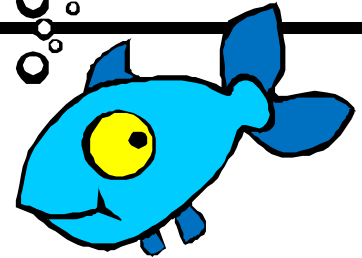


# SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

November 2020

## PRESIDENT

October was very busy with our own Club Challenge and “Let’s Swim Together” promoted by Masters Swimming WA. At our carnival, our decision to offer our regular format of 200m, 100m and 50m events in all strokes was the right one as it seems that’s what the swimmers wanted. We had 120 entries compared to 135 last year but, given all the public concern around COVID, that was a good result.

The meet went off well and we finished close to schedule after overcoming a couple of minor delays while the computers talked to each other. Our wonderful group of experienced officials starred again, particularly The Magnificent Marshalling Team, mostly from our own club, some from other clubs and some who don’t even swim, a total of 18 volunteers. There were also 16 timekeepers and about 12 MSWA officials, so it takes 46 people to run the meet. Eight State records were broken and Paul Blackbeard (Claremont) broke the National record for 50m fly. Superfins were very popular winners; Claremont won the points per swimmer award; we finished fourth. The raffle was a great success thanks to all contributors. Marg made the hampers into an attractive display and Elizabeth helped sell all the tickets. Our only regret was that we were not able to provide lunch this year due to COVID restrictions.

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President Peter presenting the winner’s trophy to the Superfins Manager

Over the last couple of months we have enjoyed a run of new members. Pat and Joy became second claim members and Vic, Guillaume, Jen, Kim and Laura all joined as full members. That’s great to see and we are hoping for few more from the Let’s Swim Together promotion.

This is the time of the year when we need to be thinking of 2021. Please give us feedback on what you like about the Club, what you would change and anything you would like us to initiate for either swimming or social events. It takes a lot of work to run our club and some members put in plenty of effort. However we always

need more volunteers so if you can contribute in any way, please speak to me or to one of the committee members.

See you in the pool, Peter.

Please remember to Follow us on Instagram  stadiummastersswimming

and Like us on Facebook  Stadium Masters Swimming Club

## CAPTAIN Pamela Walter

### Long Course Club Swim Saturday 10<sup>th</sup> October

Organising a club swim is so much easier when there are some non-swimming volunteers. Thank you to 'Tricia, Peter Lyster and Andrew Burbidge for helping, 'Tricia as Chief timekeeper and Peter and Andrew as Timekeepers. (Ed: Pamela forgot to mention that she was both Marshal and Starter.) Anne and Dale were each presented with one third of a Florentine for recording exactly the same time when timekeeping together. Deirdre received the rest of the Florentine for swimming her first 200 Free in quite a while.

A club swim is a good opportunity for swimmers to become familiar with the various whistle signals they will encounter at a meet and for coaches to pick up anything that could be improved on such as not staying perfectly still at the start and putting more effort into turns and finishes.

|                 |  |
|-----------------|--|
| Anne Edmondson  | 100 FR (best since 2018)   |
| Audrey Bullough | 50 BA, 100 FR and 200 FR (all PAB)                                 |
| Brett Jago      | 50 BA (inaugural); 100 FR (PB by 23 sec!);<br>200 FR PB by 4 sec)  |
| Cas Brown       | 50 BA and 200 BR (both PAB);<br>100 BA (PAB/best since 2018)       |
| Dale Wilcox     | 200 BR (PB by 7 sec)   |
| Dee Stephenson  | 50 FR and 100 FR (both PAB/CR);<br>200 FR (PAB/best since 2014/CR) |

### Stadium Masters LiveLighter LC Club Challenge Sunday 25<sup>th</sup> October

Interclub meets have been a bit light on this year. We were pleased to be able to conduct our carnival under fairly normal conditions and with even more volunteer help than usual. Swimmers commented that they enjoyed the chance to swim against other clubs again. Raffle tickets sold exceptionally well, particularly amongst our own members. The new device allowing ticket buyers to use their credit cards was a boon and meant that the common excuse of "no cash" held no water!

