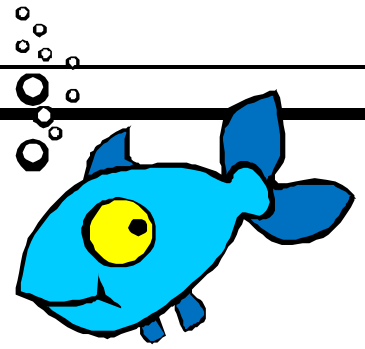


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

May / June 2022



PRESIDENT

Hi everyone,

The Aussie Masters Games have now come and gone and with them a number of notable performances by some of our members – congratulations to our 11 competitors, most returning home with medals. Our 1500m event was held on the 14th May and we had another successful meet despite COVID and weather concerns. A big thank you to Peter Lyster for organising this once again, and to all those that assisted in the smooth running of the event. Next up is our charity event the 'Swim for Memory' on Sunday 26 June. It's always a fun event and I encourage everyone to drag in their family and friends to help us to raise some money for the Australian Alzheimer's Research Foundation.

VENUES WEST

Our stroke improvement clinics with Elena (eSwim) are already underway and this year we are also holding two Saturday morning Clinics - on the 28th May and 27th August. Elena is a very experienced professional coach and she always comes up with something relevant, new and interesting. This year the clinics are also partly supported by a grant we received from MSA – so let's make the most of it.

I'm currently camped up on the reef and missing the initial clinics so we are trying to learn as much as we can from our Ningaloo marine mates during our morning swims



around Osprey Bay. These laidback fellas can really motor when they need to and they are also masters at breath control – they can manage an hour between gasps and we often find younger ones wedged under coral ledges taking a break from the hustle and bustle of the reef.

Keep your tummy taugt and glutes firm, cheers Mark

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

and Like us on Facebook  Stadium Masters Swimming Club

EVENT WRAP UP – Stadium Masters hosted 1500m Event - Sat 14TH May

by Pamela

On Sat. 14th May the club hosted a LC 1500 swim organised by Peter Lyster. Inclement weather was forecast so the club went to the expense of hiring marquees for the timekeepers protection. As it turned out they weren't needed but better to be safe than sorry. Thirty swimmers registered to swim but only 23 swam on the day. Two Stadium Masters swimmers swam - Dudley Lowe and Craig Barnard. Dudley (45 – 49) swam the 1500 in 22:58.82 (inaugural) and Craig (60 – 62) in 28:56.80 which was a PAB/Club record and best since 2018.

Six state records were broken on the day – 3 by Pauline Wingate (82) Mandurah Masters, swimming 1500m breaststroke and Peter Kaupert (81) Sandgroppers Masters, swimming 1500m backstroke.

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Thank you to the large number of club members who volunteered to help on the day.

Peter Lyster was the Meet Director and as always he was very well organised. Marg Smithson was on the registration desk, Tania was organising swimmers into lanes, Bill was making sure there were always timekeepers in the lanes ready to time and Deb along with State

Recorder Richard Johnson, were the recorders. Pamela was there as an official. Club timekeepers included Anna, Tricia, Jil, Tania S, Cas, Meryllyn, Jackie, Barry, Phyll, Carmen, Peter J, Pat, Marg. W, Dale, and Jo. Lots of positive comments were sent to Peter.

Thank you all for your help. We cannot host events without you.





EVENT WRAP UP – Australian Masters Games – Thu 28th – Sat 30th April

By Pamela

The swimming component of the 18th Australian Masters Games was held at HBF Stadium between 28th – 30th April. 237 swimmers from 50 clubs from across Australia came together to compete. There were a total of 1427 swims and HBF Stadium was abuzz with activity.

Stadium Masters had 11 swimmers competing, 9 women and 2 men. We therefore couldn't field men's relay teams and the two men were only able to swim on separate days so we also couldn't field any mixed relay teams. However the women's relay teams managed to claim 2 golds and a bronze and broke one club record.

