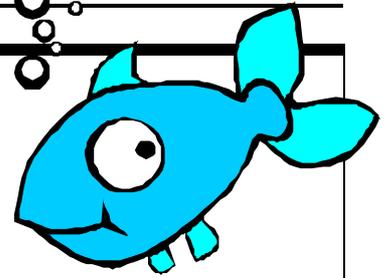


# SNAPPETS



Stadium Snappers Masters Swimming Club Inc [www.stadiumsnappers.net.au](http://www.stadiumsnappers.net.au) October 2011

## PRESIDENT'S REPORT

Thank heavens for summer. The day group training sessions are outdoors and the number of swimmers is increasing as people realise just how pleasant it is! It would be great to see even more members in the pool. Our club membership is up to 79. This is good, but we are always on the lookout for more. If you can interest a friend or an acquaintance to give it a go, please do!

I was away on holidays from late August to early October so I missed several events in which Snappers took part. I was thrilled to hear of the triumph of our own BACC. Well done Meet Directors Kim Klug and Bill Woodhouse. The financial success of the raffle was heartening. Well done ticket sellers Pat Byrne, June Hough and Brian Somes and of course thanks to those who organised the prizes, Marg Somes and Dee Stephenson.

As the end of the year approaches, the open water swim series is about to start. I hope we will see a strong representation from Snappers. In addition, we are wrapping up the aerobics program for 2011. I urge all swimmers to complete their swims by December 14 and hope that the club has done more than enough to retain its 2010 standing as top WA club in this competition. It would be nice to improve on last year's national standing of second place, but this would be a very high mountain to climb.

The club has a new web site! Congratulations to Elizabeth Edmondson for her hard work in realising this. Elizabeth not only swims, having won 10 gold medals at the recent Australian Masters Games in Adelaide, but is an active Committee member.

The social program this year has been a big success. Thank you to Pat Sugars. Do remember to note the date, 11<sup>th</sup> December, of the Christmas Picnic at which the year's awards will be presented.

At their meeting on October 17 the Committee agreed on the club's lane hire requirements for November and December. Also, the Committee is preparing an outline of the program for next year.

Barry Green

## WELCOME

We warmly welcome our newest member, Joan Sheppard. Joan is keen to take every opportunity to improve her fitness and technique and we hope she enjoys swimming with Snappers.

## IMPROVES LIKE FINE WINE AWARD

Congratulations to Elizabeth who recently received the ILFWA in recognition of her One Million Metre achievement. That makes four Snappers who have reached one million metres this year. Will there be another before the end of the year?

God promised man he would make the perfect woman available in all four corners of the world.  
Then he made the world round.

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## DIARY ENTRIES FOR NOVEMBER AND BEYOND

<b>Date</b>	<b>Event</b>	<b>Time</b>	<b>Venue</b>
Saturday 29 October	Intro Coach Course	1:00 - 5:00 pm	
Sunday 30 October	Bowls Day	1.00 pm	Dalkeith Nedlands Bowling Club
Tuesday 1 November	Melbourne Cup luncheon		The Round House, Balcatta
Sunday 6 November	Lake Leschenaultia OWS 1.6 km	8:30 am rego	Lake Leschenaultia, Chidlow
Sunday 20 November	Hella BBB River Swim 1.6km/5km	7:30 am rego	Bicton Baths
Monday 21 November	Committee meeting	7:00 pm	Barry's place
Sunday 27 November	Bring and Buy Snappers fundraiser	2:00 pm	11 Penryn Ave, City Beach
Saturday 10 December	Fremantle Ports Swim Thru 1.6 km; BE ACTIVE Novice Swim 400 m	7:10 am rego	South Beach, South Fremantle
Sunday 11 December	Christmas Picnic	from 11:00 am	Beaton Park, Nedlands foreshore

## BIRTHDAYS

Special greetings to Belinda on her 40<sup>th</sup> and Hazel Spong and Barry on their 70<sup>th</sup>. Count your blessings, not your wrinkles!