Here are some notable achievements from our team of swimmers:

|                 |  |
|-----------------|--|
| Cas Brown       | 50 BR (PAB); 200 BA (PAB/best since 2018)              |
| Dee Stephenson  | 100 FR (PAB/CR)  |
| Jil Mogyorosy   | 100 FR (inaugural); 200 FR (PB)                        |
| Louise Norris   | 100 BR (PAB/best since 2016); 200 BR (best since 2018) |
| Barry Green     | 50 BA (best since 2019)                                |
| Brett Jago      | 50 FR and 200 FR (both PB); 50 BR (inaugural)          |
| Craig Barnard   | 50 FR (PAB); 100 FR (PAB/CR)                           |
| Dale Wilcox     | 100 BR and 200 BR (both PB)                            |
| Guillaume Hauer | 50 FR and 100 FR (both inaugural)                      |
| Mark Anderson   | 50 BR (best since 2018)                                |



Pat Hallett, volunteer and raffle prize winner

### ENDURANCE 1000 POINTS

Just a reminder that Friday 18<sup>th</sup> December is the last day for E 1000 timing. Please leave your file in the cage by that date for Bill to upload your swims and tally the points earned.

Your Best Times sheet for 2020 Top Ten listing is also due on that day. You can either email it to Chandra (veliath7779@gmail.com) or hand it to Pamela.



Marg Watson, volunteer and hamper compiler

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## WELCOME

We are excited to welcome two new members, Kim and Laura, and hope they derive fitness, friendship and fun with Stadium Masters.

### Kim Mann

After years of swimming 'unofficially' with Stadium, I am pleased I took the plunge to become an 'official' member. I really feel I belong now I don't have to put \$2 in the tin each week! I joined Stadium because I especially value the coaching that takes place and the variety of swim programs presented. I enjoy swimming with like-minded people and appreciate the encouragement and motivation the group provides. As well as swimming, I like yoga, running and cycling. I have competed in an adventure race and triathlons in the past and would like to do more in the future. In the meantime I'm taking part in some smaller open water swims in 2021 - the Coogee Jetty to Jetty and hopefully another solo in the Busselton Jetty Swim, if I make it off the wait list in time!



High on my Bucket List is to complete the Rottneest Channel Swim. So if there is anyone out there who has a boat or kayak, or wants to swim in a duo with me, let me know!

I also love food, cooking, dogs, reading, travelling, have a 12 year-old son and run a self-contained AirBnB from my home in Mount Hawthorn.

### Laura Chambers

I live in Wembley with my husband, two young daughters and our border collie. I've been swimming regularly since high school and, after my girls were born, I had been trying to swim on my own. Now it's great to be back in a group with the camaraderie and motivation that come with it. Everyone has been friendly and welcoming so I have really enjoyed my first few weeks with Stadium Masters and I'm hoping for more time in the water as my children get older.

*Ed: The Wednesday morning session was introduced a few years ago to make it easier for young mums to take part in a training session while their youngsters are being looked after in the crèche. Laura is the first to take advantage of this opportunity. Maybe this means she'll qualify for a Supa Nova award!*



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## DIARY ENTRIES FOR NOVEMBER AND BEYOND

| Date            | Event                                   | Time             | Venue                      |
|-----------------|---|------------------|----------------------------|
| Sun 15 Nov      | Fremantle LiveLighter LC Club Challenge | 8:00am warm-up   | Fremantle                  |
| Tue 24 Nov      | After training dinner                   | 8:00pm           | Vietnamese on Cambridge St |
| Wed 25 Nov      | Butterfly Clinic                        | 9:15 – 10:30am   | HBF Stadium                |
| Sat 12 Dec      | WOW Swim: Fremantle Ports Swim Thru     | Rego from 6:30am | South Beach, Fremantle     |
| Sat 12 Dec      | Club Christmas function                 | 5:00pm           | Herdies Tavern, Wembley    |
| Sat 19 Dec      | WOW Swim: Coogee 10K OWS                | Rego from 6:00am | Coogee Beach, Cockburn     |
| Sun 20 Dec      | last training session for 2020          | 9:15am           | HBF Stadium                |
| Sun 3 Jan       | first training session for 2021         | 9:15am           | HBF Stadium                |
| Sat 30 Jan 2021 | Stadium Masters AGM                     | TBA              | TBA                        |

