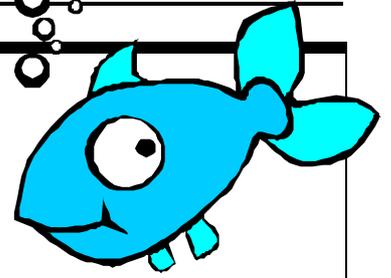

SNAPPETS



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

June 2011

PRESIDENT'S REPORT

The day squad is now training indoors in the 25 m pool. Initially, the weather appeared too good for this, so some continued to swim outdoors. However, with the cooler temperatures, many have retreated indoors. The only problem with training in a 25 m pool is that the ends come around more often!

State placings, derived from the 2011 National Masters Swimming Championships held at Challenge Stadium in April, have been announced and Snappers appear prominently in several age groups: Anja Messmer (3rd, 18-24), Eleanor Parsons (1st, 55-59), Robyn Wilson (1st, 60-64), Pamela Walter (2nd, 60-64), Theresa Elliott (1st, 65-69), Geraldine Klug (equal 2nd, 70-74), Margaret Somes (1st, 75-79), Leon Musca (2nd, 40-44), Barry Green (1st, 70-74) and Wyvern Rees (3rd, 80-84). Congratulations to these swimmers, and to all the others, because individually there were many personal best achievements!

At our Swimathon for the Motor Neurone Disease Association of WA on May 15 there were fewer swimmers this year, but the participants performed well. Geraldine is to be commended for making a team with three of the men, thereby expanding the sponsorship net. I think it is very important that our club, as a community group, supports a charity, and that the charity chosen should have a meaningful connection with the club as is the case with Snappers and MNDAWA.

Snappers swimmers did well at the Narrogin short course 400/800/1500 on 21 May. Our next BE ACTIVE Club Challenge is also in short course at Swan Hills on July 3. The lesson that we learned at Melville was that a small team finds it difficult to beat a larger team, so I am hoping for many more Snappers to swim at Swan Hills.

At their meeting on May 18 the Committee discussed, among other matters, lane hire arrangements for June and July and approved a continuation of the present hiring with an extra lane for the June Club swim. Venues West is sponsoring the lanes for Snappers' 1500 m event. Lane hire in July will be reduced for the two weeks beginning 11th and 18th so that the Tuesday, Thursday, Saturday and Sunday sessions have only one lane, and the Wednesday and Friday sessions have four 25 m lanes. Subsequent to the meeting, Kim Klug, co-captain of the night group, volunteered a reduction of one lane on Thursday nights for June and all July. This is much appreciated, and will help the club to financially address the challenges which it faces in view of increased lane hire fees and MSWA members' charges.

I attended a Masters Swimming WA Council of Clubs meeting on May 17 and gave a brief report on our club. I noted that the report given by the Somerset Masters club indicated that they were unhappy with Snappers for becoming the top WA club in the 2010 National Aerobics competition, a position previously held by Somerset. I take this as a warning that Somerset have their sights on us, so I urge all aerobic swimmers to swim, swim, swim to improve our position!

I hope you enjoy a great night out at the Club's 19th birthday party and annual dinner on June 25!

Barry Green

In this issue

Regular features

President's message.....	1
Welcome new member	2
Birthdays	2
Goggle.....	2
Social news	2
Diary entries	3
Club clothing.....	3
Pool swim results.....	5
Deadline for next issue.....	6

Special features

Aerobics changes	3
Profile: Kathryn Gibson	4
Nationals comparison.....	4

"Now is the right time." Lotus Sutra

NEW MEMBER

A warm welcome to Wendy Herzberg who swam with us once only before she decided we were the club for her! Too long ago to mention, Wendy was a member of an AUSSI club in Port Hedland. She fondly remembers the encouragement that club gave her as she learned to swim. We are sure Snappers will be equally as helpful to Wendy now that she has returned to swimming.

BIRTHDAY GREETINGS!

July

1st Elizabeth Edmondson
4th Colin Beaton
7th Anja Messmer
13th Amanda Thomas
16th Leon Musca (40)
22nd Marilyn Burbidge
28th Stephanie Weston

August

3rd Patrick Cooney
4th Wyvern Rees
4th Margaret Watson
6th Eleatha Beare

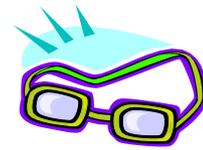


Some wit said: “At the age of 20, we don't care what the world thinks of us; at 30, we worry about what it is thinking of us; at 40, we discover that it wasn't thinking of us at all.” Happy 40th Leon!

