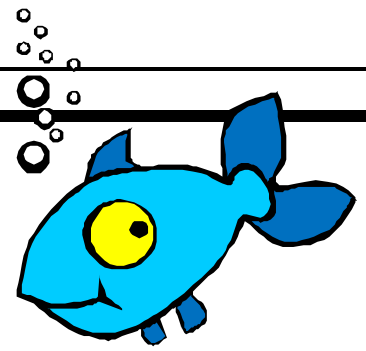


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

January 2024



PRESIDENT

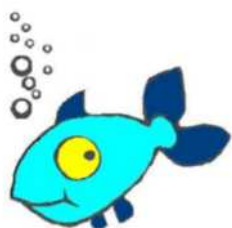


On the 20th we held our Annual General Meeting which was attended by 22 members, many arriving after participating in the Club swim at Claremont pool. Since no new candidates nominated, the meeting resulted in the existing members of the Committee being re-appointed. However, it is worth mentioning that, in the absence of any new expressions of interest, the existing committee members re-nominated to maintain continuity of our Club, and many would be keen to pass on their batons. Indeed, partial renewal of the committee is something we would like to progress this year - so please don't be

backward in stepping forward!

Of course there are a variety of ways to participate in the functioning of the Club, and one of those is as an MSA-endorsed Coach. We currently have 5 coaches which is just enough – most of the time. Like the rest of us, our coaches holiday, travel and can be injured or feeling poorly, so some additional flexibility to cover absences would be valuable to ensure all our training sessions are covered. So please consider this option – it very much part of the 'ABC'.

In the meanwhile, remember that: all it takes is all you've got! Cheers, Mark



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IN THIS ISSUE:

Event Wrap-Up – Christmas function

Event Wrap-Up – AGM & Award Winners

Club Captains Corner

Endurance Swim Corner

February / March Birthdays

Open Water Swims

Goggle Saw

Diary Entries

Acknowledgements

Please remember to Follow us on Instagram  stadiummastersswimming
and Like us on Facebook  Stadium Masters Swimming Club

EVENT WRAP UP – CHRISTMAS FUNCTION AT THE WEMBLEY HOTEL –

Fri 15th Dec 2023

Once again, we had a great turnout for our Christmas party which was held in the courtyard at the Wembley Hotel between 5pm and 7pm. It was a lovely balmy night, everyone dressed in their Xmas attire and the pizzas were being demolished quickly.

Pamela prepared some Club awards and presented them, assisted by Sue W. They were fun and quirky awards presented in the form of a badge, which would have taken some work to make. Thank you Pamela!

Well done and thank you to Marg Smithson for organising this event, we all had a marvellous time.



EVENT WRAP-UP – AGM STADIUM MASTERS – SAT 21ST JANUARY 2023

2024 Annual General Meeting (AGM) Report

This AGM was held at Regent Park, Mooro Drive, Mt Claremont and was preceded by a club swim at Claremont pool in preparation for the Newman Churchlands ABC CC. It was well attended (21 swimming members and 1 social member). The usual business was dealt with (approval of AGM 2022 minutes, approval of the President’s 2023 report, the approval of the Treasurer’s 2023 report and approval of the draft budget for 2024).

Nominations for membership of the club management committee were received from all those in the 2023 committee (excepting Dale Wilcox). No other nominations were received and so the 2023 committee members retain the same positions in the 2024 Management Committee, with the exception of our Treasurer Dale Wilcox who has retired from the position and Craig Barnard has taken up the role. Elizabeth Edmondson has also retired from the registrar role and this has now been taken on by Sue Woodward. The 5 coaches (who have agreed to continue for 2024 (Mark Anderson, Anne Edmondson, Barry Green, Tricia Summerfield and Bill; Woodhouse were endorsed.

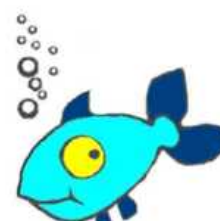
Under the agenda item “Any Other Business” 3 items were mentioned: Peter Lyster noted the hard work done by the 2023 committee and called for acknowledgement of their work. Mark Anderson thanked Peter Lyster for his continuing involvement in the organisation of our 1500m and ABC CC club hosted events and Sue Woodward thanked Margaret Watson for her tremendous liaison work with the Social Members. All the above items were received with great applause.

