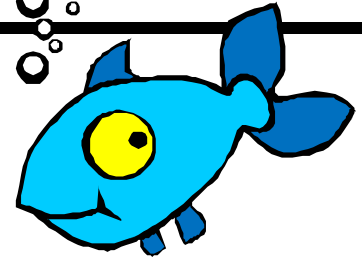


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

February 2020



PRESIDENT

Welcome to 2020. The recent combined Club Swim/AGM/BBQ was a much better way to start the year rather than just an AGM. Before the meeting we watched some great swims with Brett taking 45 secs off his 200m freestyle time and others trying to work out how much time they lost due to not having starting blocks. Afterwards many stayed on to use the barbecue facilities and chat with other members.

The Stadium Masters AGM was held this year in a comfortable room in the Bold Park Aquatic Centre. The business of the meeting was over quickly. The only resolution, to increase the Management Committee from five members to six, was passed unanimously. The Committee has changed a little. Jackie, after a long stint as Secretary, has decided to retire. I thank her for all her hard work over many years and especially for the help she has given me in 2019. Barry has moved to Secretary. It is exciting to see two of our new members taking positions on the Committee, Dale Wilcox as Treasurer and Tania Gregg as a General Members Representative, with special interest in developing our presence on social media. A very warm welcome to Tania and Dale.

Tricia Summerfield, Barry Green, Bill Woodhouse and Mark Anderson were endorsed as Club Coaches by the meeting and Anne Edmondson has agreed to undertake training, too. We are very grateful to our coaching panel for the help they give us to improve and enjoy our swimming.

After the AGM I had the pleasure of presenting the Club Trophies – details and photos follow. I would like to comment on the Founders' Award won by Chandra. When Chandra joined the club not that long ago he could not swim a stroke. Stuart got him started and with ongoing help from the coaches he has produced a string of PBs in all distances in breaststroke to win the Founders' Award. A real success story. Well done to him!

I said in my President's report to the AGM that 2020 must be a year of rebuilding. At present we are down to 35 full and second claim members. While we are OK financially, our numbers are too small to fill the training sessions, especially Tuesday evening and Friday afternoon. We have to increase the membership and we need everybody to help. We can't really afford to advertise so we are making changes to the website to make it easier to find and Tania is exploring the use of Instagram and Facebook. I will keep you informed.

See you in the pool, Peter

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THANKS FOR YOUR SUPPORT

The Stadium Masters Swimming Club really rallied around following Helen's unexpected death. I was immediately inundated with flowers, food, condolence messages, and offers of support, all of which I was extremely grateful for. The celebration of Helen's life at the Karrakatta cemetery on 13th December was attended by many club members and friends from the Perth swimming scene. This provided the Green family with a lot of love and warmth. A big thank-you.

Barry

CLUB AWARD WINNERS FOR 2019

Congratulations to the winners and runners-up of the Club awards for 2019 and thanks to all the other swimmers for making the competitions exciting. The awards were spread over a wide number of members. The Beatie Norris Award was presented by her three daughters.



Lynda Joachim Award for the female Club champion:

Winner **Pamela Walter**
Runner-up **Merilyn Burbidge**



Kevin Wren Award for the male Club champion:

Winner **Bill Woodhouse**
Runner-up **Chandra Veliath**



Cliffe Webb Award for outstanding performance at the Masters Swimming WA State Swim and Stadium Masters' LiveLighter Club Challenge:

Winner **Merilyn Burbidge**
Runners-up **Anne Edmondson,**
Barry Green



Founders' Award for commitment to swimming and improvement over the year:

Winner **Chandra Veliath**
Runners-up **Graham Wimbridge,**
Sara Cann



Beatie Norris Endurance Award for long distance swimming:

Winner **Cas Brown**
Runner-up **Audrey Bullough**

Participation Award:
Audrey Bullough

For consistent participation in training sessions, Club Swims, Interclub carnivals and especially for achieving maximum points in two strokes in E1000 swims over many years.

