

SWIMMERS NEWS



**MASTERS
SWIMMING**
Queensland

President's Report

John Barrett

Inside this issue:

The Health Issue

Bananas-The Health Benefits 2

Around the Clubs 2

Take Your Mark! 6

Cairns Great Barrier Reef Masters Games 7

Men's Health: Eating Guide 31-50 8

Registration & Recording Matters 9

Special points of interest:

Exercise: Floor Frog 8

MSQ Forum 9

Swim Meets 10

Member 4 Member 10

Edited and compiled by Helga Ward

Happy New Year to everyone. I hope you had a great Christmas and enjoyed your New Year celebrations. By now you should have made it back to a normal routine and back in the pool. I've had a crack at Mark Erickson's HARD YAKKA Australia Day Challenge, while including some training for the State Swim in March.

Since the Pan Pac Masters Games, we have held one 'Face to Face" Board meeting and one teleconference. The meetings have focused on what has gone well and what needs to be improved to enable you to really enjoy your involvement in Masters Swimming. We have identified some areas that need better communications in organising events, some changes to the participation program and the need to ensure sustainable financial management.

After the face to face meeting I had an extra day in Brisbane where I had a chance to visit the Somerville House School pool, which will be the venue for this year's State Swim to be hosted by River City. As with most school pools, it is fairly tight for space - so it should be a very cosy event. I understand they had good numbers for the January swim meet as many people obviously wanted an opportunity to check the venue.

In the week following the face to face meeting, I had the opportunity to join with Noosa Masters for one of their Thursday morning training swims. I really enjoyed the coaching of Jan Croft and how welcome they made me feel. If that happens in all clubs, then Masters Swimming will be well off.

At the State Swim we will also hold our MSQ Annual General Meeting. There are a number of vacant positions and I encourage you to consider nominating. Membership of the Board provides a real opportunity to get involved in making Masters Swimming Queensland a successful organisation.

Alan Patterson has indicated that he will not be standing for the position of VP South for 2013 whilst he deals with a personal health issue. Here's hoping that all goes well and that we will see him back on the pool deck in the near future.

We are also making progress in organising for the 2014 National Championships to be held in Rockhampton. An area that is of concern is the number of qualified technical officials and we want to conduct more courses and encourage more people to take up the view from the pool deck.

*All the best for 2013.
See you at the pool.*



Bananas—The Health Benefits



A banana has vitamins and minerals including calcium, magnesium, protein and vitamins A, B-6, C and E. These vitamins and minerals are essential to keeping everyone healthy and active, especially athletes. Eating a banana right before or after a competition or workout can boost your energy and athletic performance as well as muscle activity.

Muscles

The vitamins and nutrients found in a banana help fuel your central nervous system, boost muscle performance and aid in muscle recovery. Potassium, prevents muscle cramps by acting like an electrolyte, or a fluid regulator. Potassium, vitamin C and manganese help prevent stroke and coronary heart disease, help build strong bones, muscles, tendons and ligaments, and help speed up the muscle recovery process.

Energy

Multiple sources of energy are found in a banana. A banana's carbohydrates provide your body with the necessary fuel it needs in order to compete or exercise, and can boost your endurance and concentration.

Magnesium helps transport energy to your muscles and helps break down protein, which aids in muscle fatigue relief. Potassium helps your body change the glucose found in your bloodstream into glycogen, which your body stores in order to provide long-lasting fuel for your muscles. Vitamin B-6 aids in the transport of oxygen to your muscles, which helps prevent muscle strain.

Digestion

Dietary fiber fights off hunger and keeps you full longer, which helps keep your head in the game or workout routine. It also aids in digestion, eases diarrhea and constipation, boosts liver function, neutralizes the acids found in your stomach, fights heartburn and regulates cholesterol, red blood cells and blood sugar levels. A banana contains about 16 percent of your daily requirements for fiber.

Immune System

A banana helps support your immune system, which fights off the negative side effects of stress and body strain. Vitamins and minerals including potassium, iron, and B vitamins also aid the healing of wounds, stimulate the production of hemoglobin, regulate body temperature, and calm our nerves. Bananas also help you relax and boost your happiness levels thanks to tryptophan, an amino acid that helps boost your body's production of serotonin.

