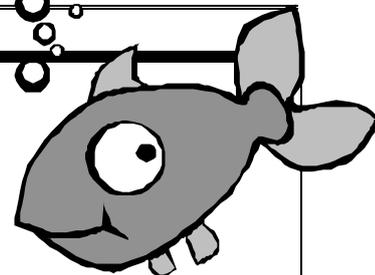


SNAPPETS



Stadium Snappers AUSSI Masters Swimming Club, PO Box 532, Claremont 6910 July August 2007

SNAPPERS A SWIMMING SUCCESS



Left: June Hough and Pat Sugars show off their two Bronze and one Silver medals respectively.

Top: Team Snappers dressed to conquer the national Masters Swimming Championships in Darwin.

PRESIDENT'S REPORT

Well done everyone on a fantastic Club Result for the State Swim, and congratulations to Team Snappers in Darwin.

At the State Swim, with a team of 24 swimmers, Snappers came 2nd overall and 2nd in the Handicap Trophy with 7.01 points compared to the winners, Swan Hills Club, who gained 7.06 points. The Handicap Trophy is worked out on the number of points gained divided by the number of swimmers competing. Next year let's aim to have a couple more swimmers in the water and see if that narrows down that small margin. There was also a huge number of excellent individual results with 16 PB's, 20 PAB's and lots of 'best time since' or missed his/her PB by 2/100's sec.

So once again WELL DONE EVERYBODY you all deserve a pat on the back for an excellent job. (See also page 11 – More from the State Swim).

At the National championships in Darwin, only two weeks earlier Team Snappers did very well. The ten swimmers achieved 8 PB's, 6 PAB's, 5 best times for '07, 13 best times since '05, 1 silver and 2 bronze medals. What a great representation by our team!

Have a look at our new notice board that hangs on the wall near the outdoor 8-lane pool and was made, with thanks, by Geoff Barnard and is kept up to date and looking fantastic by Merilyn. Thanks again to Merilyn and Geoff.

Pamela Walter
President

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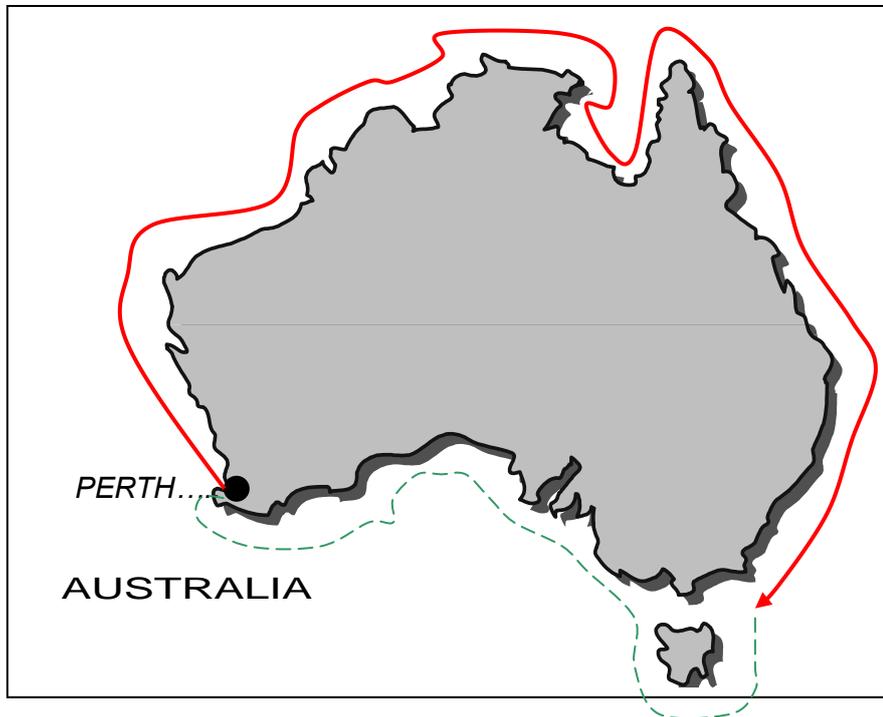
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SWIM AROUND AUSTRALIA - 2006-2008 - May Progress Report - Where are all those outstanding swim distances? Have you lodged your lot with Gerry??

After April (498.85 kms) and May (410.55 kms), with more figures to come we have covered a total of 9521.3 **kilometres** (solid line). We are about 60 kms south of Cape Howe and have entered the Bass Strait. Keep kicking in these winter seas! Report your monthly tally to **Oz Swim recorder**: Gerry Krygsman gerald.k@inet.net.au



Healthy club policy

SportSafe Tips - WARM UP

Always warm up and stretch before training and the game. This helps minimise the risk of tearing cold muscles.

A regular and consistent cool down regime, that includes light activities, such as walking, static stretching or an easy swim, will help promote recovery, improve flexibility and reduce the risk of injury.

For soft tissue injuries (i.e. sprains, strains and bruises) remember to follow the **RICER** regime;

Rest, Ice, Compression, Elevation and Refer - for further medical attention if it looks serious.

If you do sustain an injury, avoid heat, alcohol, additional exercise and massage in the first 48-72 hours.

If you have an existing injury you should gradually return to training under the direction of a doctor or physiotherapist. Injured athletes should not return to competition or playing unless fully recovered. As a general guide, injured athletes should be able to complete one full training session at full pace prior to returning to competitive game situations.

If there's protective gear for your sport - **WEAR IT**. Make sure it fits well. If you play a contact/collision sport always wear a mouthguard fitted by a dentist.

Be SportSafe by conducting regular safety inspections of playing areas and equipment.

Be blood aware - Get immunised against Hepatitis A & B -

If an athlete is bleeding - stop the bleeding, dress the wound, clean up the blood; Wear latex gloves whilst handling blood or blood products; Don't share equipment (drink bottles, mouthguards, towels, etc.)

Drink plenty of fluids before, during and after training or playing. Thirst is not a good indicator of hydration.