Many of our swimmers gained a 1st, 2nd or 3rd placing and therefore went home with great big medals. Cas gained a position in every event she swam and went home a very happy possum with 11 medals. I think she will have gained a permanent stooped neck from their weight. There were quite a few PBs, PABs, inaugurals and 'best since' so check out the results.

Thank you to our amazing Stadium Masters volunteers. As usual, we had a good number turn out – Elizabeth on the marshalling desk, Marilyn, Jil, Robyn S all timekeeping, (hope Ed has not missed anyone) Pamela was officiating and of course our swimmers helped with timekeeping when not swimming.





The Australian Masters Games will be held in Adelaide next year. It would be great to get a crowd going.

EVENT WRAP UP – WA State Championships – 2nd – 3rd April – HBF Stadium

By Pamela

The State Championships were held at HBF from 2nd – 3rd April. Twenty six Masters clubs participated with 188 swimmers. Stadium Masters only had 6 swimmers entered so we couldn't even make up a men's relay team. Next year it would be good to have 20 plus swimmers. We came 6th overall which is quite remarkable considering the small number of Stadium swimmers. Thank you to Jo, Merilyn, Marg. W, Tania, Deirdre and Barb who volunteered to come and time keep and to Elizabeth who marshalled both days. On the Saturday our volunteers provided timekeepers for 2 ½ lanes and Sunday 1 lane for nearly the entire time which is also quite remarkable. Well done swimmers and thank you to our volunteers. Next year it would be really pleasing to see a large Stadium Snapper's team compete.

For those of you who know Glad Mc Gough, she is a Maida Vale member who coached and then helped start a new Masters club which was then called Stadium Snappers. She is now 92. She entered these WA State Championships in the maximum 6 events including IM200 and BU50. The latter two she ended up not swimming but what an inspiration to us all. Keep swimming everyone and stay fit. The results from the WA State Championships are as follows:

Name	St/Dist.	LC/ sc	Date	Time	comparison
Heather Rhebok	FR50	50	2-3/4	38.15	-
Heather Rhebok	FR100	50	2-3/4	1:22.47	inaugural
Heather Rhebok	FR200	50	2-3/4	3:04.49	inaugural
Heather Rhebok	BA50	50	2-3/4	43.36	PB/CR
Heather Rhebok	BA100	50	2-3/4	1:37.33	Inaugural/CR by 1/100 sec
Heather Rhebok	BU50	50	2-3/4	45.67	-
Phyll Tiller	FR50	50	2-3/4	52.86	-
Phyll Tiller	FR100	50	2-3/4	1:59.38	-
Phyll Tiller	BA50	50	2-3/4	1:02.52	-
Phyll Tiller	BR100	50	2-3/4	2:31.77	PB
Cas Brown	FR100	50	2-3/4	2:22.60	-
Cas Brown	FR200	50	2-3/4	5:17.93	-
Cas Brown	BA100	50	2-3/4	2:51.99	-
Cas Brown	BA200	50	2-3/4	5:40.50	-
Cas Brown	BR100	50	2-3/4	2:56.38	-
Cas Brown	BR200	50	2-3/4	6:01.74	-
Audrey Bullough	FR50	50	2-3/4	1:05.35	-
Audrey Bullough	FR100	50	2-3/4	2:30.84	Best since '21
Audrey Bullough	FR200	50	2-3/4	5:27.71	-
Audrey Bullough	BA50	50	2-3/4	1:25.19	-
Audrey Bullough	BA100	50	2-3/4	3:06.86	-
Audrey Bullough	BA200	50	2-3/4	6:27.56	-
Barry Green	FR50	50	2-3/4	48.75 relay	-
Barry Green	BA50	50	2-3/4	56.66	Best since '21
Barry Green	BA100	50	2-3/4	2:14.34	-
Barry Green	BA200	50	2-3/4	4:43.37	-
Barry Green	BR50	50	2-3/4	1:02.51	-
Barry Green	BR100	50	2-3/4	2:30.91	PAB/best since '19
Dudley Lowe	FR50	50	2-3/4	31.05	-
Dudley Lowe	FR100	50	2-3/4	1:15.68	inaugural
Dudley Lowe	FR200	50	2-3/4	2:39.57	inaugural
Dudley Lowe	BR50	50	2-3/4	42.29	PB
Dudley Lowe	BR100	50	2-3/4	1:37.90	inaugural