Following the formal business of the AGM the 2023 awards were presented, again with great applause! The meeting closed at 3.32 and we then enjoyed a ravishing afternoon tea with delicious goodies provided by some of the members. Thank you to those members...

Committee 2024

Committee Position	Nominee
President	Mark Anderson
Captain	Pamela Walter
Secretary	Barry Green
Treasurer	Craig Barnard
General Representative	Tania Gregg
General Representative	Debra Wagstaff
General Representative	William Woodhouse

Registrar: Sue Woodward



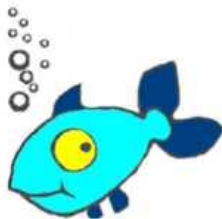
Club Awards Winners and Runners Up

Kevin Wren Award – Champion Male Swimmer

Winner - Barry Green

Runner up – Brett Jago (absent)

The Kevin Wren Award is awarded to the champion male swimmer who achieves the most points during the year calculated on that male swimmer who achieves the most points during the year from their best 4 results from the ABC CC meets. This is according to the formula detailed in the Club by laws. The trophy was donated by Audrey Wren in memory of her late husband Kevin.



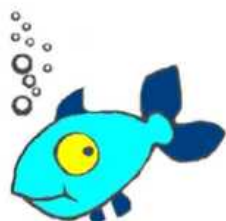
Lynda Joachim Award – Champion Lady Swimmer

Winner – Cas Brown

Runner up – Pamela Walter

The Lynda Joachim Award is awarded to the champion female swimmer who achieves the most points during the year calculated on the champion female swimmer who achieves the most points during the year from their best 4 results from ABC CC meets. This is according to the formula detailed in the Club by laws. This award is named after Lynda Joachim, Snappers' first president and then captain for two years. Lynda returned home to Queensland in 1995. She was appointed the first life member in 2004.





Cliffe Webb Trophy

Winner – Brett Jago (absent)

Runner up – Pamela Walter

The Cliffe Webb Award is awarded to the champion swimmer who achieves the most points during the year calculated on the swimmer who achieves the most points from the State Championships and our hosted ABC CC meet. This is according to the formula detailed in the Club by laws. Winners of the Kevin Wren and Lynda Joachim awards in the same year are not eligible for this award. Inaugurated in 2002, the trophy was donated by Cliffe Webb, who joined the Club on a visit from the UK, and who continues to enjoy his association with the club.



Founder's Award

Winner – Anne Edmondson (absent)

Runner up – Denise Scott & Kim Simpson (absent)

The Founders' Award is presented to the swimmer who has never won any of the above awards or the Founders' Award and whose swimming performance shows the most commitment and greatest improvement over the year.

One point is given for each PAB (personal age best) and 3 points for each PB (personal best). Points are calculated according to the formula detailed in the Club by laws. This award was also inaugurated in 2002. It was donated by Glad McGough, the coach who conducted the original Swim to a Healthy Lifestyle program, in honour of the participants who went on to form the Snappers Club.



Beatie Norris Endurance Award –

Winner – Audrey Bullough

Runner up – Pamela Walter

The Beatie Norris Endurance Award is presented to the swimmer who achieves the highest number of points in the Endurance1000 program boosted by age-based bonus points calculated by the club. Beatie Norris learned to swim and joined the club at 70 and she concentrated on swimming aerobic swims.

The Award that is named after her is therefore based on the e1000 program. Pamela Walter and her sisters donated the trophy for the Beatie Norris Endurance Award in honour of their mother who was a Club member for 18 years. Beatie died in 2014.



President's Award

Winner – Bill Woodhouse

The President's Award is selected by the President and awarded to a Club member who has made an outstanding contribution to the administration and/or development of the Club.

