

SWIMMERS NEWS



**MASTERS
SWIMMING**
Queensland

National 2014 Championships—Rockhampton



Dates

23—26 April 2014
Pool events

Southside Memorial Pool, Rockhampton is the venue of the National Championships 2014.

27 April 2014

Open Water Swim: 1.25, 2.5 & 5km
Yeppoon



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The MSQ web site has all the information on pool events, OWS distances and the merchandise now available.

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Edited and compiled by
Helga Ward

Merchandise: a polo shirt with two colours; red with white stripes and grey with blue stripes. Both have the Championships' Events logo on them. See page 14
A picnic zippered bag, which doubles up as a seat or opens up as a picnic blanket with a waterproof back.



Accommodation information is on our web site:
www.mastersswimmingqld.org.au



Graham Needham Remembered



Graham Royce Needham was born 28th January 1946 and passed away after suffering a long battle with MND (Motor Neurone Disease), on the 17th August 2013.

He was the first born son of Arnold and Lola. Noel was his younger brother. Graham was a loving and much loved husband to Sue for 40 years.

Sailing and swimming were special times for Graham. Having learnt to swim at a young age, he continued to enjoy water sports throughout his life.

He sailed the Tasman several times, competed in the Sydney Hobart Yacht Race and enjoyed many journeys along the East coast of Australia.

Cycling also enabled Graham to remain social and mobile for so long. His wonderful care team seemed amazed that he could manage to cycle. Unable to drive or walk, his determination took him to special Sunshine

Coast places.

Joy and appreciation flowed to the many friends and family who were able to visit Graham at home. These special moments helped him cope with the debilitating illness, which slowly and gradually robbed him of speech and movement. Nevertheless his last year was lived the way he had lived his entire life.

Graham undertook his last cruise from Sydney to Singapore in November 2012. Graham was able to transition with dignity from his limited form of walking into a wheelchair. He made special friends as he navigated, one last time, the coast of Australia with Carer 1(Sue) and Carer 2 (JulieAnne).

With perfect weather, Graham's last surf was in the Darwin wave pool, playing in machine made surf accessed from the ship's wheelchair.

New friends, Marianne and Edith from the Palliative Care Biography Service, facilitated Graham's biography. His life highlights are now recorded and shared.

Graham's care from his GP to Palliative Care team at Dove Cottage, ensured much love, professional care and dignity during his final years.

May Graham finally rest in peace!

Note:

Sue and friend JulieAnne have turned their attention to swimming for MND- Multiple Neurone Disease to bring this debilitating disease to the attention of the public. We encourage you to view the MND web site to enable you to support the organisation, which helps so many people like Graham.

www.mndaq.org.au



Sue and Graham

In 1969 Graham and friends built the biggest multi-hull sailing yacht in Australia at the time.

Around the Clubs

compiled by VPs

Rats of Tobruk- Townsville

Four Rats went to Cairns for the Great Barrier Reef Masters Games. The swimming was well organised by the Cairns Mudcrabs. Members have continued swimming during winter in the heated Tobruk Pool along with a few dips in the ocean from time to time.

Whitsunday Masters Swim Club

The Whitsunday Warriors have been very busy socialising and not so busy swimming over the last couple of weeks. They had a great dinner party at Andrea's place to celebrate Xmas in July and that was followed by a surprise birthday BBQ at Gina's for Julie. They did swim before the BBQ! The only reason for less members at training is because they have been travelling – certainly not due to lack of enthusiasm. Raylene and Bernard completed the swim leg for teams for the Airlie Beach Triathlon during the weekend and Mark was in Brisbane with his junior swimmers. Summer is here now and everyone is back into the normal training routine. Some members are planning to compete in Townsville in October and possibly Rocky and Mackay in November.



Julie Mitchell's surprise birthday BBQ. Julie is cutting her birthday cake with Gina Passfield.



Mareeba Adult Swimming Club (Barron River Rats)

Members are back in the water! It is lovely; kicking away the winter blues and giving the muscles a workout. They are discovering that in fact they do remember how to swim! A high spot of winter was Atherton Mountaineers' Christmas in July meeting held on 27th July this year. The meet was held in the gorgeous 25 metre heated indoor pool. The temperature of the water was near blood heat contrasted with the outside weather, which was threatening sleet, was rainy, cold and very blowy. Lane 4 doubled as the marshalling area with Frank Matthews calling them for their races. Three swimmers from Mareeba represented the club: Ineke Bell president, Irene Shanks, secretary and Karen Pedersen who drove three hours from the Cattle Station on Cape York Peninsula where she lives. Swimmers also travelled from Cairns for the Meet. Atherton really did spoil them. At the tea break, the food was so sumptuous that most of them ate too much and were seriously in danger of sinking! Once the swimming was over a traditional three course Christmas Dinner was served. Luckily for them, the swimming was over for the day. It was a great meet and Atherton is to be congratulated.



