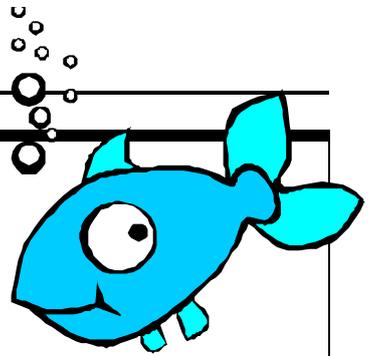


SNAPPETS



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

Acting President's Report

At this time of year swimmers are endeavouring to finalise their E1000 distance swims. Congratulations to all those who participated in the programme with commitment and enthusiasm. The process has changed since last year but appears to be working well.

Thanks to Stuart Gray from Claremont who has generously stepped in to coach while Barry is recuperating and Tricia is away. The afternoon squad is enjoying and has benefited from Stuart's coaching sessions.

Ten Snappers swam at the Osborne Park Club Challenge and four swam at the Narrogin Open Club Challenge. Congratulations to all those swimmers. An enjoyable Club Swim was held on 17th November and two prospective new members enjoyed the event.

The committee is preparing the pool calendar for next year and we have submitted our preferences to MSWA for Club Challenges. We do not always get our first choice so we will await the results. Swimmers are encouraged to train and swim in the public lanes on their usual days during the Christmas period. Thanks to Pat Sugars for organizing our Christmas Picnic.

We wish all our members a very happy Christmas and a healthy New Year.

Geraldine Klug, Acting President, November 2012.

Council of Clubs News November 2012

- Perc Edwards Volunteer Award will be offered by Masters Swimming WA next year. The award will be open to all clubs and named in honour of Perc Edwards of Claremont Masters for his generous commitment to Masters Swimming.
- Vorgee has increased their million metre awards and swimmers can now receive a 15 million metre and a 20 million metre award!!! Good luck swimmers!
- Live Lighter sponsorship has replaced Be Active sponsorship of Club Challenges.
- State Championships on 25th and 26th May 2013 will be held at Challenge Stadium.
- Nationals Venues: Sydney 2013, Rockhampton 2014, Melbourne 2015, Hobart 2016 and Perth 2017.
- Qualifying times for 2014 Montreal Worlds Masters are available on the website.

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Birthdays: December, January and February

| | | |
|----------------------|----------------------|------------------------|
| 8 Dec Peter Williams | 2 Jan Zelda Marsland | 1 Feb Jean Beaton |
| 8 Dec Gail Parsons | 7 Jan Bill Woodhouse | 4 Feb Dee Stephenson |
| 24 Dec Kylie Leaman | 8 Jan Jil Mogyorosy | 20 Feb Joan Sheppard |
| 27 Dec Andrew Wilson | 8 Jan Andrea Morton | 21 Feb William Curtis |
| 31 Dec Donald Lane | 22 Jan Pat Sugars | 25 Feb Audrey Bullough |
| | 27 Jan Alan Earnshaw | |

Diary Entries for December and Beyond

| Date | Event | Time | Venue |
|------------|--------------------|-----------------|----------------------|
| Wed 12 Dec | Committee Meeting | 7pm | Regent Park |
| Sun 16 Dec | Bicton River OWS | Early | Bicton |
| Tues 8 Jan | Coaching resumes | Normal sessions | Challenge |
| Sun 13 Jan | Swim Thru Perth | 7.30am briefing | Matilda Bay |
| Sat 26 Jan | Australia Day Swim | 6.30 check-in | Scarborough Beach |
| Wed 30 Jan | AGM | 7pm | St Cecilia's Floreat |
| Sun 17 Feb | Mandurah Ocean | 9am start | Henson St Beach |

Lane Hire changes during December and January

No lane hire from **Mon 17 Dec** for three weeks. Lane Hire recommences on **Tues 8th Jan**.

Swimmers are encouraged to meet, swim and coffee at their usual time.

Enjoy your Christmas and thank you to all who have supported and encouraged swimmers during the year.

Fees 2013

Each member must renew their subscription online, through Masters Swimming WA. www.mswa.asn.au/ Follow instructions and click on Member Portal/ Re-Registration This involves the use of a credit/debit card and using your login from last year.
Total fee payable by Snappers: \$167
Concession fee 80 years and over: \$162
Composition: MSWA \$32; MSA \$35; Snappers \$100. \$6 charged by the administration firm goes towards supporting the website and this year the cost will be absorbed by the club. Difficulties can be referred to Geraldine.

