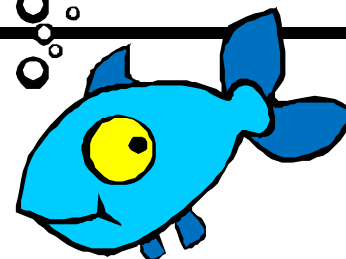


# SNAPPETS



Stadium Masters Swimming Club Inc

[www.stadiummasters.org.au](http://www.stadiummasters.org.au)

April 2021

## PRESIDENT



The State Championships, in Mandurah, was run in short course mode, the first time for many years. As a result many State and Club records were broken. (Pamela reveals more in her Captain's segment.) Pamela and Deirdre both gave outstanding performances and won their age groups. Brett swam in 14 events!

The next event in the calendar is our own 1500m Distance Swim on Saturday afternoon 15<sup>th</sup> May in the outdoor 8 lane pool. Most years we get very few entries from our club members and I hope we can improve on that this year. It's not a race; it's really a time trial. You swim against the clock and you start when the previous

swimmer in the lane has completed their swim. You can choose freestyle, backstroke or breaststroke and you can use the results towards your Endurance 1000 swims.

The indoor pool at HBF changes from long course to short course on 25<sup>th</sup> April. We have lanes booked in the outdoor 10 lane pool until the end of May and then we move inside on 1<sup>st</sup> June. If there are days in May when the weather is especially nasty, then the coaches can move the session inside if lanes are available.

Last year due to COVID we swam at City Beach up to the end of May, when the pools reopened. The temperature in the ocean was still OK. This year about a dozen members swam at Cottesloe on Saturday mornings within the shark barrier. The net has now been removed for storage but we hope to keep the beach swim going on Saturday mornings for a little longer.

See you in the pool, Peter.

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**Please help! There is an urgent need for new people to come forward to help run our club and reduce the work load on those generous folk who have given years of service and now need a break.**

#### **These are the most pressing areas:**

- Helping Pamela to organise club swims, arrange relay teams, determine award winners, encourage participation, maintain the stopwatches.
- Club Recorder: Keeping Club records up to date (best times for events in the various age groups), uploading entries, operating computer software in the Recording Room and producing event results at the inter-club meets that we host.
- Social: Help with organising social events.

It's definitely time for new blood, so please talk to Peter on 041 909 566 or [phjl@westnet.com.au](mailto:phjl@westnet.com.au)

## CAPTAIN Pamela Walter

### MSWA State SC Championships Mandurah 27/28<sup>th</sup> March

Last year the State Swim had to be cancelled because of COVID-19 and this year people seemed to be doubly enthusiastic, with around 240 swimmers expending loads of energy in Mandurah's short course pool. Our team of 17 came a respectable sixth of 27 clubs. Well done to Phyll Tiller and Heather Rhebok for swimming strongly in their first interclub.

Four of our relay teams won their events, each scoring 20 points. Our Women's 4 x 50 medley 320-359 team of Audrey (Back), Cas (Breast), Marilyn (Fly) and Dee (Free), created a State record – before now there had been no short course record in this event. Nor is there a state or national record for the 360-399 age group in this event but there is a world record so hang in there girls! This team and the Mixed 4 x 50 medley 280-319 team of Barry (Back), Marilyn (Breast), Heather (Fly) and Peter (Free) broke Club records. Individual performances are recognised in the table below. First find your magnifying glass!



Thanks to Marg Smithson for organising the excellent accommodation and to Lesley, again, for her long stint of timekeeping over two days. I hope everyone enjoyed themselves. (Ed: Pamela always omits to mention that she played her part as an official, so thanks to her, too!)



