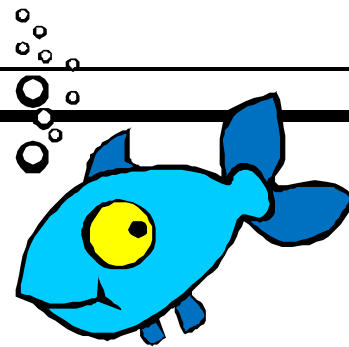


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

May 2023



PRESIDENT

Hi all,

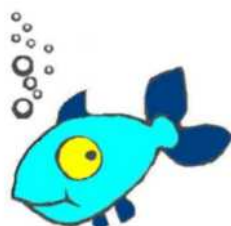
Despite a small squeeze on lane availability, Saturday 13th May saw Stadium host another very successful Act Belong Commit 1500 metre swim event with 38 entries, 30 swimmers on the day and 16 State records broken, including one National record. Thank you once again to Peter L for directing and organising the event and many thanks to all those who helped throughout the afternoon.

On Saturday 20th May we held our first stroke clinic of the year. This was a freestyle clinic with a focus on achieving an efficient 'catch', and judging by the chatter amongst our members after the clinic, I think all participants gained a lot from Elena's expert tuition. Throughout the remainder of the year we will hold Back, Breast and Fly clinics, all on Saturday mornings, and I highly recommend participating; it always seems to result in some fresh insight.

On the subject of tuition, we could always use a few more MSA qualified coaches, especially to cover sessions when the regular coach is away. I think most of our coaches would endorse the sentiment that it can be quite enjoyable and fulfilling – so if you have any interest in becoming a qualified coach, please let me know.

As for absences, that's me for most of the rest of the year. At the moment we are in the UK where our sessions consist of some 'wild swimming' – which translates to swimming in meres, lakes and rivers. I'm not convinced by the adjective - I think swimming City's groynes, Pt Peron or Rotto is 'wilder', however, it is certainly a bit chillier! Keep working on your lateral chain engagement and EVF, Mark

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VENUES WEST

IN THIS ISSUE:

June / July Birthdays
Event Wrap-Up – Mini Golf evening
Event Wrap-Up – Club swim Pre-States
Event Wrap Up – States
Event Wrap Up – After swim supper
Event Wrap Up – Stadium hosted 1500m
Event Wrap Up – Freestyle clinic – Goggle Saw
Club Captains Corner
Social Club Corner
Awards
e 1000
Diary Entries
Acknowledgements



JUNE

Graham W	4 June
Marg S	8 June
Pat Hallett	9 June
Peter Jones	20 June
Craig Barnard	21 June
Lillian Hadley	24 June
June Maher	29 June

JULY

Elizabeth E	1 July
Tania G	13 July
Merilyn B	22 July
Laura C	25 July

EVENT WRAP UP - MINI GOLF - WEMBLEY SAT 29th APRIL

By Barry G



On a late April Saturday at 1700 a group of club members gathered at the Wembley Golf Centre. After paying their dues and selecting the putter and ball they proceeded to demonstrate their varied skills on the 18-hole minigolf course.

The course has 3 levels of difficulty (red, blue, and black holes) but this did not deter our minigolf hopefuls as they seemed to putt for the nearest available hole! There were numerous holes in one, but at the other extreme some stroke counts were discontinued.

After an exhausting round, club players and spectators gathered at 300 Acres for a delightful meal. Thanks are due to Margaret Smithson for having organised such an enjoyable outing, which now seems to have become an annual event. Present at the dinner were; Mark Anderson and Helen Loake, Margaret and John Smithson, Peter and Barbara Lyster, Brett and Margaret Jago, Rob and Sue Woodward, Kim Simpson, Audrey Bullough, Jill Mogyorosy and Barry Green.

EVENT WRAP UP – CLUB SWIM - PRE - STATES - SAT 22nd APRIL

This club swim was held in preparation for the States meet.

