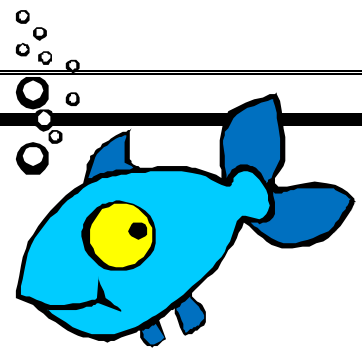


# SNAPPETS



Stadium Masters Swimming Club Inc

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

July 2021

## PRESIDENT



I am delighted Mark Anderson has joined the committee. Mark as you all know is a very keen swimmer and a coach and has been involved with Surf Lifesaving for many years. He will bring a lot of experience and energy to the committee. Thank you, Mark.

Congratulations to Barry and Helen on a very successful charity Swim, Swim for Memory. There was great buzz around the pool and it was amazing watching one team do 25m sprints for 60 minutes. They must have been very young! With 14 teams entered we raised \$5 425 (a mix of online / cash donations & team registrations) for the Australian Alzheimer's Research Foundation.

As we have passed the half way point of the year, 6 month memberships are now available, \$100 for a new member, so it's a great time to encourage friends and family to join the club. 6 month memberships are only available for the second half of the year, not the first.



The Masters Games will be held in Perth in October and the swimming division will be at HBF Stadium from 9th to 11th October, run by MSWA. It's a great opportunity to take part in this unique event without having to travel out of State. Early bird entry closes on 30th July so if you are thinking of entering, don't delay, it's an extra \$30 if you miss it. They also want volunteers to assist with the running of the events.

It's almost time for the Olympics and Australia has a great swim team entered. Cate Campbell, competing in her 4th Olympics is the joint Flag Bearer. There will be some great races, look out for the Ladies 4x100m, they have individually recorded the fastest times in the world this year and will be very hard to beat. Good luck to all our athletes.

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### 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.

## EVENT WRAP-UP – SWIM FOR MEMORY



On Sunday 27<sup>th</sup> June Stadium Masters conducted a charity swim to raise money for the Australian Alzheimer's Research Foundation.

14 teams from Snappers including other clubs - Belmont Masters and Central Aquatic Masters participated. Each team was made up of 4 swimmers and was swum in relay fashion for an hour. Each swimmer could swim any distance and any stroke but the team had to submit their expected completed distance and their aggregate age group before the start of the swim.

It was a well organised event and everyone agreed was most enjoyable and a lot of fun.

Thank you to the many helpers who came to time-keep where necessary and record distances swum.

**The Age Group winners** for the greatest distance swum were:-

72 – 119 – Belmont Blast

120 – 159 – Central Aquatic masters

160 – 199 – 2MHP Helen, Mark and their two sons Paddy and Max

200 – 239 – Pool Panthers – Barry, Phyll, Jennie Bolton and Owen, Barry's cousin's grandson

240 – 279 – The Gray 240 Mean Machine – Mary, Stuart, Peter Gray and a Gray niece

280 – 319 – The Paulines – Margaret Watson, Audrey Bullough, Vic Paul and Tania Gregg

**The team that raised the most money** were the Pool Panthers

**Closest to nominated time** was Team Dolly. They were spot on and nominated the **exact** distance they swam.





They were thrilled because the team was made up of 4 family members in remembrance of a much loved grandmother. Their team colour was yellow as that was the grandmother's favourite colour.

At final count, after online donations, entry fees & cash had been counted, a grand total of **\$5 425** has been raised. A great effort. Many thanks to everyone's assistance with this event.

A special Thank you to Barry and Helen L for organising and running a well-run and most enjoyable event and to Stuart Gray

who made and donated the trophies which were presented and then returned straight away ready for next year!

You can find out more about the Australian Alzheimer's Research Foundation here:

<https://alzheimers.com.au/>



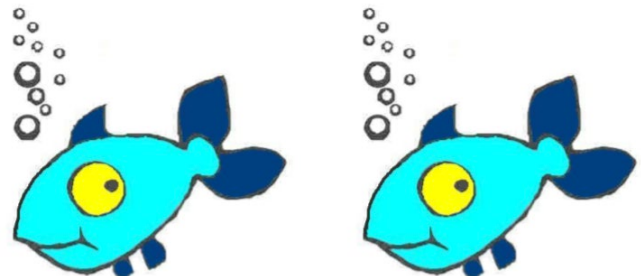
Ed. thanks Helen & Pamela for photos

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## AWARDS – SUPER SNAPPER AWARD



Vic Paul is the latest recipient of the Super Snapper Award. Vic received this as a result of swimming in our Livelighter 1500m event 15<sup>th</sup> May, where he set a new record in the Mens' 75 to 79 age group at 26:35.97 minutes (as reported in the last issue of Snappets). Well done Vic!