FREESTYLE CLINICS 1, 2 and 3 - with Elena Nesci – 4TH, 18th, 25th May

By Barry

1st clinic (4/5/22) in long course (50 m)

There were 16 swimmers who turned out for the first clinic. Elena held a poolside talk for about 20 minutes, after which there was an in-water warm-up.



The aim of the clinic is to find and establish a strong lateral chain when doing freestyle. The lateral chain involves the muscle groups down the side of the torso viz., the lats, the obliques, hips capsule plus the core.

Why is this important? It provides stability, control, support, power, and length all of which contribute to the proper streamline.

As an out of the water exercise Elena called on swimmers to raise each arm (bend elbow, thumb to chest and raise above the shoulder) so that the traps are not engaged but the lats are.

In the in-water drills (see below), the focus points are; shoulder position, which muscles to engage, which muscles relax, and alignment.

In the water, drills were as follows;

1. Lateral kick one arm extended with palm face down on the water (and relaxed). You could play a keyboard! Change arms noting that most of us find this drill easier on one side than the other. Try and stay straight over the black line!

2. Lateral kick with scull.

3. Lateral kick with scull and zip. The non-extended arm tracks up the side of the body and returns to along the leg.

4. Lateral kick with scull and periscope. This involves the non-extended hand to be made straight and kept still vertically (to look like a periscope! See pic right). To do this sufficient kick is required (to keep the body up in the water) and an engaging of the lateral chain on the side of the arm extended in the water.

How to scull – figure of eight on its side (symbol for infinity). Relaxed arm/hand with space between the fingers. Cupped hands trying to push a ping pong around.

The incorrect hand action whilst sculling was colourfully described by Elena as; “French polishing”, “flamenco hands” and “fart waft”.



At the end of the session a 100 m freestyle was executed with notable improvements in stroke! Note that the issues of strong lateral chain must become embedded in training as it is impossible to swim by numbers thinking actively of all these issues.

2nd clinic (8/5/22) – in short course (25 m)

About 17 swimmers attended this second clinic, some had not attended the first clinic.

Elena went over what was covered in clinic 1; Lateral chain location, activation and the importance of using our lateral chain in the freestyle stroke.

The 4 drills of clinic 1 were repeated followed by catch-up drills with pull buoy. This was “full” catch-up (the hands come together and pause there) with breathing only to one side for 25 m, and then on the other side for the next 25 m (working both lateral chains left and right).

These drills were interspersed with swim lengths to put the action into practice.

Elena emphasized that:

The lateral chain supports glide.

The lateral chain supports the transfer of power.

The lateral chain maintains the streamline.

The activation of the lateral chain reduces drag, resistance, and turbulence – all of which improves swimming efficiency (getting more with less effort).



Elena's mnemonic to help us remember is;

L – lats

O – obliques

C – core

K - kick



3rd Clinic 28/5/22

This was a Saturday clinic to be available for the Tuesday night swimmer and others who could not attend the Wednesday morning clinics. In the event 14 persons participated, some of whom had attended the previous 2 clinics. “Extra” points noted were;

1. The obliques are the connector between the lats and the hips capsule. They must “connect” to form the lateral chain!
2. The lateral kick must be such that there is an equal amplitude of kick forward and behind the hip line.
3. The scull action should be such that the loops are in front of and behind the shoulder line (the turning points equally distant from it).
4. The purpose of the multi-tasking exercises (scull and kick, zip and kick, periscope and kick) is to brain train so that the activation of the lateral chain becomes automatic.
5. The 4 drills of clinic 1 were followed by catch-up as in clinic 2, interspersed with swimming, and finally distance per stroke (DPS) – slow swimming. The moment of truth arrived when the fins came off!