Swimmer	Pool	Event	Time	Comment
Cas Brown	50	FR100	2:23.11	So close
Cas Brown	50	FR200	5:21.89	Best since '22
Denise Scott	50	BA50	1:18.22	PB by 4 sec.
Denise Scott	50	BR50	1:09.53	PB by 2 sec
Denise Scott	50	BR100	2:35.72	So close
Jil Mogyorosy	50	FR50	51.91	So close
Jil Mogyorosy	50	FR100	2:04.75	Best since '21
Kim Simpson	50	FR100	1:39.61	So close
Kim Simpson	50	BA50	54.08	So close
Kim Simpson	50	BR50	53.32	So close
Barry Green	50	BA200	4:43.28	best since '21
Barry Green	50	BR200	5:28.36	PAB/CR
Bill Woodhouse	50	FR100	1:54.30	-1st tumble turn
Graham Wimbridge	50	FR50	41.05	PAB
Graham Wimbridge	50	BA50	58.03	PAB
Graham Wimbridge	50	BR50	1:00.07	PAB
Peter Scott	50	FR50	37.65	So close
Peter Scott	50	FR100	1:29.72	PB/CR

EVENT WRAP-UP - AFTER SWIM SUPPER - TUES 9TH MAY

After a mild Tuesday evening swim session with Mark a group went along to the Wembley Hotel for the after swim supper. Thanks to Margaret Smithson for organising. The next one will be held Tuesday 13th June, same venue.



EVENT WRAP UP - STATES – SAT & SUN 6TH & 7TH MAY 2023

The State Championships were held over two half days of the weekend of 6th and 7th May. There were 224 swimmers from 29 clubs and we came a creditable 6th with 7 women and 5 men. Three club records were broken by Barry, Laura and Peter Scott. We managed to put together 7 relay teams over the two day event. There were many excellent times from all our swimmers. Thank you to Merylyn, Mark and Helen who came especially to help with timekeeping and Elizabeth who was part of the marshalling team for the whole weekend. It was lovely to see Melissa C, a new member, who hasn't swum with us yet, but still came to sit with our team and check out the competition.

Here are the results from the meet:

State Championship Results 06 – 07/5/2023					
Name	Event	Pool L	Pos	Time	Comment
Kim Simpson	BA50	50	2	52.31	PB
Kim Simpson	BR100	50	5	2:04.59	PAB
Jil Mogyorosy	BA50	50	4	1:00.53	Best since '22
Jil Mogyorosy	BA100	50	4	2:17.13	PB
Jil Mogyorosy	BR100	50	2	2:12.35	PAB
Audrey Bullough	FR50	50	2	1:09.82	Best since '22
Audrey Bullough	BA200	50	2	6:34.75	Best since '22
Aresh Anwar	BA50	50	2	53.15	PB
Peter Scott	BR100	50	5	1:57.21	PB/CR
Brett Jago	FR50	50	5	41.04	Best since '22
Brett Jago	FR100	50	3	1:35.88	Best since '22
Brett Jago	BA100	50	2	2:01.04	Best since '22
Brett Jago	FR200	50	2	3:36.58	Best since '22
Brett Jago	BA200	50	1	4:20.35	Best since '22
Denise Scott	BA50	50	6	1:17.16	PB
Denise Scott	BR50	50	4	1:08.70	PB
Denise Scott	BR100	50	2	2:32.62	PB
Barry Green	BR200	50	2	5:17.23	PAB/CR
Pamela Walter	BR50	50	1	56.37	Best since '21
Pamela Walter	BA100	50	1	2:03.21	Best since '21
Pamela Walter	BR200	50	1	4:42.70	PAB
Pamela Walter	IM200	50	1	4:29.89	Best since '22
Cas Brown	FR100	50	2	2:18.56	Best since '20
Cas Brown	BA100	50	2	2:39.77	Best since '22
Cas Brown	BR100	50	1	3:01.67	Best since '22
Cas Brown	FR200	50	2	5:07.75	Best since '22
Cas Brown	BA200	50	2	5:46.80	Best since '22
Cas Brown	BR200	50	1	6:08.27	Best since '22
Laura Chambers	BR100	50	7	1:55.66	inaugural
Laura Chambers	BA200	50	2	3:17.01	Inaugural/CR

