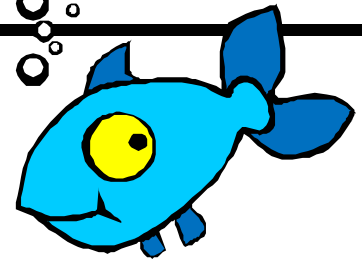


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

March 2021



PRESIDENT

The pool calendar kicked off with the LiveLighter Newman Churchlands Club Challenge on 21st Feb. It's always a very relaxed and friendly meet. Our 18 swimmers made up three women's relay teams and one men's. Trying to fit everyone into relays in the best age groups is a difficult exercise, so well done Pamela. At the end of Event 2 we were leading thanks to great performances by our women in the 200 Free. In the end, Superfins were popular winners, followed by Claremont and we were third.



Sophie scored 12 points for our Club!

March will be busy. After the Club Challenge at Melville we're going to Mandurah for the State Championships, in short course.

In this issue

Regular features

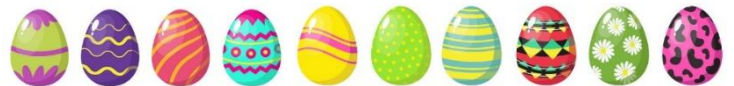
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Crab Palace is quite an institution at HBF Stadium and has been the home of Cottesloe Crabs and Claremont Masters for many years. It has also been a great facility for us and we have held our lunches there for everyone at our Club Challenges. It has also been the venue for several of our AGMs and other meetings. Last month we learned that the Stadium had withdrawn the lease on the land and the building has to be removed to make way for new dryland facilities. It is a demountable so it will be interesting to see where it eventually lands up. In the meantime, Bill has been exploring alternative venues for our LiveLighter carnival in October.

See you in the pool,
Peter



STADIUM MASTERS SOCIAL MEDIA Tania Gregg

We now have 150 followers on our Instagram account and 87 people following our Facebook account. Members, please join:

Follow us on Instagram  stadiummastersswimming

Like us on Facebook  Stadium Masters Swimming Club



Anne Edmondson 21st March
 Richard Ingleby 21st March
 Stuart Gray 12th April
 Sophie Wilkinson 13th April
 Jackie Egan 14th April

Louise Norris 17th April
 Geoff Hadley 21st April
 Gavin Cull 22nd April
 Marg Somes 22nd April



CAPTAIN Pamela Walter

For two Wednesdays in February, partly due to the last brief COVID lockdown, HBF Stadium was unable to accommodate us so we swam at Bold Park. More recently, even though the Stadium is alive with school swimming carnivals, we have been well looked after with lane allocation.

Newman Churchlands LiveLighter Long Course Club Challenge Sunday 21st February

In this first Club Challenge for 2021, we came third in a field of 21 clubs. As usual, the placings went according to the number of swimmers in a team as well as the number of swims the team completed. Laura did exceptionally well in her first Club Challenge and smashed the Club record for 50 Back held by Gail Parsons since 1999! Jil, Ann R, Marg W and Dee were victorious in the 320+ Women's Freestyle relay as were Brett, Peter, Bill and Craig in the Men's 280+; our two other relay teams both finished second.

Well done to Claremont whose 320+ Men's relay team broke the State record. Thanks to our supporters, Cas, Lesley and Phyll, who were all busy marshalling and timekeeping and to Pamela who did a great job as a Masters Swimming WA official.



Sara Cann	50 FR and 100 BR (both PAB)
Anne Edmondson	50 FR (best since 2018)
Marg Watson	50 FR (best since 2019)
Ann Ritchie	50 FR (best since 2019)
Laura Chambers	50 BA (inaugural/CR); 50 BU and 200 FR (both inaug)
Pamela Walter	50 BA (PAB/CR/best since 2018); 50 BU (PAB/best since 2018); 100 BR (PAB/CR best since 2017)
Merilyn Burbidge	100 BR (best since 2019)
Brett Jago	50 FR (PB)
Dale Wilcox	50 FR and 100 BR (both PAB)
Bill Woodhouse	50 FR (best since 2019)
Barry Green	50 FR and 50 BA (both PAB); 200 FR (PAB/best since 2017)

Club Swim Saturday 27th February

In a fast and furious event run in the outdoor 10-lane pool, there were just 10 swimmers. The heats were only either 50m or 100m, reflecting the program for the upcoming carnival at Melville. Thanks to 'Tricia for acting as Starter – she was the only one not swimming.