AROUND THE CLUBS continued

Cairns Mudcrabs

The inaugural Great Barrier Reef Masters Games was held in Cairns in August with Muddies hosting the swimming events in their home pool- Woree Aquatic Centre. Swimmers came from far and wide; the weather was beautiful throughout, the atmosphere at the pool was superb, friendships were renewed and new ones made, loads of fun and the whole event was made most enjoyable by their happy band of officials and of course all the competitors. As this was the first of these games, all event winners set Games Records and there were also State and National records broken. Muddies Thelma Bryan broke both in the 200m Fly 80-85 yrs, the record she set earlier in the year. The 'Female Swimmer of the Meet' award went to Michelle Scott of Long Tan Legends, the 'Male of the Meet' was awarded to John Collis of Molonglo Water Dragons and the 'Encouragement' award was presented to Rosalind Kitching who was an unregistered swimmer. They were all very worthy winners- Well Done! Muddies would like to thank all officials, helpers and swimmers who took part in this event and made it such a great success. Roll on 2015!

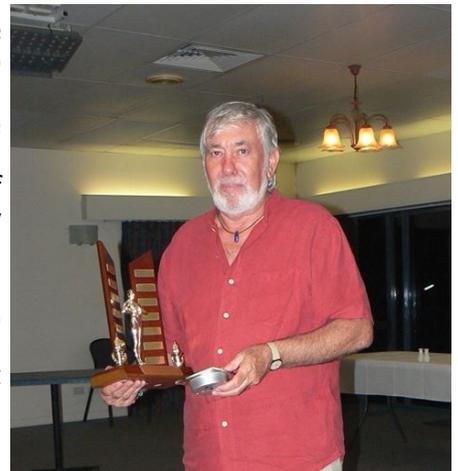
Cairns Mudcrabs have had a short three week winter break and are returning to the pool next week to prepare for the upcoming meets. The 'Vorgee Trophy', which was initiated by Gaby Donnelly will be hotly contested in these meets. The points system for this trophy is designed to give both small and larger clubs in the Far North an equal chance of winning and all meets during the year count towards the trophy.

They are holding an OWS 'Come and Try' day on 13th Oct at Lake Eacham, which is to encourage swimmers who would like to 'have a go' in waters where there is no black line. This will be a fun event, but will also cover the necessities of open water swimming such as the safety aspect, some stroke technique and the general rules for OWS. On 16th November there will be a Coaching Open Water Swimming course (COWS) in Cairns, which will be presented by Graeme Carroll an ASCTA official. Places are available. If anyone would like to attend please contact mudcrabs@mudcrabs.org.au. Muddies obtained a 'Get Going' grant earlier in the year, which has enabled the club to offer both these events.

In the coming few weeks Muddies will be busy organising a sausage sizzle and the annual 'Mango Picking' fund raisers to assist with club funds.

Lastly, their Annual Dinner was held in September. During the evening the Allen Burgoyne Memorial Trophy was awarded to an unsuspecting club member (very secret squirrel!) Allen was one of their founder members, who was really involved with the club in every way imaginable for many years, and this prestigious award is given annually to a member who emulates Allen's qualities. The deserving winner responsible for the culinary delights, was Michael Williamson, the chef for Muddies. Congratulations, Michael!

Now the Muddies must start training for next year's 'Nationals' at Rocky!



Atherton Mountaineers

During the past few months Atherton Mountaineers have been busy trying to stay warm in the nicely heated Atherton Pools. The weather has not been kind and they are starting to see how difficult it can be to crawl out from under that lovely warm doona. The Wednesday morning squads are down from around the twenty mark to a respectable twelve or so.

Their club's Christmas in July went off without a hitch. The day was enjoyed by about thirty-seven swimmers and eight or so volunteers. As usual there was plenty of good humour in and out of the pool. Robyn Jackson and Evan Rohde were the winners on the day with overall 3.99 sec and 3.37 sec away from their five nominated swims. The winner of the Big Freddo frog for the largest difference in time was Peter Smith with a whopping 86.17 sec accumulated across his five chosen swims (Peter was coming back from a shoulder injury). Judy Clarke, 'Kidist' Christie and Evan Rohde all achieved the smallest difference of 0.06sec between their nominated times for an event and what they actually swam on the day.