“Bill has fulfilled a variety of roles within the Club over many years while working quietly behind the scenes. He is the Coach of our Friday sessions and is responsible for submitting members' timed swim results to the portal and for publication in Snappets. He also tracks our combined swim distance progress towards Queensland via the coast. As well as being a committee member, Bill frequently takes on the responsibility of organising the venues for our post-ABCCC event functions and our committee meetings. As the orchestrator of the weekly raffle, Bill also encourages members to gamble heavily after each Wednesday and Friday training sessions”. – congratulations Bill.



Participation Award

Winner – Helen Austin

The Participation Award is presented annually to the member who actively participates in the most training sessions, club swims and ABC Club Challenges, either as a swimmer, official or helper. This award also recognizes the extra and special efforts contributed by the recipient in their own time to advance the club's ideals.

“Despite being a new member, Helen simply dived in at the deep end and just kept swimming. She quickly became a very regular attendee at our training sessions and at inter-club competitions. Helen has assumed a role in supporting Anne with Meet Manager and Pamela with Team Manager assists in the checking of results from events, and helps to check and submit times from club swims and internal times for submission to the top ten” - congratulations Helen.



Star Awards – 6 swimmers awarded for this year 2023

Endurance Star Awards were inaugurated in 2000 to encourage more Club members to participate in and benefit from endurance swims, even though they may not be proficient in all strokes. From 2007, Four and Five Star Awards are available for swimmers who also complete the endurance Individual Medley and Butterfly swims. Speed is not a factor and there is no element of competition.

The Star Awards are presented to the swimmers who have completed all the aerobic swims in a stroke ie 5 x 400m, 5 x 800m, 1 x 1500m, 1 x ½ hr, 1 x ¾ hr and 1 x 1 hr swims.

1 Star Award

A One Star Endurance Award is given to anyone who completes the 14 swims in the Vorgee Endurance 1000 program (five x 400 m, five x 800 m, and one each of 1500m, half hour, three quarter hour and one hour) in any one of the three major strokes, freestyle, backstroke or breaststroke

None awarded this year

2 Star Award

A Two Star Endurance Award is given for completing the 14 swims in two strokes

Audrey Bullough –Freestyle and Backstroke

Brett Jago - Freestyle and Backstroke

Pamela Walter – Freestyle and Backstroke

Anne Edmondson – Freestyle and Backstroke

Bill Woodhouse – Freestyle and Breaststroke

3 Star Award

A Three Star Endurance Award for completion in three strokes.

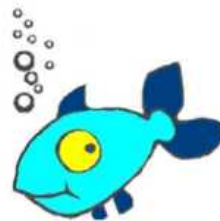
Cas Brown – Freestyle, Backstroke, Breaststroke

Congratulations to all our award winners and runners' up

CLUB CAPTAIN'S CORNER

By Pamela

Hi all, here's what's coming up:



Point Peron Swim - Saturday 16th March (date to be confirmed)

After a successful swim last year, this event is on again. We meet at the Walter's beach shack to drop off lunch/snack supplies then car pool to Penguin Island jetty. We swim around Shoalwater Bay in the pristine clear water very close to shore so you can hop in or out of the water at your leisure, finishing up at Point Peron and to the shack for our refreshments. Ed can highly recommend this swim and you don't have to be an ocean water pro to participate in this one. More details to follow from Pamela.

Newman-Churchlands Act Belong Commit CC – Sunday 18 February

This meet will be held at Newman College Pool Empire Ave Churchlands. The venue is an outdoor long course pool. Warm up 8.15am for a 9.00am start. Cost of meet entry is \$12 per swimmer (plus booking fee) which includes entry to the pool

ENTRIES CLOSE: Thurs 8 February and the REGISTRATION LINK:

<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|47>

EVENTS

1. 200 Freestyle

-
2. 100 Breaststroke
 3. 50 Butterfly
 4. 50 Freestyle
 5. 50 Backstroke
 6. 100 Butterfly
 7. 4 X 50 Women's Freestyle Relay
 8. 4 X 50 Men's Freestyle Relay

Get your entries in early so Pamela can sort relay teams. Free sausage sizzle afterwards!!