Be SportSafe

For more information

Sports Medicine Australia

Website: www.sportsmedicine.com.au

Email: info@smawa.asn.au

Phone: 9285 8033



SURPRISE PRESENTATION

Seven Snappers attended the Masters Swimming WA Awards Presentation afternoon on Saturday 9 June at Swanbourne SLSC. We mustered a bigger than usual cheer squad because we had been tipped off that one of our stalwarts was to be honoured.

At this annual function, MSWA officials, coaches, Board members and officers are recognised for their contributions, aside from swimming, to the smooth running of the organisation, at both state and club level. We were very proud to see Tricia Summerfield receive the Service to Masters Swimming WA Award for 2006. (Tricia was initially oblivious to her success, but light dawned as the citation was read, matching point by point her own lengthy service record!)

During the thirteen years that Tricia has been a member of Snappers, she has served on the Management Committee for seven years as Secretary, Captain and President, bringing a professional approach to Club administration. For much of this time, she has ably filled the role of Club Contact with MSWA as well as liaising on behalf of the Club with Challenge Stadium.

Tricia was the first Snapper to undertake the Level 1 Masters Coaching course and has now served as a Club coach for ten years. She set the example for others, resulting in today's multi-skilled coaching team of seven.

At WA Branch level, in 2005, Tricia was elected to the MSWA Board as Director of Development and helped develop strategies to attract members. She represented WA as delegate to the Masters Swimming in Australia national meeting in Canberra last year. This year she has entered another arena as Director of Swimming. We are grateful to her for long-term and varied voluntary support of Snappers.

The MSWA award for Coach of the Year was bestowed on Glad McGough, known to many Snappers. Glad conducted the Swim to a Healthy Lifestyle program that led to the foundation of our Club fifteen years ago. At 75 plus, Glad has recently retired as coach of Maida Vale. However, she still manages 800m Butterfly and swims 4 km across Albany Harbour every year!

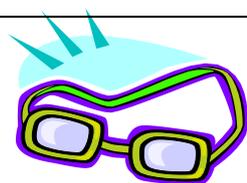
On the swimming side, Eleanor Parsons was the only Snapper to win an age group prize in the 2006/2007 Dale Alcock Open Water Swim Series and came a creditable second over all women's age groups.

Congratulations to Tricia, Glad and Eleanor.

Marilyn Burbidge
Roving Reporter



Tricia receives her award from MSWA President Jack Busch.



Goggle saw & heard!

- A very, very embarrassed Snapper, who found her lost togs in a bush under the clothesline At home!
- Another Snapper smiling broadly at the Awards presentation – receiving an Age Group certificate for OWS!
- A very embarrassed, but pleased Snapper awarded The Service to Masters Swimming Award!
- A bad case of nose *clip twang!*
- Serious symptoms of *goggle squint!*

DIARY ENTRIES FOR July & August 2007

Interclub and other events.

Full details of the Open Water Swims 2007 Calendar and BACC 2007 program

Date	Event	Venue
1 July	Swan Hills BACC Short	Swan Park Leisure Centre
23 July	<i>Snappers Committee</i>	TBA
28 July	Margaret River Open Short	Margaret River Aquatic Centre
4 August	Snappers 1500m Short	Challenge Stadium
11 August	Club swim	Challenge Stadium
12 August	Mandurah 400/800m Short	Mandurah Aquatic Centre
19 August	Somerset 1500m Long	Aqualife, Somerset Street Vic Park
20 August	<i>Snappers Committee</i>	TBA
22 Sept	Club swim	Challenge Stadium
24 Sept	<i>Snappers Committee</i>	TBA

BIRTHDAYS

If you do not change direction, you will end up where you are going!

Lao Tzu

JULY

1 Elizabeth	Edmondson
2 Alton	Jackson
4 Colin	Beaton
8 Robin	Dinsdale
16 Leon	Musca
22 Marilyn	Burbidge

August

4 Wyvern	Rees
4 Margaret	Watson
6 Eleatha	Beare
14 Ken	Bruce
26 Patricia	Byrne

SOCIAL EVENTS

When is the golf day?

Watch this space!!!

Turn the tide -

When you get into a tight place and everything goes against you 'til it seems as though you could not hang on a minute longer - Never give up. For that is just the place and time that the die will turn.

Harriet Beecher Stowe

Morning drivers

This morning on the freeway, I looked over to my left and there was a woman in a brand new Cadillac doing 80 kph with her face up next to her rear view mirror putting on her eyeliner. I looked away for a couple of second and when I looked back she was halfway over in my lane, still working on that makeup.

As a man, I don't scare easily, but she scared me so much I dropped my electric shaver, which knocked the donut out of my other hand. In all the confusion of trying to straighten out the car using my knees against the steering wheel, it knocked my cell phone away from my ear, which fell into my the coffee between my legs, and splashed and burned my groin, ruined the damn phone, soaked my trousers, and disconnected an important call. Women drivers!

Thought for the month: Water is an excellent beverage if taken in the right spirit.

MND & THE STEM CELL DEBATE

Here is a Sydney Telegraph article on this sensitive issue, reproduced by kind permission of the author, Paul Brock. It is timely in many ways, but especially as we have just completed another successful swimathon with the funds from our efforts to be presented to the president of MNDWA at the annual dinner on 23 June 2007. Ed.

Over 10 years ago I walked into a doctor's room with a weak right forearm. I walked out noosed with the verdict that I had motor neurone disease (MND) and would be dead within 3 to 5 years. I am now almost completely paralysed. I can still speak and think. But, apart from being able to lift two fingers, I can do nothing else without assistance. Literally.

The average period of survival of this currently incurable and terminal disease is just over 2 years after diagnosis. Some, like Pro Hart who lived for only three months after being diagnosed, die quickly. Others, like Professor Stephen Hawking, can survive for much longer. There are about 1,400 people afflicted with MND in Australia. Every day one Australian dies of MND and one more is diagnosed with this wretched affliction. Each year MND kills somewhere between 4 and 5 times the number of Australians who die annually from AIDS.

