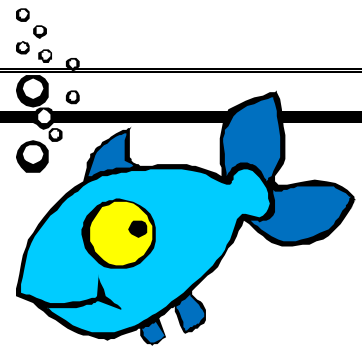


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

Aug 2021



PRESIDENT

Hello everyone,

Did you watch the swimming at the Olympics? Wasn't it fantastic, the Australian team was terrific. There were great performances, Emma McKeon winning 4 golds and 3 bronze; Ariarne Titmus' great swims against Katy Ledecky of the USA and winning; Cate Campbell winning two golds at her fourth Olympics and many more. For me the most exciting individual swim was Kyle Chalmers doing his come from behind swim only to miss gold by 6 hundredths of a second. The precision of the relays was outstanding, I would have loved to see the reaction times between one swimmer touching and the next swimmer's toes leaving the block.

And now the Paralympics have started and lots more swimming to come. Talking about the Paralympics have you listened to the podcast about the early Paralympics featuring our Elizabeth Edmondson and two wheelchair basketballers? It makes fascinating listening and Elizabeth comes across very well. She was only 14 when she went off to Tokyo in 1964 and won three golds. What an adventure for a young 14 old. I was aware of that performance but I had not realised she also went to the 1968 games in Tel Aviv and won two more golds and one silver. Well done Elizabeth. The Editor has the details of the podcast in the newsletter.


We have lots of competitions coming up starting with the Groper relays run by Claremont. This is a relays only event and is great fun. I love the 4 x 25m relays. Then it's not long to the Masters Games in October - provided COVID does not disrupt them. Finally on 24th October we have our own Club Carnival. We want as many members swimming in it as possible but we also need the full squad of volunteers to help run it.

On a sombre note we have had a lot of serious illness in the club recently with Pamela, Marilyn, myself and now Barry. Let's hope that is the end of it and everybody makes a good fast recovery.

See you in the pool - Peter

STADIUM MASTERS SOCIAL MEDIA Tania Gregg

Follow us on Instagram  [stadiummastersswimming](https://www.instagram.com/stadiummastersswimming)

Like us on Facebook  Stadium Masters Swimming Club

Members, please follow us.

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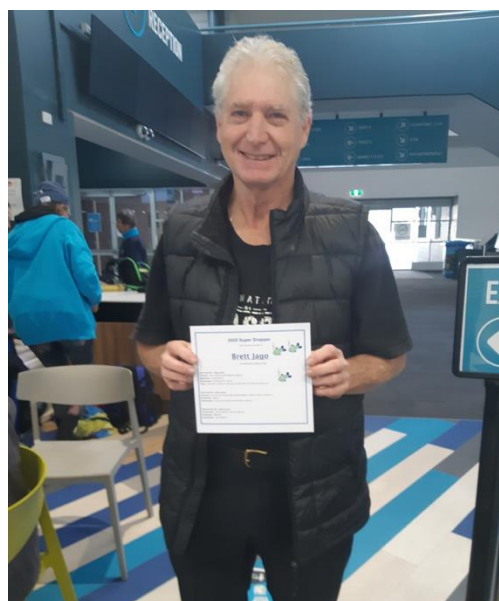
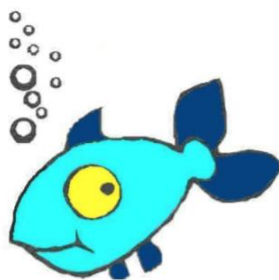
Birthdays / Goggle Saw / Wander out Yonder

P.S Here is the link for Elizabeth's podcast Peter mentioned:

https://www.abc.net.au/radionational/programs/sporty/early-days-of-the-paralympics/13502128?fbclid=IwAR3DbeFIJ2gLfAwY0vydufAYz2StRmbr636xaL8q_H5XggwFp_wKSDJj98

TOP TEN AWARDS

In 2020 of the 36 full members, 27 swam in at least one LLCC meet during 2020. However 31 members gained a state top ten ranking and 21 of those also got into the National top ten. Congratulations to everyone.