President's Award: Barry Green

For his outstanding contribution to the Club in coaching and administration over many years and especially in 2019.



Endurance Star Awards 2019

Star awards are an incentive to swim longer distances. A One Star Award is given for completing the Endurance 1000 program in any one stroke, a Two Star Award for any two strokes, etc.

- ★ Sara Cann and Chandra Veliath: Breaststroke
- ★★ Audrey Bullough: Freestyle and Backstroke
- ★★★ Cas Brown, Pamela Walter, Merilyn Burbidge: Free, Back and Breast

MEET YOUR COMMITTEE

How well do you know these people whose job it is to run our Club? As a way of introducing them to you, each has provided three statements about themselves, two of which are true and one which may or may not be true. To learn more about your representatives, study their responses and then quiz the writers!

Peter Lyster (President)

- When I first met my wife-to-be, she was wearing a grass skirt
- I have been pinged for speeding three times in Rochdale Road, Mt Claremont
- Once on a car rally, heeding a call of nature, I vaulted over a stone wall and landed in a pig manure pit



Pamela Walter (Captain)

- When teaching in Manjimup in 1971 I was arrested for "Public disturbance" for chaining myself to a tree to stop logging
- In 1975 I played in an Australian basketball team overseas
- At school I got two detentions in 1½ minutes



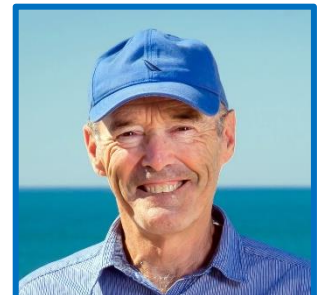
Barry Green (Secretary)

- I won a hula dancing competition on Dunk Island
- I black-water rafted in Waitomo Caves, New Zealand
- I trained to be an astronaut



Dale Wilcox (Treasurer)

- I completed an Outward Bound course in the Chimanimani mountains
- As a young primary school student in a swimming carnival I once took the word "freestyle" literally and swam breaststroke in a freestyle race
- I once played the keyboard on a TV show



Tania Gregg (General Member)

- I had my photo taken with Elton John when he toured Perth in 1986
- A teenage photo of me with my pet rat on my head made the front page of the Daily News
- I was in a television commercial with my sister in the late 1970s



Bill Woodhouse (General Member)

- I was mugged in New York City in 1972 - with some fast talking it only cost me some cash and 5 bus tokens!
- I had a terrifying time white-water rafting on the turbulent flooded Shotover River in New Zealand. Then further up that river went bungee jumping and finally survived paragliding from the top of a mountain - all in Queenstown. These were my midlife crisis moments!
- I climbed the scaffolding of an eight-storey building in Freshwater Bay Claremont to inspect subcontractors' paint work in gale force winds.





CAPTAIN Pamela Walter
Club Swim (Long Course), Bold Park, Saturday 1st February

The first Club Swim for the year was held at Bold Park immediately before the AGM – a bold decision! It was a surprise to find that Bold Park has no starting blocks. You would think that this would lead to slower times but the 14 swimmers recorded many very good performances - 5 PBs, 14 PABs, 5 inaugural swims and a Club Record. Thanks to Barry, as Starter for the entire event, four non-swimmers who served as Timekeepers and those swimmers who stepped in to help timekeep, we just squeezed the heats into the one hour of lane hire. While we were busy with our heats, a bundle of youngsters were having fun on this “inflatable”. Sadly, it came with an age limit.

