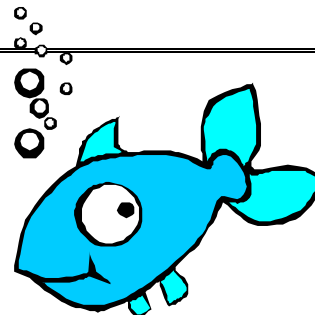

SNAPPETS



Stadium Snappers Masters Swimming Club Inc www.stadiumsnappers.net.au June 2013

Achievements

- Pamela Walter was awarded a Certificate of Commendation for service as a Volunteer Accredited Official, by the Department of Sports and Recreation.
- Age Group Winners at the State Championships:
 - Eleanor Parsons 55-59
 - Pamela Walter 60-64

Well done Pamela and Eleanor



Swim Results

Masters WA State Championships 2013

Congratulations to our 18 swimmers, to our timekeepers, to our officials and to Andrew who worked in the recording room.

We thank our timers: Helen, Jean, Marg Watson, Richard, Audrey and Sue with special thanks to Marg for the photos. Pamela, Theresa and Elizabeth worked as Officials. Elizabeth, with her team of Pat, Lyn and Siobhan, worked both days introducing a 'self-marshalling' system which proved to be quite challenging!

Age Group Winners: Congratulations to Eleanor and to Pamela. Eleanor achieved 6 first places and Pamela won 3 first places and 3 second places.

Awards Ceremony

Certificate of Commendation: Presented to Pamela by the Department of Sports and Recreation for her Volunteer Official work at Masters Swimming Pool Events and at Masters Swimming Open Water Events.

Endurance 1000 Awards (formerly known as Aerobic Awards)
Somerset won the WA State trophy while Snappers were in second place, just 361 points behind Somerset.
This is quite a slim margin when Somerset's total of 12,643 points is taken into account. Further, it is possible for one person alone to score 1005 points!

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Birthdays: June, July, August

June

11 John Christie
18 David Fairclough
23 Brian Downing
23 Wayne Davies
24 Lillian Hadley *
29 June Maher

July

1 Elizabeth Edmonson
4 Colin Beaton
16 Leon Musca
22 Marilyn Burbidge

August

3 Patrick Cooney
4 Marg Watson
14 Ken Bruce
14 Mark Barlow
26 Pat Byrne



Congratulations to Lillian on her 80th birthday.

Diary Entries for April and Beyond

Date	Event	Time	Venue
Sat 8 June	1500 LC	1pm	Challenge
Sat 15 June	Annual Dinner	6.30 for 7pm	Ocean Gardens
Sun 16 June	400/800	1pm	Riverton
Mon 17 June	Committee	7pm	Regent Pk Mt Claremont
Sun 23 June	LL Club Challenge	am	Mandurah
Mon 15 July	Committee	7pm	Mt Claremont
Sun 28 July	400/800	am	Balga
Sun 4 Aug	1500	am	Somerset
Sun 18 Aug	Relays	am	Challenge
Mon 19 Aug	Committee	7pm	Mt Claremont
Sat 7 Sep	Club Swim	1pm for 1.30	Challenge
Mon 16 Sep	Committee	7pm	Mt Claremont
Sun 22 Sep	LL Club Challenge	am	Challenge
Sun 6 Oct	Club Swim	am	Challenge
Sun 20 Oct tbc	LL Club Challenge	am	Fremantle tbc
Mon 21 Oct	Committee	7pm	Mt Claremont

***Mandurah Live Lighter Club Challenge** will be indoor Short Course and we hope we will be sending a good team. Look for the sign-up sheet in the cage.

Photo: States Championship

280+ Mixed Freestyle Relay:

Barry, Theresa, Geraldine, Bill



States Championships May 2013

Comment from the night captain, Sue Shilling:

Congratulations to those who took part in the State Swim Championship; there were some great times swum and the following PB's were achieved:

- ❖ Beng 100 Free, Inaugural 200 Free
 - ❖ Andrew 100 Free, 200 Free
 - ❖ Leon 50 Free (by 1/100th of a second!)
 - ❖ Eleanor 100 Free
 - ❖ Anne 100 Back
 - ❖ Kim 50 Free, 100 Free
 - ❖ Merilyn 100 Back, 200 Back
- Eleanor broke her own state record in the 100 Free.
 - Eleanor, Robyn, Merilyn and Andrea won the Women's 240+ Freestyle in State Record time.
 - Women's 280+ Freestyle relay was won by Tricia, Deirdre, Geraldine and Theresa.



Other PBs and highlights included:

- Andrea 200 IM, 50 BU, 200 BU, 100 BU, 50 BR, 100 BR
- Tricia 100 BA better than her 2003 PAB time!
- Theresa 200 IM, 50 BU
- Bill three 4ths on the second day.
- Pat two 1sts, a 2nd and a 3rd.
- Barry CR BA200, 2x 2nds, 4x 3rds, Club top scoring male!

Well done all swimmers. There were a few Club Records among the swims!

Masters Swimming Nationals in Sydney, April 2013

Congratulations to Eleanor Parsons and Andrea Morton who swam with Claremont at the Nationals.

Sally Bell summarised their achievements:

Medals: Eleanor won 2 Gold, 2 Silver, 2 bronze. Relays: 2 Gold, 1 Silver.

Andrea won 1 Silver, Relays: 2 Gold, 1 Silver, 1 Bronze.

Sally's Comments:

Eleanor, in the 55-59 age group, won six individual medals with PBs in the 100 and 400 Freestyle events, the 1:12.5 for the 100 Free being a stand-out performance.