Next after training dinner – 12 March 2024

Let Marg Smithson know if you will be attending so she can arrange the booking

From the coaches - 2024 New Year Resolutions for Stadium Masters Swimmers

I will:

1. Arrive 10 minutes before the session to be ready for the coach's briefing
2. Pay attention to the briefing and ask questions if unsure of instructions
3. Observe lane etiquette:
 - Swim to the left of the lane rope
 - On completing the length, move to the lane rope on the push-off side to allow incoming swimmers to finish in the centre
 - If passing, wait until there are no on-coming swimmers, move out and swim around; this may need a little acceleration
4. Maintain 10 second push-off time from swimmer ahead
5. Take a turn at leading my lane
6. Avoid drafting
7. Perform all starts and turns as if swimming in a refereed event
8. Focus on technique, especially streamlining and correct, quick turns.

UNIFORMS

Uniform orders must be in to Sue Woodward by this Wednesday 7th February. Please refer to her earlier emails to get details of what is available to order. Also bear in mind winter is coming so you may need to think about winter requirements.

Cheers, Pamela

ENDURANCE SWIM CORNER – e1000

By Bill W

[e1000 Points recorder]

The final results of the Vorgee e1000 program by15 Stadium masters swimmers for 2023 is 4216 points with 6 swimmers completing 2 or more disciplines.

Individual Results were:

Helen A 71
Cas 855 [3]
Audrey 536 [2]
Sara 26
Anne 570 [2]
Barry 155
Tania G 18
Brett 556 [2]
Helen L 80
Denise 5
Kim 40
Pamela 585 [2]
Dale 125
Bill 568 [2]
Sue 36
Mark 50
Sara 46
Jil 151



Total points 4447

1x[3] disciplines completed

5x[2] disciplines completed

Well done to all swimmers who participated in the programme this year. The good news is from January 1st you can start again for 2024.

It is important to note that as a Club, we came 19th in Australia and 4th in WA with our 4447 points. And here are some very interesting individual WA results:

Female 60 – 64 - Helen Loake 5th with one swim but it was FR1hour
Female 65 – 69 – Anne Edmondsson – 4th
Female 70 – 74 – Pamela Walter – 2nd
Female – 75 – 79 – Cas Brown – 1st
Female – 80 – 84 – Audrey Bullough – 3rd
Male – 65 – 69 – Brett Jago – 1st and Mark Anderson – 6th from 2 e1000 swims
Male – 75- 79 – Bill Woodhouse – 3rd
Male 80 – 84 Barry Green – 6th

For those wishing to test their endurance swimming and add to our Stadium Masters points score this year, 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. There is some talk about putting a Saturday endurance session on – watch this space...

AWARD – SUPER SNAPPER AWARD JANUARY 2024 – Cas Brown



Further to the final table above, this shows that Cas has the top points in Australia for her age group for endurance swimming and therefore 1st place in Australia. As a result Cas wins the January Super Snapper Award. Congratulations Cas!



A huge turnout for our very first Wednesday session back on 7 Jan 2024 – we all couldn't wait to get back in the pool and swim off our Xmas cheer!

For our very first session Sunday session back, Anne set a lovely program for us – 24 x 100's!!

FEBRUARY / MARCH BIRTHDAYS



FEBRUARY

Dee Stephenson 4 Feb
 Brett Jago 8 Feb
 Audrey Bullough 25 Feb

MARCH

Pamela Walter 6 Mar
 Anne Edmondson 21 Mar
 Barb Tate 30 Mar

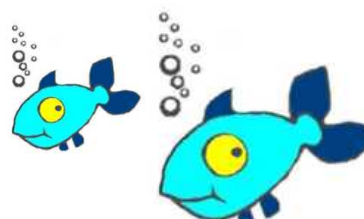
RESULTS:

OPEN WATER SWIM

By Pamela

Results of the Swim thru Perth swim:

Thru Perth Swim – 21 Jan. 2024



Name	Age group	Pos. in age gr	Time	Pace
Anna CLARE	45-49	5	01:28:58.85	25:47 min/km
Pamela Walter	70-74	4	01:55:19.88	33:25 min/km

Pamela also just completed the Cottesloe to Swanbourne swim on the weekend in 41 minutes.



