This will be my last President’s Pen as my five-year term as Branch President draws to a close. There are far too many things that have been achieved to mention here, but I would like to highlight just a few.

The most significant change of course was the amalgamation of our administration with Swimming Queensland. I am aware that some members still doubt the wisdom of such a move, but I see it as the natural progression of our organisation; from small beginnings of just a few adult clubs and members, with a voluntary Branch secretary, who did the work from home, to a paid Administrator with our own office and now having the resources of the most successful swimming organisation in Australia at our disposal to grow and develop Masters’ swimming.

Other big projects that were completed were the review of the Branch Executive committee, now the Branch Management Board, and a complete rewrite of the Branch constitution, strategic and operational plans. The State championships’ format has been changed and at the last Face-to-Face meeting in November, a decision was taken by the Board to set the championships for the second weekend in March each year. Of course more recently we introduced four new programmes: Lane Warriors, Excellence, Improvement and Participation, all with some excellent prizes on offer.

I’d like to acknowledge the assistance of Kevin Haseman and the staff at Swimming Queensland in helping us put these programmes together.

I’d like to thank all the current and past Board members for their work: Brett Stuart for a lot of the early revamping of our IT system and web page design; Joy Murdoch who was Branch Registrar during a difficult period when National changed our system of registrations; Karen Patrick for the tremendous work she did for the North region; Derek, Ray, Stephen, Tony and Mark for their work and input into the Technical and Coaching portfolios; Melanie, Julie, Lorraine and John for managing our finances and keeping our accounts in order and all the VPs who have worked for their regions and who’ve been the “go-betweens” for our Branch. It’s been my privilege to work with all of you for the advancement of the Branch and its members.

And finally I’d like to pay tribute to Helga, our Branch Administrator. We were both new to our positions five years ago and it’s been a rewarding experience for me to work with Helga and see her really go way beyond what she originally thought the job was going to entail. Her skills and professionalism now make her so much more than just our Administrator and I hope that she will continue to work for MSQ for a few more years.

My time as President has been made so much more enjoyable because of the support and friendship of so many MSQ members and I look forward to that continuing support as I move on with my role on the National Board. You will still certainly see me around at many MSQ swim meets and you know how I love to have a chat.
Welcome to another great year of Masters Swimming one and all. It’s Good to hear that most clubs have made a very positive start to 2012.

Whitsunday Warriors had a very exciting finish to 2011 when 15 of their members conquered the Christmas Grinch (distance swim programme) and they were very relieved when they finished the last set. The biggest challenge seemed to be the 400m or 800m breaststroke. After the Grinch, the members enjoyed a Christmas smoko/BBQ with a Secret Santa gift swap.

Congratulations to all swimmers who conquered the Grinch!

Over the Christmas break the club has been fairly quiet, but now most swimmers are back in training. Four to six swimmers are interested in competing at the State Long Course and they will bump up their training for that event. Margaret C and Isabelle M haven’t had much luck health wise – they have been missed at training and club activities. Everyone wishes them better health in 2012.

Cairns Mudcrabs finished 2011 on a high with a “gourmet” BBQ and during the meal a surprising number of members were presented with Club recognition certificates relating to their standings for the year, both State and National.

Initial training sessions have begun well; Sunday sessions in the small pool at Gordonvale being well attended as well as the Tuesday nights at Woree, the home pool. The new coaches are keen and capable so the club is looking forward to a good showing at the Mareeba Meet in February. The details of the planned Postal Swim are available on the web site. This could be a very busy year for Muddies as the club’s 30th Anniversary falls just prior to the November Short Course Meet and deserves a celebration! Party Time again!

Gladstone Groper were pleased to receive the MSQ Promotional Material in the form of a DVD and accompanying notes, The MSQ Circle-Rate Your Wellbeing, in time for Christmas.

All members, who participated in training sessions before or just after the Christmas break, were presented with the parcel wrapped in Christmas paper and these were well received by all. Some very positive feedback has already been given and requests for extra copies to share with friends has also been pleasing.