Annual Club Award Winners 2012

Congratulations to the winners and runners-up of the Club Awards for 2012 and to all swimmers who make significant, committed and enthusiastic contributions to our Club.

Lynda Joachim Award for the Female Club Champion:
Winners: **Theresa Elliott** and **Eleanor Parsons**



Kevin Wren Award for the Male Club Champion:
Winner: **Barry Green**

Cliffe Webb Award for outstanding performance at the MSA State Swim and Snappers' BACC:
Winner: **Pat Sugars** Runner-up: Cas Brown.

Founders Award for commitment to and improvement of swimming over the year:
Winner: Bill Woodhouse Runner-up: Anne Edmondson.



Participation Award: **Merilyn Burbidge**
For service to the club in all positions she has held over many years and particularly for her work this year in attending and supervising Endurance sessions and timing members, sometimes to the detriment of her own swimming.



President's Award: **Margaret Watson**

For the many hours she has spent taking photos, keeping archives up to date, storing archival material and for her wise advice and wise words.



Swim Results

Club Swim LC Saturday 17th November 2012

| | |
|---------------------|--|
| Merilyn Burbidge | 200 Back, best since '06; 50 Breast and 100 Free, all PAB. |
| Elizabeth Edmondson | 50 Back and 50 Breast were best for 2012. |
| Theresa Elliott | 200 IM best for '12 |
| David Fairclough | 200 Free PB50 |
| Jil Mogyorosy | 200 Free, inaug; 50 Back, PAB. |
| Andrea Morton | 50 Breast, 50 Free, 100 Free, all inaug swims. |
| Pamela Walter | 200 IM best for 12 |

Osborne Park Club Challenge SC Sunday 25th November 2012

| | |
|------------------|---|
| Merilyn Burbidge | BR50 PAB, best since '07; BA50 PAB, best since '10; BU25 inaug 25 |
| William Curtis | FR200 best since '10 |
| Theresa Elliott | BU25 PB by 5 sec. |
| Sally Gaunt | FR200 inaug25 |
| Andrea Morton | BU25, BR50, IM100: all inaug 25 |
| Margaret Somes | BR50, BA50: both best for '12 |
| Pat Sugars | BR50 best since '10 |
| Pamela Walter | BR50 best since '10; BA50 best since '10; BU25PB25. |
| Bill Woodhouse | FR200 PB by 12 sec; BR50 PB by 2 sec |

Thanks to Pamela Walter for preparing these encouraging comments.

Coaching Questionnaire Results Day Group Swimmers

Barry J. Green

28 October 2012

In May this year, a questionnaire was distributed to the day group swimmers, via email or at the swim sessions. Of the 65 club members, as at February 2012, I estimate that 48 are day group swimmers. For a variety of reasons, not all these swimmers could be reached. 27 replied, slightly more than half.

Instead of making tables, which try to summarise the results, I will describe them. This questionnaire was based on the questionnaire, which was conducted by Marilyn and Lillian when they became coaches in 2004.

Question 1: "Please indicate on a scale of 1 (no interest) to 3 (high priority) when I swim with Snappers I want to: have fun and socialize, maintain my fitness level, improve my fitness level, improve my stroke technique, become competent in another stroke, improve my times. Increase the distances I can swim". The replies indicated that fun, fitness and competence were most universally desired, with a significant group wishing to improve one or more aspects of their swimming.

Question 2: "Please indicate your interest in swimming: club swims, interclub competition, MSWA state swims, Masters National swims, Aerobic Distance swims, 400/800/1500 swims, open water swims". Here the replies indicated about 20 indicated that they had some interest in participating in some or all of the above and the remaining 9 who had no interest in doing any of the above.

Question 3: "In a one-hour session I am comfortable swimming a total of (circle or insert the distance most applicable)". Most opted for more than 1000m, and there were 8 opting for 2000m. Of the remaining 22, the minimum distance was 500m and 5 did not reply at all to this question.

Question 4: "Please indicate your interest in swimming in a group with a poolside coach available for advice on stroke technique, and/or to supervise your swimming: twice a week, once a week, once a fortnight, once a month, other." There was the almost unanimous wish to have such a service twice a week.

