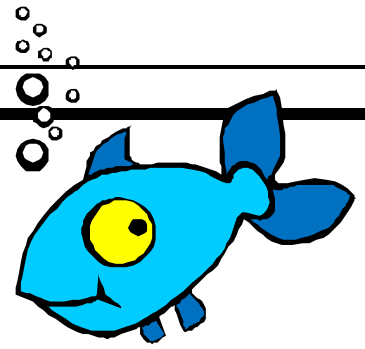


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

November 2021



PRESIDENT

Hi everyone

The Club Needs You.

It's getting close to the end of the year and at the next committee meeting we will be discussing people and positions in the club. We are always looking for new people to help with the running of the club and would love to hear from anyone who would like to help. In particular we need someone to look after the website. So, if you have any experience of websites or would like to learn, please contact me at the pool or on 0419 909 566. Pamela would welcome help organising the club swims.

Our Live Lighter Club Challenge was a very enjoyable meet. The swimming all went very smoothly with no delays thanks to our very experienced team of volunteers and was won by the ever popular Superfins. We were second and Clarendon Masters third - Beatty Park Masters took out the Handicap award. The raffle was amazing raising \$569 thanks to the generosity of our donors and Marg Watson and her team. After the swimming, we all went over to the UWA Hockey club rooms for the results and Marg Smithson and her team had organised a magnificent spread.

This year's "Lets Swim Together" saw 7 people try out over the two days. There were some very capable swimmers so hopefully we will get some new members come the 1st December. Thanks to Barry, Tricia and Bill for organising and coaching.

Saturday the 6th November was a reminder of the dangers of the ocean when Paul Millachip was taken by a shark off Port Beach. His body has not been recovered. I found that particularly distressing as for about 20 years when we lived in Rossmoyne, Port Beach was our favourite beach and we took the kids swimming there every weekend. Our governments protect the sharks in our waters but do they do enough to protect us?

It's that time again, annual fees are due to be paid in December for 2022. They are the same as last year despite a small increase in the MSWA fee.

See you in the pool - Peter

IN THIS ISSUE:

Vale – Lesley Murphy

Long Standing Members

Elena's clinic wrap-ups

Social Snappers Corner

Event Wrap-Up – Stadium LLCC & Lets Swim Together Promo

Super Snapper Awards / Super Nova Award

Endurance Swim Corner / Captain's Corner

Goggle Saw / Birthdays / Birthdays

Club Swim results 9 Oct / Diary Entries

Open Water Swims

Wander Out Yonder

VALE – LESLEY JOAN MURPHY (BRIGGS)

It is with sadness that we acknowledge the passing of a dear friend and member Lesley Murphy. Lesley passed away 10 November and leaves behind a loving family – Michelle, Jodie, Dennis and grandchildren. Lesley hailed originally from Merredin. She was a regular at our sessions and always loved the coffee chats with members afterwards. She had a great sense of humour, a great sneaky wit and loved talking about the antics of her grandchildren. She adored spending time with them and would always laugh with us about the teenage stages they were going through! Lesley suffered an incident at one of our training sessions 2 years ago and fought with gusto to come back from it. She made it back into the pool after that and did her best to do her 20 laps each session. When Lesley wasn't up to swimming she helped out when she could with timekeeping at Club Swims and LL Club Carnivals. Lesley swam regularly up until recently when she took poorly and spent time in hospital. She gave it her all up to the end. We will certainly miss Lesley's smiling face at our training sessions and our end of lane chats and hellos. Deepest sympathy and condolences to Lesley's family. Vale Lesley



Lesley (pictured left) with Sara and Dee, assisting with timekeeping

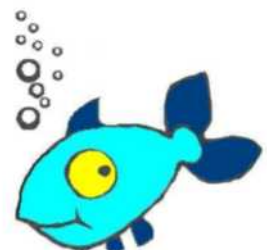


Lesley (left) with Pat assisting with timekeeping at our 1500m event ^^



LONG STANDING MEMBER

Chandra with his 5 year membership certificate. Congratulations Chandra.