Audrey Bullough	200 FR and 50 BA (both PAB); 50 FR (PAB/best since 2018/CR)
Cas Brown	200 FR and 50 FR (both PAB); 100 BR (PAB/best since 2018)
Dee Stephenson	50 FR (PAB and within a whisker of a CR)
Jackie Egan	100 BR (best since 2017); 50 FR (best since 2018)
Jil Mogyorosy	200 FR (PAB/best since 2012); 50 FR and 50 BA (PAB/best since 2016)
Margaret Smithson	200 FR and 50 BA (inaugural)
Sara Cann	50 FR (best since 2016)
Tania Gregg	100 BR and 50 FR (both inaugural)
Tricia Summerfield	200 FR (PAB/best since 2016); 100 FR and 50 FR (both PAB)
Bill Woodhouse	100 BR (PAB/best since 2017)
Brett Jago	200 FR (PB by 45 sec!); 100 BR (PB by 24 sec!); 50 FR (inaugural)
Dale Wilcox	100 BR (PB by 10 sec); 50 FR (PB)

SOME WAYS TO AVOID DISQUALIFICATION IN HEATS

Bathers – no clips, zips or clasps.

No heavy jewellery, watches or fitbits - the only exception is a medical alert bracelet.

Strapping – bandages or strapping of any kind must be approved by the Meet Ref before the start of the program.

Strokes

Backstroke – must be performed on the back. Upon the finish of the heat the swimmer must touch the wall while on the back. The trailing shoulder must not twist beyond 90 degrees to the water surface.

Breaststroke and butterfly

At each turn and at the finish of the heat, the touch must be made with both hands separated and simultaneously at, above, or below the water level.

Butterfly

For Butterfly events up to and including 200m, one only breaststroke kick is permitted per arm pull.

Starting Signals

- 3-4 short whistles - move to stand behind the block.
- One long whistle - get up on the block or stand beside the block. Stand up straight and still.
- The Starter announces “Take your mark” - get into the starting position. Again, stay still.
- The Starter announces “Go!” – dive into the water.

If a swimmer in your heat falls in or dives in early, hold your position and listen for instructions from the Starter.

Here's some simple advice:
Always be yourself, never take
yourself too seriously and beware
of advice from pigs, experts and
members of Parliament.



★HAPPY★ BIRTHDAY!

Especially good wishes to Dee who has just turned 85 and Audrey who will soon be 80!

FEBRUARY

Dee Stephenson 4th
Brett Jago 8th
William Curtis 21st
Audrey Bullough 25th

MARCH

Pamela Walter 6th

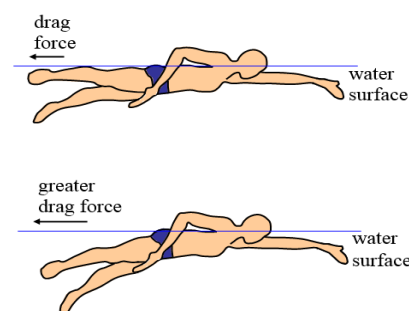
DIARY ENTRIES FOR FEBRUARY AND BEYOND

Date	Event	Time	Venue
Sunday 16 February	Newman Churchlands LC LiveLighter Club Challenge	8:15am	Newman College
Saturday 22 February	Rottnest Channel Swim	5:45am	Cottesloe Beach
Saturday 29 February	WOW Swims #6 Mullaloo Mile and State Open Water Championships	Rego 6:30am	Mullaloo Beach
Sunday 8 March	WOW Swims #7 Coogee Jetty to Jetty	Rego 7:00am	Coogee Beach
Wednesday 18 March	Masters Swimming WA AGM	6:30pm	Royal Life Saving Soc, McGillivray Ave Mt C'mont
Sunday 22 March	Melville LiveLighter LC Club Challenge	Warm-up 8:00am	Leisurefit Booragoon
Saturday 4 April	MSWA State SC Championships	12:00 noon	Mandurah Aquatic Centre
Sunday 5 April	MSWA State SC Championships		Mandurah Aquatic Centre
Friday 10 April	Good Friday	Closed	HBF Stadium
15 -18 April	MSA National SC Championships	Various	Sydney
Saturday 2 May	Stadium Masters LC 1500 Metre Distance Swim	afternoon	HBF Stadium

TECH TIPS #2 Mark Anderson

DRILLS: why you should focus on doing them properly

As well as providing an aerobic workout followed by a coffee, our swimming sessions include drills that allow you to focus mainly on one particular aspect of the stroke, e.g. the Catch, or maybe the Kick. The aim is to ingrain the



correct action by repeating the drill until it becomes a habit. We don't want to develop bad habits so it is important to focus on doing the drill as well as possible, preferably when not too tired and perhaps with an aid, such as fins.