The break-up party was held on 25th November at the Gladstone Gladiators Club House at the Aquatic Centre. The food was Home Cooked by Social Director, Clare and Coach, Rod and everyone had a great time with the Secret Santa entertainment. Presentations of the Groper and Gropess awards were made as well as the Frank Griffith’s Trophy. The award of this trophy is based on the best average distance taken on each eligible swimmer’s (male or female 50years or over) best three swims for the Annual Swim Meet by comparing the current year with the previous year’s results. This year it was won by the Club Captain, Elaine.

Congratulations to all!

Noosa Challengers concluded their 2011 competitions by providing by far the strongest team apart from the hosts, at the Aqualicious Meet at the Centenary Pool in December. This was fine reciprocation...QAL fields the largest visiting team to Noosa in May. The events’ relays are the highlight of the evening and Noosa entered multiple teams in all of them. With the ‘match up’ of spare swimmers in the ‘mixed’ categories many more were able to participate. One notable instance was Brian C stepping in at the last minute to make up the numbers in an all-women team. It was great fun for all.

Back home again and a large contingent of members turned up for the Christmas breakfast, including Joyce who drove up from Brisbane. Santa caused the usual stir when he emerged from the parking lot with his huge red sack brimming with goodies (Thanks to Brian C again) As always Santa’s true identity remains a mystery known only to the elders of the club.
All Masters should relate to their saying:
‘Spread the laughter, share the cheer, let’s be happy while we’re here” and a tip From Ky Hurst...
‘Train Smarter not harder’
Floating exercise: It sounds basic, but practising your floating can increase results amazingly. Practice floating with a kick board or pool buoy under your chest. Float for two minutes then swim for a while. Really focus on staying nice and high in the water.

Noosa Challengers ‘ competitors at the River City swim meet on the 22nd January.

Sunshine Coast Seals have elected new committee members whom they welcome sincerely while giving a huge thank you to the club members who have retired after many years of service. Those present at the AGM and Christmas luncheon had a most enjoyable time even though George’s entertainment with his ukulele had to be cut short with the impending storm. Alisa had a particularly great Christmas as she had all her children, grandchildren and great-grandchildren home for the first time in a long while. Robyn was thanked for her long and loyal service to QSC and has well and truly earned a break from committee duties.

Congratulations to all swimmers who won medals and awards in 2011 and a special thanks to those club members who stand at the end of the pool with their trusty stop watches as others struggle to complete the laps. Margaret Marsh is to be commended for all the great work she is doing with swimming lessons for kids with a disability… wonderful effort Margaret!

The local Kawana Weekly featured a fantastic write-up re two of the club’s special members…Yvonne W and George S, which members have found quite inspiring. Pity we don’t have room to print it all here.

In just two days, tomorrow will be yesterday... today is the tomorrow you dreamed about yesterday!

Nudgee Blue Fins will hold their first Club Night and BBQ on Tuesday 7th February starting at 5p.m. The bi-annual Swim Meet will be held at the pool on Sunday 1st April. Men are needed to help Bevan set up the tents on Saturday 31st March. Social members are called for to help on the day. Donations for the multi raffle are also being sought and may be handed to Vicki or Shelley or left at the office. Shelley has made a block booking for ‘ANNIE’ and there are a few tickets left. Contact Shelly a.s.a.p. The cost is $60. It should be a fabulous show with Anthony Warlow and Nancy Hayes in the lead roles.

Think you know it all?
To make half a kilo of honey, bees must collect nectar from over two million individual flowers. Tourists visiting Iceland should know that tipping at a restaurant is considered an insult. Albert Einstein was offered the presidency of Israel in 1952, but he declined. Your tongue is the only muscle in your body that is attached at only one end. Zero is the only number that cannot be represented by Roman numerals...

Albany Creek Ducks completed a very good 2011 with their AGM followed by a ‘Family Fun in the Pool” day and a BBQ. Many thanks to those who organised food and entertainment... great way to end the year. They are looking forward to an even better 2012. QAC has welcomed some more new members to the club and hope they will enjoy many happy years of fitness and fun with the Ducks. Training has commenced for the year with a good roll-up of old and new members.

