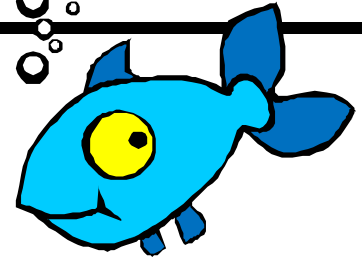


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

September 2020

PRESIDENT



Winter is nearly over and in September we will move from the indoor 25m pool to the outdoor 10-lane, 50m pool. I think most of our members prefer the outdoor pools. There is nothing better on a sunny day.

Numbers at the various training sessions continue to improve. The Wednesday session picked up with the first of Elena's clinics and has stayed up. The Sunday session is building up in the outdoor pool and we have booked an extra lane for a four week trial so that swimmers can have a lane to suit their abilities.

In this issue

Regular features

President.....	1
Diary entries.....	2
Birthdays.....	3
Captain.....	3
Recorder.....	3
Registrar.....	3
Social member news.....	3
Goggle Saw.....	4
Tech tip.....	5
Deadline next issue.....	8

Special features

Welcome.....	2
Council of Clubs.....	2
Freestyle clinic.....	6
Million Metre awardees.....	7



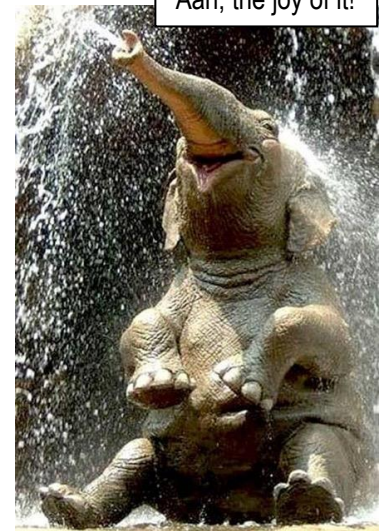
Finishing a well-earned meal at Shalimar after training Tuesday 28th July

Even the roll-up at the after training supper on a Tuesday night has increased. If you haven't been to one of these, do come along. They are held every five or six weeks. On supper nights training starts at 6:30pm so that we can get to the restaurant by 8:00pm. You don't have to go to training and it's a great way for the day groups to keep in touch with the evening group.

At the Club Conference on 8th August there was a discussion on managing sporting clubs and the difficulties of governance at all levels, from clubs up to National bodies. This is leading to mergers such as Little Athletics and Athletics WA joining to form Athletics West and various cycling codes combining as WestCycle. Will we ever see the day when Swimming Australia merges with Masters Swimming Australia and a swim club and a masters swim club become one?


See you in the pool, Peter.

Aah, the joy of it!



STADIUM MASTERS SOCIAL MEDIA Tania Gregg

Please Follow us on Instagram  stadiummastersswimming and

Like us on Facebook  Stadium Masters Swimming Club

Right now on Instagram we have 88 people who Follow Us and 67 who like us on Facebook.

WELCOME

Jen and Guillaume Hauer

We extend a very warm welcome to Jen and Guillaume and wish them loads of good times swimming with Stadium Masters.

Jen says: "Having grown up in Perth I have fond memories of swimming training and school carnivals at Perth Superdrome, now HBF Stadium. It's been 25 years since my last proper swim session and I'm really enjoying being back in the pool as a member of Stadium Masters.

I have my husband Guillaume to thank for getting me back to swimming. Being French, Guillaume grew up playing soccer, which he played competitively until his thirties. For six years we lived in his hometown in the French Alps on the border of Switzerland by Lake Geneva. There our fitness activities consisted of skiing, hiking and bike riding.

Eight years ago we decided to call Australia home definitively and returned, just in time for the birth of our first child in 2013. Since then our focus has been nappies, kids' activities and school as well as starting our own business. Our fitness as a priority kept getting further down the 'To do' list and the less active we were the harder it was to start. Finally Guillaume took the initiative to find a supportive swimming club, to be part of the local community, to build our fitness and enjoy a coffee afterwards!"



