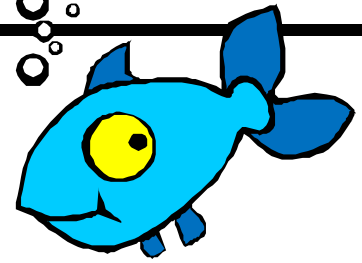


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

April 2020



Happy Easter everybody. It's a very strange Easter, no family reunions, no massive crowds heading south but we are all well and hopefully obeying the rules laid down by our Federal and State governments.

The State Championships should have been held last weekend but I believe there are discussions going on to see if they can be run later in the year.

With no organised training available, some members have been swimming in the ocean to keep fit. The water is really good and a very pleasant temperature. I have never swum more than 50m in the ocean until the last month and I have found it quite challenging on a rough day. I have also found it hard to swim in a straight line!



A huge vote of thanks to all the Health workers who are doing an amazing job keeping us safe. The best way we can thank them is to follow the guidelines and maintain our social distancing.

Stay safe and keep exercising,
Peter

CAPTAIN Pamela Walter Swimming at the beach

When COVID-19 came to WA in mid-March, many local swimming pools closed almost immediately. HBF Stadium remained open but it too eventually was forced to close. Undeterred, some of our swimmers relocated to Cottesloe Beach or Coogee,



Demonstrating their distancing skills at Cottesloe: Tania, Bill, Craig, Cas, Brett, Barry and Peter, Pamela is behind the camera.

where they could swim safely inside the shark barrier. In the clear, clean water they kept their distance from other swimmers and had the bonus of observing the perfect swimming technique of several different types of fish.

Then (wouldn't you know it?) the shark barrier was removed from Cottesloe for winter, in line with the insurance policy. City Beach was chosen instead and the group has now enjoyed five swims there. At the same time, the weather has become hotter and more people have flocked to the beach, making physical distancing more difficult but still possible.

One of the positives of City Beach is that the two groynes are 400 metres apart – a measured distance – so people may record their swims in their Million Metre tally. The unpredictable nature of ocean swimming makes it exciting, invigorating and exhilarating. It quickly wakes up those feel-good hormones! To join the group, come to the northern groyne at 8:30am on Sundays, Wednesdays and Fridays and broaden your horizons.

WHAT ARE YOU DOING?

What's everybody doing instead of swimming? Are you hooked on another activity? Please send me a sentence about your alternative occupation(s), especially if they are outlandish. A photo would be much appreciated, too, for the next newsletter. While we are unable to meet each other at the pool, I'll be aiming to put out short newsletters roughly fortnightly and would love to hear from you.

Merilyn Burbidge

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HAPPY BIRTHDAY

Big birthday celebrations are just one of the casualties of COVID-19. In the last issue, we sent our best wishes to all these people born in April. Here they are again for you to sing Happy Birthday to, twice, every time you wash your hands!

APRIL

Stuart Gray (80!)	12 th
Sophie Wilkinson (30!)	13 th
Jackie Egan	14 th
Louise Norris	17 th
Geoff Hadley (85!)	21 st
Gavin Cull	22 nd
Marg Somes	22 nd
Chandra Veliath	25 th
Geoff Lane	25 th
Lynda Joachim	27 th



A SUCCESSION OF NAMES

(Ref: Marg Watson *Snappets* September 2014 and Barry Green's notes 2016)

Our club was founded in 1992 as *Superdrome Snappers*. Ten people had attended the Healthway-sponsored **Swim to a Healthy Lifestyle** program run by inspired coach Glad McGough and had enjoyed the experience immensely. They wanted the group to continue swimming together and worked hard to establish a club with an initial membership of 40. Over the last 28 years, the club's name has changed four times.

- In 1994 the club changed its name to *AUSSI Superdrome Snappers* in line with Masters Swimming Australia nomenclature. (AUSSI was the abbreviation of the Australian Union of Senior Swimmers International, the organisation that had been formed in 1978. The acronym was assumed to have been derived from that of the American Union of Senior Swimmers International.)
- In 1996 the name was changed again, to *AUSSI Stadium Snappers Masters Swimming Club* when the Superdrome acquired a naming rights sponsor, Challenge Bank, and its name changed to Challenge Stadium. This removed the confusion between our venue in Mt Claremont and the then Superdome at Burswood.
- In 2010 AUSSI was deleted nationwide and we became *Stadium Snappers Masters Swimming Club*. The acronym AUSSI had always been a source of error and annoyance, often written incorrectly as Aussie.
- In 2014 the final name change was to *Stadium Masters Swimming Club*. Some members had felt that "Snappers" was a nickname and by presenting a more serious image we would be more likely to attract younger, committed swimmers.



A creative approach to keeping your distance



ELENA'S LAND-BASED EXERCISES

Thanks to Elena Nesci from eSwim for kindly allowing us to place her series of land-based exercises on our website. She gives notes and photos showing how to do the exercises to strengthen your shoulders, core, glutes, legs and just about every other skeletal muscle you own! Find them at <http://www.stadiummasters.org.au>. The first stretch is shown here.

SHOULDERS

1. Threading the needle

Set yourself up on all fours with shoulders over wrists and bottom over knees. "Thread" one arm under the torso and feel the shoulder capsule and middle of the back stretch. Repeat on same side for 10 reps then change sides. Repeat both sides ie 20 in total on each side.



Caution: A gentle warning - please take care when doing these exercises as some may not be suitable for older swimmers - just remember to do what feels comfortable.