Preparations are also well underway for the Annual swim meet on April 28th. On January 15th a special BBQ was held to celebrate the fact that swimmers all turned another year older. The cake was made by the club’s very clever Secretary, Rachel. The cake was also enjoyed by State Coaching Director Mark E. and his partner Raylene who were taking a break from presenting the Coaching Course for Masters where four club members are working towards their accreditation. They will be a great asset to the club once accredited.

Twenty-three members represented the club at River City on January 22nd and really did their coaches and club proud by taking home the Club Championships trophy for the second year in a row. Congratulations to all swimmers!

Now they can really sing “We are the Champions!”
Heather Butler from QAC—Albany Creek, receiving the President’s Trophy from Aaron Clarke, the President of QRC and organiser of their annual swim meet.

Brisbane Southsiders enjoyed a wonderful Christmas Break-up Breakfast and Presentation on December 11th at The Royal Queensland Yacht Squadron where Amy M was awarded the Club Person of the Year Award and Jen presented her coach’s awards to Kiku and Narelle for their wonderful achievements at the Masters Games in Adelaide. Many “fun” awards were organised by Narelle and Heather amid much laughter and applause by those present. After a fantastic breakfast, Nancy H helped members walk it off with a tour of the Marina where she resides on her yacht. The MSQ DVD in which Jen and Helen featured in a small way, was greatly appreciated by all members and several requests for copies to share at work places to spread the word was welcomed.

Four new members have already been inspired to join the club for 2012.

Following a short break over Christmas, members are back into full training again, although interruptions are beginning to occur as the Carnival season gets underway at Chandler.

Everyone wishes Treasurer, Lyn a speedy recovery from recent surgery. Thanks Michael for stepping in to help out during her absence.

Heartiest Congratulations to Heather McD for winning the trip to Italy in June—a worthy reward for all your great swims! ENJOY!

Twin Towns Masters are now well aware that long-serving President and Vice-President, Ken and Dave (D2) will not be standing for election at the club’s AGM in March and several others have indicated intentions to change positions.

Club Captain—Green Frog—Allaine has given all swimmers a challenge to set themselves some goals to achieve in the coming year. She suggested that the use of the acronym ‘SMART’ be used as an aid to creating effective goals. SMART goals are: Specific—Measurable—Achievable—Realistic and Time-phased.

Members are fortunate to be able to train all year round in the Banora Point facility in order to keep fit and healthy throughout 2012. Her advice is to “train” three times a week to increase fitness and well-being.

Congratulations to all swimmers who took part in Aqua Jets Task Master Postal Swim in 2011 and a very special thank you to Maaike and her happy band of time keepers.

Great results all round!

The club will be holding a Picnic In The Park at Jack Evans Boat Harbour in February where swimmers are asked to be prepared for an Open Water Swim across the harbour. Have fun! (and it is also a leap year!)

LORNE PUB TO PIER OCEAN SWIM

The LORNE Pier to Pub Swim was held on Saturday 7th January. It was a good excuse to keep swimming during the holidays. This is the biggest ocean swim in the world - 5000 swimmers took to the water in 26 waves. I’m not a fast swimmer myself, but did not feel out of place as all ability levels are welcome.

This swim is basically a 1.2km sprint: walk down a boat ramp, 100m swim to a water start, then get to the beach in the distance through the surf before the wave behind catches you!

It was a very well organised day; lots of fun, lots of people, but not lots of parking! Most people wore wetsuits - no separate categories - so why not be warm! I also had a swim in the surf at Apollo Bay the day before the race. I was only one of five people not in a suit of some sort and the water was a little fresh!

This swim is one for the diary! You are not guaranteed a swim as entries are via a ballot - luck of the draw.