### November

2<sup>nd</sup> Barry Green 70  
22<sup>nd</sup> Belinda Aitken 40  
26<sup>th</sup> Hazel Spong 70  
29<sup>th</sup> Helen Green

### December

8<sup>th</sup> Peter Williams  
8<sup>th</sup> Gail Parsons



## SNAPPERS' CURRENT FEE SCHEDULE

<b>Registration Period</b>	<b>Club component</b>	<b>State levy</b>	<b>National levy</b>	<b>Total Fee</b>
1 Sept - 31 Dec 2011 (4 months discount option)	\$25.00	\$25.00	\$17.00	<b>\$67.00</b>
1 Sept 2011 - 31 Dec 2012 (16 months option for new and lapsed members)	\$120.00	\$37.00	\$43.00	<b>\$200.00</b>
1 Jan 2012 - 31 Dec 2012 (12 months option for new and rejoining members - available from 1 Dec 2011 )	under 80 yrs \$100.00	\$30.00	\$35.00	<b>\$165.00</b>
	80 yrs or over \$95.00	\$30.00	\$35.00	<b>\$160.00</b>

## WHAT INFO TO FILL IN ON YOUR BEST TIMES SHEET

A Best Times sheet was included in the September issue of *Snappets*. It will be a great help to Elizabeth and me if everyone who completed even one aerobic swim this year submits a Best Times sheet. The following might help you in this task:

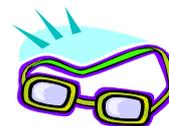
- From the times recorded on your aerobic sheets, please fill in your best times for 100m and 200m for every stroke you swam in both short and long course.
- Then look at your aerobic sheets for INTERNAL TIMES for 400m, 800m and 1500m and INTERNAL DISTANCES for ½ hour, and ¾ hour and add them to your Best Times sheet ONLY if they are your best results.
- Please highlight any internal times that you have listed on your Best Times sheet if they are from a hosted swim.
- On your Best Times sheet, please also fill in times for any 3000 m and 5000 m events that you have swum.
- On or before 14 December 2011, please give your Best Times sheet, your cover sheet and all your aerobic sheets to Assistant Recorder Elizabeth as I will be away.

Anyone who is still in doubt about the process can ask me or Elizabeth to help them on a Wednesday or Friday, preferably soon to avoid a last minute pile-up!

Pamela

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## GOGGLE



Around the time of the last full moon, Goggle saw the padlock that secures the wet end of our equipment cage acting strangely. It went AWOL, deserting its post and leaving the cage open to any passing felon on the lookout for a well-used kickboard, pull buoy or semi-perished swim fin. Its freedom was short-lived. The next day Goggle saw the absconder sprawled, open, on the concrete amongst the detritus that the wind deposits in the cage storage area. The padlock appeared to be none the worse for its escapade and the cage fairy helped it back to its station on the cage.

Not 48 hours later, Goggle again saw that the padlock had strayed. It hadn't got very far before it collapsed and lay, open, on the lid of the cage. For the second time, the cage fairy made sure that it was safely back at work locking the cage.

Both Goggle and the cage fairy are mystified as to the reason for the padlock's bouts of loose behaviour.

Goggle also saw that the cage storage area is a dangerous place where cages of many different affiliations push and shove roughly as they jostle for position. Damage is commonplace. Goggle saw the hook on our cage wiped off numerous times, twice in one week recently. On the plus side, Goggle saw Geoff Barnard in Bunnings buying hooks in packs of six and replacing the broken ones as soon as the damage was done.

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## SOCIAL NEWS

### **Bowls Day Sunday 30<sup>th</sup> October**

Come and join the fun at the Nedlands/Dalkeith Bowling Club, commencing at 1:00 pm. All equipment and afternoon tea will be supplied at a cost of \$15 for bowlers and \$5 for onlookers. More bowlers are needed. Please contact me if you wish to join us.

### **Melbourne Cup Tuesday 1<sup>st</sup> November**

We have a booking for five at The Round House, Wanneroo Rd, Balcatta and there is room for a couple more. The cost is \$50 for a 3-course lunch with TAB on site, big screen Cup viewing, spot prizes and a hat parade.