Jil Mogyorosy	100 FR (PB); 50 BA (best since 2020); 100 BA (inaug)
Phyll Tiller	100 FR (PB); 50 FR and 50 BA (both inaug)
Cas Brown	100 BA (PAB/best since 2018)
Bill Woodhouse	100 FR (PAB/best since 2018); 50 FR and 50 BR (both best since 2019)
Pamela Walter	100 FR (PAB/best since 2019); 50 FR (PAB/best since 2020); 50 BU (PAB/best since 2018)
Audrey Bullough	50 BA (best since 2020); 100 BA (PAB/CR/best since 2010)
Dale Wilcox	50 BA (inaug); 50 BR (PAB); 100 BR (PAB/best since 2020)
Barry Green	50 BR (PAB)
Merilyn Burbidge	50 BU (inaug/CR); 50 BR (best since 2019)
Sara Cann	50 BR (PAB)

Melville LiveLighter Long Course Club Challenge Sunday 14th March

With a small team of five women and four men we did well to finish sixth. Thank you to Phyll and Lesley who came especially to time-keep and did so for the whole carnival.

Sara Cann	50 FR (PAB by 4 sec); 50 BR (PAB)
Cas Brown	100 BA (PAB/best since 2018); 100 BR (best since 2020)
Sophie Wilkinson	50 BA (PB)
Pamela Walter	50 BA (PAB/CR/best since 2018); 50 BR (PAB); 100 BA (PAB/CR/best since 2019)
Brett Jago	50 BA and 100 FR (both 2 nd best time)
Barry Green	50 FR and 50 BR (PAB)

SUPERSNAPPER AND SUPA NOVA

Supa Nova

Laura Chambers and her fan club were delighted with Laura's award for her fine performance in her first Club Challenge at Newman Churchlands where she swam 200 Free in under 3 minutes and also broke a Club record for 50 Back.



SuperSnapper

Barry Green was pretty pleased with his award, too, for competing in his first Club Challenge for over 18 months and swimming very respectable times in a new age group!

DIARY ENTRIES FOR MARCH AND BEYOND

Date	Event	Time	Venue
Sun 21 March	Social Swim/Beach Walk Pt Peron	8:00am	Memorial Dve, Pt Peron
Sat 27/ Sun 28 March	LiveLighter MSWA State SC Championships	11:30am warm-up 7:45am warm-up	Mandurah Aquatic and Rec Centre
Fri 2 Apr	Good Friday	closed	HBF Stadium
Fri 16 April	Twilight Mini Golf	5:00pm	Wembley Golf Course
Tues 20 April	After Training Dinner. All welcome	8:00pm	TBA
end of April	Indoor pool changes to short course mode	normal hours	HBF Stadium
Sun 25 April	ANZAC Day	closed	HBF Stadium
Sat 15 May	Stadium Masters 1500 Metre LC Distance Swim	afternoon	HBF Stadium

A man was coming out of church one day and the pastor was standing at the door as always to shake hands. He took the man's hand, pulled him aside and said, "You need to join the Army of the Lord!"

The man replied, "I'm already in the Army of the Lord, Pastor."

The pastor questioned, "How come I don't see you except at Christmas and Easter?"

The man whispered back, "I'm in the secret service."



WELCOME Csilla Rankin

To begin, in spite of the exotic spelling because mine is a Hungarian name, it is pronounced CHILLA! And I am only fluent in French and English, definitely not in Hungarian!

I imagined that retirement equalled relaxation, lying in a hammock, lazing on the beach while reading books. It has been an unpleasant revelation that it is not. The hours I used to spend at work now have to be spent trying to slow down the deterioration of the body, and I don't even get paid for it!

I have tried various ways of doing this:

1. Cycling... hot, sweaty and sooner or later it becomes an unequal struggle to get home against the Fremantle Doctor.
2. Kayaking... the time spent getting the kayak in and out of the water and washing it down came close to actual kayaking time and again it was a fight either against the easterly or the sea breeze!
3. Pilates is another word for Pain
4. Walking... boring
5. Golf... an exquisite form of frustration

Finally Swimming has won out: flat on my front or back, not sweaty but cool and, at the pace I do it, quite meditative. Stadium Masters swimmers who promise "fun, friendship, fitness" have been so kind and welcoming that it forces me to turn up regularly and even to attempt to improve my technique and speed. Thank you Stadium Masters!
(Ed: Csilla, it's fitness first, then friendship and finally fun! This means that your goal of slowing your body's deterioration is prime and the other two "F" words will follow.)