When all the fun in the pool was over, their very own Rod Green treated them to an outstanding Christmas feast. Nobody went home hungry. Three of QAT members and their families are heading over to London to represent Australia in the 2013 ITU Olympic Distance Triathlon World Championships.

Around the Clubs

continued

Carmel Hickey, Libby Thomas and Morgan Thomas all qualified for their Age Group Championships. Morgan and Libby's son Rhys, also qualified to represent Australia in his age group. We wish them all safe journeys and that their hard work pays off.

The start of September had the first group in the water for their *Getting Into Masters Swimming* sessions. These sessions are being held on a Monday evening and have so far attracted seven potential new members for the Club. The sessions have been made available through their *Get Going* grant from the Department of Sport and Recreation to get local adults ready to join a Masters Swimming Squad. They will be pretty busy between now and the end of the year delivering all the programmes for which they have received funding.

The Club membership has steadily increased over the last few months and they now have forty-one members. There are still a few of their old (past) members threatening to make a comeback. With the *Getting into Masters Swimming* programmes kicking off, they are hopeful that the membership grows a bit more between now and Christmas.

The club is currently pursuing two grants with the Department of National Parks, Recreation, Sport and Racing in their *Get in the Game* programmes. They are seeking funding for their club's Gym facility under the *Get Playing* funding. They currently have working drawings prepared and submitted to Council for approval. The facility will address several outstanding issues for the local pool as well as providing them with a gymnasium area for dry land training. The local Council is willing to put some money in to help them with the project if they are successful in securing a *Get Playing* grant.

They are also trying to secure funding for another *Getting into Masters Swimming* programme. This grant would see them provide a programme to develop Open Water Swimming Techniques in a safe pool-based environment and introduce local swimmers to Masters swimming squads. The open water swimming programme will be a series of technique sessions in the local pool where they can simulate the open water



experience without the risks associated with taking people sight unseen for an open water swim. After the swimmers have had two sessions in the local pool, they will take them for two more sessions in Tinaroo dam to put their skills into practice in a relatively safe open water environment.

QAT members are looking forward to their upcoming swim meet, celebrating 25 years of being the Atherton Mountaineers Club. They hope to see a couple of the original members making an appearance at the pool again

Cairns Legends (Clams)

The Clams have had a short break during winter and not getting together as frequently as in summer, but now that spring has arrived they will get back into it. They meet on a Sunday morning, swim a couple of kms and then enjoy one of the many coffee shops Cairns has to offer. The club helped to organise the Ellis beach swim again this year with the Ellis Beach Surf Club, which they have done for the past few years. There are a few swim meets in the north in the next few months that they have to train for or encourage their members to participate in.

Long Tan Legends

The Long Tan Legends are planning for their upcoming swim meet in Townsville on Saturday 19 October. The Long Tan Legends would like to invite all Masters' swimmers to nominate for the swim meet. The flyer is on the MSQ website.

Around the Clubs

continued

Twin Towns

President, David Misson is very good at updating the club website. The address is www.twintownsmastersswimming.com

The club has nominated Sept. 20th or October 4th as possible dates for its 2014 swim meet. Unfortunately they could not offer a 3rd possible date due to the need to work in with the pool lessee.

The club is very proud of all its swimmers/ competitors especially nonagenarians, George Coronas and Alison Worrall – both record holders. It has some 80+ year old members who are following in their footsteps and its young 60+ year old ‘kids’ are in awe of them!

The club enjoys participating in ‘postal’ events, which also enhances its ‘Endurance’ totals.

Socially the club does very well – 10 Pin Bowling creates some great laughs- and is fortunate in having some wonderful overseas and local entertainment costing members \$5.00 at ‘parent’ club Twin Towns Services Club. Members will participate in a local Seniors Expo where it is hoped to recruit some more members. A bus trip to the big smoke is planned to see Brisbane’s Southbank and to have a go on the City cats, and in November they will be celebrating Melbourne Cup at the Murwillumbah race track.

Aqua Jets

Activity in the club has been minimal over the past 12 months due to a very small membership. It has three very self driven members, who train weekly, sometimes twice weekly, and are currently striving towards long distance endurance swims for upcoming postal events. Two members managed to attend Northside Masters at Valley Pool and take away \$50 and a meet record!

Club numbers are becoming very precarious at this stage. The club will possibly be looking at options next year to still participate in Masters and to keep the friendship alive for those who remain keen.

The interest and enthusiasm of members in maintaining a club is waning because of all the administrative duties with so few members to share these responsibilities.