By Marion Slattery QAC
I learnt to swim at Cairns Trobuk Pool in the early 60s. When you could swim across the pool you would receive one shilling from the teacher (a great incentive in those days). I was never a competitive swimmer, but I do remember going to a club night once. Now fast forward to the nineties when it was time for my children to learn to swim. As soon as they were off to Kindy, I decided it was “me-time” and I desperately needed to exercise to gain some fitness and better health, so I joined an adult squad session at Stafford State School and later at Somerset Hills School. It was only in 2006 that a friend suggested that I go along to Albany Creek on a Sunday morning and join Masters.

My “first ever” competition was the Southside Meet in 2006, and in 2008 I made the trip to Perth for the FINA World Championships. I enjoy the competition against myself as well as the team atmosphere. The longer distances, backstroke events and open water swimming are my favourites.

At Albany Creek Masters we have a “team” of coaches – all are volunteers and swimmers too, so being on a roster still allows you to get in and do some sessions. I gained my Junior Squad and Assistant Coach qualification in 2007, my Bronze Licence in 2008 and will soon have a Level 1 Masters Coaching accreditation. (hopefully)

Instructing and interacting with club members is one of the most rewarding outcomes of being a coach. Even though I’m not the best coach or swimmer, helping adults become better swimmers is a real buzz. Spending time creating programs to suit the different levels is well worth it, particularly when a swimmer gets out the water and says “That was good!” or “That was hard, I enjoyed that session!”

**FIRST INTRO COACH COURSES—2012**

I would really like to thank the Noosa and Albany Creek Masters’ clubs and pools for hosting the coaching courses and making us feel welcome. The first of the new coaching courses were facilitated in Queensland in mid January. One course was held at Noosa on 14th January and another course was held at Albany Creek on 15th January.

I would like to acknowledge the eight participants who gave up their time on the weekend to enhance their coaching skills. They were very enthusiastic and enjoyed the networking and the sharing of ideas, skills and experience. The new course is less content driven and more activity/group work oriented. I thoroughly enjoyed meeting and spending time with these delightful people and look forward to catching up with them during part 2 of the course – Club Coach at Albany Creek on 18th February.

Course Participants: Noosa Course—Bob Morse, Pat Mooney, Grindle Rudder and Kaye Turner
Albany Creek course – Karina Horton, Patricia Kirkman-Scrooge, Julie Postle and Rachael Keogh.
The information below is from Pauline Samson, the National Recorder.

Each member of MSA has a registration number which identifies you in the national membership database. Over the past years when databases have changed, members have been given new numbers and sometimes when changing clubs have been reregistered as ‘new’ members with yet another number.

The registration number is used to track membership within the organisation and it allows you to swim in meets – Meet Manager requires a number and it is preferable that the number which identifies you in Clubs Online is the number used. It can also make it easier for you to find results in the Results Portal.

Recently the National Recorder ran a report to check IDs for 2011 and this was over 194 A4 pages of queries; many were checking a swimmer who belonged to two or more clubs, however there were also many incorrect registration numbers.

Some swimmers have used two or more registration numbers in the same year and some swimmers had the same registration number. This is usually through data entry errors for swim meets.

The other queries were with names that were inconsistent. Some had spelling errors and others where there was a shortened version of a first name or a nickname had been used.

If you are registered as Ronald in the Clubs Online database, then you must swim at meets using that name. If you want to be known as Ron, then change your name in CoL.

If you change clubs, please make sure that the club only does a transfer and does not reregister you with a new number; similarly when you join a club as a 2nd claim member.

Fixing errors in the Results Portal can be very time consuming, names can be changed as a bulk lot, however, each registration number error has to be done separately.

### DIVING INTO POOLS

The issue of whether to dive off the block, from the concourse or to start in the water, needs clarification. The table below is based on the Masters Swimming Australia rules, which are the same as those of Swimming Australia.

The rules for FINA level meets may be slightly different in terms of the depth of the pool.