### **Snappers' Christmas Picnic in the Park Sunday 11<sup>th</sup> December**

This year's picnic will be held at Beaton Park on the Nedlands/Dalkeith foreshore past the Perth Flying Squadron Yacht Club. Snappers are asked to donate non-perishable raffle items for the hampers. Please place your offerings in the box in the cage after 9 November when Marg Somes will be able to collect them. It would be nice to have Christmassy things, if possible, and this time wine is OK.

Pat Sugars

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## **MORE TIPS FOR FREESTYLING (adapted from Challenge Stadium News)**

Here are a few more tips to concentrate on in addition to those given in the September issue of *Snippets*. As before, focus on one at a time:

- Feeling a full stretch with both arms extended, one in front and the other at the back
  - Maintaining a solid 6-beat kick throughout your stroke
  - Lifting your elbow and pointing it up as your arm recovers
  - Keeping your hand and fingers relaxed throughout the recovery.
- 

## **XIII AUSTRALIAN MASTERS GAMES**

Early in October I swam at the XIII Australian Masters Games held in the new pool in Marion, Adelaide, where the 2012 National Masters Championships will be run. The pool was 3 metres deep which was a bit disconcerting when jumping in for the first time. The blocks were the latest with timing pads built into them and costing \$5000 each. The pool deck was nice and warm but the change rooms were a bit small.

There were only 267 competitors in swimming, four from WA: Perc Edwards (Claremont), Garry Roper (Whitford), Stacia Riddle (Melville) and me. This meant that the program finished early afternoon each day. Medals were presented in the afternoon and I was fortunate to have one of my medals presented by Jane Caro from 'The Gruen Transfer'. In the 50 m Freestyle, Margo Bates (age group 100-104), swam a time of 3:17.86 and won her 200<sup>th</sup> gold medal!

I stayed at Glenelg, which is only about 5 km from the pool. If anyone is thinking of going to the Nationals next year and is looking for more information, please see me.

Elizabeth Edmondson

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## NEW WEB SITE FOR SNAPPERS

Stadium Snappers has a new web site at [www.stadiumsnappers.net.au](http://www.stadiumsnappers.net.au). Many thanks to Marilyn and Andrew for their invaluable help in preparing the content of the web pages and to Sarah Roach from Masters Swimming Australia for her technical help in getting the site up and running.

Elizabeth Edmondson

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## MEDICAL CONDITION ADVICE FORM

If you have a medical condition that needs to be brought to the attention of coaches and the Club safety officer, there are forms in the cage for you to complete.

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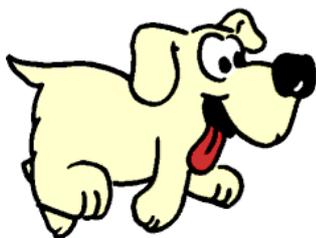
## SHAGGY DOG STORY

On hearing sounds of great activity nearby, a man went out into his backyard and found the noise was coming from next door. He peered over the fence and saw his neighbour digging a very big hole. He asked what the hole was for and the neighbour replied, "I am burying my cat."  
"What a shame," said the man. "Tittles was a lovely cat. Why the big hole?"  
"Because," explained the neighbour, "he is inside your great Alsatian."



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## THINGS WE CAN LEARN FROM A DOG



- Allow the experience of fresh air and wind in your face to be pure ecstasy
  - Never pretend to be something you're not
  - If you want what lies buried, dig until you find it
  - Avoid biting when a simple growl will do
  - When someone is having a bad day, be silent, sit close by and nuzzle them gently
  - When you're happy, dance around and wag your whole body.
- 

## SORE MUSCLES?

This is a reminder that until 7<sup>th</sup> December Pamela is continuing her offer to Club members of a body massage for \$50.00 with half the proceeds to be divided between the Club and the Motor Neurone Disease Association. She is available after swimming on Wednesdays or on weekends.