Anna



Pamela

CLUB SWIM PRE NEWMAN CHURCHLANDS ABC CC – SAT 20 Jan 2023

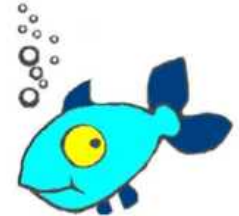
This swim was held prior to our AGM at the Claremont pool:

Name	Event	Date	Pool l.	Best for 2023	Time swum	Comment
Sue Woodward	BU50	20/1	LC	1:03.62	1:01.87	PB
Audrey Bullough	FR200	20/1	LC	6:08.71	6:07.24	Best since '22
Helen Austin	FR200	20/1	LC	5:15.88	5:09.31	PB
Bill Woodhouse	FR200	20/1	LC	4:26.60	4:22.55	Best since '22
Louise Allan	FR200	20/1	LC	3:53.95	3:41.98	Inaugural for WSU
Helen Austin	BR100	20/1	LC	2:42.86	2:36.95	PB
Louise Allan	BR100	20/1	LC	2:05.68	2:03.49	Inaugural for WSU
Denise Scott	FR50	20/1	LC	1:06.57	1:05.64	PAB
Helen Austin	FR50	20/1	LC		59.84	inaugural
Susanne Woodward	FR50	20/1	LC	58.45	56.26	PB
Louise Allan	FR50	20/1	LC	42.99	43.67	Inaugural for WSU



GOGGLE SAW

Anne delivering a very good “12 days of Xmas” program for those present at our last session of 2023



OUR NEW WEBSITE

Check out our new website if you haven't already. Deb has done a great job updating our old website and now we have a fresh new, modern look that is easy to navigate.

You will find all links to the carnivals, enduro forms, important dates and calendar items, results of club swims, club records and more.

Check it out:

www.stadiummasters.org.au

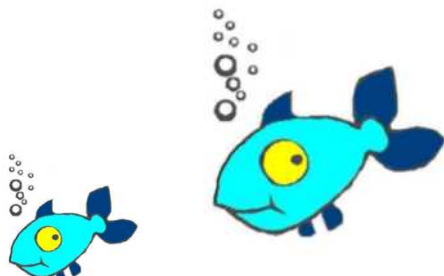


Speaking of club records, as the club ages and with many good swimmers it's progressively more difficult to break club records. The club records for 2023 have just been updated and are now on our website for you to check. Check your age group and see if there is a record you could try and beat.

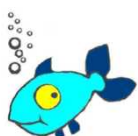
Club members who have broken a club record this year as an individual or part of a relay team are:- Samantha, Peter S, Anne Edmondson, Brett, Pamela, Barry, Bill Woodhouse, Dudley Lowe, Audrey, Cas and Peter Lyster. Congratulations to all these swimmers.

DIARY ENTRIES – OCEAN WATER SWIMS AND POOL MEET CALENDARS 2024

Busy days ahead, so put these dates in your diary. We also have a dedicated ocean water swim event calendar 2024 and a pool swim meet calendar 2024.



Busselton Jetty OWS	10 & 11 February
Newman Churchlands ABC CC	Sun 18 February
Rottnest Channel Swim & Virtual swim	Sat 24 February
Mullaloo Mile OWS	Sat 2 March
Club Swim pre Fremantle ABC CC	Sat 11th March
Coogee Jetty to Jetty OWS	Sun 10 March
After Training Supper	Tue 12 March
Point Peron Swim	Sat 16 March tba
Port to Pub OWS	Sat 16 March
After Training Supper	Tue 21 March
Fremantle Masters ABC CC	Sun 26th March
Good Friday	Fri 29 March
Bunnings Sausage Sizzle	Sat 13 April
Indoor pool to SC mode	Sun 16 June