By the end of the first day it was chilly at the pool but those who stayed in Mandurah soon warmed up over dinner: Brett, Peter, Barry, Pamela, Jil, Marg, Sara, Dee, Audrey

Phyll Tiller	25FR, 50FR, 100FR, 25BA, 50BA, 25BR, 50BR, 100BR (all inaugural)
Cas Brown	50FR, 100BA (best since 2019/PAB); 100FR (best since 2017/PAB); 200FR (best since 2016/PAB); 200BA (best since 2012/PAB)
Audrey Bullough	200FR, 50BA, 200BA (all best since '19/PAB)
Bill Woodhouse	50FR, 100 IM (best since 2019); 50BR (best since 2016/PAB)
Peter Lyster	100FR (best since 2015/PAB); 50BA (inaugural); 25BU (best since 2019)
Anne Edmondson	25FR, 200FR, 25BA, 50BA (all best since 2017/PAB); 100BA, 200BA (both best since 2015/PAB)
Marilyn Burbidge	25FR, 25BA (best since 2019); 50BR (best since 2018)
Barry Green	50BA, 100IM (both best since 2018/PAB/CR); 25BR, 50BR (both best since 2018/PAB); 25BA (best since 2017/PAB/CR); 25FR (best since 2016/PAB)
Sara Cann	50FR (PB); 25FR, 100BR (both best since 2019/PAB); 25BR, 50BR (both PB); 25BA (inaugural)
Pamela Walter	25BR, 25FR, 25BA, 200BR (all best since 2018/PAB); 200BA (best since 2017/PAB); 50BR (best since 2017/PAB/CR); 25BU (PAB/CR); 50BU, 100IM (both best since 2018/PAB/CR); 200IM (best since 2016/PAB/CR)
Marg Smithson	25FR, 25BA (both best since 2019/PAB); 100FR (inaugural)
Dee Stephenson	200FR (best since 2012/PAB/CR)
Jil Mogyorosy	25FR, 50FR, 100FR, 200FR, 25BA, 100BA (all inaugural); 50BA (best since 2006/PAB)
Heather Rhebok	50FR, 100BA, 25BU (all inaugural)
Laura Chambers	200FR, 100BA, 25BU (all inaugural/CR)
Brett Jago	200FR (PB/CR); 50FR, 100FR, 50BR, 100BR (all PB); 25BA, 50BA (both inaugural); 25BU (best since 2019/PAB)
Dale Wilcox	25BR, 100BR (both PB)



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## WELCOME

We enthusiastically welcome Sue Woodward and Heather Rhebok to our Club and wish them heaps of “fitness, friendship and fun” as they enjoy their new swimming experiences. Here are a few words from Sue:



### Sue Woodward

*“I grew up in a small country town in the Mid-west of WA which had a 50 metre swimming pool. After a 35°C day at school, swimming 30 laps was the best thing to do! Later when my sisters and I were at boarding school and university, we would come ‘home’ for Christmas holidays and teach Vac-Swim. I enjoy swimming all strokes, but my favourite is butterfly, which my sister taught me at the local pool one hot day when we were bored. I love the rhythm and powerful feeling of diving through the water, when I’m fit enough and get the timing right!”*

*Thank you to everyone for your warm welcome and the encouragement you’ve given me since I started with Stadium Masters. It was just what I needed to get swimming again.”*



24 <sup>th</sup> April	Csilla Rankin	3 <sup>rd</sup> May	Sara Cann (50!)
25 <sup>th</sup> April	Geoff Lane	7 <sup>th</sup> May	June Hough
27 <sup>th</sup> April	Lynda Joachim	19 <sup>th</sup> May	Richard Diggins
28 <sup>th</sup> April	Joy Johnson	25 <sup>th</sup> May	Jennie Bolton
30 <sup>th</sup> April	Carmen Harrison	27 <sup>th</sup> May	Tricia Summerfield
		30 <sup>th</sup> May	Kim Mann

Extra special greetings to Sara who will soon reach her half century!

*“Just remember, once you’re over the hill you begin to pick up speed” Charles Schulz*

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## TECH TIPS Mark Anderson

### Stuck in the middle

We know what we should be doing with our arms and legs when swimming Freestyle – but what about the bit in the middle? The swimming paradox is that although your arms and legs should be relaxed, your core should be strong and engaged. An engaged core (glutes to upper spine) helps to make you more like a torpedo, maintains alignment during rotation, and better connects your arms to the large muscles on your back (‘lats’) for more efficient propulsion.