COMMITTEE DECISIONS

Peter Lyster

Main points from the Management Committee meeting, Wednesday 17th February 2021

Support Positions for 2021

Recorder	To be filled
Assistant Recorder, Endurance 1000 swims	Bill Woodhouse
Registrar	Elizabeth Edmondson
Membership Officer	Barry Green
Webmaster	Jackie Egan
Social Convener	Marg Smithson gradually taking over from Pamela Walter
Social Member Liaison Officer	Marg Watson
Safety Officer	Gavin Cull
Meet Director LiveLighter Club Challenge and 1500 Metre Distance Swim	Peter Lyster and Tania Gregg
Clothing Officer	Tania Gregg
Social Media	Tania Gregg
Auditor	Craig Barnard
Snappets Editor	Merilyn Burbidge

Allocation of other tasks

1. Swim for Memory, supporting Australian Alzheimer's Research: Barry and Helen Loake
2. Sausage Sizzle: Mark and helpers
3. Floreat Forum Community Day: Barry and Pamela
4. Let's Swim Together: Coaches - definite date not set yet
5. Clinics with Elena: Peter - provisional dates agreed starting on 21st April
6. Club Swims: Pamela with assistance.

Discussion on replacement facility for Crab Palace

Bill and Peter to check out UWA Hockey Pavilion.

Finance

We are approx. \$500 off budgeted subscriptions but, otherwise, finances are in good shape.

Direct entry to LiveLighter Club Challenges

Direct entry by swimmers is to replace entry through clubs. The method for Distance events is not quite clear but, subsequent to the meeting, it was agreed that our 1500m Distance Swim will be by direct entry.

ROTTNEST CHANNEL SWIM 2021

You will probably remember that two of our newest members, Anna Clare and Tania Strickland, were in a team in the Rottneest Channel Swim on 20th February. They had trained with gusto and made enormous strides in improving their technique and endurance in the short time since they decided to accept the challenge of the swim and joined the Club.



The start was a wonderful sight with hundreds of boats out close to *STS Leeuwin II*, waiting to collect their first swimmers. Anna had that honour for her team. Teams are always in the last waves to leave from Cottesloe Beach and, although the wind and water were almost perfect at the start, later on swimmers had to contend with an increasing swell and current drift which slowed their pace.

Comments from Anna and Tania:

"... unfortunately we didn't finish which was pretty gutting. We were going OK but then the swell got up and they pulled everyone out who wasn't past 17km and we were still west of there. Bit disappointing but certainly a learning experience. Only seven teams in our category finished and apparently there were seven serious medical incidents. This meant there weren't enough resources to continue the race safely. The organisers are talking about priority entry for next year so we're not hanging up the swimming goggles yet!"

We admire Tania and Anna for the effort they put into this venture to raise awareness of melanoma, which has severely afflicted a family member of their two other team mates. Their team name "Just Keep Swimming, Just Keep Swimming" says a lot about their spirit and they succeeded in raising over \$6000 for MelanomaWA. And the best news is that the team has been granted guaranteed entry to the event in 2022. All the very best for next time, girls.

FLOREAT FORUM COMMUNITY DAY

Barry Green



Pamela and Phyll talking to shoppers

On Saturday 27th Feb we handed out many club brochures and chatted to lots of people to promote our club. Our display was bright with aqua club clothing laid out on our almost 30 year-old yellow tablecloths. Peter had arranged a clever support to keep our tall banner upright and we also had our smaller pop-out banner – the one that is so tricky to fold!

Thanks to Peter, Pamela, Anna, Jil, Helen, Mark, Phyll and Cas for their help. Support from younger, newer members was much appreciated. The Forum rewarded us with vouchers for coffee. And then some of us did the Club Swim in the afternoon!

TECH TIPS No Pain No Gain: Part 2

Mark Anderson

Since it is difficult to monitor your heart rate while swimming, the preceding Tech Tip in the February *Snippets* discussed correlating exercise effort level (expressed as a % of your max heart rate) with a more subjective Rate of Perceived Exertion (RPE). But what are the main benefits of exercising within different heart rate zones (training zones) and, if you are mainly interested in ‘endurance’ swimming, what training zone is appropriate?

The diagram provides a quick answer to such queries. For endurance swimming you should be training within the middle **orange** band which reflects a heart rate zone of 70% to 80% of your maximum BPM. If you are a youthful 45 yo, then this would be 123 – 140 BPM, and a well-aged 70 yo would need to train at 105 - 120 PBM, as shown by the **green** dashed box. The diagram doesn’t extend to plus 70 yo athletes but an 80 yo would be training at around 10 BPM lower.