For any issues that relate to Risk Management, contact John Barrett: john.barrett@gbrmpa.gov.au

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<th>“Dive starts” should comply with the following. The water depth should be measured from 1.0 metre to 5 metres from the end wall. <strong>If Water Depth is:</strong></th>
<th>Masters Swimming Australia Recommends:</th>
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<td>Less than 0.9 metres</td>
<td>No dive starts. Events should start in the water. Relay changeovers should be from in the water.</td>
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<td>From 0.9 metres to less than 1.0 metre</td>
<td>Dive from concourse, provided that concourse height is not more than 0.2 metres above the water surface. If the concourse is greater than 0.2 metres above the water surface then all event starts and relay changeovers should be from in the water.</td>
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<td>From 1.0 metre to less than 1.2 metres</td>
<td>Maximum permissible height of starting blocks is 0.4 metre above the water surface.</td>
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<td>1.2 metre or greater</td>
<td>Maximum permissible height of starting blocks is 0.75 metre above the water surface.</td>
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Level A

Warm Up:
500m Freestyle

All levels complete the following set 4 times through with 5 – 10 sec rest each 25m swum:
25m kick and breathe, both arms by your side rotate upper trunk side to side – breathe every third rotation – free drill
25m 1 arm freestyle and breathe to non-moving arm free (use right arm and left arm stays by side and breathe to left side) – free drill (turn head as right hand enters water and pushes forward)
25m 1 arm freestyle and breathe to non-moving arm free (use left arm and right arm stays by side and breathe to right side) – free drill (turn head as left hand enters water and pushes forward)
25m ¾ catch up freestyle
25m max freestyle (sprint)

Set 3.
3 x 200m Free with 20 sec
(60% effort with long Smooth stroke)

All levels to complete the following set 4 times with 10 – 15 sec rest after each 25m swum:
(fins optional)
25m kick and scull (back should be flat on the surface of the water, chin should be just above the water, arms out the front – top of the elbows just under the water surface and hands lower than the elbows)
25m head up freestyle (chin should be resting just above the surface of the water, head should be still looking ahead)
25m freestyle sprint

Main Set
3 x 200m Free with 20 sec
(60% effort)

All levels – free kick set with fins descending 1 – 4 (getting faster each 50m), 15 – 20 sec rest after each 50m:
12 x 50m kick with fins
8 x 50m kick with fins
4 x 50m kick with fins

All levels – free pull, descending 1 – 4 (getting faster each 50m), 15 – 20 sec rest after each 50m:
12 x 50m Free Pull
8 x 50m Free Pull
4 x 50m Free Pull

All levels – Freestyle swim, descending 1 – 4 (getting faster each 50m), 15 – 20 sec rest after each 50m:
12 x 50m Free
8 x 50m Free
4 x 50m Free

Cool down:
500m choice
400m choice
300m choice

Distance: 4.9km

Level B

Warm Up:
400m Freestyle

Set 3.
2 x 200m Free with 20 sec
(60% effort with long Smooth stroke)

All levels – free kick set with fins descending 1 – 4 (getting faster each 50m), 15 – 20 sec rest after each 50m:
8 x 50m kick with fins
4 x 50m kick with fins

All levels – free pull, descending 1 – 4 (getting faster each 50m), 15 – 20 sec rest after each 50m:
8 x 50m Free Pull
4 x 50m Free Pull

All levels – Freestyle swim, descending 1 – 4 (getting faster each 50m), 15 – 20 sec rest after each 50m:
8 x 50m Free
4 x 50m Free

Cool down:
400m choice

Level C

Warm Up:
300m Freestyle

Set 3.
1 x 200m Freestyle

All levels to complete the following set 4 times with 10 – 15 sec rest after each 25m swum:
(fins optional)
25m kick and scull (back should be flat on the surface of the water, chin should be just above the water, arms out the front – top of the elbows just under the water surface and hands lower than the elbows)
25m head up freestyle (chin should be resting just above the surface of the water, head should be still looking ahead)
25m freestyle sprint

Main Set
2 x 200m Free with 20 sec
(60% effort)

All levels – free kick set with fins descending 1 – 4 (getting faster each 50m), 15 – 20 sec rest after each 50m:
8 x 50m kick with fins
4 x 50m kick with fins

All levels – free pull, descending 1 – 4 (getting faster each 50m), 15 – 20 sec rest after each 50m:
8 x 50m Free Pull
4 x 50m Free Pull

All levels – Freestyle swim, descending 1 – 4 (getting faster each 50m), 15 – 20 sec rest after each 50m:
8 x 50m Free
4 x 50m Free

Cool down:
300m choice

Distance: 3.5km

2.3km
MAJOR PRIZE WINNER

Heather McDonald from QSM has won the major MSX prize of a trip to Riccione, Italy to attend the World Masters Swimming Championships. Heather and husband, Ken will travel to Italy in June to attend the event. Congratulations, Heather and we wish you all the best and enjoy your trip!