EVENT WRAP UP – STADIUM MASTERS HOSTED 1500m - SAT 13th MAY

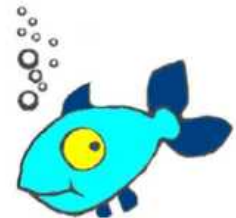
By Peter Lyster



Just a short note to say a big thank you to everybody who helped out on Saturday afternoon at our 1500m swim meet. It was really appreciated. I hope you enjoyed it. The weather was reasonably kind. UWA were supposed to take up 3 lanes from 2.00pm and we planned around that but they did not show up and we were able to keep using the empty lanes. That combined with 9 swimmers who scratched or did not show up made for an earlier finish. There were heaps of records broken:

State records:

Helen Bird	1500 Back, 800 Back, 400 Back
Bob Tarr	1500 Breast, 800 Breast
Richard Fox	1500 Breast, 800 Breast, 400 Breast
Damien Eyre	1500 Back, 800 Back, 400 Back
Ian Stewart	1500 Back, 400 Back



National records:

Helen Bird	1500 Back, 800 Back, 400 Back
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These records have yet to be ratified by Masters Swimming. There were some great swims as the number of new records show but the swim of the Meet must be Helen Bird's 1500m where she took no less than 16 minutes off the existing record. Good on Sue Woodward for being our only Stadium Masters participant on the day.

Here is some lovely feedback Peter received:

Well run event, Peter. Congratulations to you, your club and all that helped. Steve Raynes

Thank you for the information. Please also thank all the Snappers who helped make the day such a success. Richard Fox.

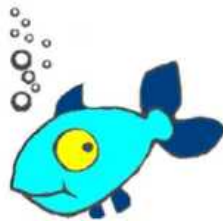
*This was a great meet. This pool (Outdoor middle 50m) I believe is the best pool of the three. There are always good results. Thank you to officials and time keepers. **Garry Roper.***

*Thanks Stadium Masters for conducting a great event. Somehow you managed to control the weather most of the afternoon. Delightful swim! Helen Bird is truly awesome. 🙌 **Andrea Williams.***

Thanks again for all your help. Cheers, Peter

And Pamela added:

There were 38 entries with 30 people swimming on the day. The event was well organised by Peter and ran smoothly. The weather was temperamental but Peter had organised marquees for the timekeepers. We had lots of club helpers: Peter L – Meet Director; Margaret S on the registration desk; Deb and Richard on the recording desk; Tania organising swimmers into lanes; Anna, Jackie, Pamela, Dick, Barry, Phyll, Jo, Helen, Tricia, Aresh, Cas, Jil, Bill, Rob and Sue (also swimming) as timekeepers. Thank you again to all our helpers.



EVENT WRAP UP – FREESTYLE CLINIC BY ELENA NESCI – SAT 20 MAY

By Barry

This year it has been decided to hold the club stroke clinics on a Saturday (one per stroke) as this would allow the Tuesday night swimmers access to them. The first clinic was for freestyle and there were 18 participants (including 2 potential new members and 3 Tuesday night swimmers). Elena Nesci (the clinic coach) provided her usual clear introduction (about 20 minutes) from two white boards, followed by supervising drills in the water (about 50 minutes).

The white boards were;

Board 1: “Transfer of Power”

Question 1: Where & when is the transfer of power in the stroke?

Answer 1: At the end of each arm pull as the power is transferred to the other side of the body.

Question 2: Why is it Important?

Answer 2: To maintain the momentum throughout the stroke cycle.

Question 3: How do we maximise it?

Answer 3: Catch as much water as possible and accelerate through the pull. There was a dry land exercise for the catch to ensure that the upper arm did not move during the initial catch phase. A good catch is a necessary preliminary to a good pull.

Question 4: What should we focus on?

Answer 4: Synchronization of movements.

Component parts

- Effective catch/pull (gather as big a volume of water as possible).
- Effective finish of stroke (push the non-active (gliding) arm as the active arm finishes its pull).
- Rotation (from the core and hips).
- Extension of Lateral Chain (the Lats, obliques, and hip muscles on active side).

Board 2: “Steps to Building Effective Transfer of Power”

The following steps were water drills done with fins in the water.

Step 1: Establish lateral chain (kicking on one side for a length and then the other side for a length. Head resting on leading arm).