CLINICS WITH ELENA – WRAP UP



By Barry

We scheduled 2 clinics with Elena during October. **Breaststroke Clinic # 2** on Wed 13th October and a **Butterfly Clinic** on Wed 27th October.

BREASTSTROKE CLINIC

Here are the follow-up notes for the 2nd clinic held on the 13/10/21. There was a very good attendance.

The in-water drills followed the board presentation. Sculling (hands make a figure of 8), then concentration on the correct kick action (drill with board and without). The push and glide drills aim develop a more powerful kick. Knees should be pointed down to the bottom of the pool. For the arm action the neck muscles (traps) should not be engaged, as the lats do the work (shoulder blades out on the pull, and in on the kick/push forward).

Board 1

Scull = feel for the water

Kick – shape () not < > or / \

Kick/breath timing

Glide – core/head

Fast Hands

Fast feet

Long body

Narrow arms

Narrow kick

Board 2

Stroke Elements

Arms – scull, scoop, pull, lift, drive

Legs – draw, latch, push, drive, stretch

Body – long, hip hinge, chest lift

Stroke Order

Arms/breathe/kick/glide

Pinch Points

Head position

Timing

Kick and arm profile/width

Knees down

Ankles

Putting it all together, several points were stressed;

For the arms - on the pull (accelerate!), the hands should be inside the elbows,

the hands come together on the chest (the amount of torso lift will depend on the strength of the swimmer, but the head should be looking down/ahead, not straight ahead) and the arms push forward (lunge) together in a nice, streamlined action. Here the stroke resembles the fly with an undulating action.

The stroke timing is very important as the aim is to reduce the “dead time” (no active propulsion) in the stroke.

BUTTERFLY CLINIC by Barry

On 27/10/21 Elena held this one clinic (no follow up) to a moderate sized group of enthusiasts.

Board 1

Foundation Elements

Breathing

Head and body position

Dolphin kick and undulation

Propulsion

Dolphin kick/undulation

Arms – above and below water

Timing

2 kicks/arm cycle

Kick hands in/kick hands out

Even and smooth – organic not mechanical

Board 2

Hips up – hands down

Hands up - Hips down

Radio waves not heartbeats

Thoracic articulation not hip hinging

The in-water drills started with dolphin kick body action. The undulation is about pushing the sternum down and then kicking (first with arms by the side, and then in position 11). After some time to establish this, one-arm drills were started. Here the issue was to establish/maintain the 2 leg kicks/arm cycle (kick on hand entry, kick on hand recovery from water). Timing is everything. Only once the one arm drills had been completed successfully did most swimmers progress to whole stroke. The head looks down/ahead for breathing (head not too high).

Out of water drill – place one hand on the chest and the other hand on the back between the shoulder blades. Slightly push back with the hand on the chest then forward with the hand on the back to get the feeling of the fluid torso movement.

In water drill sequence – all drills are performed with flippers.

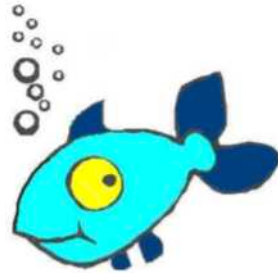
1. Arms by the side. Work the undulation by concentrating on the chest movement (pushing the chest forward/down towards the pool bottom) at this stage forget about the legs, they will just follow. The shoulders come forward as the chest is pushed forward. The shoulders go back as the chest goes back. Uses the lats.

2. Once that is achieved try the drill again with arms in position 11. Still think about the pushing down with the chest.

3. Start one-arm drills. Here the issue was to establish/maintain fluid 2 leg kicks to one arm cycle (kick on hand entry, kick on hand recovery from water).

4. 2 single left arm 2 single right arm 2 full strokes.

5. Only once the one arm drills had been completed successfully did most swimmers progress to whole stroke. The head looks down/ahead for breathing (head not too high).