The overall goal is to increase the efficiency of the complete stroke, in essence to achieve greater forward motion for the same effort expended. This is particularly important in swimming because the resistance of moving through water is about 800 times greater than it is in air (hydrodynamic versus aerodynamic drag)! This leads to a strong emphasis on body streamlining.

The other aspect to consider is that drag increases as the square of the velocity. This means that, if everything else stays the same, then to swim 10% faster (say swimming 1 km in 18 minutes rather than in 20) requires almost 25% more effort. To swim 50% faster (approximately 13.5 minutes) it gets really tough – in excess of 200% more effort is required! Efficiency is king, so do the drills as well as you can.



WELCOME

We are very pleased to welcome Jil Mogyrosy as a swimming member, returning after a spell with another club. During that time, Jil generously volunteered as a marshal at Stadium Masters Club Challenges. Her first question on rejoining our club was, "Will I be able to swim at the Newman Churchlands carnival?" Yes, indeed, Jil, in three individual events and relays too!

MEMBERSHIP

At 4th February 2020:

Swimming members	25
Swimming members (80 and over)	5
Second claim members	3
Social members	15
Life members	2

GOGGLE SAW

- Tania, with no cash on hand, accepting the loan of \$1 to buy a ticket in the \$10 raffle. She won and then bought quite a few tickets in the next raffle. Again she won! Now she's wondering what to do next.
- Pamela stretching in the gym before a Sunday session, wearing her gym gear over her bathers. At the pool she put on a rashie because she's trying to be sun smart and dived in. Part way through the session she found the going extra hard and only then realised that she was still wearing her gym pants!
- The Lane boys, Don (92) and Geoff (91) reminiscing in a coffee shop at the Floreat Forum, still interested in our club and asking about their old mates. Geoff was proudly showing off his new fashion statement – well-fitting compression stockings!



STADIUM MASTERS' PLACE IN THE ENDURANCE 1000 PROGRAM IN 2019

Well done to those 17 swimmers who helped Stadium Masters maintain fourth position in WA in the Vorgee Endurance 1000 award. Just under half of our members participated in the program in 2019, a higher proportion than ever before! Our eight women together scored more points (3932) than the women from any other WA club. Could this be a challenge to our men to improve their points score this year? Just completing some of the longer swims should do it because longer swims are worth relatively more points. Also you get a real buzz when you finish what seems like a marathon and realise that you have succeeded in doing something that you may not have thought possible.

Vorgee Endurance 1000 Top Scoring Club Award

	2013	2014	2015	2016	2017	2018	2019
Total Stadium Masters points	8316	7528	7627	5070	3933	5315	4923 = 3932 + 991
Points/Club member	130	134	125	99	80	127	137
No. of Stadium Masters participants	29	27	21	23	17	19	17
No. of Stadium Masters members	64	56	61	51	49	42	36
Place in WA	2	3	3	4	7	4	4
No. of WA clubs participating	26	27	27	24	26	29	25
Place in Australia	9	10	10	17	24	16	18



OPEN WATER SCENE

WOW Swim #3 Christmas 10K, Coogee, Saturday 21st December

	Event	Age Group	Time	Age Group place
Pamela Walter	3.4km	65-74	1:22:15	2
Anne Edmondson	3.4km	55-64	1:09:58	2

WOW Swim #5 Swim Thru Perth, Matilda Bay, Sunday 19th January

	Event	Age Group	Time	Age Group place
Pamela Walter	3.5km	65-74	1:23.03	9



At the start – Pamela is on the extreme right

Hooray for Pamela, our only representative in this event. After the briefing at Matilda Bay, the swimmers were ushered onto four TransPerth buses to take them to the start just west of Barrack St. Pamela’s manager, Graeme, caught a train to Elizabeth Quay, watched the start and walked to Matilda Bay to see her finish. With a strong easterly behind her, Pamela swam through lots of patches of jellyfish. She said it felt like a long way but was amazed at how she could find a bit extra when she saw the finish.