UPCOMING CLINICS WITH ELENA



We have scheduled in some dates with Elena for some clinics during September and October – all scheduled for the Wednesday morning sessions:

- 1st September - Backstroke Clinic # 2
- 22nd September - Breaststroke Clinic # 1
- 13th October - Breaststroke Clinic # 2
- 27th October - Butterfly Clinic

JULY CLUB SWIM RESULTS

Club Swim – Sat. 24th July - short course – outside 10 lane pool

| | Stroke/ distance | Time | comparison |
|--------------------|---------------------|----------------------------|------------------------|
| Sue Woodward | FR25 | 24.50 | inaugural |
| Bill Woodhouse | FR25 | 18.12 | Best since '20 |
| Cas Brown | BA25 | 33.01 | PAB best since '19 |
| Sue Woodward | BA25 | 31.80 | inaugural |
| Bill Woodhouse | BR25 | 29.75 | best since '19 |
| Deirdre Stephenson | FR50 | 1:22.22 | best since 2020 |
| Cas Brown | BA50 | 1:14.69 | best since '20 |
| Audrey Bullough | BA50 | 1:22.20 | PAB best since '18 |
| Pamela Walter | BA50 | 59.80 | PAB best since '20 |
| Sue Woodward | BU50 | 31.34 (25) 1:07.18 (50) | inaugural inaugural |
| Barry Green | BU25 | 25.74 | PAB best since '18 CR |
| Bill Woodhouse | BU25 | 27.51 | PAB best since '19 |
| Pamela Walter | BU25 | 24.97 | PAB best since '19 CR |
| Audrey Bullough | BR25 | 51.18 | PAB best since '18 |
| Cas Brown | BR25 | 37.26 | best since '20 |

SOCIAL SNAPPERS CORNER

According to the council web-site, Claremont pool was closed to have "the head-wall tiles replaced and black lines upgraded". It is due to open on 6th September. (But, we'll just have to wait and see).

To help us snap out of our winter hibernation, Patrick invited us to coffee at his place on Wednesday 25th August. It was his belated birthday, and our chance to catch-up! And we should have a better idea, by then, as to the actual re-opening date - and with the weather warming up and the winter woes waning it will be good to get back into the routine of swimming together.



The smaller (but just as keen) Bold Park group have taken a break over the colder months. They meet regularly for coffee, and look forward to the warmth of Spring.

Footnote: Claremont pool will be closed until October 2021 according to their website....

EVENT WRAP-UP



Riverton LLCC

| Swimmer | Event | Time Swum |
|------------------|--------------|-----------|
| Sara Cann | 100 m breast | 2:59.89 |
| Sara Cann | 50 m breast | 1:17.73 |
| Sara Cann | 50 m free | 1:15.88 |
| Sophie Wilkinson | 100 m free | 1:52.26 |
| Sophie Wilkinson | 50 m back | 1:07.21 |
| Sophie Wilkinson | 50 m breast | 1:16.24 |
| Phyll Tiller | 100 m free | 1:53.20 |
| Phyll Tiller | 50 m back | 58.91 |
| Phyll Tiller | 50 m breast | 1:12.40 |
| Barry Green | 200 m back | 4:41.74 |
| Barry Green | 100 m back | 2:09.88 |
| Barry Green | 50 m breast | 59.79 |

The Riverton LiveLighter Club Challenge was held on the 18th July 2021. A team of four from Stadium Masters competed – Barry Green, Sara Cann, Phyll Tiller and Sophie Wilkinson.

Dale would have made it five members but had to withdraw because of the flu! There were about 106 swimmers registered for this event and 22 teams.

In the end our team came 11th with 37 points, which given the 3 swims each represents an average of 3+ points per swim. The awesome foursome didn't do too badly. Nevertheless, the handicap prize was actually won by Armadale 3 swimmers (9 swims) for 35 points)! Overall winning club was Superfins.



BIRTHDAYS **being celebrated in August & September**

AUGUST

Margaret Watson 4 August

SEPTEMBER

Vic Paul 6 September
Dale Wilcox 16 September



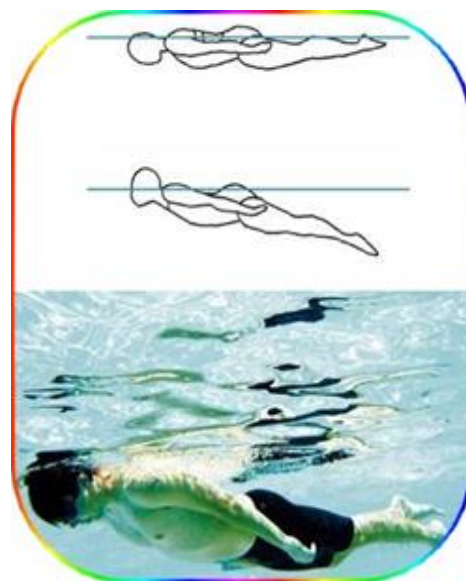
TECH TIPS WITH MARK

Position, position, position – #2

We looked at body position and drag minimisation in Snappets Oct-20 – but let's go back to fundamentals. Efficient freestyle is built on a good flat (level) body position. But we have more buoyancy in our top half (lungs) which raises the chest and lowers the leg, naturally resulting in an 'uphill' floating position. We need to achieve a 'downhill' floating position by shifting our weight forward using our core muscles.