I am frightened by what probably lies in front of me and my family. Unable to speak and swallow. Fed by a tube into my stomach. Breathing with a respirator. Having a fully alert mind within a vegetative body capable only of eyelash-blinking.

Essentially, the Bill before the NSW Parliament will continue both to ban human reproductive cloning and to permit somatic cell nuclear transfer (SCNT or 'therapeutic cloning') under stringent scientific and ethical protocols supported by heavy punitive sanctions.

While therapeutic cloning definitely does not promise overnight miracle cures, it definitely does offer a most exciting scientifically and ethically reputable basis for research which will help us better understand the cause, point towards some ways of improving the quality and duration of life, and eventually lead to a cure for this mongrel disease and many others such as type 1 diabetes, Parkinson's, cystic fibrosis etc. As well as finding ways to repair the scourge of spinal cord severance. Already a major therapeutic cloning research project involving a man with MND is underway at the University of Edinburgh.

Can Christians support therapeutic cloning? Of course they can. And they do. The Roy Morgan poll research conducted in June 2006, revealed that 80 per cent of Australians support embryonic

stem cell research with stem cells made by merging an unfertilised egg with a skin cell (SCNT), where no fertilisation with sperm takes place and no implantation into a woman's uterus can occur. Later Gary Morgan confirmed this means that it would be statistically impossible to claim that a majority of Christians in Australia are opposed to therapeutic cloning.

Can Catholic Christians support therapeutic cloning? Of course they can. And they do. For example, among all five members of the Lockhart Review (chaired by the late Justice John Lockhart) who unanimously recommended the legalising of therapeutic cloning, there were two prominent Catholics: 2005 Nobel Laureate for Medicine, Professor Barry Marshall, and Associate Professor Pamela McCombe, a distinguished neurologist, who subsequently made a submission to the Senate Inquiry which investigated the Lockhart Report, in which she explained that in view of the evidence studied by the Review she had changed her mind from opposing to supporting therapeutic cloning.

During my 6 years of studying theology and philosophy as part of my 15 years as a Marist Brother in the Catholic Church, I learned about the centuries old principle of the primacy of one's informed conscience. That is to say, that when making an important moral or ethical decision a Christian should seek guidance from the Bible; the Church's teaching, rules and regulations; the civil law; and any other relevant legitimate authority. Then, finally, one arrives at one's own final informed decision and 'stands before God' with that decision.

That is why Christians can make decisions that may be in conflict with a particular ruling of their Church. Every day, for example, there would be legions of Catholics who do not obey the Catholic Church's unequivocal condemnation of the contraceptive Pill. Many who seek IVF, even though the Catholic Church bans it. And large numbers who oppose the Church's edict that condoms cannot be used as part of a campaign to try to stem the spread of AIDS. But many, if not most, of these people would still consider themselves to be Catholics and worthy of receiving Holy Communion.

I urge NSW parliamentarians to support the Bill, because it is life affirming and it is the right thing to do.

Dr Paul Brock AM FACE

Coalition for the Advancement of Medical Research Australia
Vice Patron, Motor Neurone Disease Association NSW
Director, Learning and Development Research
Office of the Director-General, NSW Department of Education and Training
Adjunct Professor, Faculty of Education and Social Work, The University of Sydney

SWIMMING OFFICIATING COURSE

Swimming WA and Masters Swimming WA combine to provide new courses for swim officials.

PURPOSE:

To promote a professional approach to the identification, training and ongoing development of Swimming WA and Masters Swimming WA technical officials for all levels of swimming conducted by, or on behalf of the two organisations.

AIMS:

To cater for the needs of people who perform duties in the following aspects of officiating for Swimming WA and or Masters Swimming WA:

General Principles of Officiating	Marshal
Timekeeper	Starter
Chief Timekeeper	Recorder
Clerk of Course /Check Starter	

SESSION ATTENDANCE:

Volunteers can elect the units they wish to attend i.e. Attend one session, several sessions or the full set of units offered.

ACCREDITATION REQUIREMENTS:

Volunteers must attend and complete the assessment tasks for the General Principles unit to be eligible for accreditation in all other units. Satisfactory completion of any unit and its associated assessment tasks within the Joint Officiating Training Program will result in Swimming WA and/or Masters Swimming WA accreditation, and will permit the person to officiate in the aforementioned roles at Swimming WA and/ or Masters Swimming WA events.

TIME: Saturday 28th July - 8.45am to 3pm (see course outline)

VENUE: Swimming WA Office, Beatty Park, Leederville

COURSE FEE: **FREE**

ENROLMENT: Please complete the enrolment and return to Swimming WA by post: PO Box 205 Leederville 6903, fax: 92276089 or email: waswim@wa.swimming.org.au

Enrolment form available from our club Secretary, Merilyn Burbidge.

Please note:

Officiating Courses are subject to minimum numbers and may be cancelled.

Enrolment confirmation and a course outline will be mailed one week prior to course date.

COURSE OUTLINE

Time	Unit
08.45 - 09.00am	Welcome and Registration
09.00 - 09.45	General Principles
09.45 - 10.20	Timekeeper - Theory and Practical
10.20 - 10.35	Break - 10 mins
10.35 - 11.10	Chief Timekeeper - Theory and Practical
11.10 - 11.15	Break - 5 mins
11.15 - 11.45	Clerk of Course / Check Starter - Theory and Practical
11.45 - 12.30	Marshal - Theory and Practical (includes marshalling 2 per lane)
12.30 - 01.00	Lunch Break - 30 mins
01.00 - 01.45	Starter - Theory and Practical
01.45 - 01.55	Break - 10 mins
01.55 - 02.45	Recorder - Theory
02.45 - 03.00pm	Worksheets and Overview

Light refreshments provided BYO Lunch - Canteen in Beatty Park Leisure Centre.

Wouldn't it be good if we had a Snappers "team" of accredited officials who could be available for our own club swims and also support the other events in which we participate throughout the swim calendar! We could be a technically autonomous club.