DIARY ENTRIES FOR AUGUST AND BEYOND

Date	Event	Time	Venue
Sun 30 Aug	Just 100s carnival: 5 x 100 short course events	1:00pm	HBF Stadium
Wed 2 Sept	Elena's clinic: Backstroke 1	9:30 – 10:30am	HBF Stadium
Wed 16 Sept	Elena's clinic: Backstroke 2	9:30 – 10:30am	HBF Stadium
Sat 26 Sept	Annual Club lunch	12:00 noon	Herdsman Lake Tavern
Wed 21 Oct	Elena's clinic: Breaststroke 1	9:30 – 10:30am	HBF Stadium
Sun 25 Oct	Stadium Masters LiveLighter LC Club Challenge	morning	HBF Stadium
Wed 4 Nov	Elena's clinic: Breaststroke 2	9:30 – 10:30am	HBF Stadium
Wed 25 Nov	Starts, turns, finishes in all strokes	9:30 – 10:30am	HBF Stadium

COUNCIL OF CLUBS MEETING 19TH AUGUST 2020

This was a very productive meeting, with very little time wasted and a lot of information passed on.

"Let's Swim Together" is a promotion to encourage new members. It will be run by MSWA involving all clubs over the weekend of Friday 30th October to Sunday 1st November. Each club is being asked to arrange a "come and try" type of event and MSWA will coordinate the advertising and promotion. Our club has to decide what we are going to do and get organised in good time. Input from a lot of our members will be needed. Apparently 34% of new members join because they have seen a club or group swimming at the pool.

Fees for the 16-month membership have been set and there is no increase in the MSA or MSWA component.

The Open Water swim calendar has been finalised. See www.wowswims.com.au. The Mandurah Australia Day Swim is not happening in 2021 but it is hoped to be reinstated in 2022.

The Winter Solstice open water swim was very successful despite being organised at the last minute. There will also be a Spring Equinox Virtual Meet, with details shortly.

The Australian Masters Games 2021 will be held in Perth from 9th to 16th October. The swimming will be organised by MSWA from 9th to 11th October. It will be quite expensive to enter: \$110 to nominate for the Games and then a flat \$75 for the swimming events.

The National Vorgee Endurance 1000 Award will not be given this year due to the COVID disruption, especially in Victoria. However the WA state awards will still be made by MSWA.

CAPTAIN Pamela Walter**Short Course Club Swim Saturday 22nd August**

At the July Club Swim we think we had a record high attendance; for the August one it was a record low! The number of swimmers equalled the number of non-swimming volunteers, Barry, Cas, Peter L and Marg W. Thanks to them for their help. This not-so-young, all female quartet made a noteworthy effort:

Dee Stephenson	100 FR (PAB/best since 2011/CR)
Audrey Bullough	100 FR (PAB/best since 2018); 100 BA (PAB/best since 2010)
Merilyn Burbidge	100 BA and 100 BR (best since 2019); 100 IM (best since 2017)
Pamela Walter	100 FR (PAB/best since 2011); 100 BR (best since 2017); 100 IM (best since 2018)

We are making quite a splash in and around HBF Stadium with our bright new uniforms. Lovely to see such a proliferation of aqua and navy!



And very best wishes to

Bill Cresswell 6th September
Vic Paul 6th September
Dale Wilcox 16th September
Cas Brown 7th October

"I still have a full deck; I just shuffle slower now." Author unknown

ASSISTANT RECORDER Bill Woodhouse

It's great to see that some swimmers are well on their way to finishing all 14 swims in one or two strokes in the Endurance 1000 program despite our long break out of the water. Please leave your file in the cage by the end of September so that I can upload your most recent times.