		EXERCISE ZONES										
		AGE										
		20	25	30	35	40	45	50	55	65	70	
BEATS PER MINUTE	100%	200	195	190	185	180	175	170	165	155	150	<div style="border: 1px dashed green; padding: 5px; display: inline-block;"> 105 - 120 </div>
	90%	180	176	171	167	162	158	153	149	140	135	
	VO2 Max (Maximum effort)											
	Anaerobic (Hardcore training)											
	80%	160	156	152	148	144	140	136	132	124	120	
	Aerobic (Cardio training / Endurance)											
70%	140	137	133	130	126	123	119	116	109	105		
Weight control (Fitness / Fat burn)												
60%	120	117	114	111	108	105	102	99	93	90		
Moderate activity (Maintenance / Warm up)												
50%	100	98	95	93	90	88	85	83	78	75		

A swimmer focussed on sprinting would need to do more training heading into the **red** zone (90%+ max heart rate) and, because this level of effort can be sustained for a short period only, training needs to be for shorter intervals with longer rest intervals and more repetitions.

URNS CLINIC Wednesday 24th February

A big group took advantage of Elena Nesci’s clinic where the focus was on executing freestyle touch turns well rather than coming to grips with tumble turns. For an efficient turn it is important to

- Accelerate into the wall, touch with one hand and take a breath
- Bring knees tightly to chest directly under body rather than swinging them from the side, which we tend to do in training because we’re not approaching the wall from the middle of the lane
- Keep buttocks tucked in
- Push off on side with body streamlined; avoid turning hips too quickly to get onto front
- Avoid the “drag zone” by pointing body downward on leaving the wall
- Use a single dolphin kick to bring head to surface and immediately begin flutter kick so as not to lose momentum
- Take two strokes before taking a breath.

Thanks to Vic who led another session the following week covering starts as well as the various different turns when changing strokes in individual medley. Remember that frequent “**perfect** practice makes perfect”.



SOCIAL Marg Watson

Claremont pool has been a hive of activity with school swimming carnivals. Most days the lanes are open to the public until 9am so our 8am start time has been quite manageable. Bold Park has been less hectic. Because we swim at 2pm



Pamela, Marg Some, William, Barry, Marg W and Phyll celebrating William's 83rd birthday



Ann and Inger who run the kiosk at Claremont and have spoilt us terribly. Guess which twin is which!

most of the carnivals are over, and there is very little disruption.

It's great to see both William and Madeleine back in the pool and enjoying the benefits of 'group swimming'. Hazel Christie is gaining strength and confidence following the removal of a burst appendix in early February. The surgeon said, "That's the oldest appendix I've removed!"



GOGGLE SAW

- Pamela receiving an award for 5 Years' Service to Masters Swimming WA at the AGM last week. She has organised rosters of officials for interclub carnivals during that time. Yay Pamela!
- Sara winning a magnificent prize in the Newman Churchlands raffle
- Tricia coaching under a stylish umbrella on a Wednesday in the rain
- 32 people at last Wednesday's session. A record?



In the wet – well, it was raining earlier!



Sara's haul!

PLACINGS FOR 2020

The Endurance 1000 program is run nationally but in 2020, because some clubs were out of the water for a long time, it was decided that rankings would be only within each state. Based on the total number of points scored, Stadium Masters came fourth in WA and based on the average number of points scored per club member we came second in a field of 21 clubs. Well done to our 20 participants!

Club	Points	Av Points /member	Female Points	Male Points	Participants	Females	Males	Members
Claremont	6478	63.51	2433	4045	43	25	18	102
Bunbury	6006	72.36	2682	3324	61	29	32	83
Armadale	5553	106.79	4101	1452	29	19	10	52
Stadium	4896	132.32	3582	1314	20	12	8	37
Somerset	4403	102.40	1821	2582	20	10	10	43
Whitfords	4319	154.25	1762	2557	21	10	11	28

There are 62 swims in the entire Endurance 1000 program. The more swims you record, the more points you gain for the Club. Rankings are given below for those who completed a significant number of swims last year. Timing is on Thursdays 9:30 – 10:30am and Fridays 12:30 – 1:30pm. If you want to take part but these times aren't suitable to you, arrangements can be made!