Brisbane Southside Masters Many BSM members are looking forward to representing the Club at the 3rd International Gold Masters at Kyoto, Japan, on 5 and 6 October 2013. Its own Japanese Ambassador to BSM, Kiku Mukai, will be host, organiser and tour guide for BSM members, partners and families. The purpose of this event is to encourage an aging society to action, promote world peace, and provide an opportunity to motivate all seniors to lead a healthy and fulfilling life through sports. Entry is restricted to men and women over 45 years of age. Participants from all over the world will attend and develop a world-wide senior sports community. All at BSM wish our Team a safe and enjoyable journey and much luck in the pool!

Carolyn Collins, Life Member of BSM, has resigned from her position of Registrar, which she has held for a number of years. Carolyn’s nursery business was unfortunately ravaged by fire recently which has been the catalyst for her resignation to allow time to re-establish her business. She has filled many of the positions on the Management Committee. Fortunately Carolyn will still remain a member of BSM so that her experience and sage advice will not be lost entirely. The club thanks her sincerely for her active contribution to the Club.

BSM was represented by seven members at the Northside Meet. Jen Thomasson was unable to swim due to illness, but was able to perform timekeeping duties. All swimmers were placed in their age groups. Congratulations to Kiku, Narelle, Amy and Heather for recording first places and Rebecca and Helen who achieved second places.

Club Coach, Karen, is now an accredited Masters Swim Coach.

BSM hopes to contribute to and support the initiatives of the Albany Creek Club in relation to the marketing of Masters Swimming and the planned educational sessions. BSM is currently reviewing its scheduled training sessions with a view to creating additional training and general swimming options for current and potential members.

The club website is intended to serve two distinct purposes – firstly, to attract potential new members, who are looking for swimming clubs on the web, and secondly, as a source of information for our members. The home page briefly states what the Club is about and has a series of links to other pages. The website address is: bsmswimming.asn.au.

BSM is currently reviewing its scheduled training sessions with a view to creating additional training and general swimming options for current and potential members.

Around the Clubs

continued

Miami Masters

Miami Masters is fortunate to be a strong and vibrant club, which conducts training sessions at the Miami Pool on Tuesday evenings at 6.30p.m., Nerang Pool on Saturday mornings at 8.30 a.m. and Miami Pool on Saturday afternoons at 3.00p.m. [Winter] and 4.00p.m. [Summer].

The club had strong representation at the Albany Creek, Noosa Challengers, Caboolture-Redcliffe, Brisbane Southside, Brisbane Northside and Toowoomba Meets and they had a representative at South Burnett, Bundaberg and the Great Barrier Reef Masters Games in Cairns.

Socially the club held its annual *Soup and Trivia Night* on Saturday, August 31st and on Sunday, September 8th they conducted a Bushwalk to Lower Ballanjui Fall in the Binna Burra National Park. Senior Club members frequently give input at coaching sessions. On Saturday, September 14th, John Crisp and Mark Fitz-Walter assisted coach Sally with stroke correction, speed work and a butterfly segment.

Logan Aquatic Masters Swimming Club Inc.

Fortunately, most members have been able to make it to the pool fairly regularly. The increase in numbers when Jan King is on pool deck is quite noticeable. On these occasions Jan's firm proven coaching methods are starting to make good swimmers of us all. There have been some really outstanding results and solid performances by all who have attended meets and other swim events. The competition between the ladies has been especially intense, giving Jan a hard choice between Andrea Hutchinson, Irene Keel and Jenny Andersen. The decision went to Jenny who got the coaches award for her State 400 metre breaststroke records for both long and short course events.

The President's Award was given to Ken Brewster for his tireless work in keeping the club functioning and informed. Thanks to Robert Helyar for his good work in keeping the club's finances under control and Jan for her coaching efforts.

Toowoomba Tadpoles

Toowoomba Tadpoles is holding its thirtieth Birthday celebrations in October.

Club members were happy with the success of the annual swim meet on Saturday, September 7th with sixty-one competitors. They had members compete in several swim meet events:

Albany Creek with four medal winners; Brisbane Northside with a medal winner; Nanango, South Burnett and Great Barrier Reef in Cairns.

The club holds a BBQ Breakfast once a month on Sundays and encourages members to swim an endurance event. This format has been very successful and also allows members to meet and chat afterwards, thus promoting a stronger club.

There is concern with the numbers being down for the swim meet. It takes the same effort from many members to put on the swim meet irrespective of the numbers. The election held on the same weekend may have affected numbers.