What does an engaged core and good swimming posture feel like? You should feel like you are swimming ‘tall’, separating your pelvis from your rib cage – but with your tummy tucked in. This way you will feel stretched out and your torso should be tight. Combined with this you should be lightly squeezing your bum cheeks together – as if you are trying to hold a coin there!

An exercise you can try to help get the ‘engaged feeling’ is the “Y-T-W-L” (like the ‘YMCA’). Stand tall, keep your back straight (not arched) with stomach in, shoulders back and chest forward. In turn hold each of the Y-T-W-L positions for about 10 seconds and repeat about 5 times.



So, swim tall .... and don’t drop that coin! (Ed: Or, as Elena Nesci would have it, that \$50 note!)





## GOGGLE SAW

- Louise winning the \$10 raffle three times in a row and in her final coup she had bought the last ticket!
- Pamela and Phyll at the States, following Anne and Peter L's lead and wearing eye-catching, identical new bathers.



- Sara arriving at swimming in her new little red electric car! It will be wonderful on wet days even though the journey takes twice as long as it does on her electric bike!



Jackie swapping bathers for back pack in the tall timber somewhere between Balingup and Pemberton on the Bibbulmun Track.

## A FEW QUOTES

*When the white missionaries came to Africa they had the Bible and we had the land. They said 'Let us pray.' We closed our eyes. When we opened them, we had the Bible and they had the land.*  
Desmond Tutu

*I've been married to a communist and a fascist, and neither would take out the garbage.* Zsa Zsa Gabor

*If God had intended us to fly he would have made it easier to get to the airport.*  
Jonathan Winters

*I have kleptomania, but when it gets bad, I take something for it.* Robert Benchley

## SOCIAL

### News of Social Swimming Groups Marg Watson

Cooler weather has not deterred swimmers at both Claremont and Bold Park, with good numbers at each venue. Busy time on the social scene, too, with several birthdays, and a house-warming for Patrick, celebrated with after-swim coffee and cake. We've welcomed a new member. Jennie Bolton is a relief teacher and swims when she can with the Monday group. The latest news is that the Claremont pool will be closed for 10 weeks from mid-June to early September. This presents the opportunity for both social groups to swim together at Bold Park, but no decision on times has yet been made. It is important to keep the momentum going throughout the winter months.

Keep on swimming!



## Rockingham Open Water Swim Pamela Walter



On a warm Sunday in March nine swimmers set off for a social swim from the jetty where the ferry leaves for Penguin Island accompanied by a power boat and a paddler. The clear water and sandy bottom made for a pleasurable swim with schools of tiny fish darting here and there.

Pamela and Anna completed the course (about 4.5km); Anna's daughter Edith made it nearly as far but was struck by a stinger and hopped out to walk along the beach.

Peter and Marilyn stopped at about the 3km mark, but not before Marilyn had led Peter in the direction of Rottneest. Both admitted they'd been taken right out of their comfort zone and that was further than Peter had ever swum continuously before, in ocean or pool. Helen, Joy, Tania and a friend Sharon stopped a bit earlier to watch a dolphin playing near the shore – the others missed it! The four march past girls had already been to a training session that morning for their team in the big surf life saving carnival the following weekend.

Thanks to Phil who provided and skippered the boat and Graeme who helped, Andrew who paddled and all of them for keeping a watchful eye on the swimmers. Thanks also to Ros from the Walter Clan who waited on the beach, welcomed swimmers as they staggered out of the water and showed them back to the shack. Lunch there, al fresco, was a relaxed, chatty affair.

From the responses I have had - many remarked that the location, the shallow water and the back-up team made them feel safe - it was a very successful day and one that we might repeat.