There are 3 basic drills that assist with body position: the Downhill Float; the Log Roll, and; the 12 Kick Switch. Let's look at the **DOWNHILL FLOAT** which is good for:

- Learning to shift weight to achieve a downhill floating position
- Understanding the importance of a correct head position
- Feeling effective core tension and stability.



Steps:

1. Float face down in the water, hold your breath with your arms at your sides in a head leading position, no forward motion.
2. Notice your body position – probably your legs sinking leaving you in an uphill floating position.
3. To correct your position, lower your chin, so you are looking at the bottom of the pool, not forward.
4. Now focus on making your spine as straight as possible by contracting your abdominal muscles and pulling your bellybutton in (core muscle engagement).
5. Holding your core stable, lean forward on your chest allowing your hips and legs to rise toward the surface of the water.
6. Stand, breathe and repeat.
7. Now try the same steps but with your arms extended over your head, hands leading (Superman position). Look at the bottom of the pool, achieve a straight spine and stable core. Shift your weight forward and feel the downhill float.

Feedback:

| Problem | Action |
|------------------------|---|
| Legs still sink | Exhale a little (reduce upper body floatation) and concentrate in core engagement |
| Can't balance on chest | Rotate your shoulders back rounding your chest out. Extend your body and focus on moving your breastbone gently lower in the water. |

UNIFORM NEWS

Sue Woodward is our uniform contact and she has done an amazing job so far with all of our uniform requirements. Thanks Sue! She has decked us all out with our snazzy Stadium Masters merchandise for winter and soon we can start thinking about the polo shirts and caps with summer around the corner. If you have any uniform requirements let Sue know and she can put your request in with the next order.

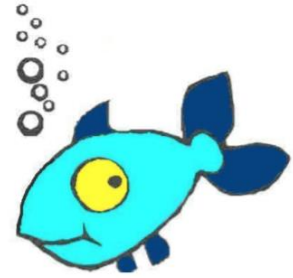


CAPTAIN'S CORNER WITH PAMELA

Here is some information from our Club Captain:

Australian Masters Games –

Masters Swimming WA will be hosting the swimming portion of the games at HBF Stadium between Saturday 9th and Monday 11th October



All information, entry and events information is on the Masters Swimming WA website. We already have 7 signed up. They are all women so at the moment we have no men's or mixed relays and we'd like some!

Training and After training supper -

Training for all sessions except Sundays are now back inside. After training supper will be held on Tuesday 31st August. All welcome and bring your spouse. Please let Marg Smithson know if you will be attending and how many so she can make the booking. Email her on: smithsonmarg@gmail.com

Claremont Gropers Meet

Please sign up for this fun relay event soon – entries close 1 September. Head to this link to register:

<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|21>

UPCOMING SWIM MEET – STADIUM MASTERS LLCC

Stadium Masters are hosting this meet on **Sunday morning, 24th October 2021** starting at 8.00am and finishing with lunch at about 12.30pm at the Hockey Club rooms across from the top carpark at HBF Stadium

Peter is calling for your help once again. It takes about 20 people plus timekeepers to run the event so that nobody is stressed. We will also need help with marshalling, selling raffle tickets and we will be looking for raffle donations once more.

If you are able to help out please drop Peter an email to let him know. If you are not able to help please also let him know.

If you are planning to compete it's important that you do so but do let Peter know.



Also, **Livelighter Couch to 2K** – HBF Stadium

A 4 week swim clinic, 2nd -23rd September 2021 aims to help you be more confident in the water, improve technique & endurance. For more info see:

<https://mswa.asn.au/event/livelighter-couch-to-2k-hbf-stadium/>

DIARY ENTRIES FOR AUGUST & BEYOND

| Date | Event | Time | Venue |
|------------------|---|------------|----------------|
| Sat 28 Aug | Club Swim | 9.00 | HBF |
| Wed 1 Sept | Backstroke Clinic | 9.30 | HBF |
| Wed 1 Sept | Club Committee Meeting | 6.30 | Regents Park |
| Sat 11 Sept | Golden Gropers Meet | TBA | TBA |
| Sun 19 Sept | Somerset Masters LLCC 1500 L.C | TBA | Somerset |
| Wed 22 Sept | Breaststroke Clinic #1 | 9.30 | HBF |
| Sun 26 Sept | WestCoast LLCC Just 100's L.C | TBA | TBA |
| Sun 26 Sept | Pool changes to L.C mode | | HBF |
| Sat 2 Oct | Bunnings Sausage Sizzle Fundraiser | TBA | Subiaco |
| 9-11 Oct | Australian Masters Games | TBA | HBF |
| Tues 12 Oct | After training dinner | TBA | TBA |
| Wed 13 Oct | Breaststroke Clinic # 2 | 9.30 | HBF |
| Sat 16 Oct | Club Swim | 1.00 | HBF |
| Sun 24 Oct | Stadium Masters LLCC L.C | TBA | HBF |
| Wed 27 Oct | Butterfly Clinic | 9.30 | HBF |



GOGGLE SAW

Details on this one are sketchy but Goggle Saw Brett in the outdoor 10 lane pool one Friday frantically looking for something – (one thinks it may have been his goggles? – can't think what else it could have been!). He had several swimmers duck-diving under the boom to try and find what he had misplaced – then he made an amazing discovery. What he had misplaced he actually located down the front of his bathers!????



These Friday swimmers being pulled from the pool on “that” Friday 9th July when a deluge of rain appeared out of nowhere - floodwaters submerged Perth streets, cars were left stranded and businesses were inundated with water. These “toughies” swam through it before the lightening started up.....

TRAVEL - LET'S WANDER OUT YONDER WITH....

CRAIG BARNARD

We are 4 months into our trip, and covered close to 16,000 kms, we are currently located in Townsville Qld. We have travelled in an anti clock wise direction around Australia, therefore we have already spent time in South Australia, before we headed to Melbourne and then have been working our way north every since.



So many great places to see along the way, and gives you a great perspective on how big and diverse our country is. Some of the highlights along the way have been as follows:

In SA we really enjoyed Streaky Bay on the Eyre Peninsula, Victor Harbour on the Fleurieu Peninsula, and a region I always wanted to see the Barossa Valley, which didn't disappoint.

The Victorian highlight (apart from not catching COVID), was the Great Ocean Road. A truly amazing drive with its amazing coastal scenery. The small town of Lorne was also a lovely stay along the way. We caught

the ferry near Torquay to Sorrento on the Mornington Peninsula, and that was also a highlight, discovering that beautiful region.

Canberra has always been one of places I wanted to visit, and we really enjoyed tours of the Australian War Memorial, Parliament House and Old Parliament House.

We spent quite a lot of time in NSW, which included a week in Sydney, as our son Nathan had just come back the US, so we timed our travels to spend time with him after his quarantine. Other regional coastal towns we enjoyed were, Tathra, Narooma and Batemans Bay being south of Sydney. Some lovely towns north of Sydney included Shoal Bay, South West Rocks, Crescent Head and Scotts Heads (the latter 2 had some very good surf). I would note, that Byron Bay was very a pretty place, but way to commercialised and overcrowded. (And we visited in the quiet season).



Our Queensland highlights so far have been our time in the Sunshine Coast, about a 100kms north of Brisbane. Our favourite location being Coolum, which had a great caravan park on the beach, good surf and a nice golf course. Further north we enjoyed our stay in Agnes Waters, a small town, but lovely beach and coastal features.

Our plan now is to continue to head north, with the next stop being Mission Beach, before we spend time in Cairns, Port Douglas, and possibly Cooktown. Then we plan to head west, across north western Qld, through the NT and into WA, (COVID permitting), where we should arrive in Broome around the 20th July, which was original planned date before we decided to go around Australia. We plan to spend 6 weeks in Broome before back to Perth early September. (Well that's the plan today).



The biggest disappointment along the way, is that after 4 months, I have not been in the pool once, therefore I am concerned my Stadium Masters Membership may be suspended due to inactivity.

Kind Regards

Craig

ACKNOWLEDGEMENTS AND DEADLINE

THANKS to Peter Lyster, Barry Green, Mark Anderson, Marg Watson and Pamela Walters for their contributions to this issue. The deadline for the next issue is **Friday 1st October for next issue out Friday 8th October 2021**. I look forward to receiving your items – any at all - tania_gregg@hotmail.com

We all wish a speedy recovery to our fellow swimmers who are unwell at this time. Our swimming sessions aren't the same without you. Get well soon



Above cartoon courtesy of SandwichBagDad – “Trying to improve my kids school lunches one sandwich bag at a time. Cartooning, puns and dad jokes is my superpower!” Follow him on Instagram @sandwichbagdad