4 MILLION METRE MILESTONE – ANNE EDMONDSON



In March 2022 Anne Edmondson reached her goal of swimming 4 million metres which is a mammoth effort. She was presented with her 4 million metres shirt by Mark. A big congratulations to you Anne. For those wanting to know more about the Vorgee Million Metres program...

For your information Stadium Masters have currently recorded **36 464 200 metres** so far in the program. Some members who have attained awards include Cas Brown (recently attained 2 million metres), Audrey Bullough (1 million), Elizabeth Edmondson (1 million), Marilyn Burbridge (5 million), Pamela Walter (7 million), and Tricia Summerfield (5 million) to name a few. There are also other members who have also attained million metre awards.

There are a handful of current swimmers who are on their way to their first million metres – Phyll Tiller, Anna Clare, Sue Woodward, Tania Gregg, and Brigitte Shuhkraft. By putting the app on your

phone it is easy to keep track of your metres swum. Just keep on swimming! More about the program...

Million Metre Badges – “The Vorgee Million Metre Awards are national awards for completion of 1, 2, 3, 4 (introduced in 2016), 5, 7 and 10 million metres. The member logs on a record sheet (available from Masters Swimming WA) OR now an easy app, the distance achieved at each swim (training, endurance or competition). All distances swum are cumulative. There are no requirements of style or speed and it is the member’s own responsibility to record the distance swum.”

EVENT WRAP UP – POINT PERON SWIM – Sat 26th March

The weather was looking ominous but despite the black clouds and bleak forecast, a handful of swimmers turned up for our annual Point Peron swim, now in its second year.

We met at Pamela’s family cottage at Point Peron at 8am armed with our morning tea / snacks for afterwards. We then car pooled swimmers to the Penguin Island jetty and swam north back to the cottage beach access. Phyll kindly supplied her kayak so there was a paddler next to the swimmers. Near the end we spotted a pontoon where everyone had a lot of fun and playful dolphins were also spotted nearby. Pamela’s sister-in-law was on the beach identifying where the swimmers had to exit the water so we didn’t swim further than we needed to!



After a shower, we all shared our food offerings with a hot cup of tea. A lovely event that is now a firm fixture on the calendar.



EVENT WRAP UP – Fremantle LLCC – Sun 27th March

The Fremantle Live Lighter Club Carnival was held at Fremantle Aquatic Centre on Sunday 27th March. Results are as follows:

Name	Event	Time	Comparison
Heather Rhebok	FR50	37.52	inaugural
	BA50	46.00	inaugural
	BU50	45.22	inaugural
Audrey Bullough	BA50	1:24.00	Best since '21
Cas Brown	FR50	1:01.07	Best since '21
	BA50	1:15.38	Best since '20
Pamela Walter	BR50	56.57	Best since '21
	BU50	53.53	PAB/Best since '18
Phyll Tiller	BR50	1:07.91	PB
Jil Mogyorosy	FR50	53.24	-
	BA50	1:00.09	PAB/Best since '16
Sara Cann	BR50	1:18.12	Best since '21
Dudley Lowe	FR50	30.66	inaugural
	BR50	43.18	inaugural
Brett Jago	FR50	40.03	Best since '21
Barry Green	BA50	56.96	Best since '21
	BR50	1:02.31	Best since '21
Dale Wilcox	BR50	57.52	Best since '21

Relay results

4 x 50 Mixed Freestyle 240+

Brett, Pamela, Heather, Dudley – 2:42.33

4 x 50 Mixed Freestyle 280+

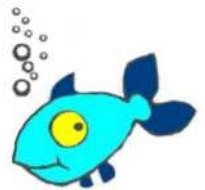
Barry, Dale, Phyll, Jil – 3:35.21

4 x 50 Mixed Medley 240+

Phyll, Brett, Heather, Dudley – 3:23.46

4 x 50 Mixed Medley 280+

Jil, Dale, Pamela, Barry – 3:50.29



Opinion piece - WHY COMPETE? By Barry

Australian Masters Swimming has the motto – swimming for fitness, fun and friendship, so where does competition come in? Many Masters swimmers find that the fitness and/or the fun and/or the friendship is “sufficient” for them, but I feel that many have the wrong perception of competition. All of life is a competition (hadn’t you noticed?), and the competition in Masters swimming is primarily personal.

