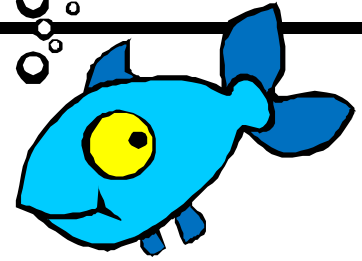


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

October 2020

PRESIDENT

Wow we are busy! With the Club Lunch, Sausage Sizzle, Club Swim, Supper after Training and our LiveLighter Carnival all by 25th October it's all go! The Club Lunch was a great success, thank you Barry, and the Sausage Sizzle was very well organised by Mark and raised \$945, thank you Mark!



Pamela, Dale, Deb and Helen on duty at our sausage sizzle. Chef Peter is busy behind the banner.

The Pool Committee

of MSWA has asked clubs to look at making pool meets shorter and snappier. One suggestion was to drop the 200m events but I had a look at last year's program and if everybody who swam a 200m event changed to 100m it would save only about 15 or 20 minutes. That didn't seem worthwhile. The only real way to save time is for the swimmers to enter only two events instead of three or to reduce the number of the swimmers. At Claremont's recent "Just 100s" with only 71 entries the whole meet was over in less than 90 minutes including some technical problems at the start. Reducing the number of events per swimmer would not be popular at all and we need to keep the number of swimmers up to cover the cost of the electronic timing at the Stadium.

As only three LiveLighter Club Challenges will be held this year, we felt that we should offer our full range of events otherwise the 200m swimmers were going to have a very poor season. So we will run 50m, 100m and 200m in all four strokes plus freestyle relays, our regular program. The key is for the clubs and the MSWA Officials to keep the heats flowing quickly without delays. Our organising team is very experienced and the electronic timing definitely speeds up change overs.

Attendances at training are continuing to improve. On Friday 2nd October 20 members came to the training session which must be some sort of recent record. We have already booked an additional lane for Sundays and have also increased the lanes for Fridays in October.

See you in the pool, Peter

RAFFLE ITEMS PLEASE

As part of our LiveLighter Club Challenge on Sunday 25th October, we'll be making up hampers for a raffle. We need everybody's help to provide non-perishable food items, wine and other small items that can be assembled into six or so attractive hampers. A container is in the cage for your contributions. It will help enormously if you can bring in your goodies asap, and definitely before Monday 19th October, so that Marg Watson and her helpers have time to pack the hampers.

Marg is also keen to receive donations of baskets or other suitable containers for the hampers.



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CAPTAIN Pamela Walter

Just 100s Short Course Sunday 30th August

Just two of our members swam at this meet run by Claremont Masters. It was the first since COVID struck and Louise and Dale both performed brilliantly:

Louise Norris	100 FR and 100 IM (inaugural); 100 BR (PB by 7 sec)
Dale Wilcox	100 BR (PB by 15 sec)

Claremont appreciated Barry and Peter's help with timekeeping.

Leeming LiveLighter 400/800 Metre LC Distance Meet 20th September

Vic Paul swam 400 Backstroke and 800 Freestyle and scored three state records: 400 Back, 400 Free and 800 Free. Onya Vic!

Supa Nova Award

Our first Supa Nova Award was presented to Jen Hauer for participating in an Endurance 1000 event within days of joining the Club. She has now gained points for us by recording very good times in two 400 Free and two 400 Breaststroke swims.

The Supa Nova award was created to encourage swimmers to try something new. There is plenty of scope here: follow Jen's lead and take part in the Endurance 1000 program, begin recording the distances you swim and aim for a Million Metre Award, try a new stroke, enter a Club Swim, an Interclub Swim or an Open Water Swim, or accept a position on the Management Committee or in a support role!



OCEAN SWIMMING STARTS SATURDAY 7th NOVEMBER Peter Lyster



While the pools were closed due to COVID-19, many of us swam at Cottesloe, Sorrento and Coogee where the beaches were shark-netted. The main group swam at City Beach between the

groynes. Everyone enjoyed it so much we have decided to trial a regular ocean swim at Cottesloe Beach on Saturday mornings starting on Saturday 7th November. The shark barrier will be installed on 1st November so the beach will be protected and Surf Live Saving patrols will be operating by then.