Ipswich City Masters

On June 17, a group of QIP swimmers did battle at the inaugural combined Caboolture/Redcliffe club meet. About ninety swimmers attended and their members did well. Chris and Jean, at their maiden meet, won their respective age divisions, which surprised...well...no-one really. Ann looked right at home at her first meet for some time, especially in her breaststroke swims and Eric swam his usually solid races, narrowly missing a placing in a crowded age division. Their relay team achieved two close seconds and featured some remarkable leg swims from Eric. Other highlights of an enjoyable day included: Chris solving a family gift conundrum via the raffles, a relay leg dive entry by Jean, the sonic qualities of which attracted the attention of everyone at the pool and in surrounding suburbs (lucky she has strong abs), and Eric entertaining them by playing "Fuel Tank Roulette" on the trip home. Special thanks to Dot, who came along as a supporter and manned a stopwatch for the entire meet.

The club has been approached by the Ipswich Lions Club to support a fundraising night at the *Incinerator Theatre* on Wednesday 24 July. They have had a number of these nights in recent years and they are always enjoyable. The performance is "A Few Good Men", a military courtroom drama. The cost is \$25 including supper. The Ipswich meet is scheduled for Sunday, 17 November. This is the second meet in the club's return to staging an interclub meet and they are hoping for a good attendance of swimmers.

Around the Clubs

continued

Southern Cross Uni Duck Creek

SCU Ducks took part in a fun competition night between the Lismore junior club, RSL Diggers club, the Alstonville adult group and their club at the SCU pool in August, with food and a few drinks afterwards. The club is going to participate in the Lismore junior club race nights on the first Friday of each month starting in November. The junior club want to have more co-operation/interaction with SCU Ducks and club members will be participating with the Byron Bay ocean swimmers' group on the first Sunday of each month starting in October. Miami Masters and Twin Towns members are welcome at both these times.

Other than that, the priority is getting regular numbers at training with the Alstonville and Lismore pools now open, with members going to Masters/adult training at those venues as well as SCU during summer.

Caribee Rocky Crocs

The Club's focus has been on the forthcoming Annual Swim Meet, which is to be held on 2nd November at the new 50 metre pool. This meet will be a practice run for the National titles, which is to be held during the Anzac week in 2014. Caribee Rocky Crocs are taking an active role on the organising committee of the National titles.

Gladstone Gropers

Membership - continues to increase and is now over 90 members; but in full awareness that their membership includes people, only in Gladstone for the construction of the new gas plants. Once the construction phase is over, these people will most likely leave Gladstone.

Swim Meet: This annual event was considered a success from an operational viewpoint as well as financially. Any surplus from this event funds Club activities during the winter months.

Finances: The club finished the last financial year in a surplus situation. A grant enabled the Club to purchase a laptop computer and printer. The Club is yet to acquire additional coaching resources - heart rate monitors, stopwatches, and books focussing on health.

Participation levels are increasing; the Club has now left its winter venue (Gladstone Aquatic Centre) which is an indoor pool and returned to the summer venue at the John Dahl Pool. (Participation numbers during winter are much lower and this an unresolved issue).

At last Sunday's training session, there were 30 swimmers even though pool water temperature was a little cool. Attendance numbers during September vary according to the weather conditions at the outdoor pool as this can vary, often making it unpleasant due to cooler winds.

Executive members: This year's AGM was held on Sunday 15th Sept, with little change to the existing line up. The team for the 2013 /14 year are: President - Rod Porteous, Vice President - Alison Green, Secretary - Fran Moroney, Treasurer - Elaine Feddersen, Registrar - Trudy Zussino.

A new agreement is being negotiated with pool management at the summer venue.

Endurance 1000 program: A small group of enthusiasts continue to complete their 2013 swims

Rum City Masters

Swim Meet: The Club held a very successful meet in August with some 68 competitors, including a visitor from South Africa. Numbers were up on previous years and resulted in one record and the inclusion of the first 8 person "Turtle" Relay. All competitors from all clubs were mixed together to form teams where each person had to carry a "shell" (aka footstool) on their back and wear a turtle mask, while attempting to complete one lap of the pool using any method of swimming. Plenty of laughs resulted from the efforts of all to hold onto their shells.

New Executive: The Club recently held its AGM, which was well attended. President - Ros Hodge, Vice-president - Sue Brennan, Secretary - Bruce Bass, Treasurer / Registrar - Tracy Dunn and Captain / Coach - Daph Soppa.