DARWIN

Eleven Snappers went to the 32nd AUSSI Masters National Swim at Darwin – 4-7 May 2007. The Meet was extremely well managed – 91 clubs took part, and 495 swimmers (277 women, 218 men). The progress of heats was very fast, as swimmers were kept in the water until after the next heat started.

There were 10 swimmers – June Hough, Margaret and Brian Somes, Dee Stephenson, Cas Brown, Audrey Bullough, Merle Loukes, Pat Sugars, Elizabeth Mills, and William Curtis, very ably captained by our non-swimmer – June Maher (still with an arm in a sling).

The two oldest of the group were the only medal winners – June Hough won two Bronze medals for her terrific swims in the 100m freestyle and the 100m breaststroke – the latter effort being on her 80th birthday, and Pat won silver for the 800m freestyle. June almost did not receive one of her bronze medals, as the recorders had DNF (“did not finish”) beside her name in the results of the 100m Freestyle, but after a bit of questioning, they admitted that she had, in fact, finished, and had come third. And it was a PB for her.

Brian was one of the three “honourable gentlemen” – (to quote the announcer) - a 90 year old, an 83 year old, and Brian - in the first heat of the 200m backstroke.

The pool is surrounded by lots of green lawn (plenty of water in Darwin) and there were awnings to shelter from the strong sun. The weather was HOT, but the days at the pool were very pleasant, - only the nights were uncomfortable. The Girl Guides of Darwin produced delicious breakfasts, lunches, etc. which were very reasonably priced, and available all day, every day, and there was a “Coffee stall” that produced delicious hot and iced coffee and chocolate.

We all enjoyed the Cocktail Party at the new Parliament House – and the final dinner, which was a huge, open-air, sit-down event, with several prizewinners in the Snappers.

Our group stayed at the Luma Luma Apartments in the heart of the CBD. These were most adequate and the staff was very helpful. There was a large area near the motel pool where we could meet to discuss our next move, or just entertain ourselves between swimming hours, enjoying a few sunset drinks and nibbles, or maybe have a skinny dip when no-one was looking (or so they thought!).

There was one very funny incident we still laugh about. The first day we went to the pool, which was 14kms from the city, we caught a bus – the stop was about 500m from the hotel. Suddenly the bus came down the street – Brian, like a noble knight – ran to the bus stop and, at the same time, turned to the rest of us and yelled “RUN”. Later he was heard to exclaim to the office staff at the Luma Luma that “the women can’t run, but they **can** swim”. The buses in Darwin were excellent - very cheap (50c for seniors for any length of trip) and some of them had a special door with an extending ramp to enable a wheelchair to board.

Because of June Hough’s birthday on the Monday, we went on a celebratory “Twilight Harbour cruise” on Tuesday night. It was a beautiful night for a harbour cruise, - we were out for 2 hours. The harbour at Darwin is huge (about 5 ½ times as big as Sydney Harbour), and with very large tides. Consequently, the ferry was moored in a small harbour (with other small boats, ferries, private yachts, etc) and the only way out of this harbour was through a loch. The tide difference for that day was about 5 metres. Although the harbour is so large, the surface water is very smooth, and is like that 99 percent of the time, with only a small section outside the mini-harbour being slightly rough for a couple of minutes of travel. The ferry went close to some captured illegal fishing boats, which were about to be scuttled. The cruise was followed by a dinner at the Casino. The next day (Wednesday) Marg & Brian took off on a trip to the Kakadu; Dee, June H, Pat and Merle went on a trip to Katherine and Mataranka, and the others flew south.

Pat Sugars
Roving Correspondent

ANOTHER TAKE ON DARWIN

When I went to Tokyo in 1964, I was the baby of the team, and now 43 years later I was still the baby of the team. I would like to thank everyone for making my trip to Darwin a huge success, especially Audrey who shared my room and helped me in lots of ways. The Darwin Stingers ran the meet very efficiently, but turned down my protest that all the swimmers cheated ‘cos they “used their legs!” My personal high light was the 100m Breaststroke, when after I touched, I looked up at the electronic board and realised that I had come first in my heat and that I had done another PB. There were no electronic results boards in 1964. When I got home, one of the first things I did, was to enter in the Australian Masters Games in Adelaide in October. Any one else interested in coming?

Scottergirl

SERIOUS "STUFF"

At the Mandurah swim a couple of swimmers were disqualified because of incorrect turns in backstroke, so here are some tips to help all backstroke swimmers:

Backstroke turns

Once you have turned onto your front it is assumed you have started the process of the turn. From here you have only two alternatives when your arm is out the front:-

- 1) If you are going to do a tumble turn, you may kick your legs only until your arm pulls back to by your side.
- 2) If you are going to touch the wall with your hand/hands and then push off with your feet, you must not move your legs or your arm.

If you turn too early, you are locked into the latter turn and unless you have a long glide to the wall, there is not much you can do and there is every chance you will be disqualified. Don't turn back onto your back once you have started the turn.

In both cases the turn must be made in one fluid action so make sure you don't turn too early. Turn your head and check the distance as you come into the wall before you turn or practice turning on your back.

Don't let this put you off just keep practicing the turns. Count the number of strokes you take to reach the wall after you have gone under the flags.

ICE - What a good idea!

Isn't it true that we all carry our mobile phones with hundreds of names/numbers stored in its memory but yet nobody, other than ourselves, know which of these numbers belong to our near and dear ones?

Let us for a moment create a scenario wherein we are involved in an accident or had a heart attack and the people attending us get hold of our mobile phone but don't know which number to call to inform our family members. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency?

For this reason, we must have one or more telephone numbers stored under the name ICE (In Case of Emergency) in our mobile phones.

Recently, the concept of "ICE" is catching up quickly. It is simple: an important method of contact during emergency situations.

As mobile phones are carried by majority of the population, all you need to do is store the number of a contact person or person who should be contacted at during emergency as "ICE" (meaning In Case of Emergency).

The idea was thought up by a paramedic who found that when they went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call.

He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose.