Masters Swimming insurance covers ocean swimming provided some common-sense rules are obeyed:

1. An experienced person is in charge to decide if the conditions are safe and to ensure everyone leaves the water at the end of the swim.
2. Not going beyond 100 metres from the shore.
3. At least two swimmers, no lone swims.

The only thing we need to decide is what time we will swim. Will we go early at 7:00 or 8:00am or a bit later at say 9:30am, which is our normal morning start time at the pool?



And very best wishes to

Madeleine Denness	16 th October
Hazel Christie	19 th October
David Hodby	22 nd October
Helen Loake	1 st November
Barry Green	2 nd November
Ann Ritchie	4 th November



WELCOME

Joy Johnson and Pat Hallett

We warmly welcome Joy (left) and Pat as Second Claim members of our club. They are both members of Claremont Masters and regularly swim with us on Wednesdays.

Kim Mann

We also welcome Kim who has joined as a full member and we look forward to reading her thumbnail sketch in the next issue of *Snappets*.

COMMITTEE DECISIONS

Peter Lyster

Main points from the Management Committee meeting held on 31st August

1. Long discussion on the format of our LiveLighter Club Challenge. A light lunch will be served only if COVID-19 restrictions are relaxed as under the current regulations only 40 people would be allowed in Crab Palace.
2. Fees for 16 months were settled at \$260.
3. Agreed to trial ocean swimming at Cottesloe Beach from early November once the shark barrier has been installed.
4. Agreed to take part in the "Let's Swim Together" program supported by MSA on the weekend of 30th October to 1st November.
5. Agreed to Pamela's proposed new fun award for a first time Endurance 1000 swim or competition entry.
6. Mark Anderson has agreed to organise the Sausage Sizzle on 3rd October.

STADIUM MASTERS SOCIAL MEDIA Tania Gregg

In order to increase awareness of our club and with the ultimate goal of increasing membership we decided to "promote" a post on Instagram on 25th September. This means a small fee was paid for a 6-day period and the post was spread to a wider audience. The photo chosen was a group of our swimmers in the pool with information on how to join our club. We finished up with 48 "Likes", 3 comments, 14 visits to our website and 11 looked at our Instagram profile. All in all 1,990 extra people were reached. 59% of those who saw our post were women, 41% men; and the most popular age range who looked at our post was 25-34 year olds, closely followed by the 35-44 year olds. We hope that this extra exposure results in an increase in awareness of our club and some new members.

Please remember to:

Follow us on Instagram  stadiummastersswimming

Like us on Facebook  Stadium Masters Swimming Club

FROM ASSISTANT RECORDER Bill Woodhouse

Here are the points accumulated for our Club in Endurance 1000 up to fairly late in September. They are looking pretty good considering the time we had out of the pool earlier in the year. Well done to Audrey and Dale who have now finished the swims they set out to do. A couple of others are nearly there and some will need to keep pushing on to gain as many points as we can for Stadium Masters. Keep it up!



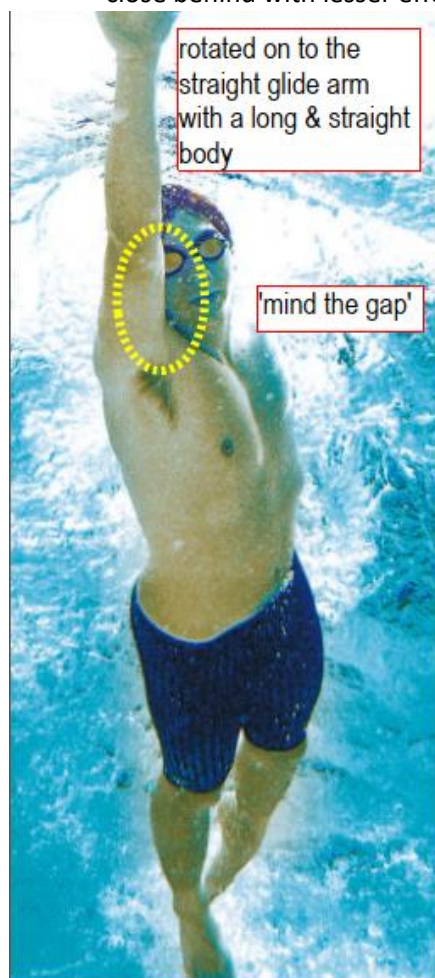
Cas	646	Audrey	373	Sara	34	Barry	5
Pamela	427	Dale	255	Peter	20	Jackie	5
Merilyn	400	Brett	208	Anne	15	Gavin	3
Bill	395	Vic	155	Jen	8	Graham	3