Article from:

www.livestrong.com

AROUND THE CLUBS

compiled by Helen Holmes

Twin Towns Masters "Movember" boys did a fantastic job of raising money for the Prostate Foundation and between Ken, David and Stan, with the generosity of QTT members, passed on \$362 to the Foundation. Well done all!

The club's Christmas party was a huge success, thanks to Dellie and her very willing helpers.

The committee agreed to have a web page built, which is now active and that before the crew go to Wanganui in February.

The Endurance results will be announced at the club's AGM in March, but Sue congratulated those dedicated members who have amassed a total number of 4,742 points so far.

A special thanks to the happy band of timekeepers throughout 2012.

The training lanes are holding a very healthy number of swimmers at the start of this new year .

News just in.....

Congratulations to George C.....World Records in 50m and 100m swims at River City on January 20th.

Note: records are still to be ratified.

Around the Clubs continued

Miami Masters have their club room (Lane 11) now fully functional with a new fridge, running water, plastic chairs, shelves for all their trophies and fresh paint throughout. They always hold their Saturday afternoon get-togethers there and the club's Christmas function was able to be located there too. Special thanks again to Alan, Lance and Jim for their untiring efforts during the project. A great asset to QMM!

Swimmer numbers are slowly getting back to normal; once the carnivals begin, and people get their acts together.

Hopefully they can provide good numbers for the State Championships at River City in March.

The club's own Meet on Saturday 16th February promises to be fun and the meal good value, which should attract swimmers, now that the weather is getting better. Visitors are also invited to swim with club members in the surf at Burleigh at 7:30 if they fancy an ocean swim on Sunday morning after the meet.

The photos below were taken at the Miami Christmas get-together at the end of last year.



Brisbane Southsiders enjoyed a delightful Christmas "Presentation" Breakfast at *The Royal Queensland Yacht Club* in early December where special presentations were made to Viv R (Alan's Life Membership trophy), Jen T (Coaching Appreciation), Lisa and Lorraine (Coach's Encouragement) and Lyn F, who was awarded the Inaugural Alan Robinson Memorial trophy, as Club Person of the year 2012.

Thanks to Narelle's great organising and a willing band of 20 or so club members and their spouses, a very successful Sausage Sizzle was run at Masters Homeware on December 23rd. Planning is well underway now for the Annual Swim Meet which will be held at Brisbane Aquatic Centre in July and it is hoped many swimmers will come along to see their name up in lights (always worth the effort).

Toowoomba Tadpoles had some great results from the Pan Pacs and Captain Wayne congratulated Beres, Ann, Lynne, Rosalie, Stephen and John on their outstanding performances. The club continues to maintain a good base of numbers with new swimmers "trying out" and joining. With the fantastic response shown at their Swim meet in 2012 and if interest in competing continues, the committee would consider hiring transport for club members to attend the meets on offer for 2013. The club has many Endurance 1000 heroes and Lou and Lionel commend them all (and their timekeepers) for their quiet achievements. Keep it up in 2013. They also recommended the 1 hour postal swim in January as a challenge to new comers as well as long time members.

Brisbane Northside swimmers have been rewarded for their hard training by gaining excellent results at Alice Springs Masters Games where Steve B was outstanding in his 25 'Fly and also teamed with other Qld swimmers to take out 4 of the Gold Medals on offer. At Pan Pacs a number of swimmers improved their times winning medals and supporting their team. Congratulations to Ann, Barbara, Shirley, Bev, Shelley, Grant, Jon and Terry. John K did an excellent job helping Toni C on the microphone for the four days. It was announced as the biggest Pan Pacs ever held.

A big thank you from the members goes to the Baker family, who hosted the Family Fun Day at their home, where there were lots of laughs and great company followed by a delicious meal cooked to perfection by chief chef Harry.

AROUND THE CLUBS *continued*

Members are now training for the State Swim in March, hoping for more success in the pool.

Albany Creek Ducks had a very successful 2012 with two trophies to their credit, namely River City and Toowoomba. Two of their members also set new records- Penny S and Mick W. Congratulations! Katrina H also gained her 2 Million Metre Award. Well done Katrina! The club was involved in Blue September raising \$1,783.00 for prostate cancer.

A big "THANK YOU" to their coaching staff, who work so hard to get swimmers to their maximum fitness levels. Albany Creek Meet for 2013 will be on May 4th...Hopefully it won't be raining!