Best wishes to Steph Weston who recently announced her engagement.

GOGGLE SAW

- Theresa completing her One Million Metres this month, less than 2½ years after joining the Club! That must be a record. Well done, Theresa.
- A carload of Snappers who stopped to shop in Williams on the way to the 400/800/1500 in Narrogin suddenly realising that the meet was due to start imminently, bolting for the car and travelling the rest of the way rather fast.
- Day swimmers “planking”, or perhaps “pranking”, safely in the indoor pool.



AND HEARD

- Wyvern giving his name as “Don” to the barista in the coffee shop because he reckons the real Don always gets quick service!



SOCIAL

Pat is arranging a group to go to the movie, “The Trip”, at the Windsor Theatre on the afternoon of Monday 11 July, with dinner to follow. Please let her know if you're interested.

DIARY ENTRIES FOR JUNE AND BEYOND

Date	Event	Time	Venue
Saturday 25 June	Snappers' Annual Dinner	7:00 pm drinks	Ocean Gardens Retirement Village
Sunday 26 June	Annual MSWA Awards Function	10:00 am	Marmion Aquatic & Angling Club
Sunday 26 June	Riverton long course 400/800	1:00 pm	Riverton Leisureplex
Sunday 3 July	Swan Hills short course BE ACTIVE Club Challenge	8:00 am warm-up	Swan Park Aquatic Centre
Monday 11 July	Movie followed by dinner	late afternoon	Windsor Theatre Nedlands
Monday 18 July	Committee meeting	7:00 pm	Patrick's: 38 Pearse St Cottesloe
Sunday 24 July	Have a Go LC open swim meet	TBA	SW Aquatic Centre Bunbury
Sunday 31 July	Leisurepark short course 400/800	8 am	Leisurepark Balga
Sunday 7 August	Somerset long course 1500	TBA	Aqualife Centre, E Vic Park
Sunday 14 August	Claremont Groper Short Course State Relay	TBA	Challenge Stadium
Monday 15 August	Committee meeting	7:00 pm	Barry's place
Sunday 21 August	Belmont short course 400/800	TBA	Belmont Oasis Leisure Centre
Sunday 28 August	Club Swim	9:00 warm-up	Challenge Stadium

CLUB CLOTHING

The annual club clothing order has been placed and delivery is expected at the end of this month. I will notify you when the items arrive, also the cost. Payment is due when collecting your order.

Marg Watson (*Ed: Marg is currently bird-watching in Sabah!*)

EMERGENCY LIST UPDATE FOR CAGE

I am updating the Emergency Contact list, a copy of which is in the cage. If any of your details have changed and you haven't checked the list lately can you please do so? Please let me know any of any changes.

Elizabeth Edmondson (folash5@hotmail.com)

CHANGES TO NATIONAL AEROBIC SWIMMING PROGRAM

Masters Swimming Australia has been deliberating for some time over the National aerobic swimming program and has recently announced changes to take effect in 2012. The following are the main ones:

- The program, previously named the Aerobic Trophy Program, will be renamed the Endurance 1000 Program. The 62 component swims in the program remain the same.
 - Points will be awarded for each swim up to a maximum of five in each of 400 m and 800 m, ie every swim will count and it will be no longer be necessary to swim five of each stroke in these distances to score points.
 - The maximum number of points that an individual can score will be 1005!
 - The highest scoring club will be declared the Endurance 1000 Champion Club. (Previously known as the Aerobic Trophy winner. Snappers came second to the Aerobic Trophy winning club in 2010.)
-

ON THE THEME OF JULIA'S HIGH DUNGEON

Practise safe eating: always use condiments.

A pessimist's blood type is always B negative.

A hangover is the wrath of grapes.

Shotgun wedding: a case of wife or death.

Sea captains don't like crew cuts.

A successful diet is the triumph of mind over platter.

When you dream in colour, it's a pigment of your imagination.

PROFILE: KATHRYN GIBSON

I spent the first 26 years of my life on the northern beaches in Sydney and, as my Dad is a life member of Dee Why surf club, the water was in my blood. As a kid I learnt to swim, occasionally swam for Dee Why ladies swimming club and spent most of my time in the surf, on the beach or playing netball.

The following years were spent with my husband Tim and our expanding family on the Southern Highlands of NSW. In this cool to cold climate swimming was not a priority as the only swimming pools were outdoor and only recently have they been heated. My passion became running and over the years I've taken part in many

fun runs, a marathon and eight half marathons.

With Tim's work transfer to WA and my retirement from full time work I thought this was an opportunity to take up activities that I'd been unable to pursue. Moving to a city where there were few people I knew required me to search the web to find out what was available in this vicinity.