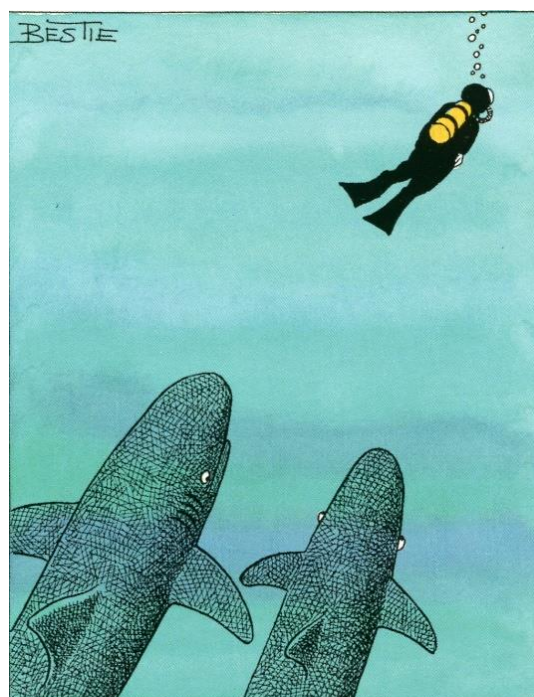
REGISTRAR Elizabeth Edmondson

Full members	35
Second claim members	4
Social members	16
Life members	2

SOCIAL MEMBERS NEWS Marg Watson

There has been a good and consistent turn-up to the Monday and Wednesday sessions at Claremont pool, following the COVID-19 lockdown. For a group of 'seniors' to brave the elements at 8am says a lot about the benefits of regularly swimming together. The same could be said about the smaller, but just as supportive, group at Bold Park on Fridays at 2pm. The Tee Box café and the coffee shop at Bold Park are very happy to see us each time!

If you are interested in coming, phone Marg Some (9285 8067) or Zee (9387 1957) to confirm details of the Friday sessions, or Marg Watson (9387 5463) regarding the Claremont group. Fitness, Friendship and Fun - the motto of Masters swimming is alive and well!



"DON'T EAT THE HARD BIT ON ITS BACK, THEY MAKE YOU FART!"



GOGGLE SAW



- June Maher and Bill Cresswell arguing over who would ride home with Patrick Cooney in his shiny red Morgan. Bill won as June had already had a ride in it that morning! June’s ACROD permit ensured legal parking.



- Jackie, Sophie and Sara ecstatic after taking up HBF Stadium’s offer of free tickets to the Dockers vs Collingwood game because the Dockers won.



- Craig “having a great time in Broome, weather is fantastic, and still managing to get to the local pool 4-5 days a week, to keep up my swimming fitness”.

AND HEARD

- Elizabeth officially announcing her retirement from competitive swimming. As a Paralympian, she has been invited to do a voice-over in a Paralympics Australia video about the uniforms for Tokyo 2021. Elizabeth is also often seen and heard as a strong advocate for making public transport accessible to all people.



TECH TIP: 2-Beat Kick Mark Anderson

Two beat or not two beat? That is the question!

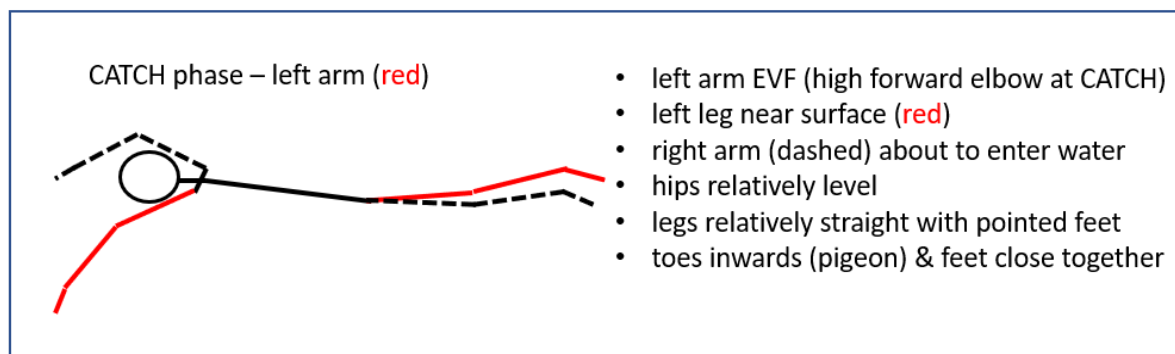
For most non-elite swimmers the kick provides only minor extra forward propulsion while it uses large muscles (glutes and thigh) that consume lots of energy. Indeed, many triathlon coaches recommend limiting kicking effort to the core function of only maintaining a streamlined body position. This may also work better for more mature swimmers who typically have lower aerobic capacity and limited flexibility. What that means is a relatively weak flutter kick that maintains the hips and legs high in the water.