Pamela (9445 1549)

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## SNAPPERS AS A HEALTHY CLUB

At this time of year it has been my duty as Vice President to review our Healthy Clubs Policy for 2012. I have updated this document and propose adding another section covering mental health. Comments are encouraged and I will take them to the next Committee meeting in November.

### Mentally Healthy Policy

Snappers recognises that the creation of an environment that encourages and supports involvement will have a positive effect on the mental health and well being of members. To facilitate this, Snappers will:

- support opportunities for members to be mentally, physically and socially active;
- encourage members to join and actively participate in the activities arranged by Snappers and other masters swimming clubs.
- encourage members to become volunteers and to set personal goals for achievement in Snappers and other masters swimming activities;
- try to reduce or remove economic or social barriers to participation;
- encourage the treatment of all individuals and groups with respect, equality and openness; and
- proactively address instances of bad practice and reward instances of good practice.

Julianne Crowley

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## SNAPPERS REGISTRATION PROCEDURES FOR 2012

As advised in the September issue of *Snappets*, Masters Swimming Australia has adopted an entirely on-line process for annual member registration. We have tried to make the process as easy as possible for our members. There are now three different ways you can register for 2012, available from 1 December 2011.

Note: All processes involve the member knowing their username and password. If you have forgotten or do not know yours contact Julianne Crowley or Elizabeth Edmondson who will provide it or look under the heading *Forgotten your Password?* on the Masters Swimming Australia web site at <http://www.mastersswimming.org.au>. You will need to input your email address, that is the one you use to get your copy of *Snappets*. The system will automatically send you an email with your username and password. If you cannot remember your email click on CONTACT US and call the office on the number provided.

### **Process 1: Direct on-line payment (will incur a 6% levy)**

1. Go to the Masters Swimming Australia web site at <http://www.mastersswimming.org.au> and click on the square titled MEMBER PORTAL with the picture of swimmers arm in arm.
2. This will take you to the members' portal. You now need to choose re-registration.
3. If you have clicked on the re-registration button you will now have to put in your username and password.
4. Once you have entered your username and password you need to click on the heading Registration Renewal.
5. You then choose the heading Swimmer 2012. Hover your mouse over the blue box to show the word NEXT and click on it.
6. Read the Masters Swimming declaration regarding medical disability forms, privacy statement and Safety in Activity. You will be expected to check the box that you have read and agree with this information. After checking the box click NEXT.
7. Check that your personal information is correct. Then click NEXT and follow the prompts.

You need to contact your Registrar or Assistant Registrar and inform them that you have paid on-line; they will go on to the system and make you active. To be considered a registered member, everyone needs to be both FINANCIAL and ACTIVE.

### **Process 2: Part on-line payment (avoid paying the 6% levy)**

Follow the procedure as for Process 1 but pay only \$65 on line (National and State components of the fee). The remaining amount, \$100, needs to be paid directly to the Club Treasurer, Registrar, Assistant Registrar or directly into the Snappers Westpac bank account, BSB 036-063; Account Number 16-2984; Account name: Stadium Snappers Masters Swimming Club Inc. Please include your name with your deposit and inform the Treasurer or Registrar if you have chosen this option.

### **Process 3: Assisted registration (no levy)**

During December and January the Registrar and/or Assistant Registrar will bring their computer to afternoon tea to assist any Snappers with their on-line registration. At this time it will be possible to pay the entire amount by cheque made out to *Stadium Snappers* or cash, or by using a credit/debit card for the National and State components and cash or cheque made out to *Stadium Snappers* for the club component.

Julianne Crowley, Registrar

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## BRING AND BUY SALE

Come one, come all! Helen and I have a collection of books and DVDs to sell at never-to-be-forgotten low prices, with the proceeds going to Snappers. The sale is on Sunday, 27 November from 2:00 pm at our place, 11 Penryn Avenue, City Beach.

The books include novels, including last year's Booker prize, pretty well all of John Grisham, crime, travel, golf, cricket and "other". This event provides an opportunity for other members to clear their attics of unwanted books, DVDs, CDs, etc, while benefiting the club. Anyone is welcome to bring along their treasures to add to the fun as long as owners take home the unsold ones!