Can I improve my stroke? Can I try a new stroke or swim distance? These are all challenges we take on in a competitive spirit (with ourselves). How do we measure improvement? After the training it is (of course) nice to hear the coach say that your stroke has improved, but the only

way to establish stroke improvement (how to get more with less effort) is to do timed swims. This is competition of you against the clock!

It is encouraging to see some of our swimmers taking part in Enduro swims or competition carnivals for the first time. I hope that this reflection on this topic will see a few more “have a go”. I find it “amusing” to seeing in training sessions some “non-competitive” swimmers striving not to be overtaken. Let the competitive juices flow! The happy group pictured above clearly enjoy a swimming carnival.....

ENDURANCE SWIM CORNER

by Bill – Endurance points recorder

It has been suggested it would be fun to convert all endurance swim points into kilometres and attempt to swim to Brisbane. Or further if we can. The latest endurance swim results converted

Cas	480
Audrey	447
Merilyn	23
Barry	35
Brett	24
Phyll	325
Pamela	425
Bill	53
Sue	32

Total 1844



into kilometres takes us to 75 kms before Ceduna ie.853 kms to Adelaide. Keep up the good work everyone.

For those wishing to test their endurance swimming and add to our kilometres and Stadium Masters points score, 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.

SOCIAL EVENT – Mini Golf – Wembley Golf Course – Thu 7th April

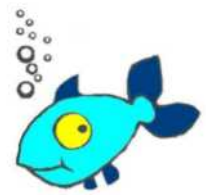
By Pamela

On Thursday 7th April a group of Snappers spent a very pleasant warm evening playing a round of mini golf at the Wembley Golf course then dinner at 300 Acres. Audrey won the award for most holes in one. She managed two holes. Barry managed one hole-in-one.

Louise was dobbed in by her team for being the biggest bender of the rules. Dale won no award for the most chivalrous for rescuing a ladies ball from the water. No award because they had to leave early. Carol, Dale's wife, would have won an award for the person who got best value for money but hers was a no award too because she left with Dale!

Phyll won an award for trying to be another obstacle on a green to make it more difficult for her opponent.

A good night was had by all but we all left early because some were being eaten alive by non-mosquito insects.



SOCIAL SNAPPERS CORNER by Marg W

There's no doubt about it.

Swimming with a group helps motivation; and with the sudden onset of winter that makes all the difference!!

Claremont group:

Monday, mid-May, was the first real taste of winter, with heavy rain and storms. Only Patrick dared to swim that day! Usually there's 8 or so who swim on Monday and Wednesday, joined by 3 or 4 others for coffee at the Tee Box Cafe. Swim time is 8.00 am, with coffee at 9.15 am, but this can be made later if preferred. To be discussed.

The apres-swim *Easter celebration* of 'toastie, coffee and Easter egg' was enjoyed by about a dozen happy souls.

Bold Park group:

Swimming is 'on hold' for the moment, But the monthly get-together has been popular. On 6th May it was great to catch-up with Brian (Downey) and William (Curtis), Marg (Somes), Pat (Byrne), Zee (Marsland) and June (Hough).

The next coffee get-together is *Friday, 3rd June, 2pm @ Georges Cafe, Empire Shopping Centre.*

Our 30th Birthday lunch:

Hazel has earned her 30 year certificate - a foundation member! Well done for such loyalty Hazel. Marg Somes is 25 years a member, Richard Diggans 15 years, and Geoff Hadley 5 years. It would be great to see you all receive your certificates at the upcoming lunch.

