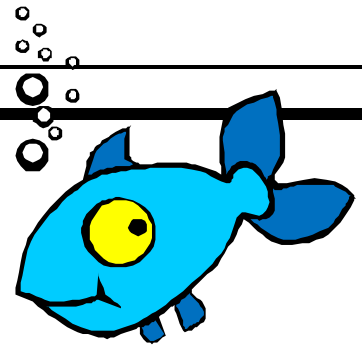


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

JUNE 2025



Welcome to Snappets this month

We have been busy since our last newsletter back in April this year. May has been very busy with States, Freestyle and Breaststroke Clinics and our hosted 1500m event.

Coming up of course, is the Swim For Memory, the Worlds in Singapore and our remaining complimentary for members swim clinics held by Elena Nesci from eSwim will be spread over the upcoming months. Looking further ahead time to put in your diaries the date for the Gropers Relay Swim meet which is a lot of fun. Lots to look forward to and participate in. Keep up to date with all that is happening on our website. See you at the pool

Check out our website will **ALL** the info you need: www.stadiummasters.org.au

Stadium Masters Bank Account:
BSB - 036-063
Account no – 16 298 4



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EVENT – MSWA STATE CHAMPIONSHIPS – SAT 3RD & SUN 4TH MAY 2025

By Pamela

Twenty five clubs competed this year with Claremont providing a team of 45 swimmers, Beatty Park 35 swimmers and Rockingham 22 swimmers. As expected, they came respectively 1st, 2nd and 3rd. The next club had 19 swimmers. Stadium Masters had a good turn out of 14 swimmers and a couple of people could only swim on one of the 2 days.

Based on team numbers Pamela estimated Stadium Masters would finish eighth. Based on swim numbers by clubs she estimated we'd finish equal sixth. However as often seems to be the case we did much better than expected by coming equal fourth with the Rainbow Swans, which is a great result. There were many PBs and really good swims. Full results are on our website and can be seen here too. Thanks to Jil and to Tash's Mum Mary who timed all weekend.

There were 13 individual state records broken, 5 National, 2 World records and 4 State relay records over the weekend

Positions in the age group:

Laura - finished equal 11th only swimming 1 day

Tash - 5th

Christina – 7th with no training

Heather – 4th

Kim – 5th

Sue – 10th

Helen – 2nd

Cas – 5th

Audrey – 4th

Pamela – 3rd

Rob – 11th with only swimming 3 events

Mike – 2nd

Barry – 2nd

Bill – 5th only swimming 1 day

Well done everyone!



Name	Date	Event	LC	Time	Comparison
Audrey Bullough	3-4/5/2025	BA200	LC	6:38.65	PAB
Cas Brown	3-4/5/2025	BR200	LC	6:42.95	PAB
Sue Woodward	3-4/5/2025	BU50	LC	1:02.97	2nd best time ever
Sue Woodward	3-4/5/2025	BA100	LC	2:50.89	2nd best time ever
Kim Simpson	3-4/5/2025	FR50	LC	38.29	PB
Kim Simpson	3-4/5/2025	BR50	LC	52.27	2nd best time ever
Kim Simpson	3-4/5/2025	FR100	LC	1:27.92	PB
Kim Simpson	3-4/5/2025	BR100	LC	1:53.52	PB
Kim Simpson	3-4/5/2025	BR200	LC	4:14.47	inaugural
Heather Rhebok	3-4/5/2025	BU50	LC	45.28	PAB/best since '22
Heather Rhebok	3-4/5/2025	BA100	LC	1:36.00	PB/CR
Heather Rhebok	3-4/5/2025	BU100	LC	1:50.64	Inuagural

Heather Rhebok	3-4/5/2025	FR200	LC	3:02.00	PB
Barry Green	3-4/5/2025	BR200	LC	4:50.14	best since '23
Laura Chambers	3-4/5/2025	BA200	LC	3:14.45	PB/CR
Laura Chambers	3-4/5/2025	IM200	LC	3:20.31	PB/CR
Rob Woodward	3-4/5/2025	FR50	LC	34.51	2nd best time ever
Rob Woodward	3-4/5/2025	FR100	LC	1:22.65	PB
Christina Colegate	3-4/5/2025	FR100	LC	1:30.76	PB
Mike Headerle	3-4/5/2025	BA50	LC	44.06	PB/CR
Mike Headerle	3-4/5/2025	FR100	LC	1:23.42	2nd best time ever
Mike Headerle	3-4/5/2025	BA100	LC	1:41.42	PB/CR
Mike Headerle	3-4/5/2025	FR200	LC	3:04.99	PB/CR
Mike Headerle	3-4/5/2025	BA200	LC	3:35.57	PB/CR
Mike Headerle	3-4/5/2025	IM200	LC	3:42.22	inaugural/CR