Andrea swam PBs in every event with a Silver medal in her 50 Fly in an exceptional time of 35:81. She placed two 4ths, one of which was a great 50 Breast of 43:67.

Open Water Distance Swims 2012/2013

Snappers were represented in the Female Top Twenty Open Water Swimmers by Theresa, Eleanor and Merilyn. Theresa was an Age Group Winner, with Eleanor 2nd and Merilyn 3rd in their respective age groups.

Overall, Snappers with only 10 swimmers, 8 female and 2 male came 11th. However, we rose to second place in the Combined Average Score. Every swim counts and we thank all who swam and who provided transport and good company. It was a most enjoyable season. We also thank the Clubs who sponsored the swims and the Officials who looked after our safety.

Swimathon Report

On the second Sunday in May eight of our swimmers including Elizabeth, Pat Sugars, Marilyn, Andrea, Theresa, Pamela, Barry and Deirdre swam a total of 23,750m. Geraldine and Helen assisted with the timing and our photographer, Marg Watson, visited during the morning.

Thanks to those who generously sponsored the event for Motor Neurone Disease. This significant fund-raising for charity has been a special Snappers effort since 1999 and for the last 13 years we have given all the funds to the MND Association. The amount donated to MNDWA to date is over \$59 000. Over the past few years our statistics show: 23 swimmers in 2010, 17 swimmers in 2011, 13 swimmers in 2012 and 8 swimmers in 2013! Amount raised for MND will be announced next issue.



Social Events

The Club Annual Dinner is being held at Ocean Gardens on Saturday 15th June. There is a 6.30 complimentary pre-dinner drink before the 7pm start with BYO drinks. Thanks to Deirdre, the Social Convener, who is coordinating the function and will deal with all bookings and enquiries: Tel 9383 3359.

From the Committee Meeting

Position Changes: Elizabeth Edmondson has resigned from being Day Captain and Web Master due to health reasons. Thanks to Elizabeth for her generous contribution to both these positions, Geraldine has taken over as Day Captain and also as Assistant Treasurer in Helen's absence. The position of Webmaster is currently being investigated.

Snappers History: copies are available from Theresa.

Dots from Secretary Robyn:

- New members are needed as some older members are not renewing membership.
- The next collection date for the Endurance 1000 swims is June 30th 2013.
- Proposal for new by-law to be drawn up for the Founders Award.
- Afternoon Swimmers will use the indoor short course pool during the next three months.

Cage Duty: Afternoon swimmers are asked to take responsibility for writing their own names in the attendance book, for insurance purposes, and volunteers are encouraged to return the Cage after a swim session while the cage duty roster is undergoing a trial suspension. It should work well and comments are invited!

ILFWA: Brian Downing was awarded the Improved Like Fine Wine Award for his return to improved swimming. Well done Brian.



CLUB CLOTHING

Good quality re-cycled clothing available for a small donation to the club:

* 1 x Navy fleece jacket – Ladies, size: Large

* 1 x White long sleeved polo neck shirt – size: Small, almost new.

* 2 x Aqua short sleeved polo neck shirts – Men, size: XL - with pocket, Ladies, size: Medium

Reminder: no orders for new items until next year.
Marg. Watson 9387 54



Photo: 280+ Women's Medley Relay: Marg, Theresa, Pamela, Pat.

Tips from Coach 'Tricia:

Breaststroke kicking drill – I dream of Jeannie!

This drill teaches swimmers to keep their hips high in the water while maintaining balance:

- Fold arms in front of head so each hand is lying on top of the opposite elbow.
- Keep elbows high so the forearms are parallel to the water's surface.
- Kick breaststroke while arms are in this 'Jeannie' position.
- This is preferable to using kickboards which give unnatural float to the upper body and cause the hips to sink.

Good luck from 'Tricia.

Holiday News

Deirdre and June Hough flew to Zurich on 11th April to spend two wonderful days exploring the old part of town, then taking a train up to the hill town of Uetliberg which looked down over Zurich and the river. After a tour up Mt Pilatus they boarded the *Scenic Emerald* for a cruise down the Rhine and Moselle Rivers to Amsterdam. Unfortunately they were unable to enter Amsterdam because 'the new king was being crowned and millions were in town'. They loved their three week holiday and returned refreshed, ready to share their experiences with their friends and to re-start their Endurance 1000 swims.

Audrey Bullough spent five engaging weeks during April and May visiting Turkey and Greece. Her trip included a two week tour of Turkey, an informative eight day Military History tour out of Istanbul which included four days at Gallipoli, a cruise through the Greek Islands followed by a tour of Greece. Audrey returned just in time for the States where she was a noble timer.

1500 State Distance Swim 8th June 2013

33 swimmers took part in the 1500m Distance Swim hosted by Snappers. Thanks to Meet Director Robyn, Marshal Elizabeth, Social Convener Deirdre, Pat, Geraldine and all Snappers who provided afternoon tea. Dedicated Timers included Carmen, Gail, Anne, Marg Somes, Marilyn, Vic, Sally, as well as all the swimmers who timed before and after their swims. Andrew, Sue and Eleanor recorded the swims. A great team effort! Thanks to Ron Gray and his team of generous officials. It was a great success, well organized, enjoyed by all and produced three records, yet to be ratified.

Thanks to all our contributors: Geraldine, Robyn, Sue, Marilyn, Pat Sugars, 'Tricia, Deirdre and to our photographer, Marg Watson. Comments and contributions are welcome. Next issue is July 20th 2013 Please send material to elliott.theresa@johnxxiii.edu.au