## Twilight Mini Golf Pamela Walter

Mini golf at Wembley was great fun for the 30 players. Most stayed for dinner at 300 Acres.

Michelle (score of 50), Graeme and Joy (both 53) and Barbara (57) won gold, silver and bronze club Olympic badges, though it must be noted that Michelle doubled her score because she played just

nine holes! She also won two ducks for sinking two birdies. Chivalrous Peter won lots of plastic toys for his bath for retrieving a maiden's ball from a water hazard. (Makes me laugh just thinking of it!) On the hole with the football goal posts, Jil managed to hit the posts twice and watched her ball return to her. Later she hit out of one of those annoying drains only to see her ball come back to her feet four times! Jil well deserved the yo-yo award. In good swimming-related style it had a frog on the front. Thanks to new member Sue who made the badges and located and bought all the prizes.



Jil had some competition for the yo-yo award! Who owns these legs?



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## OUTSIDE THE BOX

*Ed: This is the debut of a new segment in which members tell us about their out of the ordinary experiences. Thanks to David for setting the ball rolling. I fervently hope that his amazing story will trigger other people's memories and inspire them to share unusual happenings in their own lives. Fill my inbox! (mburbidge@westnet.com.au).*

### **It Began with an Idea                  David Hodby**

In early 2010 I heard about a swim across the Hellespont Strait near the Dardanelles in Turkey. Each year on 30<sup>th</sup> August the shipping channel, one of the busiest in the world, is closed for two hours and swimmers race across from the Gallipoli or European side to the Asian side, a distance of about 6.5km.

The story behind the swim was that in Greek mythology a young man, Leander, lusted after a girl, named Hero (yeah I know it's an unlikely name) who lived in the college of Aphrodite on the other side of the Strait. Every night or so Leander would swim across while Hero stood on a cliff holding a lantern to guide him. They would then conduct their illicit dalliance and he would swim back. One stormy night the lantern blew out and Leander lost his way and drowned. When his body washed up the next day Hero, in grief, leaped into the water to join him in the afterlife.

Enter the poet, Lord Byron. He was born club-footed which made walking very laborious but he was quite at home in the water. In 1810 Byron proved the swim was possible when he made the crossing doing breaststroke (two hands together above the waterline at the finish of course). 2010 was the 200<sup>th</sup> anniversary of Byron's swim. Many people had entered so, even though I hadn't done much swimming, I thought I would give it a crack. I failed.

On the day of the swim the water was choppy. It was dark and deep and foreboding with a strong current and .... No excuses, I was just plain scared and returned to the shore after 50 metres. The humiliation of having to catch the slow public ferry back to the finish line dressed in just my swim cap, goggles and Speedos and then explain to my everlovin' wife why I didn't make it was devastating.

Back home, I was determined to try again, joined a Masters swimming club, attended the coaching sessions and entered all the open water swims I could. I went back to Turkey in 2011 with my son and daughter, both good swimmers, for moral support, and did it. Best day of my life!

That swim stimulated me to enter other swims, far and wide, including the one from Alcatraz, across Sydney Harbour, Bondi to Bronte and fabulous swims off both Cocos and Christmas Islands. Swimming with the whale sharks off Exmouth is also a highlight.

Club swimming provided me with fitness for other physical activities. In 2013 I trekked the Kokoda Track and in 2017 climbed Kilimanjaro among other things. Masters swimming has been a big and enjoyable part of my life since that first Dardanelles Swim and I recommend to anyone to give it a go.



At the summit of Kilimanjaro with my guide Joseph. Believe me it was cold!

## SUPERSNAPPERS

Heartiest congratulations to joint SuperSnappers Pamela Walter and Dee Stephenson for winning their age groups at the State Championships in Mandurah, Pamela 70-74 and Dee 85-89!



### **ENDURANCE 1000**


Please leave your E 1000 file in the cage by the end of April for Bill to enter your times.