I have one sister who was a member of a Masters swimming club and another who does ocean swims all year round. I decided with their influence that I would go back to swimming and what better way would there be than to join a Masters swimming club? A few months ago when I joined Snappers I instantly loved the friendliness and encouragement of everyone. My goals are to become a stronger swimmer and possibly complete an ocean swim but first I'll need to overcome my recent fear of the surf, as I don't particularly like the dumping surf at some beaches.

Ed: We look forward to introducing Kathryn to the calm beaches of Rottnest and Coogee when the next open water swim season begins later this year.



Kathryn at Penguin Island

NATIONALS COMPARISON

Two National Masters Swimming Championships have been held in Perth, both in the long course indoor pool at Challenge Stadium. The table allows a comparison of Snappers' performance.

	2003	2011
Number of swimmers	nearly 600	564
Number of clubs	80	84
Snappers' membership	99 (at the end of 2003)	75 (in April 2011)
Number in Snappers' team	26	27
Final position of Snappers	7 th	6 th
Individual medals	30 (21 women, 9 men) 3 gold, 10 silver, 17 bronze	27 (19 women, 8 men) 9 gold, 2 silver, 16 bronze
Medal winners at both events	Marg Somes, Robyn, Eleanor, Colin, Wyvern	
Relay awards	3 x 3 rd place ribbons (all 280+)	5 silver medals (2x280+, 3 younger age grps)
Venue of Open Water Swim	Leighton Beach	Matilda Bay, Swan River
Number of Snappers' in OWS	7	9
Medals	3 bronze	3 silver
Non-swimming volunteers	15	10

The vicar of a country parish, although by no means a "drinking man", had a fondness for cherry brandy. One of his fruit-growing parishioners with a talent for producing a fine cherry brandy teased the vicar with the promise of presenting him with a bottle, subject to the condition that the vicar had to acknowledge the gift publicly by printing the acknowledgement in the monthly parish magazine. The vicar agreed and kept his word. A brief item appeared in the next issue of the magazine thanking Mr Giles for "his donation of fruit and the spirit in which it was given".

POOL RESULTS

Narrogin Short Course 400/800/1500 Metre Distance Swim 21 May 2011

Records tumble at masters' swim meet

SWIMMING

SEVEN WA State short-course records have been broken at the masters' swim meet held in Narrogin on Saturday.

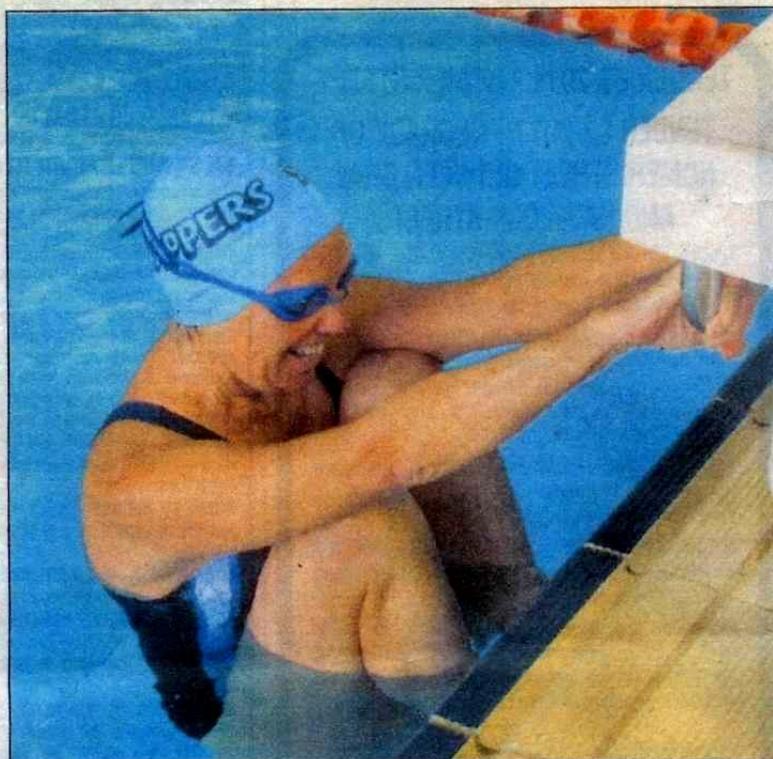
Pamela Walter and Eleanor Parsons broke two records each, while Kim Klug, Carol-Ann Infante and John Matthews were the other record breakers.