SOCIAL SNAPPERS CORNER by Marg W

Hi to all Social Snappers:

This is the latest on what's happening at our favourite pools

Claremont_ opened on Friday 8th October after nearly 4 months - with new lane ropes, new tiles, revamped entrance, and new merchandise; but no lessee to take over the kiosk! Coffee and muffins are served by the pool staff.

This poses a dilemma for our "apres swim coffee and chat"!!

The pool surrounds are very pleasant, and convenient, whereas the Tee Box has the best coffee, catering and comfort!

So it has been decided that we make a *9.30am booking at the Tee Box on Mondays* - the most popular day with usually about 8 or 10 of us - and the *smaller group *will stay *at the pool on Wednesdays*.

Let's give it a go - and /everyone/ is welcome to join us

Bold Park_ has been open all winter, but attendance has been patchy with Zee, Hazel and William all suffering health problems (and the cold, wet winter didn't help!). Contact details for an update - Marg Some (9285 8067).

In other club news the Sausage Sizzle @ Bunnings in October was a great success, financially as well as an example of participation - Richard and Pauline Diggans volunteered to help but were 'surplus to requirements'!

We hosted our Interclub (these days called 'Live-Lighter Club Challenge') on Sunday 24th October.

Elizabeth did a superb job selling raffle tickets - which brought in just over \$500. She was there and ready to go by 7.30am! - and followed that up with some marshalling duties. Stuart Gray generously donated six hamper baskets which he found in Op Shops. A most welcomed effort.

Keep well, Keep fit, Keep healthy, Keep swimming Marg W

EVENT WRAP UP – Stadium Masters LLCC – 24th October '21

By Peter, Barry, Marg S, Ed

Invitations were sent out to all the Masters clubs in WA and the meet was posted on the MSWA website and in several mail outs from MSWA to all the members in WA. The posting on the MSWA website was a bit delayed and did not appear until about a week after the Groper Relays.



Entries started to trickle in as soon as the flyer went out. Individual entries were supposed to close on Sunday 17th Oct but we extended it to assist Pamela trying to raise a 320 ladies' relay.

We received 109 entries, which was a little disappointing, especially after the success of the Groper Relays.

On the Saturday afternoon prior, Barry, Pamala and I checked the pool setup and put out the timekeepers' vests, lane markers, Live Lighter advertising etc. The pool set up was just about perfect, thanks to Tom Smith's staff.

The Meet started on time. We combined the 200m butterfly into the 200m breaststroke and the 100m fly into the 100m free as there was only one swimmer for each of the fly heats.

The marshalling was excellent and the Officials kept the heats on time for the first hour, we drifted a bit after that and we eventually finished at about 11.45am. There was only one swimmer disqualified. There were 3 State records broken, subject to confirmation.

The Meet was won by Superfins, followed by Stadium Masters 2nd and Claremont Masters 3rd. The handicap award was won by Beatty Park Masters.

Refreshments were served in the UWA Hockey Club rooms, our members made a huge contribution and it was all beautifully presented. Marg Smithson and her team did a great job.

The members had also been very generous with their donations for the raffle and we had 10 baskets, beautifully presented, a great effort by Marg Watson and her team of Jil and Phyll in preparing the baskets. We went on to raise \$570. Elizabeth did a fantastic effort selling raffle tickets on the door, roughly 450 tickets were sold, with Barry selling more at the function afterwards.



Thank you to Ron Gray and the Officials from MSWA, Tom Smith, the Aquatic Supervisor, Tamara Price, Meg and Muriel in the timing room, The Magnificent Marshalling Team, Marg Watson and her team, Marg Smithson and her team, Anne Edmondson, Peter Jones and Chris McMillan.



Marg Smithson sent a note to say a huge thanks to all who assisted her for the luncheon function afterwards. "A huge thanks to you all for the great spread you provided at lunchtime. The food was great, the help with setting up and cleaning up was amazing. We have set the bar very high. A special thanks to Wanda and Brigitte who were there all morning plating up and getting ready. Bill if you could pass on our thanks to Travis for hosting the event at the hockey club".