## CLUB COMMITTEE MEETING

The Club Committee meeting was held on Wednesday 7<sup>th</sup> July, Regent Park, Mt Claremont. These were the main points discussed:

Welcome to new committee member – Mark Anderson

Charity swim wrap up

Final preparations for Club lunch

“Come and Join Us” banner to be on display at as training sessions as possible.

The two old club laptops to be disposed of.

Finances are in line with budget.

Various routine matters.



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## STADIUM SOCIAL MEMBERS



Marg W is keeping us up to date on the goings-on with the social club members:

Hi All,

The Claremont pool is now closed for 8 - 9 weeks, for maintenance, and a small group got together for coffee on Monday to decide what options there are in the interim. (See photo above). Most want to continue swimming, but it will be at various times/venues that suit. For others it will be a chance to have a break and get over the winter chills.

If anyone wants a 'swimming buddy' I will be going to Bold Park at 8.30am Mondays and Wednesdays as per our usual timetable, and probably 2pm on Friday with the others - weather permitting of course!

In the meantime: Put in your diary -  
"Catch-up coffee and chat"  
Monday, 2nd August, 2021, @ 9.30am  
TeeBox Cafe.

'Till then - Keep well. Keep busy. Keep fit. Cheers, Marg W

## UNIFORM NEWS

Sue Woodward, our uniform co-ordinator has recently sent a detailed email to members outlining Stadium Masters uniform options. Orders and payment were due on the 10<sup>th</sup> July, however, if you missed this date feel free to contact her to get in for the next order.

Sue's uniform list is packed with lots of styles and size charts and Ed likes that the range now also includes a tracksuit pant and towel option emblazoned with our logo. How smart! Sue bought the trackpants along to a Friday session for some of us to try. It is a lovely slim fit and a very flattering style, looking fabulous on all of us! Sue is our uniform contact so if you have any uniform requirements please let her know. Email Sue directly at [susannewoodward@gmail.com](mailto:susannewoodward@gmail.com) or you will usually find her swimming at a Wednesday and Friday session. Start that shopping list!

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## EVENT – ANNUAL CLUB LUNCH

On Saturday 10th July 31 members and their partners enjoyed a delicious three course Vietnamese meal for the annual lunch. The 29th Annual Club Birthday lunch was held where we held the last one in 2019, at the Vina H restaurant - 151 Broadway, Nedlands.

There was a big group of social members. When we arrived the presentation was beautiful with special menus with red rose detail, red serviettes and red roses on the tables.

The Top Ten and the Membership Years certificates (5,10,15, 20 and 25) were presented for those in attendance. Thank you to Marg Smithson for organising the lunch and to Barry for supplying the wine for the tables.



## DIARY ENTRIES FOR JULY & BEYOND

Date	Event	Time	Venue
Sun 18 July	Riverton LLCC	TBA	Riverton Leisureplex
Sat 24 July	Club Swim	1.00	HBF Stadium
Mon 2 Aug	Social Members Catch up	9.30	TeeBox Cafe
Mon 23 Aug	Club Committee Meeting	6.30	Regents Park
Sat 21 Aug	Maida Vale LLCC Distance Event	TBA	TBA
Tues 24 Aug	After Training Dinner	TBA	TBA
Sun 5 Sept	Fathers' Day		
Sat 11 Sept	Golden Gropers State Relay Meet	TBA	HBF Stadium
Sat 18 Sept	Club Swim	1.00	HBF Stadium
Sun 19 Sept	Somerset Masters LLCC 1500	TBA	TBA

*There goes the Crab Palace & a piece of history – photo by Barry G*



### **BIRTHDAYS** being celebrated in July and August:

#### **JULY:**

Merilyn Burbridge      22 July  
 Laura Chambers      25 July

#### **AUGUST:**

Margaret Watson      4 August





## GOGGLE SAW

At Tuesday's after-training supper at the Wembley Hotel on the 8<sup>th</sup> June Goggle Saw the same-day birthdays of Margaret Smithson and her husband John (90!) being celebrated. There were 2 cakes - one brought by Margaret herself and one by captain Pamela!

Goggle Saw the hands on the pace clock in the indoor pool moving anti-clockwise one Friday afternoon. This could be great for time travellers but a bit confusing for the earnest swimmer!

Goggle Saw Marilyn winning the \$10 raffle but she didn't have the chance to buy a ticket. Although she suspects collusion she thanks the generous person who paid in her name. (Ed's note: - there was no collusion but we know there were 3 tickets in her name in that draw!)