Until next bulletin, remember "Buddy swimming is Best"..... Marg W

SOCIAL MEMBER – HAZEL CHRISTIE

Hazel Christie is our oldest club member having joined the club right at its founding in 1992. Hazel is now a social member and takes a keen interest in the club and its activities. Unfortunately, Hazel had a fall at home in February this year and after a period in hospital and rehabilitation, is now back in her own house. She was thrilled to recently receive a get -well card from the club's first president and life member, Lynda Joachim (resident on the Gold Coast). As the photo shows, Hazel is smiling in spite of her immediate past problems. She thanks the club for its support and sends her best wishes.



WEBSITE UPDATE

Deb Wagstaff has been busy updating our Stadium Masters website and has given it a major overhaul. It is still a work in progress but to check out the work she's done so far please have a look:

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

It is a great place to check what's coming up too, look in the '**What's New**' section!

MAY / JUNE BIRTHDAYS



May

Sara Cann	3 May
June Hough	7 May
Richard Diggins	19 May
June Bolton	25 May
Tricia Summerfield	27 May
Kimberley Mann	30 May

June

Margaret Smithson	8 June
Pat Hallett	9 June
Mary Gray	18 June
Peter Jones	20 June
Craig Barnard	21 June
Lillian Hadley	24 June
June Maher	29 June

David Hodby (second claim to our club) put in (by mistake) a 200 m freestyle time for his entry in the 400 m freestyle at the Australian Masters Games. As a result he was seeded in the fastest heat! He managed to be put in a slower heat but one that was still faster than he could travel. Still, he finished well with a good personal time



GOGGLE SAW



In the 320+ Stadium relay which won a gold medal in the 320+ age group (the only team in the group - shhh!), Phyll dived in as 4th swimmer (after Cas, Deirdre and Audrey). Everyone else in the race had finished, but the announcer said "and here is Phyll Tiller for Stadium Masters swimming for the gold medal!"

Barry in his Australian Masters Games merchandise – this photo was featured on the Masters Swimming WA facebook page! <<<

CLUB CAPTAIN'S CORNER

by Pamela

Hi all, here is what is coming up for our members:

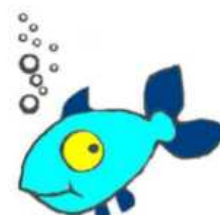
UPCOMING SOCIAL EVENTS...

AFTER TRAINING SUPPER – TUES 14TH JUNE and 26TH JULY

The next after training supper will be held at the Wembley Hotel. This will be on Tuesday night 14th June after the 6.30pm training. This training session has now moved inside for the winter months. All welcome, please let Marg Smithson know if you will be attending so she can book numbers smithsonmarg@gmail.com



1ST BACKSTROKE CLINIC WITH ELENA – WED 15TH JUNE and 2ND WED 29TH JUNE



RIVERTON HOSTED LLCC 400/800 M – SUNDAY 19TH JUNE

Date: Sunday 19 June 2022

Time: 1pm to 3.30pm

Venue: Riverton Leisureplex, cnr High and Riley Rds, Riverton. 50m indoor LC, choice of Distance & Stroke

Meet entry fee: \$8 per swimmer (plus handling fee), includes refreshments after meet

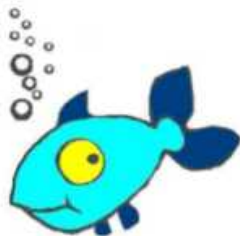
Pool entry fee: Adults \$7.30; Seniors/Pensioners \$5.20; payable at pool reception.

Riverton Masters Swimming Club invites you to join us for their Act Belong Commit 400m/800m Swim Meet.

Two swims may be undertaken (but only one 800m swim), second swim only after all first swims have been completed, dependent on time available

Swimmers are to enter and pay direct to MySwimResults using this link:

<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|26>



Entries close: Sunday 12 June 2022 (late entries will not be not accepted)

CLUB SWIM – SAT 2 JULY

1.00pm warm up for 1.30pm start out in the 10 lane pool. Swimmers can choose 3 events from 1 x 200 all strokes, 1 x 100 all strokes and all 50s.