On another note we met some new friends – Barry met a bloke (Maurice Tonkin) at the LLCC from the Rockingham Masters who said he was a foundation member at our club. According to our records he joined in 1992 for 2 years. He was 42 when he joined (born 1950) and is still swimming! We also met the President of the Rockingham Masters aka Rocky Rays (who rode his bike all the way from Rockingham to attend our meet).

The Rocky Rays hold their club swims once a month in the Warnbro Sound with a bbq afterwards and are happy for us to join them.

Some pics of our fabulous team of volunteers:





Our silky smooth announcers – Tom, Bill and Barry v



< Elizabeth selling raffle tix



Our fabulous luncheon >



EVENT WRAP UP – MSWA ‘LETS SWIM TOGETHER’ PROMOTION

by Barry

The ‘Lets Swim Together ‘promotion by Masters Swimming WA (MSWA) was organised to attract more swimmers to masters swimming in WA through their free ‘come and try’ sessions. Stadium Masters took part in the promotion, along with more than 15 other WA masters swimming clubs around the State. Our club arranged for extra lanes on Friday 29/10 and Sunday 31/10 to accommodate the swimmers who registered with MSWA for the event at our club.

At the Friday session, the three swimmers were “looked after” by coaches Bill Woodhouse and Barry Green, and at the Sunday session the 4 swimmers were “looked after”



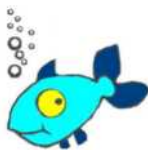


by coaches 'Tricia Summerfield and Barry Green. Andrew Stanbury from MSWA attended the Friday session, took photos, and participated in the post-session coffee, as did Hannah Lawton at the Sunday session.

Seven swimmers (3 men and 4 women) swam and three more (two women and a man) have indicated that they wish to "give it a go". The coaches "encouraged" those that swam and claimed to see a real improvement in stroke and achievement after the one session. Feedback from the swimmers was equally positive. Of course, the club hopes that some will continue to swim with us for the trial period and then seek to become members.



All photos here by Hannah Lawton MSWA



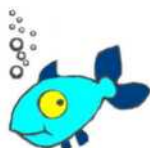
SUPER SNAPPER AWARDS – JOINT WINNERS – AUDREY BULLOUGH & PHYLL TILLER

We have joint winners for the Super Snapper Awards this month:

Phyll achieved 2 PB's for her swims at the latest Stadium Masters LLCC

Audrey achieved a PAB / best time since 2016 for her 200m Backstroke at the latest Stadium Masters LLCC.

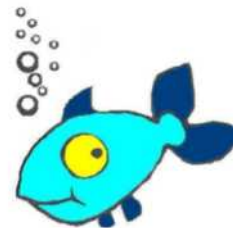
Well done Ladies!



SUPER NOVA AWARD – PAT HALLET



The **Supa Nova Award** is awarded to a person in the club who achieves a swim related activity for the first time. Our Supa Nova award for October 2021 went to Pat Hallett – for attending her first club swim on the 28th August, learning to dive and executing her first dive in competition at the 9th October club swim. Pat also performed her first legal backstroke time. Congratulations Pat.



ENDURANCE SWIM CORNER

by Bill – Endurance points recorder

Here are the updated Endurance points to 5/11/21:

Cas	855
Audrey	568
Merilyn	290
Sara	67
Anne	244
Barry	35
Tania	5
Brett	73
Vic	105
Phyll	75
Pamela	665
Dale	285
Bill	440
Sue	8



I remind all participating swimmers that you have only from now till December 19 to complete any outstanding swims for the 2021 season.

For those wishing to test their endurance swimming, members are available for timing on **Thursday mornings between 9.30am and 10.30am** and **Friday afternoon between 12.30pm and 1.30pm** before the Coaching Program starts.