Following a disaster in London, the East Anglican Ambulance Service has launched a national "In Case of Emergency (ICE)" campaign. In an emergency situation, Emergency Service personnel and hospital staff would then be able to quickly contact your next of kin, by simply dialling the number stored as "ICE".

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc.

A great idea that will make a difference! Let's spread the concept of ICE by storing an ICE number in our mobile phones today!

Thanks to Cliffe Webb for this item

Stress Management

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on.

As with the glass of water, you have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden."

So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow.

Whatever burdens you're carrying now, let them down for a moment if you can."

So, friends, put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.'

RESULTS

Recorder Pamela Walter & Associates

Due to the abundance of OWS results reported for the early months of the year, we have built up a backlog of pool results. Is there something in the water that is making us swim well? Look at all the great results achieved since March! Must be the good coaching! And, of course, dedication by the swimmers! Remember that Personal Best times (PB) become harder to achieve as we get older, but just have a look at the times our over 70s and over 80s are achieving these days.

CLUB SWIM 31/3/07. What an amazing club swim!

Elizabeth Edmondson	F55-59	BA0100	02.30.34	inaug
Elizabeth Edmondson	F55-59	BR0050	01.25.82	PB50
Julie Crowley	F55-59	BA0050	01.03.26	inaug
Julie Crowley	F55-59	BR0050	01.04.50	inaug
Julie Crowley	F55-59	FR0100	01.44.41	inaug
Cathie Plowman	F55-59	BR0050	01.24.19	inaug
Cathie Plowman	F55-59	FR0050	01.00.32	inaug
Cathie Plowman	F55-59	FR0100	02.11.99	inaug
Helen Green	F60-64	BA0050	01.06.19	inaug
Helen Green	F60-64	BR0050	01.07.19	inaug
Helen Green	F60-64	FR0050	00.49.89	inaug
Merilyn Burbidge	F65-69	BR0050	00.59.60	PAB50
Merilyn Burbidge	F65-69	FR0100	01.50.63	PAB50
Audrey Bullough	F65-69	BA0100	02.23.78	inaug
Audrey Bullough	F65-69	FR0050	00.54.41	PB50
Audrey Bullough	F65-69	FR0100	02.05.77	inaug
Jeannine Heinrichs	F70-74	FR0100	03.13.88	inaug
Margaret Somes	F70-74	FR0100	02.07.53	best time since '05
Pat Sugars	F75-79	BA0050	01.19.73	PAB50
Pat Sugars	F75-79	BA0100	02.52.08	PAB50 CR50
Pat Sugars	F75-79	FR0050	01.17.72	PAB50
Merle Lourkes	F75-79	BA0050	01.19.14	PB50
Merle Lourkes	F75-79	FR0050	01.02.11	PB50
Merle Lourkes	F75-79	FR0100	02.29.80	inaug
June Hough	F80-84	BR0050	03.13.19	PAB50
June Hough	F80-84	BR0100	07.07.14	PAB50 better than any time in '05
June Hough	F80-84	FR0050	01.48.73	PAB50 1 sec. away from her PB
Hazel Christie	F80-84	BR0050	01.35.44	PAB50 CR50 better than any '05
Hazel Christie	F80-84	FR0050	01.07.73	PAB50
Hazel Christie	F80-84	FR0100	02.34.18	PAB50 CR50
Barry Green	M65-69	BA0100	01.46.64	inaug50
Barry Green	M65-69	BR0100	01.45.38	inaug50 CR50
William Curtis	M65-69	BA0100	02.09.14	best for '07
William Curtis	M65-69	FR0100	01.48.84	better than any '05
Brian Somes	M70-74	BR0050	.08.07	

NATIONAL CHAMPIONSHIPS – DARWIN 4-7 May 2007

Elizabeth Edmondson	F55-59	BA0050	01.06.76	PB50
Elizabeth Edmondson	F55-59	BR0050	01.20.29	PB50
Elizabeth Edmondson	F55-59	BR0100	02.57.53	PB50
Elizabeth Edmondson	F55-59	BR0200	06.23.97	inaug50
Elizabeth Edmondson	F55-59	FR0050	00.55.65	PB50
Elizabeth Edmondson	F55-59	FR0200	04.22.82	PB50
Elizabeth Edmondson	F55-59	FR0400	09.01.34	PB50
Elizabeth Edmondson	F55-59	FR0800	18.50.91	inaug50?

Cas Brown	F60-64	BR0100	02.22.33	best for '07
Cas Brown	F60-64	FR0050	00.52.69	
Cas Brown	F60-64	FR0200	04.32.23	best time for '07
Cas Brown	F60-64	FR0400	09.32.03	
Margaret Somes	F70-74	BA0100	02.36.02	
Margaret Somes	F70-74	BR0100	02.30.16	best time since '05
Margaret Somes	F70-74	FR0050	00.57.80	
Margaret Somes	F70-74	FR0100	02.05.72	best since '05
Deirdre Stephenson	F70-74	BA0050	01.12.21	
Deirdre Stephenson	F70-74	BR0050	01.20.27	
Pat Sugars	F75-79	BA0200	06.00.68	PB50 CR50
Pat Sugars	F75-79	FR0100	02.45.22	PAB50
Pat Sugars	F75-79	FR0200	05.59.22	PAB50
Pat Sugars	F75-79	FR0400	11.56.47	PAB50 better than best for '05
Pat Sugars	F75-79	FR0800	24.43.57	PAB50 better than best for '05
June Hough	F80-84	BR0050	03.03.26	PAB50
June Hough	F80-84	BR0100	06.19.63	PB50 by 11 sec
June Hough	F80-84	FR0100	04.33.52	PAB50
William Curtis	M65-69	BA0200	04.45.02	
William Curtis	M65-69	FR0050	00.48.35	best time for '07
William Curtis	M65-69	FR0200	04.10.20	best time for '07
William Curtis	M65-69	FR0800	18.08.81	
Brian Somes	M70-74	BA0050	01.17.75	best time for '07
Brian Somes	M70-74	BA0200	06.25.68	