Step 2: Set up effective catch. Drill was to make the soft movement of setting up the catch (the forearm shouldn't move, and the lower arm should move to about 45 degrees from horizontal, then returns to the horizontal. This was done, alternating arms, and breathing when necessary).

Step 3: Synchronize hand and hip. (The pulling arm comes to where the hip was prior to its rotation during the pull).

Step 4: Accelerate through pull. (Acceleration is required to maintain momentum and counteract reduction in propulsive resistant as the hand flows through the stroke).

The drills for Steps 3 and 4 involved a length of one-arm catch, pull and recovery.

Step 5: Finish push and transfer through a rotation to glide. The drill involved “catch-up” breathing on one side for a length and then changing to breathing to the other side for the next length.

Elena stressed that “Perfect Practice makes Permanent (Perfection)”!



CLUB CAPTAIN'S CORNER

By Pamela

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

Art exhibition – Opening Friday 2nd June

Pamela is exhibiting some of her artwork at Tresillian Arts Centre, 21 Tyrell St Nedlands and invites all members to the opening of her exhibition "Reflections" which is on Friday 2nd June. Time to be confirmed. It runs until 23 June. It is a solo exhibition by Pamela and explores the extinction and conservation of flora and fauna in our unique Australian bush.

After training supper at the Wembley Hotel – Tuesday 13th June

Let Marg Smithson know if you would like to attend smithsonmarg@gmail.com

Upcoming Elena Nesci clinics – **Saturday sessions only**

All sessions will probably be in the indoor pool and will be held on Saturdays to cater to all:

Backstroke – 17 June – 3 SC lanes 09.30 am-10.30am

Breaststroke – 26 August – 3 SC lanes 09.30 am-10.30am

Fly – 16 September – 3 SC lanes 09.30 am-10.30am

Riverton 400/800 Sunday 18th June – registration closes Sunday 11 June 2023

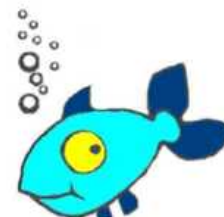
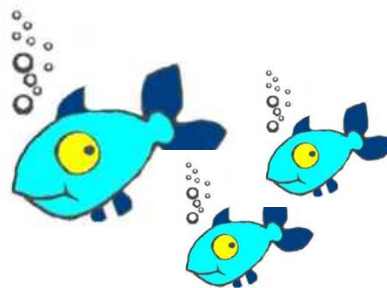
Club swim – Saturday 1st July in preparation for the Riverton ABCCC and the Gropers relay. 1.00pm warm up for a 1.30pm start. The Riverton ABCCC is not on the website yet but should be soon. Let me know the 3 events you want to swim or put them on the sign up sheet that will be in the cage two weeks beforehand.

Swim For Memory Charity Swim 2023 – Sunday 2nd July. More on this event below...

Riverton ABC CC Sunday 16th July. Put the date in your diary. More information to follow. Flyer not out as yet.

After training supper – Tuesday 18th July. Let Marg. Smithson smithsonmarg@gmail.com know if you are coming as she will need to book the table.

Groper's relay on Saturday 29th July. Entries close Thursday, 20th July. The relay comp is always a fun day so let's have lots of entries so we can make up lots of teams then everyone will get several swims.



Swim For Memory Charity Swim 2023 – Sunday 2nd July

By Barry G

Start preparing your teams of four for this year's Swim for Memory at HBF in the indoor 25 m pool from 9.00am - 1.00pm. As for previous years we are hosting this event with donations going to the Australian Alheimers' Research Foundation. Usually we have been well supported by other Masters Clubs, but friends and families of our club should be invited to participate as well! This is not a Masters WA competitive event and so **non-masters are welcome to take part**. Some Masters swimmers in the past have used the opportunity to complete some of their ENDURO swims during this one-hour, 4-person relay event.

All I need from you are the names of your teams, the names of the team members and their ages, and which time slot you would like to swim in (see previous email sent by Barry to all). If you aim to swim closest to your nominated number of laps please include this information.

This has, in the past, been a fun event and I hope you will help to make it so again, this year.