Training: There is a need for more members to be trained in using Team Manager and all other associated programs. It may be possible for someone from Brisbane to visit Bundaberg to run them through the programs over a weekend or whenever they are available

Hervey Bay

Swim Meet: The Club was recently successful at the Rum City Swim meet and is planning to go to Maryborough (5/10) and Rockhampton (2/11) Swim Meets. The Club is also holding a mini-Meet on the 22nd of September as part of its preparation.

Around the Clubs

continued

Maryborough

Membership: The club's focus is to rebuild after a long period of having the pool closed due to the floods. The Club will have a recruiting drive late this year.

Coaching: The Club has a new Council appointed coach who is very keen and very good in his role.

Aqualicious held their 10 year anniversary celebration function at Hotel Urban in Spring Hill in September. A great time was had by all who attended the well organised effort. Among other awards on the night the club's retiring head coach, Lawrie Fabian was awarded a VIP lifetime achievement award for his outstanding contributions made to the club over the previous 8 years. The club is actively seeking to fill this vacancy and they

will be big flippers to fill!

Aqualicious also

return to their home pool at Centenary Pool on 24th of September and look forward to getting membership numbers up again. Blair Martin from Aqualicious competed at the *World Outgames* recently in Antwerp and had a magnificent time. Members also competed at Brisbane Southside, Brisbane Northside and Toowoomba Tadpoles meets.

QAL past and present Presidents



Albany Creek is actively promoting some upcoming events for the club and some success stories. The club is hosting a postal charity swim for National Breast Cancer Foundation in October and the club also secured a *Helping Hand Grant* from Charter Hall of Albany Creek for \$500. The grant will be used to organise a series of professionally run workshops over the coming months at their home pool at Albany Creek Leisure Centre. The first seminar is being held on 28th of September 2p.m.-4:15pm and the second seminar will be held on 23rd of November. For enquires on these please contact Heather Butler 0417 634 006 or see the MSQ website. Leanne Burton of the club also recently broke the state 400m Backstroke SC record. Well done Leanne!

QAC swimmers: Nic, Leanne, Karina, Rachael and Natasha

Noosa Challengers also had members swim at Brisbane Southside, Brisbane Northside and at Toowoomba. They were very pleased with their second place position overall for club results at Brisbane Northside. Member Bruce Bate also competed in the Sunshine Coast Marathon – well done Bruce! Team medals were also presented to the club from the Pan Pacific Masters Games for the Open Water swim and were well received. The club is also actively planning towards a big team representing them at Rockhampton in 2014.



Brisbane Northside ran a very well run and well attended meet and deserve to be congratulated. It was a beautiful day to be spent outdoors and in the sun swimming with friends. Several records were also broken on the day. Well done to everyone who attended!

Take you Mark!

Mark Erickson

"Take Your Mark" Coaching Tips from Mark Erickson

Ready for State/Nationals in Rockhampton in April 2014?

Now is the time to spring into action!

- ◆ Have you thought about going to Rocky to compete at State/National Champs in April 2014?
- ◆ Have you discussed the idea with club mates and coach?
- ◆ Now, is the time to start to commit to the idea and put a 6 month plan into action!
- ◆ National Championships 2014 Rockhampton (23 - 27 April, 2014) information is on the website: www.mastersswimmingqld.org.au
- ◆ Start booking accommodation and transport
- ◆ Motivate team mates and yourself
- ◆ Commit to train and set up a good foundation - e.g. commit to 3 training sessions/week
- ◆ Discuss training and goals with a coach
- ◆ Don't forget there is an Open Water or Ocean Swim!

Spring into Backstroke

Three programme levels are provided. Rest interval is only a suggestion. Fins can be used throughout the programme. This programme is mainly aerobic based.

Level 1 (no more than 1500m)	Level 2 (2.2 - 2.3km)	Level 3 (3-3.1km)
Warm Up: 6 x 50m (35m Free, 15m Kick and scull) fins optional with 15 sec rest 100 - 200m Backstroke	Warm Up: 8 x 50m (35m Free, 15 Kick and scull) fins optional with 10 - 15 sec rest 200m Backstroke	Warm Up: 10 x 50m (35m Free, 15m Kick and scull) fins optional with 10 sec rest 300m Backstroke
Main Set/s: 10 - 15 sec rest after each 25m swum, fins optional 4 x 25m streamline back stroke kick 4 x 25m arms by side - rotational backstroke kick 4 x 25m double arm backstroke 4 x 25m one arm back stroke **4 x 25m (3/4 catch up backstroke drill with 6 beat kick) 4 x 50m Backstroke with 15 - 20 sec rest	Main Set/s : 10 - 15 sec rest after 50m swum, fins optional 4 x 50m backstroke streamline kick 4 x 50m rotational backstroke kick 4 x 50m double arm backstroke 4 x 50m one arm backstroke drill **4 x 50m (3/4 catch up backstroke drill with 6 beat kick) 8 x 50m Backstroke with 10 - 15 sec rest	Main Set/s: 10 -15 sec rest after each 50m swum, fins optional 6 x 50m backstroke streamline kick 6 x 50m rotational backstroke kick 6 x 50m double arm backstroke 6 x 50m one arm back stroke drill **6 x 50m (3/4 catch up backstroke drill with 6 beat kick) Either 10 x 50m Backstroke with 10 - 15 sec rest or 5 x 100m with 20 sec rest
Cool down: 200m - 300m easy choice	Cool down: 200 - 300m easy choice	Cool down: 200 - 300m easy choice