CLUBSWIM 12/5/07

Kim Klug	F40-44	BR0100	01.45.55	best for '07
Sue Colyer	F60-64	BR0100	02.08.18	better than best '05 time
Sue Colyer	F60-64	BU0050	00.54.34	better than best '05 time
Sue Colyer	F60-64	FR0100	01.36.44	better than best '05 time
Pat Sugars	F75-79	BA0100	02.50.64	PAB50 CR50
Pat Sugars	F75-79	FR0050	01.17.67	PAB50
Colin Beaton	M75-79	FR0100	01.41.72	best for '07

RESULTS FROM THE STATE SWIM 19-20 MAY 2007

Kim Klug	F40-44	BA0050	00.50.07	PB50	
Kim Klug	F40-44	BR0100	01.44.73	best for '07. Missed PB by 50/100's sec.	
Kim Klug	F40-44	BR0200	03.44.98	PAB50	CR50 by 3 sec.
Kim Klug	F40-44	FR0050	00.39.53	PB50	
Gail Parsons	F45-49	BA0050	00.46.75	PB50	CR50
Gail Parsons	F45-49	BA0100	01.43.50	PB50	CR50
Gail Parsons	F45-49	BR0050	00.52.19	PAB50	better than best '06 time
Gail Parsons	F45-49	BR0100	01.50.78	PAB50	best time since '04
Eleanor Parsons	F50-54	BA0100	01.44.88	PAB50	CR50
Eleanor Parsons	F50-54	BU0050	00.42.25	PAB50	CR50
Eleanor Parsons	F50-54	FR0050	00.33.96	missed a PAB by 2/100's sec	
Eleanor Parsons	F50-54	FR0100	01.15.56	PAB50	CR50
Eleanor Parsons	F50-54	IM0200	03.28.82	PAB50	CR50
Elizabeth Edmondson	F55-59	BR0100	02.52.01	PB50 by 5 sec	
Elizabeth Edmondson	F55-59	FR0100	01.58.75	PB50	
Robyn Wilson	F55-59	BR0100	01.53.27	PB50	
Robyn Wilson	F55-59	BU0100	01.58.74	best time since '05	
Robyn Wilson	F55-59	IM0200	03.47.67	missed PB by 14/100's sec.	
Pamela Walter	F55-59	BR0100	01.52.17	PAB50	CR50

Pamela Walter	F55-59	BR0200	04.03.41	PAB50	CR50
Tricia Summerfield	F55-59	BU0050	01.01.03		
Tricia Summerfield	F55-59	FR0100	01.44.78	best LC time since '05	
Tricia Summerfield	F55-59	FR0200	03.46.35	best time since '05	
Tricia Summerfield	F55-59	IM0200	04.52.44	best time since '05	
Helen Green	F60-64	BA0050	01.05.07	PB50	
Helen Green	F60-64	BR0050	01.04.29	PB50	
Helen Green	F60-64	FR0050	00.48.15	PB50	by nearly 2 sec.
Cas Brown	F60-64	BR0200	04.55.51	best for '07	
Sue Colyer	F60-64	FR0200	03.38.60	best time since '04	
Sue Colyer	F60-64	IM0200	04.08.73	inaug50	CR50
Geraldine Klug	F65-69	BA0050	00.55.86	best for '07	
Geraldine Klug	F65-69	BA0100	02.03.40	best for '07	
Geraldine Klug	F65-69	BA0200	04.20.49	2nd best time ever	
Geraldine Klug	F65-69	BR0200	04.36.12	best time since '05	
Merilyn Burbidge	F65-69	BA0100	02.10.19	PAB50	
Merilyn Burbidge	F65-69	BA0200	04.27.05	PAB50	
Merilyn Burbidge	F65-69	BR0200	04.40.09	PAB50	
Merilyn Burbidge	F65-69	FR0100	01.48.15	PAB50	best time for '07
Audrey Bullough	F65-69	FR0050	00.51.91	PB50	PB by over 2 sec.
Margaret Somes	F70-74	FR0200	04.36.32	best for '07	
Margaret Somes	F70-74	BA0050	01.08.58	best for '07	
Deirdre Stephenson	F70-74	FR0200	05.00.03	best for '07	
Merle Loukes	F75-79	BA0050	01.18.22	PB50	
Merle Loukes	F75-79	FR0100	02.27.42	PB50 by 2 sec.	
Pat Sugars	F75-79	BA0050	01.18.13	PAB50	
Pat Sugars	F75-79	BA0100	02.42.55	PB50 by4sec.	CR50
Pat Sugars	F75-79	FR0200	05.56.22	PAB50 by 3 sec.	
June Hough	F80-84	FR0050	01.43.25	PB50 by 5 sec.	
David Corney	M50-54	FR0050	00.37.51	PAB50	best time since '04
David Corney	M50-54	FR0100	01.23.52	PAB50	best time since '04
John Dishon	M55-59	BA0050	00.53.05	PAB50	
John Dishon	M55-59	FR0050	00.37.51	PAB50	
John Dishon	M55-59	FR0100	01.26.48	PAB50	
Barry Green	M65-69	BA0100	01.43.23	PB50	CR50
Barry Green	M65-69	BR0050	00.46.61	inaug.50	
Brian Somes	M70-74	BA0050	01.12.94	best time for '07 by 5 sec.	
Brian Somes	M70-74	BA0100	02.40.23	better than any '06 or '07 time	
Brian Somes	M70-74	BA0200	06.06.14	better than best time for '06	
Wyvern Rees	M75-79	BA0200	05.14.84	best time since '05	
Wyvern Rees	M75-79	BR0100	02.14.86	best LC time since '05	
Colin Beaton	M75-79	FR0100	01.37.14	best for '07	

More from the State Swim ...