CAPTAIN'S CORNER

by Pamela



MANDURAH Masters Swimming Club Livelighter Club Challenge – Sunday 28TH NOVEMBER

We need swimmers on the day so keep training. The closing date is 19th Nov. but it would be good if everyone can register early so we have time to work out the relays. Registration for the Mandurah Masters LLCC is done online. The link is below. Pamela will be away from 14th – 26th Nov. so if you can't register before then get her to register you before she leaves or get Sue to do it whilst she's away. Swimmers may participate in 3 individual events. When you register tick that you are available for the relays. The link to register is:

<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|17> **Sign up by today! 19th Nov**

This will be held at the Mandurah Aquatic and Recreation Centre, Outdoor **Short Course** Pool

Warm-up: 8:15am – 8:45am with meet start time: 9:00am. Events are:

- | | |
|------------------------|----------------------------------|
| 1. 100 M Butterfly | 9. 25 M Butterfly |
| 2. 100 M Back Stroke | 10. 25 M Back Stroke |
| 3. 100 M Breast Stroke | 11. 25 M Breast Stroke |
| 4. 100 M Freestyle | 12. 25 M Freestyle |
| 5. 50 M Butterfly | 13. 100 M Individual Medley |
| 6. 50 M Back Stroke | 14. 4x50 M Mixed Freestyle Relay |
| 7. 50 M Breast Stroke | 15. 4x50 M Mixed Medley Relay |
| 8. 50 M Freestyle | |

All participating Clubs are to provide timekeepers and watches (for manual Timekeeping). Cost of meet entry is \$15. per swimmer. Sign up quick smart.

Memberships

16 month membership fees are now available and can be activated from our website:

<http://www.stadiummasters.org.au>

Christmas Function - Save the Date

You and your spouse are invited to our Christmas function – Sat. 4th Dec at the Uni Hockey Club - same place as we held the lunch after our LLCC.

This is always an enjoyable, informal event with fun awards being the highlight of the night so we'd love to see everyone there. Swimmers, social members, spouses - in fact everyone is welcome. This year we will also have a Christmas tree with suitable decorations and tables and chairs plus high stools around high tables.

Food will be catered for and will be restaurant quality finger food.

There will be 3 courses and a choice of vegetarian and non-vegetarian.

The club will provide a complementary glass of wine to each person – red or white and there will be water, tea and coffee available. Any other drinks can be bought from the bar. The three courses will be:-

1. Cold food.
2. Hot food
3. Sweet pastries

Cost is \$30.00 per head. Start time is 5.00pm.

Bill has a sign-up sheet so please sign-up. The more people the merrier it will be. Payment can be made to Bill or Dale or paid online to the club bank account. Details below:

Stadium Masters Swimming Club Westpac Floreat BSB – 036063 Acc. No. 162984



GOGGLE SAW

Sara's socks were hard to miss! >>





Dee is famous – her photo is currently featuring as the sign-off on all emails coming out of the Masters Swimming WA office! <<

Be active every day and start to Live Lighter. Learn more at www.livelighter.com.au

The State Government through the Department of Local Government, Sport and Cultural Industries is a major supporter of Masters Swimming WA. Sport and recreation builds stronger, healthier, happier and safer communities.

Cass and her green thumb – fancy being able to grow such a fabulous specimen! This is called a Schlumberger succulent – it's a magnificent Brazilian plant >>



Sara bought home a host of medals from the Special Olympics State Games 2021 held at Hale School on the 10th October. These medals are Gold for 25m breaststroke and the Bronze medal for the 25m freestyle. Congratulations Sara! <<

Elizabeth presenting the Elizabeth Edmondson medal to Ben Popham at the WA Swimmer of the Year Awards on the 9th October at the Fremantle Sailing Club. Ben won 2 gold medals and gained a world record in the pool at the recent 2020 Tokyo Paralympics >>



BIRTHDAYS celebrated in November & December

NOVEMBER

Helen Loake 1 Nov

Barry Green 2 Nov

DECEMBER

Guillaume Hauer 3 Dec

Peter Downey 29 Dec



Barry celebrating his big Eight Zero birthday vv



UNIFORM NEWS

We can start thinking about the polo shirts and caps with summer around the corner now. An order has just been completed on 10th November but if you have forgotten any uniform requirements let Sue know and she can put your request in with our next summer order. Snappers swim caps are always available at \$10. These are in the cage in the brown satchel. Transfer \$ to Stadium Masters with your name so Dale our Treasurer can reconcile.



