg, ½ hour, ¾ hour or 1 hour, please indicate the actual time swum for the distance and write the distance swum at the bottom right of your sheet in the space provided eg, 1275m.
5. Circle any internal times that you believe are your best.
6. You must have back-up documentation for all swims listed on your cover sheet. It is your responsibility to see that copies of times recorded at interclub Distance Swims are included in your file.
7. Keep your sheets together in the order they are listed on the cover sheet. This is the order they are entered into the computer program for recording and it will make life much simpler for the Recorder.

AEROBIC COVER SHEETS - at the end of the year

1. Highlight any swims that were recorded at an interclub Distance Swim meet.
2. Go through all your aerobic sheets and highlight any internal time that you believe is a PB or best for the year in short course and long course including any 3000 m and 5000 m times.
3. Transfer these times onto your Best Internal Time Sheet.

Remember only one aerobic time/distance can gain points from any one aerobic swim.

Thank you,

Pamela Walter and Elizabeth Edmondson
Club Recorder and Assistant Club Recorder