Snappers' relay teams smashed Club Records at the State Swim:

Women's Medley Relay	200-239	= Gail, Eleanor, Kim, Helen
Women's Medley Relay	240-279	= Geraldine, Robyn, Pamela, Merilyn
Mixed Medley Relay	200-239	= Barry, Eleanor, Kim, David
Women's Freestyle Relay	200-239	= Eleanor, Sue, Robyn, Gail
Means Freestyle Relay	240-279	= Barry, John, Colin, David

And more on the State Swim

We came second in the State Swim! Congratulations to all swimmers and to all helpers, especially Meet Director Robyn Wilson, Official at many posts Pamela Walter, Announcer Sue Colyer, Recorder Andrew Burbidge, Relay Organiser Kim Klug, Timekeepers June Maher, Geoff Lane and Trudy Vandewerdt, and Water Carriers June Hough, Jean Beaton and Doris Kimber, and all those who fitted in some timekeeping and water deliveries as well as swimming.

Although attended by fewer swimmers this year, the annual event was well run and some great performances were recorded. Snappers fielded a good-sized team of around 24 swimmers. At the end of Saturday's events, we were in 5th place. Before the relays on Sunday we had crept up to fourth. Imagine our surprise when the final placings were announced and we found we had finished second, on both methods of scoring, straight and handicap! Osborne Park, with a strong team of 33, was the champion and Claremont came third.

Results of the State Swim are on the Masters Swimming WA website, where you can check your individual results.

Thank you to Marilyn for this summary of the results of the State Swim. Ed.

But wait there is more!

BACC MANDURAH 10/6/07

Snappers came second to Mandurah by only 9 points, and 28 points ahead of Melville!

Kim Klug	F40-44	BR0100	01.43.04	PB25	CR25
Kim Klug	F40-44	IM0100	01.42.70	PB25	PB by 3 sec
Gail Parsons	F45-49	BA0100	01.36.05	PB25	CR25
Gail Parsons	F45-49	BR0050	00.49.53	inaug25	
Gail Parsons	F45-49	IM0100	01.32.47	PB25	CR25
Eleanor Parsons	F50-54	BU0050	00.41.32	PB25	CR25
Eleanor Parsons	F50-54	FR0100	01.14.28	PB25	CR25 by 2 sec
Eleanor Parsons	F50-54	IM0100	01.32.43	PB25	CR25
Elizabeth Edmondson	F55-59	BR0050	01.19.50	inaug25	
Pamela Walter	F55-59	BR0050	00.50.39	PAB25	CR25
Elizabeth Edmondson	F55-59	BR0100	02.57.69	inaug25	
Pamela Walter	F55-59	BR0100	01.49.52	PB25	CR25
Robyn Wilson	F55-59	FR0050	00.36.06	PB25	CR25
Elizabeth Edmondson	F55-59	FR0100	02.02.94	inaug25	
Robyn Wilson	F55-59	IM0100	01.39.92	PB25	CR25
Helen Green	F60-64	BR0050	01.02.86	inaug25	
Helen Green	F60-64	FR0050	00.48.72	inaug25	
Margaret Watson	F65-69	BA0100	02.51.64	inaug25	
Audrey Bullough	F65-69	BA0100	02.20.37	inaug25	
Laiene Maxted	F65-69	BA0100	02.18.58	PB25	CR25 by 15sec
Merilyn Burbidge	F65-69	BR0100	02.05.32	PAB25	
Audrey Bullough	F65-69	FR0050	00.53.69	inaug25	
Laiene Maxted	F65-69	FR0050	00.50.14	inaug25	
Margaret Watson	F65-69	FR0100	02.10.87	inaug25	
Audrey Bullough	F65-69	FR0100	02.02.16	inaug25	
Merilyn Burbidge	F65-69	FR0100	01.45.53	PB25	CR25 by 7sec
Laiene Maxted	F65-69	IM0100	02.08.56	PAB25	
Merilyn Burbidge	F65-69	IM0100	02.02.90	inaug25	CR25
Deirdre Stephenson	F70-74	BR0100	02.44.18	PB25	
Deirdre Stephenson	F70-74	FR0100	02.18.49	PB25	
Margaret Somes	F70-74	FR0100	02.05.72	PB25	
Pat Sugars	F75-79	BA0100	02.38.37	PB25	CR25 by 8 sec
Pat Sugars	F75-79	FR0050	01.16.10	PAB25	
Pat Sugars	F75-79	FR0100	02.49.52	PAB25	
June Hough	F80-84	BR0050	02.51.27	PAB25	CR25
June Hough	F80-84	FR0050	01.54.63	PB25	CR25 by 8 sec
David Corney	M50-54	BR0100	01.44.60	PB25	CR25 PB by 6 sec
David Corney	M50-54	FR0050	00.37.70	PB25	
David Corney	M50-54	IM0100	01.38.17	PB25	CR25 PB by 5 sec

Barry Green	M65-69	BR0100	02.11.63	inaug25	CR25
William Curtis	M65-69	BU0050	01.09.29	inaug25	
Barry Green	M65-69	FR0050	00.38.15	inaug.25	CR25
Barry Green	M65-69	IM0100	01.39.41	inaug.25	CR25
Brian Somes	M70-74	BA0100	02.43.66	PB25	CR25 by 9 sec
Wyvern Rees	M75-79	BA0100	02.21.95	inaug.25	
Wyvern Rees	M75-79	BR0050	00.53.31	PAB25	CR25

Wash up of the 2006-2007 Open Water Swim Series - Snappers Results

Over the past six months you have read the details of Snappers adventures, challenges and success in the Dale Alcock Open Water Swim Series. Now we are able to present the final results of all the hard work, dodging stingers, racing one's nemesis, avoiding the crush around the turning buoys

Age Group Winner: Female 50-54 Eleanor Parsons (181 points)

Top 20 Place getters:	Female	Male
	Eleanor Parsons (2)	David Corney (15)
	Gail Parsons (10)	Stan???