For longer distance freestyle, greater than 100m, it's worth considering the 2-beat kick. This is just two leg kicks for each full cycle of the arms. The 2-beat kick is used by many elite swimmers for the middle segments of longer distance races and is useful for:

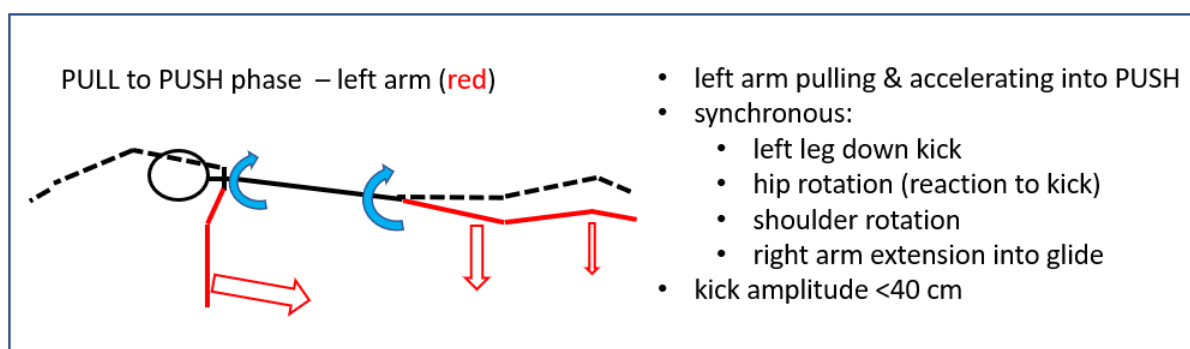
- conserving energy;
- synchronisation of arm movement and body rotation; and
- developing a good swimming rhythm.

Executing a 2-beat kick is all about the timing – the down kick of each leg is synchronised to commence with the beginning of the PULL phase of the arm stroke from the CATCH position. The leg on the same side as the pulling arm executes the down kick which simultaneously drives the hip on this side upwards (hip rotation- Newton's 3rd law: for every action, there is an equal and opposite reaction).

Setup and ready at the CATCH



The PULL and down kick synchronised



Like most new techniques it takes some time and effort to develop and the best way to start is with FINS on and taking it one stroke at a time. Push off from the wall and doing single arm drill, KICK as you PULL from the CATCH, then pause.

To see what this should look like, and some tips on how to develop the 2-beat kick, try this link:

<https://www.youtube.com/watch?v=LijdyVaaDnY>

VIDEO OPPORTUNITY

In the weeks before COVID-19 raised its ugly head, Mark took videos of some swimmers in action and discussed the footage with them to help correct their technique. If anyone is again interested in being videoed, please let Mark know: 2mhpmark1@gmail.com. Then we can see what timing might work best.

FREESTYLE CLINIC Barry Green, Marilyn Burbidge, Pamela Walter

As he did last year, President Peter has arranged for stroke clinics to be held by Elena Nesci at the Wednesday swim sessions. The freestyle clinics on 29th July and 12th August were extremely well attended and coaches are including the drills learned in their training schedules.

Elena stressed the importance of synchronising and desynchronising the hands and the hips to build power and speed. She broke the stroke into four phases:

1. Start with one arm fully extended
2. Catch the water by dropping the hand while keeping the elbow high
3. Pull by accelerating the hand and hips together for optimum power
4. Recovery

Phases 1 and 3 involve synchronisation of hands and hips, while in phases 2 and 4 the hands and hips are desynchronised. The hip rotation and the arm movement in the synchronised phases are rhythmic and fluid, not clunky or mechanical. The hips are the engine room and control the timing.