Question 5: "Please indicate up to 3 specific swimming goals." About 12 indicated a desire to improve competitive skills, both time and distance. Many replies included maintaining, improving fitness, improving stroke technique and competency in specific strokes.

This questionnaire was initiated while I was doing my poolside deck hours to become a swim coach. The aim was to see how I could assist members of the day group with their swimming. This seemed to be important because, since the "retirement" of coaches who had contributed so much to this group (Lillian Hadley, Sue Colyer and Marilyn Burbidge), Tricia Summerfield was alone in providing active coaching support to the day



group. I have discussed these results with Tricia and we will attempt to provide the support requested as indicated in the replies to this questionnaire. Although the questions were perhaps not optimally chosen or phrased, I feel that there is sufficient information to be able to provide useful assistance. Of course, swimmers are encouraged to communicate their wishes to the coaches!

My poolside experience since March this year has been that about 20 swimmers have asked for, and received, my coaching assistance. In fact, at least 4 swimmers, who did not reply to the questionnaire, have been involved. Because of the different requirements of swimmers it will be necessary for both Tricia and me to be present on some occasions to attempt to provide the necessary range of assistance. In addition, some swimmers have asked me to prepare them individual session programs, which I have done.

BE ACTIVE Club Challenge

Osborne Park Sunday 25th November

The Carnival was held at the short course pool at Tuart College on the 25th Nov. The weather was pleasant despite the forecast, the water temperature was comfortable, the Meet was run smoothly and efficiently and the delicious lunch was well received by the hungry swimmers.



Ten Snappers swam, Elizabeth assisted with the marshalling and Audrey and Gary timed. Eleanor represented our night group swimmers. Theresa and Pamela helped with official duties. Snappers were the 4th largest contingent and we came 4th in the overall results. Osborne Park fielded a team nearly three times larger than ours and easily retained their own trophy.

New member Andrea Morton swam three inaugural swims and was very close to the State Record in BU25 SC and to Eleanor's record in IM100sc.

Bill swam two PB's and Merilyn swam a best since 2007 and a PAB. Two mixed relays were entered: 240 Free which scored a first and 280 Medley which came second. Well done swimmers and thanks to our hosts. Thanks to Andrea and Gary for the photo.

NB. Osborne Park Masters have now changed their club name to Beatty Park Masters Club.

Narrogin Open Meet SC Sat 1st December

Four Snappers, plus their cheer squad and timer Gary, drove down to the Narrogin Masters Open Meet. Points were allocated and Theresa, Elizabeth, Andrea and Pamela gained 9 first places. We were delighted to win the handicap trophy, probably the first time Snappers has ever won this trophy.

Andrea set a new state record in 50 Butterfly, yet to be ratified, as well as two new club records. Pamela broke three CRs. Elizabeth's opposition came from Pamela, being in the same age group and same events! A fantastic time was had by all. Mandurah entered 20+ strong team, won the meet and stayed overnight for the Dragon Dance. Perhaps Snappers might stay next year!



Open Water Swims

Lake Leschenaultia Sunday 11th November 2012

| Name | Time | Group | Position | Award |
|------------------|-------------|--------------|-----------------|-----------------|
| Pamela Walter | 32:48.92 | 60-64 | 2 | Nearest to Time |
| Theresa Elliott | 34:15.77 | 65-69 | 2 | Nearest to Time |
| Merilyn Burbidge | 37:16.44 | 70-74 | 2 | |

Fremantle Ports Swim

| Name | Time | Group | Position | Award |
|------------------|-------|-------|----------|-----------------|
| Andrea Morton | 31.11 | 50-54 | 4 | |
| Julie Crowley | 40.27 | 60-64 | 3 | |
| Theresa Elliott | 36.14 | 65-69 | 2 | |
| Merilyn Burbidge | 38.12 | 70-74 | 3 | Nearest to Time |

Congratulations to Andrea on completing her first Open Water Swim and thanks to Pamela for being an official. The conditions were excellent though the stingers caused some discomfort.

Coaching News



Thanks to Stuart Gray who has generously given time to coach the Snappers afternoon group in the absence of Barry and Tricia.

The group has worked hard and enjoyed Stuart's sessions.

Barry continues to make a good recovery. He is taking things easy and enjoying lots of reading while awaiting his doctor's permission to return to the pool deck.