## ENDURANCE SWIM CORNER

The E1000 Endurance Swimming is picking up again after the recent Covid lockdown and major illness to Marilyn and Pamela, two of our major contributors for points. The following points accumulated by individual swimmers to 8<sup>th</sup> July 2021 are:

Cas	630
Audrey	498
Merilyn	130
Sara	49
Anne	244
Barry	25
Tania	5
Vic	105
Pamela	250
Dale	185
Bill	255

**TOTAL 2 376**

The total points are to 8<sup>th</sup> July but do not include swims done after that date or folios not available at the time of uploading results to the E1000 portal.



Thank you to all our time keepers for their infinite patience especially timing 1500m, half hour, three quarters of an hour and one hour swims. They include Cas, Audrey, Merilyn, Sara, Anne, Vic, Pamela, Dale and Bill. May they keep on keeping!

Anyone is welcome to come and participate and earn valuable points for the Club.



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## CLINICS – BACKSTROKE CLINIC #1

Our first backstroke clinic by Elena Nesci was held on the 16<sup>th</sup> June. The session has been summarised by Barry here...

### Board 1

Foundation

Alignment, Kick , Rotation

Key Points

Head back and still

Hips up and rotating

Kick to surface with flick (from knee)

Rhythmic breathing

### Board 2

1. Back float – where are your hips/feet/head?
2. Kick – from hip, flick feet, toes pointed.
3. Rotation – head still, from hip, shoulder to chin.
4. Rotation - with arms/ timing.

### Backstroke set-up drills

Float

Kick with fins and elevated arms

Kick with fins and rotation

Rotation with hand entry



In discussing the foundation of backstroke, Elena stressed the importance of alignment (body position, as horizontal as possible). This means extended hip flexors and tight glutes to keep the hips on the surface. The rotation should come from the hips (i.e. the core drives it) and the head should remain looking upwards - no movement. Rotation of the hips and shoulders should be as far as is comfortable. The head should be (relaxed) looking up (chin vertical). When discussing the kick (a more important part of the propulsion than in freestyle) Elena stressed that it came from the hips without excessive knee bend, and that on the up there was a flick! The tips of the fins should just break the surface. The rotation of hips and shoulders should be synchronised.

The in-water work (all with fins) consisted of;

- a. float to demonstrate the difference between those with higher bone density (men), and more evenly distributed fat (women).
- b. With hands by the side kicking on the back to try and establish a good body position and kick.
- c. With hands extended behind the head the same as for point 'b' above.
- d. As for point 'b' above but with rotation (rotisserie).
- e. One arm extended and head leaning on it but looking upwards, lateral kicking.
- f. Six kicks, with arm extended behind the head and then pull through to switch to the other arm and six kicks. Repeat.
- g. 8-3-8. This is 8 kicks with rotation and then 3 strokes to move into another set of 8 kicks. Repeat.

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

BARRY GREEN

### “Trip to Adelaide”

"With fear and trepidation, I recently booked a return flight to Adelaide to see friends, whom I hadn't seen for a long time. Fortunately, I was able to see all of them in the week I was there.

I have been to Adelaide and South Australia several times before so this was not an exercise involving much sight-seeing. However, for my life-long interest in cricket, I visited the Adelaide Oval, seeing the statue of Donald Bradman outside its east gate and looking at the Bradman Collection inside. Wonderful.



On another day, friends took me to D'Arenberg's Winery in McLaren Vale (about 40 km south of Adelaide) where we viewed "The Cube" a new 5-storey building modelled on the well-known Rubick Cube (see photo).

The owner of the winery is very much into surrealism and so outside this Cube are large statues by Salvador Dali, and inside there is an exhibition of Dali sculptures and artworks. However, what seemed to gain the most interest of the visiting public (apart from the wine tasting and food)

were the urinals. After investigating them myself, a group of ladies asked me if it was OK to enter the mens toilet to view them, and "before I could answer" they rushed in to view them. An eventful trip.

*Barry*



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## NEXT ISSUE

We Wander out Yonder with.....Craig Barnard!

### ACKNOWLEDGEMENTS AND DEADLINE

You will notice that this issue has a different look as our long-time editor Marilyn is stepping back. A huge thank you to Marilyn for producing the wonderful, newsy Snappets over the years. Ed is not sure how long she has been churning them out but Ed knows that it takes a lot of hard work, time and tech skill to produce an issue. So **THANK YOU** Marilyn from all of us. Thanks also to Peter Lyster, Barry Green and again, Merilyn B, Pamela W, Marg W, and Bill W for their contributions to this issue.

The deadline for the next issue is **Friday 20<sup>th</sup> August for next issue out Friday 27<sup>th</sup> August**. I look forward to receiving your items – any at all – please email to [tania\\_gregg@hotmail.com](mailto:tania_gregg@hotmail.com)



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