Members attended the River City Meet on Sunday 20th January and performed consistently. Highlight of the day : George Coronos from Twin Towns broke both the 50 metres and 100metres World Records. Well done George!

Karina at River City wearing her favourite hat.



Nudgee Blue Fins had wonderful success at the Pan Pacs in November where every member participating came home with at least one medal around the neck. Thanks must go to their great managers, Dawn and Caroline, record keeper, Carolyn and timekeepers, Lyn and Vicki as well.

Heartiest "Congrats" to Colin who was awarded the best Male T21 swimmer at the Down Syndrome World Swimming Championships in Italy. He proudly displayed his medals at the club Christmas & Presentation event in December. Congratulations to Club Champion, Deanne A, Coach's Award winner, Shelley M and winner of the Patron's Award, Irene B. It was lovely to see the new Patron - Victoria N enjoying herself at the function. Thanks once again to Jenny and Neil for opening their home for this special occasion. And now with all the fun behind them it is back to the pool to swim, swim, swim.



Three of the 'Mad Hatters' from Nudgee Brothers

Sunshine Coast Seals have settled back into the pool for some serious training ready for 2013 now that the Christmas and New Year goodies have settled. They enjoyed a marvellous swimming year, winning loads of medals and trophies and topped off with new members and newly elected office bearers. A special thank you to all those members who have volunteered their services for the coming year. Without you the club could not continue and members now look forward to an exciting year of Fitness, Friendship and Fun.

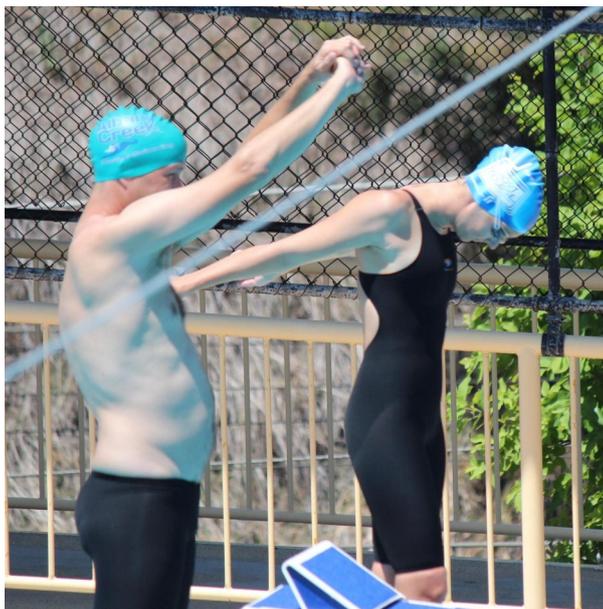
Awards were presented at the Christmas Party to Amanda—Female Swimmer, Geoff—Male Swimmer, Wendy—Club Person, Ailsa—Vorgee Endurance and Bev—Club Captain. Unofficially 'The supporter of the Year' goes to Tony—always smiling and full of fun (just love having him around). A very special thank You to Eduard who spent many years keeping the club's history and Nancy (now retired) for the many, many hours given to the running of the club and social events and Derek, for setting up tents etc...at meets.

Noosa Masters had a record number of members turn up at their Club's Christmas Breakfast- always a little special - but doubly so this year as Brian C played Santa, after personally wrapping each and every one of the 60 + gifts that magically appeared after a sumptuous brekkie was enjoyed by all.

Marcia thanks all those who took part in the Endurance Program for 2012, swimming, timing or just generally helping out. She reported that their total points for the year should exceed 14200. This is a great achievement and now she is setting a goal of 20,000 points for the new year. Results should be ready for their January newsletter and on the web site.

Happy New Year and more great swimming to all members!

Around the Clubs continued



QNA's Kerry N Spink (right) about to get on the block at the River City Meet with a QAC member next to her.

Hervey Bay Humpbacks received some very pleasing news just before Christmas re their lease at the complex and Gary can now happily announce that all legislative requirements have been satisfied and their leases of 2 x 10 years, have been approved. The Committee members are highly appreciative of many people for their valued assistance throughout the whole process. They are now organising signs to indicate to everyone that the new clubhouse is truly "our home".