## COMMITTEE DECISIONS

### Main points from the Management Committee meeting held on 14<sup>th</sup> October

1. Discussion on the final details for our LiveLighter Club Challenge on 25<sup>th</sup> October.
2. Confirmation of Beach Swim at Cottesloe to commence on Saturday, 7<sup>th</sup> November at 8:00am.
3. Discussion on the Christmas function.
4. Arrangements for the MSWA organised "Lets Swim Together". Confirmed for 30<sup>th</sup> Oct and 1<sup>st</sup> Nov.
5. Preliminary discussion on Committee members and support positions for 2021.
6. Treasurer presented draft budget for 2021.
7. Dates for next year's events confirmed: Club Challenge 24<sup>th</sup> Oct and 1500m Distance Swim 5<sup>th</sup> May 2021. Our Swimathon for a good cause will be held in May, awaiting date from MSWA.

## SUPERSNAPPER AND SUPA NOVAS

Dee Stephenson is SuperSnapper for October for challenging herself to swim 50 and 200 Freestyle at the October Club Swim. In so doing she swam three PABs and broke three club records from the two swims.

It's interesting to note that the last time Dee won the SuperSnapper Award was in March 2019 for challenging herself to swim 100 Freestyle. This award was originally called the Improves Like Fine Wine Award and Dee is certainly proving that.



Helen Loake and Mark Anderson are presented with Supa Nova Awards for their efforts in organising the Bunnings sausage sizzle. In the photo, Pamela is chuckling because she's hiding the logo on Mark's shirt which is promoting another club.

Guillaume Hauer is the fourth and most recent Supa Nova Award winner. He has been recognised for his participation in a Club Challenge for the first time, with stunning results! Guillaume is holding high the now perpetual trophy which was carefully crafted by Stu Gray.



## COME AND TRY

### Peter Lyster and Barry Green

Eighteen clubs took part in the recent "Let's Swim Together" weekend promoted by MSWA, offering a pool session plus some form of social event afterwards. Our two sessions, Friday afternoon and Sunday morning, attracted four comers. We certainly picked a good weekend: 37C on Friday and lashing rain on Sunday, not to mention the carparks jammed full and 50,000 tiny tots all dressed up as cheer leaders! Tania's postings on Instagram seem to have done the trick.



★ **HAPPY** ★  
**BIRTHDAY!**

And very best wishes to

Deb Wagstaff  
Lesley Murphy

20<sup>th</sup> November  
23<sup>rd</sup> November

Guillaume Hauer 3<sup>rd</sup> December

**Manners and Etiquette**

No, this isn't about how to hold your knife and fork and keeping your elbows off the table. At times we may have eight swimmers or more in each lane and some etiquette and discipline is required so we can all get the most out of our training sessions and enjoy ourselves. Some reminders and tips to follow are:

- Be there ready to swim at least 5 minutes before the session starts so the coach can brief you on the plan and explain any drills.
- Don't race the drill - if the drill isn't done correctly then your effort is probably counterproductive.
- Choose the right lane for your ability and speed – the goal is for all swimmers in the lane to be similar in speed.
- Within a lane, order yourselves for each routine from quickest to slowest, recognising that the order may vary depending on the stroke, drill or length of the swim.
- Don't lead the lane unless you know what you are supposed to be doing, and communicate your intentions.
- Allow a minimum 5 second gap between swimmers, preferably 10 seconds. Drafting means you aren't doing the hard yards, and swimmers can be annoyed by toe tapping.
- If someone is snapping at your heels, at the end of the lap pause in the right corner wall and let them through.
- Swim on the left side of the centreline and in the last few metres of the lap move across to the centre to turn. If it's backstroke or fly, then be particularly aware of your position in the lane to avoid clashes.
- At the finish of each routine there are several alternatives but the principal objectives are to allow following swimmers to finish on the wall, while also avoiding clashes with an earlier swimmer setting off on the next routine. The best option will depend on the number of swimmers in the lane and the rest interval.