DATE	EVENT NAME	VENUE	DISTANCES	COURSE
Wed 14 Feb	Love to Swim	Cockburn ARC	50m, 100m, Freestyle, Backstroke, Breaststroke, Butterfly (un-timed)	LC
Sun 18 Feb	Newman Churchlands Act Belong Commit Carnival	Newman College Pool		LC
Sun 24 Mar	Fremantle Masters Act Belong Commit Carnival	Fremantle Leisure Centre	50m, 100m, 200m,	LC
Sat 20- Sun 21 April	MSWA State Championships National Swim Series Meet	HBF Stadium	50m, 100m, 200m, Freestyle, Breaststroke, Butterfly, Backstroke, 4x50 Freestyle Relay (Men/Women/Mix), 4x50 Medley Relay (Men/Women/Mix)	LC
Sun 5 May	Stadium Masters Act Belong Commit 1500	HBF Stadium	1500m	LC
Fri 3-Tue 7 May	Masters Swimming Australia National Championships	Parap Pool, Darwin		LC
Sun 9 June	Riverton Masters Act Belong Commit event	Riverton Leisureplex	400m, 800m (all strokes)	LC
Sun 23 June	Stadium Masters Swim for Memory Charity Event	HBF Stadium		SC
Sun 14 July	Riverton Masters Act Belong Commit Carnival	Riverton Leisureplex	200m, 100m, 50m all strokes (up to 3 swims but only 1 x 200)	LC
Sat 10 Aug	Maida Vale Act Belong Commit 1500m	Darling Range Sports College	1500m, choice of stroke	SC
Sun 18 Aug	Golden Groper Act Belong Commit Relay Carnival	HBF Stadium	4 x 50, 4 x 25 Relays	SC
Sun 25 Aug	Somerset Masters Act Belong Commit 1500m	Aqualife Victoria Park	1500m, choice of stroke	LC
TBC	Mandurah 200/400	Mandurah ARC	200m, 400m, Freestyle, Backstroke, Breaststroke, Butterfly, IM	SC
Sun 20 Oct	Stadium Masters Act Belong Commit Carnival	HBF Stadium	200, 100, 50 Relay	LC
Fri 1 - Mon 4 Nov	Let's Swim Together	Multiple venues	State-wide Come and try weekend	
Sun 17 Nov	Mandurah Club Carnival	Mandurah ARC	25m, 50m, 100m, Freestyle, Backstroke, Breaststroke, Butterfly, IM	SC
TBC	Pride Carnival (Perth Rainbow Swans)	Claremont Aquatic Centre		LC

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24

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WOW SWIMS SERIES CALENDAR

DATE	EVENT	LOCATION
SUNDAY 12 NOVEMBER 2023	LAKE SWIM 400M TRY IT, 800M, 1600M, 3.2KM	LAKE LESCHENULTIA CHIDLOW
SATURDAY 9 DECEMBER 2023	FREMANTLE PORTS SWIM THRU 250M TRY IT, 1600M, 3.2KM	SOUTH BEACH FREMANTLE
SATURDAY 16 DECEMBER 2023 <small>CONTINGENCY DATE: 17 DEC 2023</small>	CHRISTMAS JOK MERRY MILE, 3.4KM & 10KM	COOGEE BEACH COOGEE
SUNDAY 21 JANUARY 2024	SWIM THRU PERTH 800M, 1600M, 3.5KM	MATILDA BAY CRAWLEY
SATURDAY 2 MARCH 2024	MULLALOO MILE 400M TRY IT, 800M, 1600M, 3.2KM <small>1600M DISTANCE INC. MSWA STATE OPEN WATER CHAMPIONSHIP</small>	MULLALOO BEACH MULLALOO
SUNDAY 10 MARCH 2024	COOGEE JETTY TO JETTY SWIM 250M TRY IT, 750M & 1500M	WOODMAN POINT COOGEE



ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Mark A, Barry G, Pamela W, Bill W for their contributions to this issue. **Next issue will be out end MARCH 2023.** Thank you in advance for your contribution. I look forward to receiving any items you would like to forward tania_gregg@hotmail.com



END