Members are concentrating on the training programs published by Darryl and Janet to take them through to the end of March. Features of the program are specific skill training sessions provided by Caleb. There are also opportunities to do 1500m swims in preparation for the Gladstone meet when they are hoping to get a good representation.

North Mackay Sinkers are back in the water again after their winter layoff. They kick-started their new season's activities with a 25 metre laid back country meet on December 1st. 27 Swimmers from 7 clubs joined their club members: Whitsunday, Rum City, Rocky Crocs, Rats of Tobruk, Miami and Brisbane Northside were represented. The skins' event was won by Sinkers' swimmer, Troy R and closest to the nominated time by Kay C, of Whitsunday in .037 in the 100m swim. Referees were Geoff R and Rob L with Jennie M as Starter and Cynthia S results collator.

Geoff N designed the attractive certificates and delicious food was provided by Sue de M. Jennie and Geoff R officiated at the World Surf and Pool Lifesaving Championships in Adelaide and will be competing in the N Z Masters Games in February.

Dan S was elected President at the club AGM, with Dale M Secretary, Sue de M Treasurer and Greg B Club Captain.

Cairns Mudcrabs have started the new year with training for their upcoming aerobic swims. The carnival season is underway with their first Twilight Series from Central Cairns and a great day will be at the Mareeba Meet in February. Fundraising has started too with an early sausage sizzle at Bunnings. Muddies have also been busy harvesting juicy mangos to sell to the public to raise funds. Mudcrabs are endeavouring to be totally equipped for more open water swimming in the Tropics this year. They have successfully gained a grant and applied for another to purchase much needed kayaks for their swims on the Tableland lakes. Last Year's Christmas lake swim and scone eating feast is now an annual event. It was attended by Kim their VP North. So far it is shaping up to be a fun filled swimming year in the Tropical North.

Whitsunday Masters gave Vicki and all the team a big thank you for putting together a great Christmas BBQ after training in December. The Secret Santa was a lot of fun especially with a twist i.e. of people about to take someone else's gift.

Most swimmers enjoyed a break over the festive season with Freya on the Gold Coast, Margaret in Sydney, Raylene and Mark on the Gold Coast and Brisbane, Coach Andrea in France and Kay and Bob in Melbourne for the Tennis.

Mid January, the club videoed swimmers for the Summer Stroke Competition and after watching the videos are very interested in Coach Mark's feedback. Over the Australia Day weekend swimmers participated in the *Hard Yakka Distance Swim* challenge. Most completed the 4km challenge, followed by a Sausage Sizzle and a beverage! They hope to start Endurance 1000 in February.

THE QUICKIES

Busy? Too Busy? Don't have a lot of time to swim train?
Well, here are a couple of swim programmes for busy people who just need 30 or 45 minutes.

Programme 1

Warm Up: 200m Easy Freestyle

Main Set/s: 4 x 50m Freestyle on 1 min
3 - 4 x 100m Free Pull on 1.50
4 x 50m Free Kick on 1.30

If time, this set can
be swum twice

Cool down: 200m Easy Choice

Programme 2

Warm Up: (100m Free, 50m Free Kick) x 2

Main Set/s:
6 - 12 x 25m Free on 40 sec (1st 25m - 2 strokes fast then easy to 25m, 2nd 25m - 4 strokes fast then easy to 25m, 3rd 25m - 6 strokes fast then easy to 25m, 4th 25m - 8 strokes fast then easy to 25m, 5th 25m - 10 strokes fast then easy to 25m, 6th 25m - 25m max effort) - This could be completed twice through

100 easy Breast or back

4 x 50m with fins (15m speed drill ie breaststroke arms with free kick as fast as you can, then 35m easy fly kick with breast arms or sculling) on 1.01/1.15

100m easy breast or back

4 x 25m form stroke sprints on 45s/1 min

Cool down: 200m easy choice

Programme 3

Warm Up: 200m Easy Choice

Main Set:
8 - 12 x 25m IM order on 40 sec
2- 3 x 200m IM kick (15 sec rest)
4 x 100m IM or 2 x 200m IM with 15 - 20 sec rest

Cool down: 6 x 50m (IM switch) - fins optional on 1.15

So, now there are NO EXCUSES!