These options include:

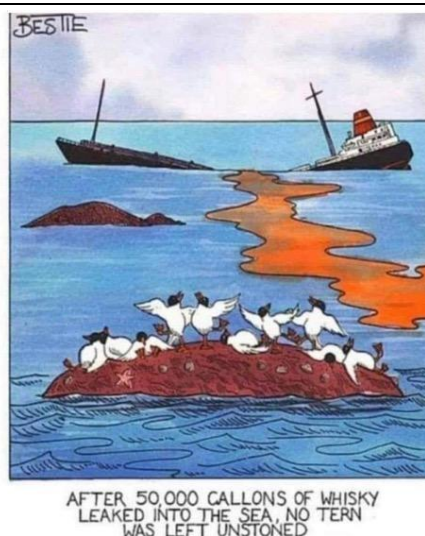
- As you finish each routine, head across to the centreline, touch the wall, and then move to the right lane rope. The lane leader moves to the right corner, subsequent swimmers 'stack up' on the right lane rope. This allows space for following swimmers to complete their swim to the wall. The last swimmer can finish and remain in the left corner. Take care moving across to the right lane rope to ensure you don't interfere with an earlier swimmer taking off on the next routine.
  - When there are lots of swimmers, then some later swimmers may need to stack on the left lane rope by shuffling anticlockwise, leaving the centre free for following swimmers to finish.
  - When the rest interval is short (less than ~20 secs) there should be only 2 or 3 swimmers on the wall between repeats. In this instance it is often better to finish on the left of centre and 'shuffle' across the wall to the right as the earlier swimmers take off again from the right corner.
- Think about what you are doing when swimming, focus on technique, work hard and enjoy the resulting endorphins and coffee!

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**PETER WILLIAMS**

We were sorry to learn last week that past member Peter Williams had died after several years of ill health. Peter joined Stadium Masters in 2007 and remained a Club member for nine years. He swam regularly in the early years, although he had no desire to be competitive.

Peter's wisdom and dry sense of humour served him well during his 19 years as a District Court Judge. He was also a longstanding member of the North Cottesloe Surf Life Saving Club and a self-confessed Dockers tragic.



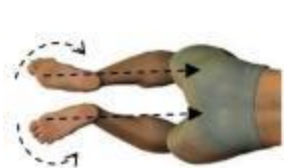
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## BREASTSTROKE CLINICS on 21<sup>st</sup> Oct and 4<sup>th</sup> Nov Barry Green and Marilyn Burbidge

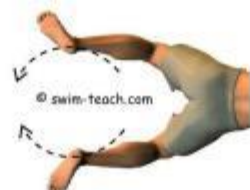
The first of Elena's two clinics dealt with the kick - in breaststroke the kick provides 60% of the propulsion. Streamlining as much as possible is essential because the arm stroke creates more drag than in other strokes.

### Drills:

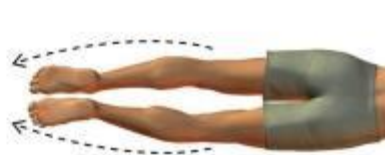
- **Vertical kick on wall:** with arms resting on the deck, hang so that quads and knees are in contact with the wall. Bend the knees (heels to butt), cock the heels to open the foot, tighten the glutes then sweep the lower legs out and back making a "round bracket" shape, bringing the ankles together with the toes pointed down
- **Kick on back:** (allows the swimmer to watch that the legs are not going out too wide). The hips should be up so as to keep the streamline and the knees don't break the water surface.
- **Kick and glide:** on the front with arms outstretched forwards, count the number of kicks for 50m. For each kick, breathe first, then move the head to look straight down while kicking and finish with a glide.