Drills with fins

1. **Three-point scull:** Scull with extended arms, then with bent arms (elbow high), followed by a double arm pull-push. Breathe in the sculling parts and pull/push with the head down.
2. **Catch-up:** With arms in position "11", shoulder width apart, complete a stroke with the right arm so that the right hand finishes a little in front of the left hand before beginning a similar stroke with the left arm.
3. **Shark fin:** With the left arm extended and the body on its left side, draw the right thumb forward along the side of the body to the armpit (elbow bent and pointing skywards like a shark fin) and then draw the thumb backward to its starting position and repeat for 25m.
4. **Shark fin reverse:** As above except that, when the thumb reaches the armpit, move the elbow and forearm forward over the water. At the point where the hand normally enters the water, draw it back over the water to the armpit and then back down the side of the body to the starting position. Complete 25m with one arm, then 25 m with the other arm.
5. **8-3-8:** With the body on its left side, kick eight times, then take three arm strokes to rotate the body to its right side where the drill is repeated.



Some points to focus on:

- Latch, catch and hold the water using both palm and forearm, but don't overwork the catch as that can cause shoulder injury
- Keep the armpit "open" to avoid the arm slipping through the water and not achieving a decent pull
- Accelerate the arm stroke after the catch rather than pulling through at a uniform speed
- Hip rotation works as a metronome to give rhythm
- One hand must always be in front of the head
- Changeover is late, with both hands in front of the head
- Try to "feel" the water. It's your friend so work with it and don't fight it!
- Technique trumps strength every time!

MILLION METRE AWARDS

The Australia-wide Vorgee Million Metre Awards are for completion of 1, 2, 3, 4, 5, 7, 10, 15 and 20 million metres, intended to stimulate swimmers to strive for greater fitness. On a record sheet, available from Masters Swimming Australia, a swimmer logs the distance achieved at each swim during training, endurance or competition.

Merilyn recently received her Five Million Metre award, achieved after 22 years of recording – that’s less than 4.4km per week! At this rate, allowing for an age-related decline in distances swum, she’ll be about 88 years old by the time she qualifies for the Seven Million Metre Award, which Pamela has already reached!

As seen below, Stadium Masters is well represented in the Million Metre Awards scheme. In the club’s history, only two men have been recognised as Million Metre Awardees and they are no longer members. However Dale Wilcox is doing his best to alter the statistics. He’s been recording his distances from the day he joined a little over a year ago. Come on fellas, support Dale and record your distances too! Current members who have achieved awards are:



Anne 3 Million



Pamela 7 Million



Tricia 5 Million



Audrey 1 Million

Past members who achieved Million Metre awards:
Julian Keys (1), Gail Parsons (5), Rob Shand (1), Beatie Norris (1), Theresa Elliott (2), Sue Colyer (1), Andrea Morton (1)



Elizabeth 1 Million



Cas 1 Million



Marg S 1 Million



Merilyn 5 Million



June M 1 Million

ANNUAL CLUB LUNCH

The lunch will be held at 12:00 noon, Saturday 26th September in the function room at the Herdsman Lake Tavern, 33 Herdsman Pde, Wembley.

The menu and prices are	Entree and Main	\$40
	Main and Dessert	\$35
	Entree, Main and Dessert	\$45

Entree

Soup of the day served with bread and butter OR Lemon squid served with lime and aioli

Main

Fish of the day (grilled or battered) served with chips, salad and tartare sauce

OR Housemade chicken parmigiana served with chips and salad

OR 250 g rump steak served medium with chips, salad and red wine jus

OR VEGETARIAN OPTION Vegetable stir fry with noodles

Dessert

Mixed berry cheesecake OR Sticky date pudding

Some wine will be provided at no charge; all other drinks are at your own expense.

Please let Barry know by 18th September the choice of menu type for you and your partner and pay the club the appropriate amount, preferably via bank transfer to the club account BSB 036 063 account # 162984 making it clear to what and whom the transfer covers. barryjohngreen@yahoo.com.au

ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Peter Lyster, Tania Gregg, Bill Woodhouse, Marg Watson, Pamela Walter, Barry Green, Dale Wilcox, Chandra Veliath, Craig Barnard, Jen and Guillaume Hauer, Mark Anderson, Elizabeth Edmondson and Audrey Bullough for their contributions. The deadline for the next issue is **Friday 2nd October** and I look forward to receiving your items.

Merilyn Burbidge

mburbidge@westnet.com.au