** While one arm is in line (above your head) with the body in the water, the other arm is vertical (pointing to the sky) - so you can look at your shoulder, elbow and little finger when you see these, you count the next 6 kicks and then swap arms (do a full stroke of backstroke).

From Q Skin Sun and Health Study

Study reveals links between red hair and melanoma

QIMR Berghofer scientists have shown the gene responsible for red hair leaves a person up to 100 times more susceptible to the worst form of skin cancer, melanoma. It was always known that fair-skinned redheads are at greater risk of melanoma; now, researchers believe they have discovered why. A particular gene mutation that colours hair red leaves DNA in skin cells more prone to damage by sunlight. Study leader Dr Wenyi Wei, from Harvard Medical School in Boston, said the study showed at a molecular level why redheads were more likely to get melanoma

Predicting future risk of skin cancer

One of the main aims of QSkin is to develop tools to help doctors and patients predict their risk of developing melanoma and other skin cancers. While it is early days, we have found that we can predict whether or not a person will develop a skin cancer in the next 12 months with about 70% accuracy. Clearly, more work is needed to refine these tools, but these early analyses are very promising and will form the basis for more powerful research to be conducted in the coming years.

Numbers of skin cancers in QSkin participants

In a previous newsletter, we introduced QSkin PhD student Dr Padmini Subramaniam. Padmini is counting the number of skin cancers that have occurred among the 37,223 people enrolled in QSkin. By linking our dataset with Medicare, we have found that 3,381 QSkin participants (9.1%) were treated for 6,742 separate skin cancers in the first year of the study. Approximately 3.5% of participants had more than one skin cancer. The rate of skin cancer was 50% higher in men than in women. Padmini will present these findings at the Annual Scientific Meeting of the Australasian Epidemiological Association to be held in Brisbane in October this year.

New sunscreen regulations for Australia

The labelling and sale of sunscreen is regulated by the Therapeutic Goods Administration (TGA). In June 2012, a new sunscreen standard came into force. These new standards give consumers more information when choosing sunscreens, and include changes to labelling.

The most noticeable change for consumers is the raising of the maximum SPF level to 50+. Previously, sunscreen manufacturers were not allowed to claim an SPF greater than 30+. The new higher category enables consumers to identify sunscreens offering maximum protection. In addition, new rules apply to using the term 'broad spectrum', which require manufacturers to prove high levels of protection for UVA, as well as UVB. (More information: <http://www.tga.gov.au/industry/sunscreens-args.htm>)

Sunscreen prevents ageing of the skin

A QIMR Berghofer study has revealed that using broad spectrum sunscreen every day dramatically slows down the ageing process of skin, as well as preventing skin cancer. The world-first study of 900 young and middle-aged men and women showed that those who applied sunscreen most days had no detectable ageing of the skin after four and a half years. They also had 24 percent less skin ageing than people who used sunscreen only some of the time, if at all.

The study was led by QSkin Investigator and Qld Australian of the Year, Professor Adèle Green, in collaboration with investigators at The University of Queensland's School of Population Health.

The research, part of Professor Green's long-running Nambour Skin Cancer Prevention Trial, involved half of the participants regularly using SPF 15+ sunscreen on the face, arms and hands and the other half using sunscreen in their usual way, if at all. From each participant, a silicone impression, or mould, was taken from the back of the hand at the start and end of the trial. Using these moulds, the researchers were able to grade the change in skin texture over the four and a half years of the study.

Chorizo Butter Bean Braise

This yummy, easy to prepare Spanish tapas dish is packed with low GI butter beans.