Heels drawn towards the seat and feet turn out



Heels drive back in a circular whip like action giving the kick power and motion



Kick finishes in a streamlined position with legs straight and toes pointed

In the second clinic Elena concentrated on the arm action and then integrated the kick. The sequence is to begin the arm stroke, breathe, kick and glide.

### Points to note:

- Accelerate through the arm stroke and the kick
- Separate the arm stroke from the kick so the actions don't counteract each other
- Tighten the core to keep the hips high and reduce drag

### Drills:

- Breathe, kick and glide with a board
- Form the OK sign with both hands and perform the sequence of arm stroke/breathe/kick/glide. Feel the water moving through the finger/thumb opening.
- With fins and a flutter or fly kick, stroke with OK hands, keeping hands inside the elbows and forward of the chest and holding elbows high
- With fins as above, stroke with right arm and elbow high for 50m; repeat with left arm on return 50m
- As above, squeeze the elbows together after the pull
- Remove fins, perform the arms/breathe/kick sequence and extend the glide for a slow count of three, noting how many cycles it takes to cover 50m
- Repeat without the long pause for the glide.



Vladimir Putin, wanting to get on the good side of voters, goes to visit a school in Moscow to have a chat with the children. He talks to them about how Russia is a powerful nation and how he wants the best for the people. At the end of the talk, he asks for questions.

Little Alina puts her hand up and says, "I have two questions. Why did the Russians invade Crimea? And why did we send troops to Ukraine?"

Putin says, "Good questions" but, just as he is about to answer, the bell goes and the class goes to lunch.

When they come back there is time for more questions. Another girl, Tatiana, puts her hand up and says, "I have four questions. Why did the Russians invade Crimea? Why did we send troops to Ukraine? Why did the bell go 20 minutes early? And where is Alina?"



## GOGGLE SAW

- A lane reserved sign on a Friday at HBF Stadium stating *Reserved for Stadium Masters 12:30am!*
- Barry struggling to return the new pop-out banner to its case and MSWA Executive Officer Sophie Row saving the day.
- Jil Mogy buying five tickets in the \$10 raffle because she's never won it. No luck for her, again!
- Soon-to-be member, Phyll, buying the last ticket (number 01) in the next \$10 raffle and winning!
- Lillian Hadley, an expert user of the self-serve hydraulic chair at Claremont pool, often demonstrating it to other members of the public when swimming on Mondays and Wednesdays.
- Helen and Mark's son Max being selected as Rhodes Scholar for WA for 2021. Helen has no doubt that Max takes after her!



## CLUB CLOTHING

### Available on order:

Polo shirts – 2 styles (shown right)

\$34.00 each (includes embroidery of Club logo)



Pacific blue/white



Navy/sky/silver



Fusion T-shirt hoodie (no zip), lightweight 160gm 60% Cotton/40% Polyester (shown left)

\$30.00 each (includes embroidery of Club logo)

### Secondhand items for sale:

- 1 x Mens size L full zip hoodie (shown right) \$25
- 1 x Mens size M polo shirt (earlier style) \$15



### New items currently in stock:

- Snappers swim caps \$10
- 1 x Ladies size 16 polo shirt (aqua with white piping) \$28
- 2 x Ladies size 10 polo shirt (aqua with white piping) \$28
- 1 x Mens size L polo shirt (aqua with white piping) \$28

Talk to Pamela or Tania if you'd like to order new clothing or view any of the items we have in stock. We're looking into getting a club rashie and a towelling long shirt. More information will follow.

## ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Peter Lyster, Tania Gregg, Marg Watson, Pamela Walter, Barry Green, Mark Anderson, Helen Loake, Kim Mann and Laura Chambers for their contributions. The deadline for the next issue is **Friday 11<sup>th</sup> December** and I look forward to receiving your items.

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