VINA H ANNUAL LUNCH – 151 BROADWAY NEDLANDS – SAT 9TH JULY

Our 30th anniversary lunch will be held again at the VinaH restaurant in Broadway, Nedlands. Top Ten certificates for 2021 will be presented and also big anniversary year memberships. If you swam at any club swim, a LLCC or were timed for an aerobic swim during 2021 then you have a very good chance of receiving a certificate. The venue is wheel chair accessible and has a disabled toilet. We have held previous club lunches there and enjoyed it immensely. Members and their partners are cordially invited. The cost per person is \$45 and this includes a three-course meal (with choices e.g. for mains beef, fish, chicken and vegetarian dishes) and corkage for any BYO wine. Other beverages will be available there (e.g. wine, beer, soft drink, tea and coffee).

Please contact our social coordinator Marg Smithson to let her know that you are attending.
smithsonmarg@gmail.com

Payment for lunch can be made by cash to Dale, Bill or Barry or to the club bank account:

SWIM FOR MEMORY 2022 – SUNDAY 26TH JUNE

This fun event will be held from 8am – 12 noon in the indoor 25m pool. Start getting your teams organized and sponsors as soon as possible. All money raised will go to the Australian Alzheimers Research Foundation.

Standard Masters swimming relay age groups apply (age is at end of 2022), with the addition of 52 – 63 and 64 - 71 age groups to accommodate younger family members. Team members may swim in any order and in any proportion of the one hour. Each swimmer may compete in one age group only. Two teams may share a lane by mutual consent. We expect entries in all the age groups including with (aggregate ages); 72 – 119, 120 – 159, 160 – 199, 200 – 239, 240 – 279, 280 – 319, 320 – 359. Limited lanes are available, so get your entries in and pick a preferred time while you can. The club has supported this in the past with quite a number of teams and hopefully will do so again in 2022. Other masters clubs are expected to take part. Trophies (returnable) will be awarded:

1. One to the team in each age group that swims the most 25 m laps in the allocated one hour.
2. Another will be awarded to the team that swims closest to their predicted number of laps.
3. A trophy will also be awarded to the team that collects the biggest total of donations to aid The Australian Alzheimer's Research Foundation.

Our over-all target is \$1,500 with a conservative expectation of each individual participant being able to attract \$25 of sponsors, but any amount will help. Trophies will be awarded following the event.

Pool entry fees are; "competitors" \$6.60 (16 years and over), children under 4 years free (with full paying adult), children 4-15 years \$5.10, concessions (students/pension card holders) \$5.30, and \$2.60 for spectators. Correct at the time of writing!

Event registration for each relay team is \$40 to cover the administration and running of the event. Please use www.justgiving.com/Swim-Masters1 for online donations. Please add your team name when you make a donation, if you wish to support a team in the competition to raise the most money. Donation sheets will be made available before the event and can be used to hand in money on the day (although online donations are much preferred).

Please process and email your team entries (name of team, names of swimmers and their ages, plus estimated team swim distance in the hour) to Barry Green at barryjohnngreen@yahoo.com.au or direct any enquiries to Barry.

Entries close at midnight on Wednesday, June 15th so hurry with your entries!

To assist in running the event could teams please supply a timekeeper/recorder for their swim.



CLUB RECORDS

Merilyn and yours truly (Pamela) have been working on updating the club records and also identifying times from club swims and internal times from e1000 swims that are better than

those already on the portal. We have identified 86 times from club swims and 103 from the internals. Well worth the effort. Those times, including those swum by second claim members, will be submitted for inclusion onto the portal and therefore eligible for the top ten. **We have identified 45 new individual and 5 new relay club records.** I think it's too much to list all the individual club records but thought it might give many people a thrill to see they were **part of a relay team that is now a club record** so have listed them below. You could tell people to go to the club website to check out their age group in about a month's time. It will take that long to finish the process and get them uploaded.

The longer the club is in existence the more difficult it is to break records so that number is very pleasing.