Helen Austin	3-4/5/2025	BR50	LC	1:09.35	PB
Helen Austin	3-4/5/2025	FR100	LC	2:14.16	PB
Helen Austin	3-4/5/2025	BR100	LC	2:35.02	PB
Helen Austin	3-4/5/2025	BR200	LC	5:41.61	best since '23





Gerda Williams, a second claim member won her age group 75-79, pictured here with Richard

EVENT WRAP UP – BREASTSTROKE CLINIC – SAT 17TH MAY, 2025

This clinic was run again by the wonderful Elena Nesci who as always finds a different slant and point of focus for her sessions. This clinic was held on a beautiful sunny day and well attended. Clinic notes taken by Pamela are available to view on our website...



EVENT WRAP UP – FREESTYLE CLINIC & PHYSIO TALK – SAT 10th MAY 2025



Our freestyle clinics are always well attended however this time we had the added bonus of a presentation given by Chris Perrey who is a Sports and Muscular Physiotherapist and the WAIS Performance Swimming Physiotherapist. The first part of his presentation talked about injury prevention and why do injuries occur? The key points here were overload, poor strength, poor mobility and poor technique.

He then talked about some practical exercises that can be done to test thoracic spine rotation and extension and also there is a test that can be done to check shoulder rotation.

Finally he covered points that can cause injury in ageing swimmers:

- Increased muscle tightness
- Reduced joint mobility
- Decreased strength
- Swimming training changes – more intermittent/event focus
- Lifetime changes such as hormonal changes e.g. menopause and changes in tendon structure after 40 yrs.

Thanks to Pamela for providing these notes and a full version is available on our website.

Trish kindly took notes on the Freestyle clinic itself where we had a great turnout of 21 swimmers in the water with 5 people observing on pool deck.

“Freestyle Feel”. Think of the water as a solid

- *Feel for the water is paramount*
- *Understanding hold/scull/push*
- *Water movement: shape/trajectory/acceleration (only accelerate as fast as you can control the stroke)*
- *Hand/hip connection – creates the transfer of power from side to side*
- *Soft, light, firm, deliberate – know which and when*

Establishing Feel

1. *SCULL (scratch your palms before beginning to alert senses) cup your hands to sense the water, move arms in a figure of eight*
2. *SCULL + HOLD (CATCH) repeat the scull and hold it in the catch position, wrists relaxed, fingers pointing to the bottom of the pool*
3. *SCULL + HOLD + SWEEP (PUSH) repeat above then complete the stroke with a sweep down to the thigh*
4. *SINGLE ARM STROKE practice 1-4 with each arm separately*
5. *SCOOTER (HAND/HIP) one arm completes the stroke, the other is held steady in front (YouTube clip shows this drill using a kickboard to support the front hand)*
6. *SWIM finally put all the movements together in a full stroke.*

Try to maintain your awareness of the water at all times



EVENT WRAP UP – STADIUM MASTERS HOSTED 1500m EVENT – SUNDAY 25TH MAY 2025

Another successful 1500m event was held at the HPC pool in long course format at the end of May. The event was expertly organised by Peter Lyster along with Aresh – who will take over organising the event next year. These two had a team of helpers to make the day a success. Forty three swimmers were registered for this event – 8 ended up not swimming. Stadium Masters swimmers who swam the distance were Laura, Carmen, Jil, Heather, Sue W, Mike H and Pamela, which is a great turnout of club swimmers – the most club members that have competed in this event in recent times. Thanks also to helpers and timers – and there were many of you. Peter and Aresh were grateful for the assistance in helping make this event the success that it was with positive feedback received from other clubs.





GOGGLE SAW

Goggle saw a John XXIII College post featuring Theresa Elliot and Pamela at the finishing line of the Coogee Jetty to Jetty swim which was held back in March.



DON'T FORGET THE VORGEER MILLION METRE APP IS AVAILABLE TO RECORD YOUR SESSIONS...

Scan this QR code here to access the Vorgee Million Metre app



OUR SUPER SNAPPERS....



Rochelle was presented with her SSA for her first time State top ten certificate back in March – LC Freestyle (8). Good job Rochelle!

Mike is super happy with his Super Snapper award he received in May for his 4PBs, 1 x 2nd best time, 1 inaugural and 5 Club records. Well done Mike!





Mike H presenting Christina C her Super Nova award for competing in the States for the first time

AFTER TRAINING SUPPER – WEMBLEY HOTEL – 13 MAY 2025



Next suppers will be held Tuesday 24th June and Tuesday 5th August. All welcome...

(and not a pre-requisite to attend the Tuesday 6.30pm session first!)