Club Results for 25 clubs	Female	Male
	Snappers 2 nd with 12 swimmers accruing 700 points	Snappers 12 th with 5 swimmers accruing 164 points

Combined points Scored	Female	Male
	Snappers came 3 rd ** overall	Snappers came 2 nd ** on combined average points
	17 swimmers, 864 points	50.8 points per swimmer

Snappers' OWS Swimmers

Age Group	Female	Male
35-39	Eleatha Beare	
	Belinda Aitken	
40-44		Patrick Carden
45-49	Gail Parsons	
	Barbara Stuart**	
50-54	Eleanor Parsons	David Corney
		John Dishon
55-59	Robyn Wilson	Patrick Barley
	'Tricia Summerfield	
	Julianne Crowley**	
60-64	Merilyn Burbidge	
	Cas Brown	
	Sue Colyer	
65-69		Barry Green
70-74	Barbara Fentiman	

** Julianne Crowley was incorrectly assigned to Rockingham. So if her points are calculated back into the Snappers scores, we came second overall on average combined points and third on overall combined points as shown above. No change of place in the female rankings. Barbara tried out for two age groups but we sorted that.



COACHING STRATEGY FOR THE WORLDS IN 2008

We are looking down the chute now for the XII FINA World Masters Championships to be held in Perth in April 2008. Some members may have already selected their events. Some may just want to continue their regular swimming.

A suitable training strategy is a must for any major competition. Preparation requires a level of mental and physical commitment if you want to compete well or do a PB. The Snappers Coaches have agreed that a training strategy leading up to the Worlds would be of interest and benefit our members.

A broad outline of the strategy includes:

- Eleanor's normal duties. It provides an outline for training to support training program preparation;
- Build up training sessions per week – this may imply extra training sessions per week or just improving the current training sessions and focus. Extra sessions may be offered depending on the number of swimmers interested and lane availability for preparation to the Worlds;
- Focussed Coaching sessions – coaching sessions are recommended. Swimmers will be requested to sign-up for these sessions to make it time efficient for the coach;
- Maintain a Training calendar – this is already part of Log Book – and recommended to keep track of your progress and training sessions. The coach is keen to see you progress and support you through this process, however the log book enables you to record your progress. A special Snappers Swim Log book will be available soon;
- Time trials – it is strongly recommended that competitive swimmers regularly participate in time trails, even simulating the competition day, e.g. shared lanes, over the top starts.

To plan the next steps, we are eager to know your interest in the Worlds or even your current swim goals. Register your interest soon.

See the survey form on page 15.

Think about your swimming goals for 2007-08, complete the form and return it to one of your coaches.

Eleanor Parsons
Tricia Summerfield
Merilyn Burbidge
David Corney
Lillian Hadley
Gail Parsons
Sue Colyer

LANE 1

Fruit picking

An elderly man in Queensland had owned a large property for several years. He had a dam in one of the lower paddocks where he had planted mango and avocado trees.

The dam had been fixed up for swimming when it was built and he also had some picnic tables placed there in the shade of the fruit trees.

One evening the old farmer decided to go down to the dam to look it over, as he hadn't been there for a while. He grabbed a ten litre bucket to bring back some fruit. As he neared the dam, he heard voices shouting and laughing with glee.

As he came closer, he saw it was a bunch of young women skinny-dipping in his dam. He made the women aware of his presence and they all went to the deep end.

One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned, "I didn't come down here to watch you ladies swim naked or make you get out of the dam naked."

Holding the bucket up he said, "I'm here to feed the crocodile."

Moral of the story: Old men may walk slow, but they can still think fast.

Celibacy Warning

Many aspects of human sexuality are very puzzling. Take celibacy. This can be a choice in life, or a condition imposed by environmental factors. While attending a Marriage Encounter Weekend, Robert and Mary listened to the instructor declare, "It is essential that you know the things about your partner that are important to each other."

He addressed the men. "Can you each name and describe your wife's favorite flower?" Robert leaned over, touched Mary's arm gently and whispered, "Self-raising, isn't it?"

Thus began Robert's life of celibacy.

The new swimmer

I felt like my body was totally out of shape, so I got my doctor's permission to start exercising. I decided to join a Masters swimming club. I bent, twisted, gyrated, waved my arms up and down, and stamped my feet for an hour. But, by the time I got my togs on, cap on and goggles secure, the swim was over.

STADIUM SNAPPERS @ 2008 WORLDS

This is a survey to gauge the intention of Snappers to participate in the XII FINA World Masters Championships to be held in Perth in 2008 ... and their swim goals for 2007-08 generally.

Your coaches are preparing a comprehensive approach to assist members to work towards achieving their goals in club swimming or in the Worlds. Specified training sessions will be available within our existing programs and additional sessions may also be organised.

To this end please indicate in the table below the events for which you would like to train and enter - or just improve. A copy of the list of events is provided below. Indicative qualifying times are on page 16. **If you do not want to enter the World Masters Championships you may use this form to identify your swim goals for the next year.** Tick the relevant box in the table below.

NAME:			Worlds?	
EVENTS I WOULD LIKE TO ENTER		Goal times	YES	NO
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

Please return a copy of this form to your coaches by 30 June 2007 and then watch for information about club training schedule, days, time etc.

SCHEDULE OF EVENTS

Please check the World Masters Championship webpage for other details of the swim program, other aquatic disciplines and registration. Go to <http://www.2008finamasters.org/index.php?id=968>

Remember that you may only enter 5 events, but you may be interested in preparing for more than five events, depending on your times.

Day	Swimming Events only
Fri 18 April 2008	800 Freestyle M & W
Sat 19 April 2008	200 Backstroke M & W
	100 Freestyle M & W
	100 Breaststroke M & W
Sun 20 April 2008	400 Individual Medley M & W
	200 Freestyle M & W
	50 Fly M & W
Mon 21 April 2008	50 Freestyle M & W
	200 Individual Medley M & W
	100 Fly M & W
	50 Breast M & W
Tues 22 April 2008	200 Mixed Medley Relay M & W
	200 Free Relay M & W
	200 Medley Relay M & W
Wed 23 April 2008	200 Breast M & W
	100 Back M & W
	200 Fly M & W
Thurs 24 April 2008	50 Back M & W
	400 Freestyle M & W