Relay teams time	LC/sc	Age group	swimmers
Women's 4 x 25 Freestyle 2:06.40	sc	320 – 359	Merilyn, Cas, Deirdre, Audrey
Women's 4 x 50 Freestyle 4:32.23	sc	320 – 359	Margaret Smithson, Cas, Deirdre, Audrey
Mixed 4 x 25 Freestyle 1:45.37	sc	320 – 359	Bill, Audrey, Deirdre, Vic
Mixed 4 x 50 Freestyle 3:59.87	sc	320 – 359	Barry, Deirdre, Merilyn, Peter L
Women's 4 x 50 Medley 5:50.00	sc	320 – 359	Audrey, Cas, Merilyn, Deirdre

NEW MEMBERS

Welcome to our 2 newest members Denise & Peter Scott. Here is a little bit about them:

Denise Scott

I have fond memories of learning to swim at Nanga Brook, on camping trips with my father to catch marron.

In recent years I heard the girls in my March Past team, at the City of Perth Surf Lifesaving Club, speak keenly about swimming with Stadium Masters and it appealed to me. I have felt so warmly welcomed ever since by Barry, Pamela and the lovely members. Many thanks to all the coaches and especially to Mark, on Tuesday evenings when I most often attend, for his brilliant program, coaching and encouragement.

On the weekdays, I love teaching Indonesian online to primary school students, who are mostly at small country schools.

Peter Scott

I learnt to swim in the ocean with my father at Trigg and it was a case of sink or swim!



In more recent years I did water safety at City of Perth Surf Lifesaving Club, where our family enjoyed Nippers. These days I swim laps with my three adult sons at the Scarborough Pool. I joined Stadium Masters with my wife, Denise.

Many thanks to Mark on Tuesday evenings for his great program and swimming tips. My sons no longer lap me twice!

During the week, I am a partner at a consulting structural engineering firm in Subiaco.

Welcome!!

UNIFORM REQUIREMENTS

Sue Woodward, our uniform coordinator is organising another uniform order. An email was sent to members on 28 May. She would appreciate orders and payment before or by Friday 17th June with delivery expected by the end of July. It would be great if we were all in uniform for our Stadium Masters hosted LLCC coming up soon. To order tell Sue by email, phone or at training (she's usually at Wed & Fri sessions). Email Sue on susannewoodward@gmail.com



DIARY ENTRIES

	14th	Tuesday	After Training Dinner	All welcome. TBA.
June	15th	Wednesday	Backstroke Clinic 1	
June	15th	Wednesday	Club Committee meeting	TBC
June	18th	Saturday	Development Clinic 3	MSWA
June	19th	Sunday	Riverton 400/800	
June	25th	Saturday	Development Clinic 4	MSWA
June	26th	Sunday	Stadium Masters Swim for Memory	Short Course. Program to be announced.
June	29th	Wednesday	Backstroke Clinic 2	
July	2nd	Saturday	CLUB SWIM (pre-Riverton)	1300 HBF Stadium
July	9th	Saturday	Annual Club Lunch	All welcome. TBA.
July	17th	Sunday	Riverton LLCC	
July	22nd	Friday	Winter Swimming Retreat	MSWA
July	26th	Tuesday	After Training Dinner	All welcome. TBA.
July	27th	Wednesday	Club Committee meeting	TBC
July	30th	Saturday	CLUB SWIM (pre-relay carnival)	1300 HBF Stadium
August	3rd	Wednesday	Breaststroke Clinic 1	
August	7th	Sunday	Coach Conference 2	MSWA
August	13th	Saturday	Golden Gropers State Relay Meet	HBF Stadium (short course)
August	17th	Wednesday	Breaststroke Clinic 2	
August	20th	Saturday	Maida Vale LLCC Distance event	Short Course. Program to be announced.

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Mark A, Barry G, Pamela W, Bill W and Marg W, Denise Scott, Peter Scott for their contributions to this issue. **Next issue will be out end July 2022.** Thank you in advance for your contribution. I look forward to receiving any items you would like to forward tania_gregg@hotmail.com