Table below:
Competitor numbers in each level in all age groups.

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**MSX CLUB RESULTS**

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RECENT EVENTS

RIVER CITY SWIM MEET

QYP—Percentage Points Trophy (2nd time)

QRC and the members of the winning Relay team (3rd year)

ROCKHAMPTON

The Rockhampton 50m Olympic pool.
"COUNCILLORS have sunk a proposal to build a second heated, 50m pool at Rockhampton’s $17 million Southside swimming complex redevelopment. Even as workmen put the finishing touches to the world-class, 10-lane Olympic-standard pool ahead of a formal opening this week, the council informed Swimming Australia of its decision“ (The Morning Bulletin– Rockhampton)
For MSQ and its members this new pool offers additional opportunities for the Caribeae Rocky Crocs to host large swimming championships.

ROOTARY

ROTOR GLOBAL SWIMMARATHON:
Please find attached a link to the global site. http://rotaryglobalswimarathon.org
This will be a great opportunity for clubs to get some interest in Masters swimming from people outside our normal catchment.

DICKY BEACH OCEAN SWIM

A number of MSQ swimmers swam in the Dicky Beach Ocean Swim on the 2nd January:
Some of these swimmers, who swim really well are: Karina Horton, Fiona Ellis, Rachael Keogh, David Hudson, Nicholas Pirie, Jan Croft.
More of our swimmers competed and for a full list of competitors click on the links below.

UPCOMING SWIM MEETS 2012

Venue:

⇒ 18th February  Mareeba Masters Swimming  Mareeba Memorial Pool
⇒ 18th February  Gladstone Gropers  Western Suburbs Swimming Pool
⇒ 26th February  Miami Masters  Nerang Pool
⇒ 1—30 March  Cairns Mudcrabs  Postal Swim

AGM AND THE BMB

The Annual General Meeting will be held shortly after the completion of the day’s events at the State Long Course on the 10th March 2012.

It is important that a representative from each club be at the meeting.

Nominations for positions on the Branch Management Board have been sent to clubs.

Please consider nominating for a position on the board and we encourage our younger members to consider becoming more involved at the state level. Don’t assume someone else will do it for us. In 2011 we were unable to fill the position of Vice President Sunshine and yet we have the second largest number of clubs in this region, some of which are in the top ten in membership numbers.

We need more people to consider making a difference to our organisation and to progress we also need new ideas and a fresh approach to the future of MSQ. It is imperative that we grow the organisation and although we’ve introduced some exciting programs, everything is a work in progress. We cannot afford to sit back in the belief that we understand the needs of all our members and that someone else will do the job. That is not the case as we continually need to grow and adapt to our ever-changing social and economic circumstances.

Why not adopt the attitude that your contribution as a board member allows you to see what you can do for MSQ at a state level?

Officials:

Consider becoming an official for Masters Swimming. Officiating at a swim meet does not exclude you from also being a competitor at the event. Get club members together and contact Ray Smythe to arrange a course:

MSQ.Technical@bigpond.com

PO Box 1279
CAPALABA BC
4157

TEL: 3245 1571

Email:
administrator@mastersswimmingqld.org.au

Website:
www.mastersswimmingqld.org.au

WANNA GO FOR A BIKE RIDE?

NAH, I HATE 3D STUFF. IT GIVES ME A HEADACHE.

WHEN YOU THINK ABOUT IT, THIS EXCUSE CAN GET YOU OUT OF ALMOST ANYTHING.