TECH TIP: Position, position, position **Mark Anderson**

Real estate agents tell you it's all 'location, location and location'. A similar mantra for swimmers should be (body) 'position, position and position'. If your body position isn't minimising drag then it all becomes rather hard work. Drag is the force trying to stop you: if there were no drag, you could do a few arm strokes then glide the entire length without losing any speed.

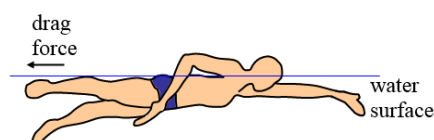
You might recall that drag increases as the square of your speed (*Snappets* Feb-2020 Tech Tip), not linearly - it's much worse than that. This means that going faster is a lot tougher unless you do something to decrease the two main components of drag:

1. Frontal area – sort of how 'arrow like' you are; and
2. The watery mess you leave behind you – the same mess that allows following swimmers to cruise along close behind with lesser effort.



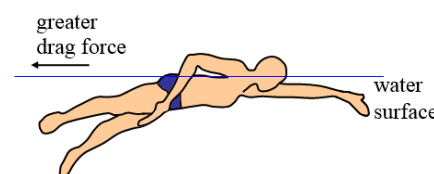
In freestyle you can help to minimise your frontal area by keeping your shoulder and upper arm alongside your cheek (no gap – yellow oval). As you rotate on to your glide arm and fully stretch out, minimise cheek-arm separation and lengthen your body (S-T-R-E-T-C-H). From there you cock the hand-wrist-forearm to the Catch, trying to maintain the elbow up and forward (Early Vertical Forearm or 'around the beach ball'). Then it's time to pull and simultaneously rotate back the other way because the other arm should be just entering the water and it's time for that arm to stay close to the other cheek.

Minimise the watery mess behind by maintaining your hips and legs up near the surface in a flat body position, keeping your legs relatively straight, toes pointed, and kicking within the 'zone' of your body using just around 30cm amplitude kicks.



Good body position drills are:

- Downhill Float
- Log Roll
- 12 Kick Switch



YouTube videos showing details of these drills can be found readily by googling the name of the drill.

Every time you swim you should be trying to improve body position. Ask your Coach if you want to know more!

DIARY ENTRIES FOR OCTOBER AND BEYOND

Date	Event	Time	Venue
Sat 10 Oct	Club Swim in Long Course	1:00pm	HBF Stadium
Wed 14 Oct	Management Committee meeting		
Tues 13 Oct	Supper after training	8:00pm	Wembley Tavern
Wed 21 Oct	Elena's clinic: Breaststroke 1	9:30 – 10:30am	HBF Stadium
Sun 25 Oct	Stadium Masters LiveLighter LC Club Challenge	8:00am warm-up	HBF Stadium
Fri 30 Oct	Come and Try session	1:15pm	HBF Stadium
Sun 1 Nov	Come and Try session	9:15am	HBF Stadium
Wed 4 Nov	Elena's clinic: Breaststroke 2	9:30 – 10:30am	HBF Stadium
Sun 8 Nov	Lake Leschenaultia OWS	morning	Lake Leschenaultia
Wed 11 Nov	Council of Clubs meeting	6:30pm	RLSWA
Sun 15 Nov	Fremantle LiveLighter LC Club Challenge	morning	Fremantle
Wed 25 Nov	Starts, turns, finishes in all strokes	9:30 – 10:30am	HBF Stadium
Wed 25 Nov	Management Committee meeting		

ELENA NESCI'S BACKSTROKE CLINICS, 2nd and 16th September Barry Green

Here are some key points to remember.