Women	Age Group	Posn in WA	Posn in Australia	Men	Age Group	Posn in WA	Posn in Australia
Sara Cann	45-49	1	5	Dale Wilcox	65-69	5	12
Pamela Walter	65-69	1	6	Bill Woodhouse	75-79	3	7
Merilyn Burbidge	75-79	2	2	Vic Paul	75-79	7	15
Cas Brown	75-79	3	3				
Audrey Bullough	80-84	1	5				
Dee Stephenson	85-89	1	=7				

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

COLIN BEATON

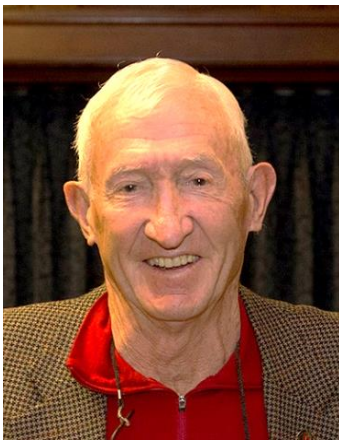
Sadly, Colin died recently, aged 92. He was a much-loved Club member for 15 years.

Colin was a legendary swimmer from the days of the Claremont Baths in Freshwater Bay. After his teenage years, swimming took a back seat while he concentrated on cricket, becoming a handy spin bowler. Much later, Colin and Jean joined our Club and we drooled over Colin's technique in Freestyle and Backstroke - he still holds all the Freestyle records in the 80-84 age group and five in Backstroke.

Colin was calm, even tempered and a wonderful raconteur. He has handed on his ability to tell a good yarn to Jean and Colin's three daughters and seven grandchildren who entertained those at his funeral with amusing stories. Many of them were centred around one of Colin's favourite pastimes, fishing during the family's annual holidays at Rottneest. One day after a rewarding morning of diving for crayfish, he piled the dubious catch into the basket on a daughter's bike, reasoning that nobody would look too closely at what a teenage girl was carrying! Another reef experience ended when Colin surfaced, blood spurting from his leg. He'd managed to spear himself but was back in the water the next day, wound bandaged and leg wrapped in plastic. Once, while fishing on a reef, a grandson accidentally hooked him in the leg. Colin calmly drew the hook all the way through, without any harsh words to the young boy, and carried on fishing. The stories, like memories, live on.


MEMBERSHIP TO 14TH MARCH 2021

Swimming members (under 80 years)	34	Social members	18
Swimming members (80 years and over)	6	Life members	2
Second claim members	7		



MALCOLM HAY

Prominent orthopaedic surgeon, Dr Malcolm Hay, died this month. After he retired in 2007 he had more time to spend on a wide range of other interests. Swimming was amongst them and he swam for fitness as a member of our club for three years. Plants fascinated Malcolm and he was active in Cottesloe Coastcare and Kings Park Master Gardeners.

However Malcolm's passion was tall ships. He established the Leeuwin Ocean Adventure Foundation in 1986 and had been heavily involved ever since. One of the aims of the Foundation was to provide extraordinary experiences to youth. Malcolm was a great teacher and supporter, engaging easily with young people, encouraging them to participate in meaningful volunteering work in the community and accept leadership.



OPEN WATER SWIM SCENE

City of Joondalup Mullaloo Mile Monday 1st March

Cancelled due to thunderstorms.

SWA Round 11: OWS Series Finale – The Marina Swim, Mindarie Sat 6th March

Congratulations to Pamela, our Super Legend and the oldest woman in the event, for completing this 2.5km swim in 1:04.58 on her 70th birthday! The event was unusual: the start was at 4:00pm and the course was a convoluted one in the canals in the marina. Stingers were rife!

Pamela is very keen for others to join her in open water events. Things are looking up with Anna and Tania S showing interest as well as our newest member, Heather Rhebok, who joined our club a few days ago and is already a keen open water swimmer.

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Peter Lyster, Tania Gregg, Marg Watson, Pamela Walter, Barry Green, Mark Anderson, Elizabeth Edmondson, Cas Brown, Tania Strickland, Anna Clare and Csilla Rankin for their contributions to this issue. The deadline for the next issue is **Friday 16th April** and I will be delighted to receive your items.

Merilyn

mburbidge@westnet.com.au

Stadium Masters bank details

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Masters Swimming WA Annual report

There's a wealth of information in this publication. Here's the link:

<https://mswa.asn.au/wp-content/uploads/sites/9/2021/03/MSWA-Annual-Report-2020-FINAL-Revised-Compressed.pdf>



Happy Easter everyone!