Barry



## Snappers BE ACTIVE Club Challenge 11 September 2011 from Recorder Pamela Walter

Colin Beaton	BA50 (best '11)
Cas Brown	BR200 (PAB50 best since '06), BA50 (PB by 4 sec)
Audrey Bullough	BA50 (best '11), FR50 (best '11)
Hazel Christie	BR50 (best '11), FR50 (best '11 by 10 sec)
William Curtis	BA200 (best '11), BA50 (best '11), FR50 (best '11)
Wayne Davies	FR100 (best since '09), FR50 (PB50)
Anne Edmondson	IM200 (PB50 by 6 sec), FR100 (PB50)
Elizabeth Edmondson	BR50 (PAB50, best since '09), FR50 (best '11)
Jackie Egan	BR200 (PB50 by 14 sec), FR100 (best '11, missed PB by .02 sec)
Theresa Elliott	BR200 (PB50 by 1.5 sec), BA50 (PB50 by 1.5 sec)
Beng Hooi Chua	IM200 (PB50), BU50 (best since '09), BR50 (best since '09)
Kim Klug	BA50 (PAB50, best since '09)
Kylie Leaman	IM200 (inaug 50/CR50), BU50 (inaug 50/CR50), FR50 (inaug 50)
Zee Marsland	FR100 (best since '06), BR50 (best '11), FR50 (best '11)
Gail Parsons	IM200 (PAB50, best since '09), BR50 (PAB50, best since '09)
Vic Paul	BR200 (inaug 50/CR50), BA50 (PB50/CR50), BU50 (best since '09)
Wyvern Rees	BA50 (best '11)
Sue Shilling	FR100 (PB50 by 5 sec), BR50 (best '11)
Dee Stephenson	BA200 (PAB50), FR100 (best '11), BA50 (best '11)
Pat Sugars	BA200 (best '11 by 7 sec)
'Tricia Summerfield	BA200 (PAB50 by 6 sec, best since '01, 2nd best time ever), BA50 (best '11)
Pamela Walter	BR50 (best '11)
Mary Williams	FR50 (inaug 50), FR100 (inaug 50), BA50 (inaug 50)
Andrew Wilson	FR100 (inaug 50), BA50 (inaug 50), FR50 (inaug 50)
Robyn Wilson	FR100 (PAB50, best since '09/CR50 beating Barbara Fentiman's record set in 1996)
Bill Woodhouse	IM200 (PB50/CR50), BR50 (PB50)

### Fremantle BE ACTIVE Club Challenge Sunday 23 October 2011

A team of 25 Snappers swam well at Fremantle, coming second (236 points) to the host club (281), with nearly 100 points to Somerset in third place. There was a bit of confusion during the warm-up because signs placed at one end of the pool didn't agree with signs at the other, eg in Lane 3 signs read Breaststroke at one end and Fast Freestyle at the other! However, the carnival ran pretty smoothly, except for one or two hiccups when the hooter failed to sound. The quick-thinking starter blew a whistle instead but only some of the swimmers in the heat recognised it as a starting signal and set off. More confusion! Then, due to the big number of swimmers (176), the program ran late and, for the relays, the lanes had to be reduced from seven to four. This meant more delay and further confusion while the relay heats were re-programmed. In the end, the Freestyle relays were run but the Medley relays had to be abandoned, disappointing some swimmers. The barbecue banquet was worth the wait and Dee won a prize in the raffle. Full credit to June Maher and Helen and Barry Green who were our timekeepers for the entire program.



### **ACKNOWLEDGEMENTS AND DEADLINE**

*Many thanks to Barry Green, Pamela Walter, Pat Sugars, Elizabeth Edmondson, Julie Crowley, Jackie Egan and Geoff Lane for providing material for this issue of Snappers. Please send your items for the next issue to [amburbidge@westnet.com.au](mailto:amburbidge@westnet.com.au) by **Monday 5 December 2011**.*

*Merilyn*



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the support received  
from our sponsors**