CYAN

STADIUM MASTERS BANK DETAILS

Now that it's standard practice to make payments electronically, here's a reminder of the Club's bank details:

BSB 036 063 Account # 162984

CLUB SWIM RESULTS

Here are the results for our club swim held on Saturday 9 October – long course inside 8 lane pool at HBF Stadium in preparation for our hosted LLCC on Sunday 24 October. We had 15 inaugurals on the day which reflects the number of new members who attended or swimmers who challenged themselves to swim a little further than previously or a different stroke than is normal for them. Well done everyone. It was good to see Marg Smithson and Barry Green taking part after a considerable break. Thank you to our volunteers on the day - Marg Watson, Jil Mogyorosy, Rob Woodward and Peter Lyster timekeeping. Merilyn Burbidge for being Chief time recorder and Phyll Tiller for marshalling the troops.

	Stroke/ distance	Time	comparison
Audrey Bullough	BA200	6:03.86	Best since '17
Joy Johnson	BR200	4:39.85	Best since '19
Pamela Walter	IM200	4:24.18	PAB/best since 19
Sue Woodward	FR100	2:23.06	inaugural
Debra Wagstaff	FR100	1:32.75	inaugural
Audrey Bullough	FR100	2:23.04	Best since '19
Margaret Smithson	FR100	2:27.59	Best since '19
Joy Johnson	FR100	1:52.10	Best since '19
Pat Hallett	FR50	52.81	inaugural
Sue Woodward	FR50	1:01.23	inaugural
Pamela Walter	FR50	48.24	PAB/best since 19
Debra Wagstaff	FR50	39.11	PB
Barbara Tate	FR50	41.65	inaugural
Kim Simpson	FR50	42.92	inaugural
Kim Simpson	BR50	56.46	inaugural
Barbara Tate	BA50	49.17	inaugural
Joy Johnson	BA50	1:06.40	inaugural
Barry Green	BA50	56.46	PAB/best since '20
Pat Hallett	BA50	1:03.23	inaugural
Sue Woodward	BU50	1:08.24	inaugural
Barbara Tate	BU50	52.36	inaugural
Kim Simpson	BA50	56.63	inaugural



DIARY ENTRIES FOR NOVEMBER 2021 & BEYOND

Take note of these dates below:

November	28th	Sunday	Mandurah Masters LLCC	SC program
December	4 th	Saturday	Stadium Xmas Function	UWA Hockey Club
December	8 th	Wednesday	Stadium Committee Meeting	St Regent's Park
December	11 th	Saturday	Fremantle Ports Swim Thru	WOW Swim
December	18th	Saturday	OWS Xmas 10K	Coogee Beach
December	19 th	Sunday	Last training session 2021	HBF
December	25 th	Saturday	Xmas Day	
December	27th	Monday	Xmas Day public holiday	
January 2022	9th	Sunday	First training session 2022	HBF
January	29 th	Saturday	Club AGM	Bold Park

OPEN WATER SWIMS

Keep your ear to the ground – Stadium Masters members will soon be braving the open water with their Saturday morning swims at Cottesloe beach within the shark barrier. Meet at 8am on the lawn area on the north side of Indiana Tea Rooms and keep an ear to the ground to see when we are swimming.



Registrations are now open online for several 2021/22 LiveLighter WOW Swims events including the Lake Swim, Fremantle Ports Swim Thru, and Christmas 10k. Go to the website www.wowswims.com.au for more information and registration

Saturday 5th March 2022 - Joondalup Mullaloo Mile - registrations

www.mullaloomile.com.au **Just a reminder:** All those who registered last year and couldn't compete because of the cancellation of the event due to adverse weather, will have received an email with a discount code entitling them to a 25% discount on entry for 2022. If anyone has not

received their discount code they should email Tarquin Bateman at communications@mswa.asn.au



The image shows a calendar for the Livelighter WOW Swims Series from 2021 to 2022. The calendar is set against a blue background with a water texture. At the top left is the WOW logo with the tagline 'the community swim series for all'. At the top right is the Livelighter logo. The calendar table lists six events with their dates, descriptions, and locations.