Breathing: Keep breathing regular and rhythmical and don't hyper-ventilate. When to breathe in is an individual choice, either on the same arm stroke every cycle or on every other cycle.

Body position/alignment: Keep hips high and legs up to reduce drag.

Kick: It is essential to maintain a 3-beat kick per arm stroke. Kick from the hip and not from the knee. Some knee bend is OK, but not too much.

Rotation: Keep the head still while rotating the body.

Arm stroke: Keep the arm straight on recovery above the water. The stroke below water is more complex. With palm facing outwards, the hand enters, little finger first; with the elbow bent and pointing in the direction you are moving, catch the water on forearm and hand for the pull, then push palm down to thigh.

Timing: There is no glide in single-arm backstroke.

Drills

1. Vertical kicking, with fins, from the hip not from the knee. If the kick is good the body will rise so that the shoulders just break the water surface. Do not scull!
2. Kicking a length with good body position, firstly with fins and then again with no fins. Start off kicking vertically, then tilt the body backwards to lie in the backstroke body position without letting the bottom sag. Keep the hips near the water surface, the eyes looking straight upwards and the arms at the sides. A common difficulty is going off course due to an asymmetrical kick, so try to kick symmetrically.
3. As for 2 but after the start of the horizontal body position phase raise the arms behind the head either in position 11 or with hands clasped. Try with fins and then again with no fins.
4. "Rotisserie": As for 2, adding rotation from the hips, not shoulders, firstly with fins and then no fins. Keep head still.
5. As for 2 but after the start of the horizontal body position phase initiate single arm strokes for the whole length. The little finger enters first and at the catch you "put your arm around your friend" (i.e. bend the elbow) to catch and hold more water. Try with fins and then with no fins.



GOGGLE SAW

- New member Guillaume Hauer teaching yoga in French at a local primary school. Lucky girls and boys!
- Sara as Father Christmas, mounted on her horse dressed as Rudolph with Sophie the elf, and winning a handsome trophy at a recent show.
- Coach Anne Edmondson rewriting the Wednesday training program on the whiteboard when she realised that she'd written it upside down the first time. A lesser mortal would have left it as it was as an extra challenge to the swimmers!
- Audrey completing her last Endurance 1000 swim for 2020, an 800m Backstroke, and taking 1:30 (that's 1.5 minutes!) off her previous time after participating in Elena's clinics.

- The Walters and the Burbidges enjoying a slow-paced day in and around Dryandra Woodland where one of the highlights was a long look at a reasonably obliging, foraging echidna. Two of the four were lucky to see a numbat, too.





Ann and Dee, both swimmers, gardeners and skillful cooks, at Ann's Bluebells morning tea

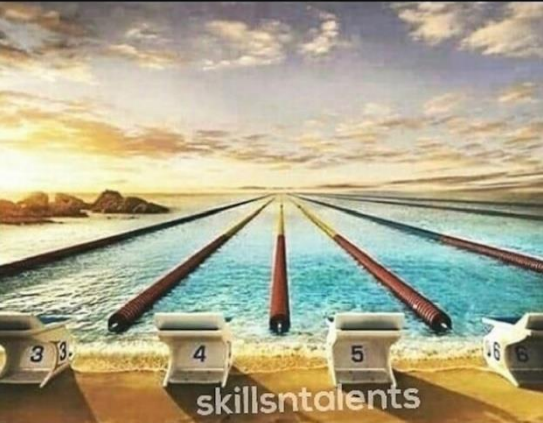
SOCIAL MEMBERS NEWS

Marg Watson

Both groups continue to be active in the pool now that the warmer weather has arrived. Numbers are steady, which is one of the advantages of swimming together. And to celebrate the coming of Spring Ann Ritchie had a 'Bluebells morning tea' in her garden following the Monday swim. About a dozen of us enjoyed the sunshine, the spring flowers and the home-made profiteroles! The Claremont Pool Cafe opened for the summer months on 1st October. Sadly, we won't have Fred to spoil us this year.