Great Barrier Reef Masters Games



The inaugural Great Barrier Reef Masters Games will be held in Cairns from August 8th – 11th. There are approximately 20 sports to be involved during the games. Events Queensland will oversee the running of the games with Cairns Mudcrabs hosting the swimming.

The swimming will be held from 9th – 11th August at the Woree Bicentennial Aquatic Centre, Pool Close, Woree. This is a fully surveyed 50m pool. The events

will be the same as per the 2012 Pan Pacific Masters Games.

The swimming has been sanctioned by MSQ and is on the 2013 calendar.

Registrations for the games will open on the 12th February 2013. If not registered by 11th June the games fee will increase by \$20. The entries definitely close on 12th July. We will keep you up to date with registration details. The GBRMG web page is: www.gbrmg.com.au Details will also be on the Cairns Mudcrabs Facebook page as they become available. Our website is currently under construction, but we will have all the information once finished.



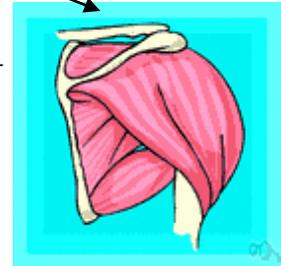
Exercise—Floor Frog or Dead Cockroach

Purpose:

- To assist with restoring basic movement patterns, especially concentrating on **serratus anterior** integration into the movement pattern sequence (muscles that rotate the scapula and elevate the rib cage)
- A precursor/regression to Floor - Dead Cockroach with Arm Circles

Description:

- Lie on your back, bend knees up with feet flat on the floor (feet and knees together)
- Lift your hips off the floor slightly and then place them back on the floor to reset your pelvis
- Maintaining a bent knee position, let your knees drop out to the side so that they are in line with your shoulders
- Place your hands on the top of your ribs for feedback
- Take a deep breath in, then push it out as hard as you can (this should 'lock' your rib cage over your 6-pack)
- Maintaining this rib position, ensure that you push your lower abdominals to the sky
- Once you have done this, raise your arms so that they are above your shoulders at about eye line
- Think about reaching to the sky with your finger tips while making small circular motions with your arms from the shoulder joint
- Continue for designated time period



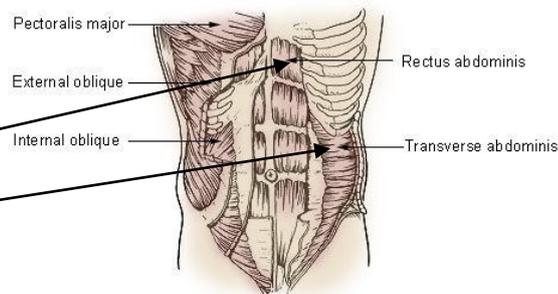
Coaching cues:

- Keep chin tucked at all times
- Ensure lower back stays flat on the floor

Body Part:

- Obliques
- Rectus Abdominus
- Transverse Abdominus
- Diaphragm
- Serratus Anterior and Intercostals

Muscles of the Trunk



(with permission from www.accelerationesp.com Search for **Floor Frog** and see the video)

Healthy Eating Guide—Men 31—50

The **Australian Guide to Healthy Eating** recommends the following servings per day:

- 6 - 12 servings from the bread, cereals, rice, pasta, noodles group

An example of one serve is 2 slices of bread; 1 medium bread roll; 1 cup of cooked rice, pasta or noodles; or 1 1/3 cup of breakfast cereal flakes.

There is an allowance of about 30g a day for poly or monounsaturated fats and oils that can be used to spread on breads or rolls or used elsewhere in the diet.

- 5 servings from the vegetables, legumes group

An example of one serve is 75 grams or 1/2 cup cooked vegetables; 1/2 cup cooked dried beans, peas, lentils or canned beans; 1 cup of salad vegetables; or 1 small potato

- 2 servings of fruit

An example of one serve is 1 medium apple; 2 small pieces (150g) of fruit (apricots, kiwi fruit, plums); 1 cup of diced fruit pieces or canned fruit; 1/2 cup of fruit juice; or 1 1/2 tablespoons of sultanas.

- 2 servings from the milk, yoghurt, cheese group

An example of one serve is 250 ml of milk; 250ml of soy beverage; 40 grams (2 slices) of cheese; or 200g (1 small carton of yoghurt).