WOW Swim #6 Mandurah Australia Day Swim, Doddi’s Beach, Sunday 26th January

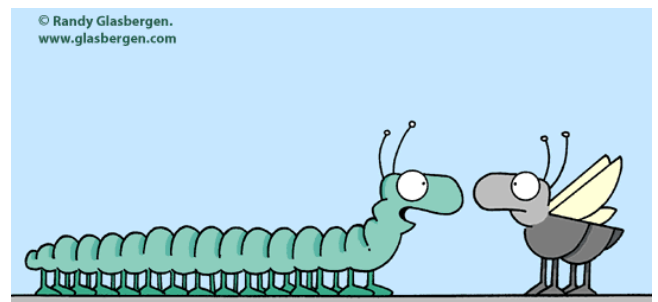
	Event	Age Group	Time	Age Group place
Pamela Walter	2km	65-74	43:42	6

Pamela says: “The conditions were good - relatively calm water and no stingers. Open Water swimming gives you time to think about your stroke. I could concentrate on Mark Anderson’s advice to lead with my thumb, make an early vertical catch, rotate and follow right through to my hip. Maybe next year a few other Snappers will join me.”

EXERCISE IS GOOD FOR YOU: some ways to approach it

- Exercise early in the morning, before your brain figures out what you’re doing.
- Every time you hear the dirty word 'exercise', wash your mouth out with chocolate.
- If you are going to try cross-country skiing, start with a small country.
- The advantage of exercising every day is that, when you die, they'll say, 'Well, she/he looks good doesn't she/he?'

We all get heavier as we get older because there's a lot more information in our heads. That's my story and I'm sticking to it.



“I tried all the fitness fads, but my doctor was right all along—walking is still the best exercise.”

ONE WAY TO GET TO ROTTNES from *The Geraldton Guardian*

The 2020 Rottnest Channel Swim is only two weeks away. Here's a bit of its history.

Phillip Martin was inducted into the Rottnest Channel Swim Association's hall of fame in 2018 in Perth. A keen endurance swimmer and former international water polo player from the UK, Martin is the only solo swimmer ever to have completed the 19.7 km event swimming only butterfly — a feat he achieved in 2001. And there is a funny story about how it came about.

"I didn't really have a love of butterfly," he said. "It just sort of became a bet with a mate. I was a good swimmer and an international water polo player and I was heavily involved with Swanbourne Surf Life Saving Club at the time, which was a bit of a party club. I was convincing a mate of mine to do the swim and we used to swim butterfly in races against each other every Sunday. I said it was easy and I could do it butterfly — so he said, 'I bet you a keg of Kilkenny you can't', and so that is how it all started really."

With an excellent support crew behind him, Martin completed the swim and even managed to fulfil the second component of the bet with his mate at the halfway point, which was to drink a pint of Kilkenny and eat a Mrs Mac's curry pie past halfway. That made him feel a bit average for the next half an hour or so while he digested it, but then the carbs kicked in and gave him a bit of a boost towards the end. He can still remember leaving the water after the 2001 swim.

"All of my support crew went and partied but I was in a bit of agony really," he said. "My under arms were really sore and I lost all of the skin under my armpits and my armpit hair was all gone."

ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Peter Lyster, Pamela Walter, Barry Green, Bill Woodhouse, Mark Anderson, Elizabeth Edmondson, Tania Gregg and Dale Wilcox for their contributions to this issue of *Snappets*. The deadline for the next issue is **Friday 13th March** and I look forward to receiving your items.

Merilyn Burbidge

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