Serves: 4

Prep: 10 minutes

Cooking Time: 30 minutes

Ingredients

- 1 tbs olive oil
- 1 small onion, diced
- 1 tsp smoked paprika
- 2 cloves garlic, crushed
- 1 cup water
- 5 tomatoes, diced
- 2 tbs tomato paste
- 1 bay leaf
- 2 tsp brown sugar
- 1 tsp each of garlic powder, rosemary and oregano
- ½ lemon rind, grated
- 2 cans butter beans, drained and rinsed
- 2 chorizo sausages, sliced on an angle
- 1 tbs feta, to serve



Method

1. Heat oil in a non-stick fry pan and sauté the onion for approximately 5 minutes. Add the smoked paprika and garlic until the aromas are released. Add ½ cup water and simmer for 5 minutes.
2. Stir in the tomatoes and paste, bay leaf, sugar, garlic powder, rosemary and oregano and simmer for a further 5 minutes. Add the lemon rind.
3. Next add the rinsed butter beans and the remaining ½ cup of water, simmer for 10 minutes then turn off the heat.
4. In a separate non-stick pan fry the sliced chorizo on medium heat. Cook for 5 minutes or until chorizo is browned on both sides.
5. Once cooked add the chorizo to the tomato mixture, turn heat up to medium and simmer for a couple more minutes. Season with cracked pepper.
6. Serve on a platter, crumble a teaspoon of feta on top and serve with crusty bread.

Courtesy of *Weightloss.com*

Preparing for Exercise

Exercise-related injuries are usually preventable. Here's how to avoid putting yourself at risk.

Inexperience, poor technique, failure to wear proper protective gear or just plain overdoing it are the main reasons for exercise-related injuries, according to [Better Health Victoria](#).

Before you launch yourself into a new activity, follow these **guidelines for preventing injury**:

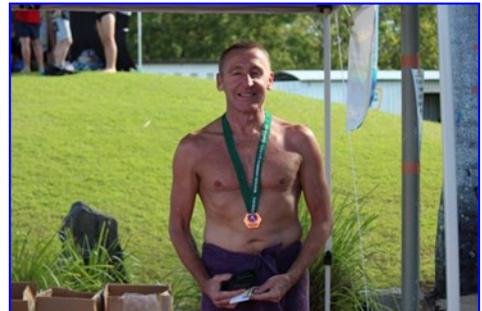
- **Have a check-up with your doctor** if you have a medical condition, are overweight, aged over 40 or haven't exercised in a long time.
- Learn, practise and **use correct techniques**. Consider getting coaching instruction if you are just starting out.
- Use **appropriate protective gear** and dress appropriately for heat or cold.
- **Gradually build up the intensity** of your exercise.
- **Exercise regularly** to maintain condition.
- **Don't exercise if you are in pain**, fatigued or under the influence of alcohol or drugs.
- Dehydration can cause muscle cramps. **Drink plenty of water** before, during and after activity.
- **Have a first aid kit** and emergency numbers on hand where appropriate (full-contact sports, for example).



Lawrie Fabian retires from Coaching QAL



Lawrie Fabian was recently acknowledged and thanked for his dedication and commitment as the Aqualicious head coach since 2005. He has decided to step down as their coach.



Lawrie played a key role for most people in their swimming "career" at Aqualicious.

"He was a mentor, a firm coach, and our friend both in the pool and in the community" wrote Rhyl (left above)

"Lawrie was deservedly awarded the AUSSI Masters' Queensland swimming coach of the year in 2007 and 2008. The club recently awarded Lawrie a VIP lifetime achievement award, in recognition of the many hours he has invested in all our stroke correction!"

Members of the Aqualicious club will celebrate with Lawrie on the 16th November



UPCOMING MSQ INTERCLUB SWIM MEETS 2013

⇒	5 October	Maryborough	Maryborough Pool
⇒	19 October	Long Tan Legends	Long Tan Memorial Pool
⇒	19 October	Redlands Bayside	Cleveland Aquatic C
⇒	2 November	Caribee Rocky Crocs	Southside Memorial P
⇒	3 November	Caribee Rocky Crocs	Yeppoon Ocean Swim
⇒	9 November	Cairns Mudcrabs	Gordonvale Aquatic C
⇒	17 November	Ipswich City	Ipswich Grammar S
⇒	30 November	North Mackay Sinkers	North Mackay SHS



NATIONAL CHAMPIONSHIPS 2014
ROCKHAMPTON

Nationals Championships 2014 Merchandise












Information on web site and with clubs.

Polo Shirts: 80% polyester, 20% cotton: \$30 each

Zippered Picnic Blanket, which can be used as a cushion to sit on. The blanket has a waterproof back: \$27

Information on our web site: see below.

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