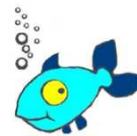
Please let me have your entries soonest. Please email your team entries (name of team, names of swimmers and their ages, plus estimated team swim distance in the hour) to Barry G at barryjohnngreen@yahoo.com.au

Once you have a team name you can go online <https://www.justgiving.com/page/swim-masters2023> and donate money to support your team.

I hope you will participate (it is a worthy cause)! Entries close at midnight on Wednesday, June 28th.

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

AWARDS



Here are some awards that have been presented recently

Awards – April Supa Nova and May Super Snapper

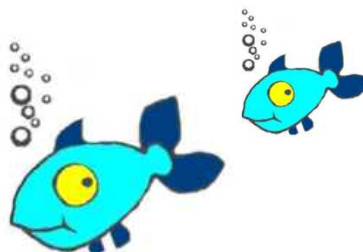


Bill Woodhouse gets the Supa Nova award for executing a tumble-turn in competition for the first time!

Brett's was a good performance. To get a best since 2022 Brett had to have swum one this year and 5 out of his 6 swims at the States were better than those swum previously this year. He had swam all the events previously this year but States times were his best times.



Phyll was awarded three awards at our AGM in January - The Cliffe Webb, Linda Joachim and Three Star awards. She has only just received them recently as she has been in New Zealand and only just returned to Perth. Congratulations Phyll!



NEW MEMBER - ARESH ANWAR

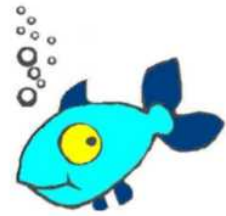


“Having roots in the UK I have traditionally floated from one end of the pool to the other and been content to call that swimming. Pamela convinced me that there was more to it and I could achieve the desired mental and physical well being by joining the masters team – she has, as is always the case, been quite right! I have managed to convince one of my 4 children to occasionally join me. I love the spirit of comradery that I have experienced in the club – which is lucky as I have no other hobbies! I am currently trying to train for an ultra-marathon with a friend who is a decade younger in body and mind. AHHHHHHH”.

Aresh has also recently won the Supa Nova for participating in his first interclub swim at Fremantle and also swimming in the pre Fremantle club swim. Welcome Aresh!

ENDURANCE SWIM CORNER – e 1000

By Bill W – e1000 Recorder



Here are the total points swum by members up to May 28 2023:

Mark A	50
Cas	487
Audrey	243
Sara	14
Barry	40
Tania G	4
Brett	23
Helen L	80
Denise	5
Kim	40
Pamela	285
Dale	125
Bill	68



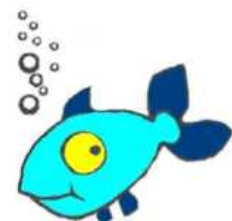
Total 1464

Converted to kilometres we are 651kms short of Adelaide by air. Thirteen swimmers have their results recorded with some yet to forward their results. We are behind the schedule set last year so I encourage swimmers to participate in the program. A good entry point would be the Swim for Memory, event coming up; perhaps a 400 or 800km swim.

The Vorgee Endurance 1000 program was launched as a national event over 20 years ago as the Aerobics program. The program is designed to encourage people to compete in distances from 400 metres to 60 minutes duration in a variety of strokes.

The total number of swims (gaining points) that can be completed is 62 – broken down into:

- 25 individual 400m swims
- 25 individual 800m swims
- 3 x 1500m swims
- 3 x 30 minute swims
- 3 x 45 minute swims
- 3 x 60 minute swims



To test your 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.

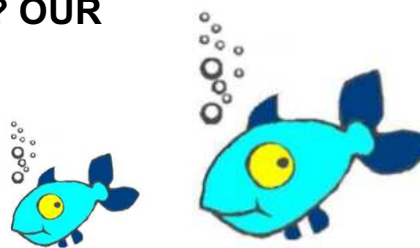
To find out more about the Masters Swimming Endurance 1000 program:

<https://mastersswimming.org.au/programs/endurance-1000-program/>

A HISTORY LESSON - WHAT'S IN A NAME? OUR NAME...

REFLECTIONS from Marg Watson

What's in a name?