- 1 serving from the lean meat, fish, poultry, eggs, nuts and legumes group

An example of one serve is 65-100 grams cooked meat or chicken; 2 small chops; 2 slices of roast meat; 1/2 cup of cooked (dried beans); 80-120 grams of fish fillet; 1/2 cup of peanuts (almonds); or 2 small eggs.

Note: You get plenty of fats and oils from the amount used with cereal foods and from meat, eggs, cheese, peanut butter, margarine, etc .so fats and oils are not included separately.

For more information check out the Australian Guide to Healthy Eating at:

www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-food-resources.htm#consumers

Registration/Recording Matters

Please note: The following information is important if we are to avoid unnecessary delays or work for clubs and the MSQ Administration.

REGISTRATIONS:

If someone wishes to join your club, check the following information first:

1. Is the person currently a member of another club or was s/he a member of another club?
2. If the answer is **YES**, then the club registrar needs to notify the club that the person wishes to transfer to your club
3. Once approved, do a **NETWORK SEARCH** of the person on the Clubs Online Database. Once the name comes up, click the green TRANSFER arrow.
4. Notify the person that s/he needs to Re-Register
5. Anyone who has at some point been a member of any club, including QBR—Barbarians, must RE-REGISTER.
5. Only NEW members to MSQ or MSA register as NEW REGISTRATION when they do so online.
6. A current MSQ or MSA seeking to join the Barbarians, must contact the office to arrange a transfer before the person can RE-REGISTER

RECORDING—Swim Meets:

- Swim meet nominations handed to the club captain must be checked by that person:
 1. Check that the person is actually a registered member for 2013—even if you know him/her
 2. Remove all ID numbers from your club Team Manager Lite file, but make sure the birth dates are correct
 3. Make sure your club code is correct e.g. QCM. If it has QLQ or QLB—please remove it and record the correct code (Help files can be found on the MSQ website in 'Information').
- Numerous errors are being found in the back-up files clubs are sending to the office after a swim meet. Consequently, the results are not being posted on the portal as quickly as they should. Records are also taking longer to verify. Clubs are urged to also submit a pdf document of the results as well as the back-up file.
- Before the day's events are over, the Meet Referee MUST verify and sign off on all records broken. To do that, s/he must check that it is a record. That acknowledgement must be conveyed by the person sending the back-up file. The paper records must then be scanned or posted the following day.

MSQ Forum

**MSQ Members Community
is now online!**

<http://forum.mastersswimmingqld.org.au>

Queensland Members, other Australian State Members, International Masters Swimmers and all non-members are welcome to join.

Join the conversation in the Official Pan Pacs Swimming event thread! Give us your comments and feedback, tell us about your achievements or disappointments.

To be able post, simply click the "Create an Account" link on the left hand side.

Note: *This username and password are not the same as used on the Members Registration Portal.*

We're also posting a photo gallery.

Please email any photos you'd like to share to upsunshine@mastersswimmingqld.org.au

UPCOMING MSQ INTERCLUB SWIM MEETS 2013

⇒	1 Feb; 8 March; 23 March	Central Cairns SC—Twilight Series	Trinity Bay SHS
⇒	9 February	Gladstone Gropers SC	John Dahl Pool
⇒	16 February	Mareeba LC	Mareeba Mem. Pool
⇒	16 February	Miami LC	Pizzey Park
⇒	23 February	Hervey Bay	Hervey Bay A C
⇒	15—17 March 2013	State SC Championships	Somerville House
⇒	31 March—31 May	Cairns Mudcrabs—Postal Swim	

NOTE: The MSQ State Short Course Championships

Member 4 Member

If every member of your club signs up a non member, who may be interested in swimming or who may not have considered swimming as an exercise option, imagine how many more members you may have in your club.

Think of an incentive your club may offer its members to sign up new members.

If your club has 20 members and everyone of you signs up one person, you could have 40 members before the end of this year.

Share your club's incentive and successes with us. Use our MSQ Forum to tell us how you achieved some success. Your success is shared by everyone in MSQ.

**PO Box 1279
CAPALABA BC
4157**

TEL: 3245 1571

Website: www.mastersswimmingqld.org.au

Email:
administrator@mastersswimmingqld.org.au

Facebook:
[MSQ Masters Swimming Queensland Facebook](#)

Twitter:
[@msqliaison](#)