Other snippets - Lillian had her second hip replacement recently and is doing very well, "much better than the first time", she is happy to report. Twelve Social members made up two tables at the annual birthday lunch and June Maher was thrilled to receive her 25-Year Membership certificate.

HOW IT FEELS GOING FROM SHORT COURSE TO LONG COURSE



ANNUAL CLUB LUNCH AND PRESENTATIONS

Barry Green

For our club's 28th birthday celebration, thirty-three members and friends gathered at the Herdsman Lake Tavern on 26th September. One of the founding members, Hazel Christie, who is now a social member, was present. Although the annual club birthday celebration is normally held in June or July, this year the pandemic has delayed it until now.

The five tables of guests seemed deep in conversation and enjoyed the food and drink and good company. Club President, Peter Lyster, presented membership certificates to those who qualified, Sara Cann (5 years), Anne Edmondson (10 years) and June Maher (25 years) and Barry presented Peter Lyster with his 5-year certificate! Gavin Cull, Helen Loake and Louise Norris all qualified for 5-year membership certificates but were unfortunately not present. Pamela Walter presented certificates to those who, in 2019, had achieved a top-10 ranking for their swims either in the state or nationally. Peter pointed out that all times recorded at interclub events, Endurance 1000 and club swims are collected by Pamela and submitted by recorder, Chandra Veliath, to Masters Swimming Australia. This work is greatly appreciated.

FROM MARY WILLIAMS IN MELBOURNE

Ed: *We enjoy Mary's company in the pool when she and her husband come to Perth, normally every year, to visit two of their sons who live here.*

On 29th August Mary wrote:

"I have to admit to being green with envy after reading the September edition of *Snappets*. The photos remind me of another world – of swimming and socialising – that came to a full stop here way back in March. Months later, there's nothing to indicate when we might be able to get back in the water. Our club leaders at Malvern Marlins are doing a brilliant job of keeping up morale by encouraging us to participate in a range of imaginative lockdown-appropriate and land-based challenges. But there's nothing to match the delight and freedom of pulling on the bathers and heading off to the pool, to catch up with friends and together face up to whatever the coach dictates!

Spring is in the air here and masked people happily acknowledge one another as we take our 1 hour of exercise, walking within a 5km radius of our homes. I think there's a sense of neighbourliness and community developing now that all of us are forced to slow down and stay within pretty circumscribed boundaries.

Six of our family members are working in public hospitals in Melbourne. I sense, and share in, their growing anxiety at the unpredictability of this virus. Thank goodness they're well and we hope and trust they'll stay that way.

The COVID-induced building restrictions mean that our plans to move into our new retirement apartment are up in the air. We had hoped to move in in early October but now I think we'll be lucky if the building is ready by mid/late December. For a brief moment we considered spending this waiting time in Perth, but the thought of weeks in quarantine as well as uncertainty about the spread of the virus has clipped our wings. So, I guess we won't be travelling to the West for quite some time yet.

In the meantime I'll keep you all in mind as you enjoy the 'the vastness of the outdoor pool'.
Sending my best wishes,
Mary Williams"



A Texan farmer goes on vacation to Australia. There he meets an Aussie farmer and gets talking. The Aussie shows off his big wheat field and the Texan says, "Oh! We have wheat fields that are at least twice as big as that."

They walk around the farm and the Aussie shows off his herd of cattle. The Texan immediately says, "We have longhorns that are at least twice the size of your cows."

The conversation has, meanwhile, almost died when the Texan sees a herd of kangaroos hopping across the paddock. He asks, "And what are those?"

The Aussie replies with an incredulous look, "Don't you have grasshoppers in Texas?"



ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Peter Lyster, Tania Gregg, Bill Woodhouse, Marg Watson, Pamela Walter, Barry Green, Mark Anderson, Audrey Bullough and Mary Williams for their contributions. The deadline for the next issue is **Friday 6th November** and I look forward to receiving your items.

Merilyn Burbidge

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