- ✓ **Best Internal Time Sheets are to be handed to Pamela by Friday 14th Dec.**

Goggle saw:

- Just near Midland on the way home from the Lake Leschenaultia OWS, our party of three swimmers encountered a breathalyser station. The driver blew forcefully into the machine and the officer waved us on, claiming that the 0.08 reading was of no concern - must have been all the lake water she swallowed as we saw her drink only Adam's ale at the picnic!
- Audrey bravely timing the Snappers at the Osborne Park BACC after she had expected to be swimming. Well done and thanks Audrey.
- Gary, husband of our newest member Andrea, timing swimmers for the entire morning at Tuart College as Snappers swam their hearts out for their club. Thanks Gary.
- Merilyn and Theresa wearing borrowed jackets and huddled under shelter at the 8 Lane pool as they timed swimmers while the driving squalls reached into the deepest recesses of the shelter.
- William, trying to swim his timed $\frac{3}{4}$ hr BACK through the tangled tumbled flags, driving rain and squally winds. He emerged with a creditable distance covered. Well done William.



Well done Champs

ILFWA

To Hazel Christie for achievement in the 85 – 89 Age Group.

To Marilyn Burbidge for:

- * 3 Million Metres Award from Vorgee in October 2012;
- * PBs in 50m BA SC and 200m BA SC in September;
- * Number 1 Ranking in 100m BA SC.



Triathlon Pink

Sunday 4 November 2012

Fifteen fearless Snappers braved icy temperatures in the early morning of Sunday 5th November as volunteer marshals for the Triathlon Pink event being held at Challenge Stadium to raise some money for our Snappers club.

Over 1300 participants of all ages, some as young as ten years, braved the weather to cover various swim, run and bike lengths and earn a rather beautiful bling pink medal presented to each participant by our one and only Elizabeth!

Julianne, our only Snapper to enter, thought she had entered the event incognito, but was cheered along each section of the course by a Snapper volunteer!! We were very proud of her.

Our volunteers earned a whopping \$525 for our club for the morning and all enjoyed being part of the event. We looked quite smart in our yellow vests and pink caps.

A big warm thank you to: Bill, Wanda, Pamela, Geraldine, Theresa, Elizabeth, Marilyn, Jackie, Colin, Jean, Audrey B, Marg W, Pat S, Helen and Barry. From Jackie Egan, co-coordinator.

Snappers Collection for the Alzheimer's Assn

Thirteen Snappers stood outside the Herdsman between 8am and 8pm on Friday 16th November. They collected almost \$1700, averaging \$150 per hour and \$130 per person. Coordinator Marg Watson thanked her team, Marilyn, Marg S, June M, Cas, Elizabeth, Hazel & John, Merle, Zee, Audrey W, Pat S, Geoff Lane, for their generosity.



Note: AGM Wed 7pm, 30 Jan 2013 in St Cecilia's Parish Hall, Floreat.



Thanks to all our contributors: to Barry Green, to Kirstie Smith, to our photographer Marg Watson and to our Club Recorder Pamela Walter and to Jackie Egan, Geraldine Klug and Marilyn Burbidge. Comments and contributions are welcome. Deadline for next issue is 2 February 2013. Please send material to elliott.theresa@johnxxiii.edu.au

Kirstie's Adventures



Kirstie's training though winter has recently paid off with the first race of the season:

- Collie Adventure Race which includes kayak, mountain bike, swim, bike and run. I completed the 1km river swim and our team came 5th overall.
- Mandurah 70.3 was next on the calendar and I completed the 1.9km canal swim in 0:31:09, which I was pleased with. I came in 7th in my category completing the event 20 minutes faster than my previous 70.3 race.
- Blackwood Marathon Relay was the following

weekend; I entered with a team, completing the swim leg 00:01:22 faster than last year.

I'd like to take this opportunity to thank Stadium Snappers, especially the pool supervisors and coaches, with a special thank you to Eleanor for her coaching over the past few months, especially throughout winter months; her many helpful, individualised programs and tips have undoubtedly contributed to my improved swimming.



Bowls Day



On a warm afternoon in October, 24 Snappers rolled up for their annual go at bowls. Of course, when one only has a roll up once every twelve months, one does not show any great improvement!

We played in teams of four and the winning team, by a long way, was David Watson, captain, Pamela Walter, Zee Marsland and Kaye Lane.



Coming in second was George Klug, captain, John Walter, Jean Beaton and Cas Brown.

Thanks to those who provided a delicious afternoon tea.