## BERNIE WEST

Long-term Club members will fondly remember Bernie who died this week. He was a member for 13 years and swam for the exercise, never in competition. Bernie's great gift was his ability to entertain at social gatherings by playing the piano. He didn't need musical notation - couldn't read it anyway and relied on his incredible ear to pick up and remember tunes.

### STADIUM MASTERS SOCIAL MEDIA Tania Gregg

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Members, please follow us.

### Stadium Masters bank details

BSB 036 063  
Account # 162984

### ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Peter Lyster, Marg Watson, Pamela Walter, Barry Green, Mark Anderson, Tania Gregg, Bill Woodhouse and Sue Woodward for their contributions to this issue. The deadline for the next issue is **Friday 28<sup>th</sup> May** and I look forward to receiving your items.

Merilyn  
[mburbidge@westnet.com.au](mailto:mburbidge@westnet.com.au)

### Can you answer the questions?

I'm soooo disappointed that nobody has come to me with answers to these questions posed in the Feb issue:

- What's the name of the dog in Footrot Flats and
- Is 2021 a prime number?

Maybe you need more time so I'll hang on a bit longer!



Jil, Heather, Pamela and Anne may not have won their relay at the States but they're a happy lot!



### Have you lost your Snappers swimming cap?

A cap has been found and will be in the cage after the lockdown is over.

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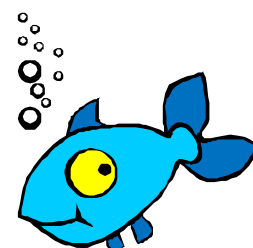
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## DIARY ENTRIES FOR APRIL AND BEYOND

Date	Event	Time	Venue
Sun 25 April	Indoor pool changes to short course mode	-	HBF Stadium
Wed 28 April	Freestyle Clinic #1	9:15am	HBF Stadium
Tues 11 May	After Training Dinner. All welcome	8:00pm	Friendship Vietnamese
Wed 12 May	Freestyle Clinic #2	9:15am	HBF Stadium
Sat 15 May	Stadium Masters 1500 LC Distance Swim	12:00 warm-up	HBF Stadium
Wed 26 May	Committee meeting		
Wed 2 June	Backstroke Clinic #1	9:15am	HBF Stadium
Wed 2 June	Council of Clubs meeting		
Wed 16 June	Backstroke Clinic #2	9:15am	HBF Stadium
Sun 20 (or 27) June	Stadium Masters Swim for Memory	morning	HBF Stadium

## STADIUM MASTERS SWIMMING CLUB

### SWIM FOR MEMORY



Please make up a team to join in the

## 2021 ONE-HOUR MIXED RELAY CHALLENGE

### “SWIM FOR MEMORY”

for the

## AUSTRALIAN ALZHEIMER’S RESEARCH FOUNDATION

8:00am to 12:00noon, Sunday 20<sup>th</sup> (or 27<sup>th</sup>) June 2021

HBF Stadium, Stephenson Avenue, Mt Claremont in the indoor 25 m 8-lane pool

Club members and their family and friends are invited to enter mixed (freestyle) teams of four with any combination as long as there is at least one different gender. Masters swimming relay age groups apply, with the addition of 52-63 and 64-71 to accommodate younger family members. Each swimmer may enter in one age group only. Two teams may share a lane by mutual consent.

- Event registration for each relay team is \$40 to cover the administration and running of the event.
- Online donations are preferred, using <https://www.justgiving.com/fundraising/swim-for-memory>  
Please add your team name after your surname when making a donation. Donation sheets will also be made available before the event and can be used to hand in money on the day.
- Please process and email your team entries (name of team, names and ages of swimmers, plus estimated team swim distance in the hour) to Barry Green at [barryjohnngreen@yahoo.com.au](mailto:barryjohnngreen@yahoo.com.au).
- Entries close at midnight on Wednesday, 16<sup>th</sup> June.
- To assist in running the event teams are asked to supply a timekeeper/recorder for their swim.
- Trophies will be awarded following the event.

More details will follow soon but now is the best time to get your team together.