DATE	EVENT	LOCATION
SUNDAY 14 NOVEMBER 2021	LAKE SWIM 400M TRY IT, 800M, 1600M, 3.2KM	LAKE LESCHENAUTIA, CHIDLOW
SATURDAY 11 DECEMBER 2021	FREMANTLE PORTS SWIM THRU 250M TRY IT, 1600M, 3.2KM	SOUTH BEACH, FREMANTLE
SATURDAY 18 DECEMBER 2021	CHRISTMAS 10K MERRY MILE, 3.4KM & 10KM	COOGEE BEACH, COOGEE
SUNDAY 23 JANUARY 2022	SWIM THRU PERTH 1.6KM, 3.5KM	MATILDA BAY, CRAWLEY
SATURDAY 5 MARCH 2022	MULLALOO MILE 400M TRY IT, 800M, 1600M, 3.2KM	MULLALOO BEACH, MULLALOO
SUNDAY 13 MARCH 2022	COOGEE JETTY TO JETTY SWIM 250M TRY IT, 750M & 1500M	WOODMAN POINT, COOGEE

WANDER OUT YONDER – LOCKDOWN IN MELBOURNE by Mary Williams

Mary Williams, a Stadium Masters friend who lives in Melbourne recently sent Ed an inciteful email containing a fascinating insight as to what it is to experience an extended lockdown period. Thankfully we haven't had to endure such an experience here in WA thanks to the good work by our Premier Mark....Mary wanted to share her experience and here's what she had to say....

"To my swimming friends at Stadium Snappers,

I have to confess that reading this newsletter, seeing the photos of you in and around the pool in warm sunshine, and reading about your competitions, has brought on a surge of envy. No doubt you're aware of our news - that we here in Melbourne hold the record for the longest lockdown in the world. Which in swimming terms means that we haven't been able to swim, let alone train in outdoor pools for more than 6 months.

As well, travel has been restricted, limited first to within 5 kms of our homes, extended in recent days to a 15 km radius. Some of my Malvern Marlin friends who live close to the Bay have braved its cold, open water. But even if I lived within 15 kms of the Bay - and I haven't checked - I'm not tempted! As for travel to see our City Beach family, and enjoy an occasional swim with you, well, after nearly 2 years it remains still a dream.

Word is that when or whenever the pool reopens there will be limit on the number of swimmers outdoors, which means our club will probably have to regulate the numbers at the daytime training sessions. (Often there are 30+ swimmers in the 3 lanes we have allocated at the 9.15 am sessions on Tuesday and Thursday mornings.) If that does happen I think I'll sign up for the "Learn to Swim" lessons!

I do hope you've all been double vaccinated by now, and certainly wish your border protection measures will be sufficient to stop the virus from spreading West... We have 5 family members working in public hospitals here, each one weary from the extra calls being made on them, and apprehensive about what might yet occur.

So Stadium Snappers - keep well and enjoy your freedom.
With every good wish, Mary Williams"

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Peter, Barry, Pamela, Marg W, Mary Williams and Bill for their contributions to this issue. The deadline for the last issue for 2021 is **Friday 10TH DECEMBER for next issue out Friday 17th DECEMBER 2021.**

If anyone has been travelling around the State (or dares to travel anywhere else!) please send some photos and a small write up to be included in our "Wander Out Yonder" page. Thank you in advance. I look forward to receiving your items - tania.gregg@hotmail.com

THIS ONE IS FOR YOU LESLEY



Please remember to Follow us on Instagram



stadiummastersswimming

and Like us on Facebook



Stadium Masters Swimming Club