Our club started in 1992 as Superdrome Snappers Inc: a brand new name for a proud new club. A couple of years later it became AUSSI Superdrome Snappers Inc in line with State and National criteria. Then in 1997 the Superdrome found a naming-rights sponsor, Challenge Bank, and changed its name to Challenge Stadium, at the same time removing the confusion between this venue in Mt Claremont and the Superdome in Burswood.

So we became AUSSI Stadium Snappers Inc. The acronym AUSSI (Australian Union of Senior Swimmers International) had always been a source of error, more often than not being written incorrectly as Aussie. Wisely, in 2010, AUSSI was deleted nationwide and we became Stadium Snappers Masters Swimming Club Inc. Most recently, on 20th September 2014, a decision was taken at a Special General Meeting of the Club to adopt the name Stadium Masters Swimming Club Inc. With this change to our Constitution, we will be formally referred to as Stadium Masters. Snappers will still be our fun-name.

There you go!



GOGGLE SAW

Goggle saw the most adorable photo of Sue and Rob W's grandchild Ruhi sporting one of our Stadium Masters caps. These caps and other uniform items are available by order through Sue Woodward, our uniform coordinator.



From the Archives: (left) Stadium Masters members "planking" when it was all the rage!! It's difficult to tell who is who!!

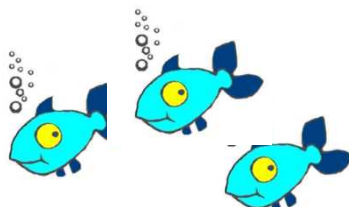
SOCIAL CLUB CORNER

By Marg W

Claremont pool looked quite magical this morning. Rain was forecast yet didn't eventuate; but the weak wintery sun lit up the heavy mist rising from the pool. Sadly, it was all gone by 9.00am; but the day had started well !

The number of social swimmers is dropping slowly, as age and illness catch up. But the friendship persists and the coffee afterwards is very popular! (As was the case this morning). Those who DO swim set their own program with lots of support from the rest.

So, if you want to keep 'in the swim' and enjoy the company of others join us on Mondays and Wednesdays at 8.00 am at Claremont pool, or 9.15am for coffee 'n chat at the Tee Box cafe (parking area below the pool).



A NOTE FROM ELENA NESCI:

After the Stadium clinic on Saturday, I was chatting with a few of your members and they mentioned that they would be interested in attending the Claremont Masters Thursday night session given that the Stadium session had folded. Our numbers are pretty low on Thursdays and we'd welcome any Stadium swimmers who would like to join in so please see this as a formal invitation for your members and feel free to promote it to them in your newsletter.

Many of your members are already second claim members of Claremont so they wouldn't need to pay anything to attend the session. For those who are not second claim and may only wish to attend on an ad hoc basis, the casual attendance fee is \$5 per session. This casual fee applies for all Claremont sessions so if they are interested in attending Friday at 9.30am they would be very welcome to do so. I believe you train at the same time as us on Tuesday evening so there's not much likelihood of them wanting to come to that session.

Until the end of May our Thursday session is running from 6pm – 7.30pm in the indoor pool. From 1st June – end of July the session will be 6pm – 7pm also in the indoor pool, in short course from the 15th June and with a focus on preparation for the Golden Groper Relay Carnival.

We hope to be able to welcome your members to these sessions and build the relationship between the two clubs 😊

Kind regards,

Elena Nesci
Coaching Co-ordinator Claremont Masters



DIARY ENTRIES

Busy days ahead, put these dates in your diary:

Pool change to SC mode	Sat 10th June
After training dinner	Tues 13th June
Elena Backstroke clinic	Sat 17th June
Riverton ABCCC 400/800m	Sun 18th June
Club swim Pre-Riverton ABCCC	Sat 1st July
Stadium Swim for Memory	Sun 2nd July
Riverton ABCCC	Sun 16th July
After training dinner	Tues 18th July
Claremont Groper relays	Sat 29th July
Maida Vale 1500m	Sat 5th Aug
Bunnings Sausage Sizzle	Sat 14th Oct



ACKNOWLEDGEMENTS AND DEADLINE

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