Email Marg Smithson so she can book a spot for you:

smithsonmarg@gmail.com

CLUB CAPTAIN'S CORNER

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

Thursday timing sessions – are back to 9.30am for the foreseeable future

E 1000 timing sessions will move – on **Saturdays 12.30-1.30**

Next after training supper at the Wembley Hotel – Tuesday 24th June 2025

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

World Aquatics Championships – Singapore – August 2025

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

All sessions held on **Saturdays** to cater to all:

Backstroke – 23 August – 09.30 am – 10.30 am

Fly – 13 September – 09.30 am – 10.30 am

SWIM FOR MEMORY CHARITY SWIM – Sunday 29 June 2025

Start preparing your teams of four for this year's Swim for Memory at HBF in the indoor 25 m pool from 0900-1300. As for previous years we are hosting this event with donations going to the Australian Alzheimers' 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!

At the time of writing we have 7 teams entered. We need more teams and more donations.

TO DONATE:

Please use

<https://www.justgiving.com/page/stadium-masters-swimming-club-5>

for online donations which is preferable. Also please add the team name when you donate if you wish to support a team in the competition to raise the most money. Three trophies will be awarded to

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 largest total of donations to aid The Australian Alzheimer's Research Foundation.

Get your team together now – friends, colleagues, cousins, siblings, next door neighbours – anyone can join in this fun event.

Team entries close Sun 22 June. Email your interest to Barry.

WORLDS – SINGAPORE AUGUST 2025

A request by Pamela and Tash...

I have one last shout out to anyone who may be interested in joining our small (but fun) group of swimmers attending the World Aquatics Masters Championships in Singapore in August this year. It's not too late to join us (if you aren't already jet setting around the world that is!). Entries close at the end of June.

Pamela would like everyone to know that we have 6 women and 1 man - it would be ideal if we had 2 more women and 1 more man in order to field relay teams. Check out the MSWA website for qualifying times and other information.

2025 Pool Meet Calendar:

8 -12 April	Masters Swimming Australia National Championships	Melbourne MSAC	
Sat 3- Sun 4 May	MSWA State Championships National Swim Series Meet	Perth HPC	50m, 100m, 200m, Freestyle, Breaststroke, Butterfly, Backstroke, 4x50 Freestyle Relay (Men/Women/Mix), 4x50 Medley Relay (Men/Women/Mix)
Sun 25 May	Stadium Masters Act Belong Commit 1500	Perth HPC	1500m – 6 long course lanes
Sun 22 June	Riverton Masters 400m/800m distance meet	Riverton Leisureplex	4 lanes available 400m/800m distance swim meet, choice of stroke, maximum of 2 swims but only one 800m swim, 50m indoor pool at the Riverton Leisureplex
Sun 29 June	Stadium Masters Swim for Memory Charity Event	Perth HPC	6 short course lanes
Sun 20 July	Riverton Masters Act Belong Commit Carnival	Riverton Leisureplex	Choice of one x 200m any stroke including IM, one x 100m any stroke, 50m all strokes, 4x100m Women's & Men's Freestyle Relays
Sat 26 July	Golden Grasper Act Belong Commit Relay Carnival	Perth HPC	4 x 50, 4 x 25 Relays
Sat 9 August	Maida Vale Act Belong Commit 1600m	Dartford Bathe Sports College	1500m, choice of stroke
Sun 24 August	Somerset Masters Act Belong Commit 1500m	Aqualife Victoria Park	1500m, choice of stroke
Sun 19 October	Stadium Masters Act Belong Commit Carnival	Perth HPC	200, 100, 50 Relay
Sun 2 November	Mandurah Club Carnival	Mandurah ARC	25m, 50m, 100m, Freestyle, Backstroke, Breaststroke, Butterfly, IM
Sat 29 November	Pride Carnival (Perth Rainbow Swims)	Berthly Park Leisure Centre	50m, 100m



Great pic of Tash and Heather after the Noosa OWS back when the weather was warm!!



And Finally....

By Paul Schukraft

Some of our Stadium Masters ladies participated in the “The Aussies” Surf Life Saving National competition on the Gold Coast in April.

The week started with training 3 times a day, (yes, 3 times a day!), coffee, chats, swimming, more chats, with a few dinners and a couple of bubbles to go. They first participated in the Friday afternoon practice competition at Burleigh Heads which they won. This alone was a great effort.

On Sunday, the final day of competition, the girls participated in the Open March Past event where they won the Bronze medal. This is the first time the City of Perth SLSC has hit the podium in the Aussies in March Past since 1958 – 67 years ago. The team has been together for 12 years and this is their first major success.

Well done to Brigitte, Debbie, Denise, Helen, Louise and Tania on an outstanding effort!



ACKNOWLEDGEMENTS

Thanks to Pamela W, Tash, Paul S and Trish for providing written material. Thanks also to those that have provided photos – Sue W and Helen L and to anyone else I may have forgotten!