Stadium Snappers swimmer Pamela Walter said owning the new record for the 400m individual medley was something with which to be proud.

"I was very happy to break the record and also shave more than seven seconds off it," Walter said.

"The previous record was held by another member from my club so I'm sure it will provide a little bit of banter as well."

Meet director Peter Thompson said the winter distance meet was a great success.



Stadium Snappers' swimmer Pamela Walter set a new WA record for the 400m individual medley.

Picture: Paddy Sweeney

"We had more than 20 swimmers from across the State and of ages 18 and above compete in the meet," Thompson said.

"Everything has gone very smoothly, records have been broken and hosting the event is something the Narrogin Amateur Swimming Club would definitely like to do again."

Results: Women's Age Grp 60-64, 400m Backstroke - Pamela Walter 8:03.76 beat 8:20.06. Women's Age Grp 60-64, 400m Individual Medley - Pamela Walter 7:52.08 beat 7:59.95. Women's Age Grp 55-59, 400m Freestyle - Eleanor Parsons 5:40.12 beat 5:43.56. Women's Age Grp 55-59 800m Backstroke - Eleanor Parsons 14:21.89 beat 16:03.93. Men's Age Grp 50-54, 800m Backstroke - John Matthews 14:00.77 beat 14:51.33. Women's Age Grp 45-49, 800m Breaststroke - Kim Klug 14:59.92 beat 15:36.98. Women's Age Grp 45-49, 1500m Breaststroke - Carol-Ann Infante 27:31.15 beat 29:33.80.

Paddy Sweeney

From *Narrogin Observer*

Well done to Eleanor and Pamela on their record-breaking swims. The newspaper report isn't quite correct re Kim's record. Although Kim swam well inside the record, unfortunately for her, another swimmer in her age group recorded a slightly better time at the 800 metre mark in a 1500 metre swim to claim the new record. Other Snappers who swam at Narrogin were Sue Shilling, Elizabeth, Dee and Pat Sugars.

Snappers Long Course 1500 Metre Distance Swim 11 June 2011

This year a record 63 swimmers entered our 1500 Metre event! Why is it that entries increase each year? Perhaps it's because ours is the first 1500 for the year or perhaps it's because we have a reputation for always running the event so well. Robyn, recently returned from Russia, was Meet Director and she and a great team of helpers organised another very smooth meet. Elizabeth slipped comfortably into her role of unflappable marshal, Jil and Robyn allocated lanes and, as well as many of the swimmers, Gail, Kim, Anne and Elizabeth were timekeepers. Out of the wind in Crab



Palace, Bernard and Jackie Egan entered the times and Pat S, Cas and Marg S had afternoon tea under control.

The number of swimmers was whittled down to 46 due to a few no-shows and some Snappers who were not attempting a record forgoing their swims. To fit everyone in, some Freestylers shared a lane and a few overflowed into an extra lane. There were still swimmers in the water well after 4:30 pm but nobody seemed to mind. By that time shadows were stretching across the pool and the air was pretty cold. Not one swimmer chose to do Backstroke but a woman from Westcoast swam a 1500 m Butterfly! Odd, because no such event exists. However she achieved her goal. Five State records were broken, two by Snappers: Eleanor in 1500 m Freestyle and Pamela in 1500 m Breaststroke. A big tick all round!

Club Swim 18 June 2011: from Recorder Pamela Walter

On a wintry day, only the hardy turned up for this Club swim although it was held in the indoor pool in short course mode. Thanks to Audrey B who was just back from Europe and came to timekeep along with Geraldine and Cas.

Anne Edmondson	FR100 (PB25), BU50 (inaug25)
Jackie Egan	BR100 (inaug25/CR25), FR50 (inaug25), BR50 (inaug25)
Theresa Elliott	IM100 (PB25), FR50 (PB25), BR50 (PB25)
Margaret Somes	BA50 (best since '08)
'Tricia Summerfield	BU50 (PAB best since '02), BA50 (PB25), FR100 (PAB25)
Pamela Walter	BU100 (PB25/CR25), BA50 (PAB25/CR25), IM100 (PAB25 best since '05)
Bill Woodhouse	IM100 (inaug25), FR50 (PB25), BR50 (PB25)

ACKNOWLEDGEMENTS AND DEADLINE

Many thanks to Barry Green, Pamela Walter, Marg Watson, Kathryn Gibson, Elizabeth Edmondson and Eleanor Parsons for providing material for this issue of Snappets. Please send your items for the next issue to amburbidge@westnet.com.au by **Friday 29 July 2011**.

Merilyn

Stadium Snappers values the support
received from our sponsors

